



CMES NEWS

February 2017



FROM THE OFFICE...



Hello to our CMES School Community. We have reached the half way mark in our 2016/2017 school year.

Term one report cards will be sent home on Thursday, February 16, 2017. The academic and social growth in our students is wonderful to witness! The information in the report card will highlight how well your child has done in reaching the expected level of achievement in academic areas in Term 1, as well as, learning skills and work habits. The comments should reflect how your child is achieving by speaking to their strengths, areas of need, and steps to improve. Take some time for you and your child to review the report card together, celebrating successes and discussing next steps for improvement. Please communicate any feedback, questions or concerns you might have with your child's teacher.

At CMES, one of our academic goals/focus has been on developing math problem solving strategies and skills with our students. Our CMES teaching staff, throughout the year, has been taking part in professional development opportunities in the areas of math, literacy, and technology. We have been teaching our students problem solving strategies, working on improving student engagement, and developing test taking skills. Please come into our school foyer and check out our school improvement board. It highlights our school's goals for this school year.

February is shaping up to be a busy month with many activities happening such as: badminton, speeches, cross country skiing, art activities, Scratch Club (computers), Environmental Club, Black History Month activities, Pink Day activities (Anti-Bullying), Character Education Assembly, Sweater Day, and Winter Walk To School Day.

Thank you to our CMES team for your time and commitment in offering our students many opportunities to get involved in school with extracurricular activities.

As always, please check the Upper Grand District School Board website and our Credit Meadows Elementary School website for the latest information and news happening in our board and school.

Our CMES team, appreciates the partnership between home and school. Wishing you all a Happy Family Day on February 20, 2017.

Sincerely,

Ms. Lagundzija-deFreitas (P) & Mrs. Papavasiliou (VP)

CALENDAR OF EVENTS:

Cookie days continue each Friday. The cost of each cookie is \$1.00. Thank you for supporting our grade eight grad.

- Feb. 1 Winter Walk To School Day/
Gr.8 Expectation Meeting/
Gr. 8 IPRC reviews
- Feb. 2 National Sweater Day/
Food Day: Subway
- Feb. 6 School Council Meeting @ 7PM
- Feb. 9 Food day: Pizza Day
- Feb. 14 Valentine's Day
- Feb. 14&15 Gr. 5 Outdoor Trip- Group #1
- Feb. 16 Report Cards Go Home /
Food Day: Pitas
- Feb. 16& 17 Gr. 5 Outdoor Trip- Group #2
- Feb. 20 Family Day- No School
- Feb. 21 Author Visit: Eric Walters Gr. K-3/
Food Day: Smoothie Day
- Feb. 22 Pink Shirt Day- Wear Pink!
Dental Screening K/ Gr. 2/
Gr. 3-8 Confidence & Assertiveness
Presentation
- Feb. 23 Gr 1-6 Earth Rangers Presentation/
Food Day: Lasagna Day
- March 2 Food Day: Subway
- March 6 Gord Deppe Character Presentations
Gr 1-8
- March 7 Character Ed Assembly:
Responsibility
- March 8 School Council: Dance a thon

SAFETY FIRST CMES Parking Lot

When you enter our CMES parking lots, please ensure that you are always watching closely for any pedestrians, especially our children who can be small and hard to see. Ensure that you are driving slowly and checking for children before entering or exiting the parking lot.

*** A friendly reminder to parents/guests that the upper parking lot is a KISS AND RIDE ZONE, please do not stay in this area after you drop off your child. Staff need to park in the staff parking areas, as well as, other parents dropping children off need access to the curb. If you need to stay longer with your child, please park in the lower parking lot.**



Thank You to Our School Council!

Our School Council is comprised of a wonderful group of hard working parents who are always finding ways to best support our school community.

The staff and students would like to say a huge "THANK YOU" to our School Council for your ongoing support and to the many families who continue to support the fundraising initiatives that make these contributions possible.

Concussion (outside of school hours)

A concussion is a type of brain injury that changes the way the brain normally works. It can affect a student's performance in both school work and physical activities. Rest is very important after a concussion because it helps the brain heal. While a child has a suspected or diagnosed concussion, full participation in school academic and physical activities can worsen symptoms and make for a longer recovery period. In the best interest of your child, parents and guardians are requested to contact the principal when a suspected or diagnosed concussion occurs outside of school hours (i.e. during outdoor play, sports, or a car accident). The principal will work with you to develop a plan for an individualized, gradual return to full participation in school activities. For more information, visit www.ugdsb.on.ca/concussions.

WEAR PINK



STOP BULLYING

CMES Wear Pink!

"Kindness is one size fits all"
Wednesday, February 22, 2017

Please join us by wearing pink on this day to show your commitment to standing up against bullying!

Parents, If Your Kids Have Any of These 10 Dangerous Apps, It's Time to Hit "Delete"

Megan Maas

You may be thinking your kids are downloading apps because they are just a simple way for them to keep in contact with their friends. This is certainly true for most kids, but unfortunately, even innocent use of most of these apps can land a kid in a situation he/she never intended to be in.

The most important thing you can do as a parent to protect your children from dangers that are associated with the use of these apps is to talk with them frequently about their social lives. You can start by establishing yourself as an approachable parent and talking with them early and often about relationships. Without a strong bond and open communication, trying to regulate and monitor Internet use won't be very effective. However, setting technology boundaries (when and where they access the Internet) and monitoring their online behaviour can be effective if you have a strong foundation to build on.

You can access a list of monitoring software I recommend here. Just remember to keep on top of it, there is no software that can eliminate risk or the need to parent. Ultimately, your goal is to raise an individual who can manage his/her online and offline behaviour in a healthy way because he/she wants to. The process starts with you nurturing a strong emotional bond, leading by example and setting the boundaries.

Megan Maas has the scoop on 10 apps that can be very dangerous for your kids, and what you need to know about them.

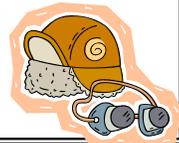
The link gives a quick reference as to what these apps are often used for.

Here's the link:

<http://www.foreverymom.com/parents-kids-10-dangerous-apps-time-hit-delete/>

LOST and FOUND

Please remind your child to check the lost and found bin regularly which is located in the main hall for missing items. We try to display lost items every few weeks. It is helpful to label your child's clothing, especially in the younger grades.



Health

What a good feeling!

February 2017



Stay Well Month

Reduce the risk of serious infections - proper hand-washing is one of the best ways to avoid getting sick. **Stay home when you are sick and limit contact with others** -Children should not be in school with a fever, undiagnosed rashes, vomiting, or diarrhea and should stay at home at least 24 hours following the end of symptoms.

Cover your mouth and nose - when you sneeze or cough; use a tissue or the bend of your elbow. You can prevent many serious illnesses by keeping immunizations up-to-date for you and your children. Call 1-800-265-7293 for more information.

THE LIBRARY LEARNING COMMONS

Our Forest of Reading programs are in full swing with lots of enthusiastic participants. For more information on what students are reading and what they are saying about the books, check out the Forest of Reading blog on the Upper Grand's ug2go page (www.ug2go.ca).

February is Black History month

Black History Month exists to remind us all of the rich contributions within our society from people of African and Caribbean decent, and of their ongoing struggle for equity and social justice. This is a time to celebrate the many achievements and contributions of black Canadians who, throughout history, have done so much to make Canada the culturally diverse, compassionate and prosperous nation we know today. It is also an opportunity for the majority of Canadians to learn about the experiences of black Canadians in our society, and the vital role this community has played throughout our shared history. Our library will be recognizing Black History month by offering and displaying many great books and resources.

Happy Reading everyone!
Ms. Roberts
Teacher Librarian



Important Information from Wellington-Dufferin-Guelph Public Health:

Your Child's Immunization During a Disease Outbreak

For school attendance, parents are required by law to provide proof of their child's immunization to Public Health. To find out what vaccines are required and if your child's immunizations records are up-to-date, please call 1-800-265-7293 ext. 4396. You can also book an appointment for your child's immunization at any Wellington-Dufferin-Guelph Public Health Location.

If you've chosen not to immunize your child, you must have a notarized statement of medical exemption or a statement of conscious or religious belief on file with Public Health. Please contact Public Health at 10800-265-7293 ext. 4396 to arrange for your child's exemption to be on file if you have not already done so.

If the Medical Officer of Health declares an outbreak of a disease in your child's school and his/her immunization record is not up-to-date with Public Health, or you have an exemption on file, your child will not be allowed to attend school for the entire duration of the outbreak.

Letters went home with students in January whose immunization records were not up to date. Please make sure to update your child's records as soon as possible.



Prevent pollution – and show RESPECT for the Earth

Pollution of our planet – air, water and land - is a big issue. It damages our environment, harms or kills plants and animals, and spoils our quality of life. The largest contributor to air pollution is human activity resulting from the burning of fuels such as used in industry and transportation using cars and trucks. Water pollution occurs when pollutants are discharged directly or indirectly into rivers and lakes without adequate treatment to remove harmful compounds. This is done on purpose by some unscrupulous industries or can happen by accident from toxic spills of chemicals or oil. Pollution of our land is often caused by littering or improper disposal of waste or by contamination of our soil by harmful chemicals. The Canadian Environmental Protection Act was put in place to monitor pollution and give guidelines for industries. We need to be aware of what causes pollution and its effects so that we can individually make a difference in protecting our planet.

You as an individual can have a great impact on reducing pollution. Don't litter, not even something as small as a gum wrapper. Where do you think it eventually goes? Even better, help pick up litter on your school yard and participate in annual cleanups in your local parks and rivers. Don't use disposable plastic products like bags or water bottles. Bring a cloth bag and use reusable water bottles. Tell your family to use "green" cleaning products like baking soda and vinegar instead of chemical cleaners. Take all batteries, leftover paints, and motor oil to the hazardous waste depot instead of putting them in the garbage. Take unused prescriptions back to the pharmacy for proper disposal. Encourage friends and family to help with the anti-pollution cause! As individuals we can put our voices together and make ourselves heard in our effort to stop pollution on planet Earth.

Green revolution is the best solution to stop pollution.

Let's go green, everyone!



Self-regulation

Does your child struggle to calm his/her body and mind in order to cope with challenges or solve problems? The ability to be calmly focused and alert can be difficult for many children, as well as adults. The ability to self-regulate may change in different situations and stages of life.

As parents, you can help your child use strategies to calm his/her body and mind by modelling what works for you. For example, when frustrated about being caught in traffic, you may use self-talk and listening to music to help calm the situation. You may say, "This traffic is terrible and I am feeling very frustrated. I know that I can't do anything about the traffic so I am just going to tell myself to relax, this will pass, I can turn on some of my favourite tunes!"

Strategies that may work for your child as calming or focusing strategies include: exercise (e.g. a short run), reading a book, listening to music, talking to someone, self-talk, counting to 20, getting a drink, taking a break, or deep breathing.

Generally speaking, calming the body and mind is necessary before challenges or conflict can be successfully handled.

Resources for Parents -

Book: Zones of Regulation by Leah M. Kuypers

Zones of Regulation <http://andersoncarla.blogspot.ca/2014/08/zones-of-regulation.html>

Relaxation Techniques http://visuals.autism.net/main.php?q2_itemId=138

Today's Parent: Easy Ways to Teach Your Child to Self-Regulate <http://www.todaysparent.com/kids/preschool/easy-ways-to-teach-your-child-to-self-regulate/>

Responsive Classroom: Teaching Self-Calming Skills <https://www.responsiveclassroom.org/blog/teaching-self-calming-skills>

Video: A story: Staying Calm When Angry <https://www.youtube.com/watch?v=DnmFfxWjvs>

Self-Regulation <http://andersoncarla.blogspot.ca/2013/12/self-regulation.html>



Engaging Your Child in Science at Home!

As parents we have the wonderful opportunity and responsibility for nurturing our children's growth. Parents play a key role in the physical, emotional, and intellectual development of their child. As parents we can usually find time to read a story to our children, thereby instilling a love of literature, but we are often at a loss as to how to instill a love and appreciation for Science. Science encourages problem solving skills, curiosity and questioning, creative and critical thinking, observational skills and reinforces both literacy and math skills....and it's FUN! Here are some ideas for fostering Scientific skills in your children.

6 Tips to foster Scientific Thinking at Home

1-See science everywhere. Parents can take opportunities to ask "What would happen if ...?" questions or present brainteasers to encourage children to be curious and seek out answers. Children need to know that science isn't just a subject, but it is a way of understanding the world around us.

2-Lead family discussions on science-related topics. Dinnertime might be an ideal time for your family to have discussions about news stories that are science based, like space shuttle missions, severe weather conditions, or new medical breakthroughs. Over time, children will develop a better understanding of science and how it affects many facets of our lives. Movies and TV shows with science-related storylines are also great topics for discussion.

3-Encourage girls and boys equally. Many girls are left out of challenging activities simply because of their gender. Be aware that both girls and boys need to be encouraged and exposed to a variety of subjects at a very early age.

4-Do science together. Children, especially elementary-age children, learn better by investigating and experimenting. Simple investigations done together in the home can bolster what your child is learning in the classroom. Check with your child's teacher on what your child is currently learning in class and what activities you can explore at home.

5-Connect science with a family vacation. Family vacations are a great way to explore science. It could be a hiking trip where you explore nature or a discussion on tides during a beach vacation.

6-Show excitement for Science!



Reference:

"NSTA Science Matters: Tips for Busy Parents - National Science" <http://www.nsta.org/sciencematters/tips.aspx>.

Talking About Mental Health – February 2017 Tests and Stress



Taking tests is stressful for most students. However, there are lots of ways that your child and youth (and you!) can decrease the stress related to tests.

Anticipate stress and be ready for it.

Practice relaxing activities every day so during stressful times you already know how to cope.

Eat well

Learning and remembering takes a lot of energy. Keep healthy snacks close by so you can refuel easily with what your body needs to feel good and think clearly.

Sleep

During sleep, our brains make connections and consolidate our learning. Research has shown that during sleep, our brain cleans out toxins to allow for more learning to occur the next day.

Drink lots of water

Hydration is very important for good brain function. Cut down on caffeine, which contributes to the stress response and to poor sleep.

Move

Activity increases energy, stimulates brain growth and increases mood. Take regular active breaks; even 5 minutes of walking outdoors can make a difference.

Pause and relax

Take time to relax. Do some deep breathing. Listen to music. Meditate. Go outside. Write in a journal. Do some stretches. Go for a walk. Draw or doodle. <http://youth.anxietybc.com/relaxation> has some great examples of how to relax.

Connect

Talk to your friends.

Talk to your parent or a caring adult about how you are feeling.

At school, you can talk to your teacher, principal or CYC for support.

Laugh!

Laughter is a great release and allows our brains to recharge and reset.



Dr. Lynn Woodford is the Mental Health Lead for the Upper Grand District School Board.

Follow me on Twitter @drlynnwoodford.

Monthly Environmental Activities to help celebrate our planet



February 2nd is National Sweater Day!

It is vital to teach our children to respect and take care of the environment.

Celebrate International Sweater Day on February 2nd!

“National Sweater Day is a fun way to learn about the importance of saving energy and to inspire you to use less heat all winter. Heating accounts for 80% of residential energy use in Canada and is a significant source of emissions. If all Canadians lowered their thermostats by just 2 degrees Celsius this winter, it would reduce greenhouse gas emissions by about 4 megatons – that’s equivalent to shutting down a 600 mega watt coal-fired power station or taking nearly 700,000 cars off the road!” http://www.wwf.ca/events/sweater_day/

“National Sweater Day is about valuing energy. It’s a chance to think differently about how we use energy, where our energy comes from and how we can play an important role in fighting climate change by using energy wisely, not wastefully. It is designed to help raise awareness about renewable energy and change behaviours around energy consumption in Canada.” -- World Wildlife Fund Canada

Ideas for your family to celebrate Sweater Day!



Turn down your thermostat and wear a sweater!

Ask your children to brainstorm with you about ways to save energy at home. Make a pledge to implement as many as you can.

Research the differences between climate and weather. Ask your child to characterize some different climate types (polar, tropical, coastal, etc.).

Read a children’s book on conservation such as: Why Should I Save Energy? by Jen Green. Encourage lots of discussion and questions.

Valentine’s Day is just around the corner - use recycled materials to create your cards this year!