



CMES NEWS

April 2017

FROM THE OFFICE...



Hello to All,

I hope everyone had a fun and restful March Break despite the cooler temperatures. The year seems to be going by quickly. This last term is one of the busiest times of the year for students and staff, with many year-end events happening such as: concerts, field trips, school-wide events, completion of projects and areas of study, and the EQAO provincial achievement test.

Spring has finally arrived! They say, "April showers bring May flowers". What a beautiful time of year as the days are longer, warm sunshine, and flowers and trees begin to bloom.

With Spring's arrival, we encourage students to keep coats on as it can be cool outside and remind students of our school dress code. With warmer weather, more puddles and mud in our back school yard. Please make sure to send extra clothing for younger students. All students need to have indoor shoes and outdoor shoes.

This month we are looking forward to our : Lego Club, Forest of Reading Club, Basketball teams, Tech Club, Adopt-A-Shelf, Creation Station, Careers Day, Skills Canada Competition, The Getting to Know Fire program, Dufferin Festival of the Arts, and this is only naming a few events that will be happening at CMES!

Provincial EQAO testing for Grades 3 and 6 students will take place May 24 – May 26, 2017, catch up days will be May 29—31, 2017. Please make sure that your children are not absent from school on these days and that they arrive to school on time. It is essential that students are rested so that they are able to perform to the best of their abilities on these provincial assessments. Please reassure your children that these assessments are an opportunity to demonstrate what they know. EQAO assessments are based on the Ontario Curriculum and provide parents, schools, and school boards with valuable information concerning what children know and understand, and are able to do. They provide an opportunity for our Credit Meadows Elementary School students to practice test-writing skills and to prepare for other assessments. EQAO results allow our school to identify gaps in learning and provide teachers and administrators with information on what students have learned in their studies. If parents want to check out learning resources for students, go to www.eqao.com/.

As always, a friendly reminder for Parents/Guardians to please check the Upper Grand District School Board website and our Credit Meadows website for the latest information and news happening in our board and school. We are looking forward to a productive and busy month ahead. On behalf of our staff at Credit Meadows Elementary School, we wish you all a Happy Easter Break!

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

CALENDAR OF EVENTS:

Cookie & popcorn sales continue on Fridays throughout the month of April. \$1.00 per cookie and \$2.00 per popcorn bag.



- April 3 ASD Awareness Day
- April 4 Grade 8 Career Day Trip
- April 4 Kindergarten staff at FDK learning
- April 6 M& M Meats– 10% of purchase to CMES
Gr. 8 trip & graduation
- April 7 Skills Canada Competition
- April 10 School Council Meeting– 7pm
- April 11 Grade 3 Trip: Agricultural Awareness
Blue Jays spirit day: Go Jays Go!
- April 12 International day of Pink: wear pink!
- April 14& 17 No School: Happy Easter
- April 18-20 Primary fire presentation program
- April 22 Earth Day
- April 24 DYFA performance
- April 25 Cleary & Horan: TIH Festival
- April 26 McGarry: pen pal trip
- April 28 PD Day: no school for students
- May 1 Band: Orangeville Music Festival
- May 1-5 Education Week & Mental Health Week

* Please see our school website for food days*

Farwell Mrs. Gallagher

After forty years of working with the Upper Grand District School Board, Mrs. Gallagher has decided to retire.

Dear Mrs. Gallagher,

Your Credit Meadows school family want to thank you for your many years of dedication and work at Credit Meadows Elementary School in your role as Head Office Coordinator. We appreciated your smile that greeted staff, parents and most importantly our students each day. Your dedication to our school community in always striving to create a positive working and learning environment will be missed. We wish you all the best in your retirement and know that you will enjoy your time with your family and friends.

Wishing you all the best in your retirement! CMES staff, students and parents
Thank you Mrs. G.!

ANAPHALAXIS AND PRODUCTS THAT MIMIC PEANUT BUTTER



Anaphylaxis is an allergy to something that is potentially life-threatening to an individual.

We have students who have life-threatening allergies in our school. Recently there have been products available at the grocery store that are being offered as an alternative to peanut butter. For example, Pea Butter and WOW butter, which are a soy-based product. Both products have the appearance and taste of peanut butter.

Our UGDSB policy/procedures for Life-threatening Allergies indicate that these products (or any others that imitate a known life-threatening allergen) are not permitted at Credit Meadows Elementary School. This is not because of a health danger, but because it is confusing for students in the class and for staff monitoring the room. Products that imitate peanut butter create a false sense of safety for our students and staff. We cannot find ourselves in a situation where we have to decide whether something is peanut butter or not. A sticker or note from a parent is not sufficient.

We understand that this may cause challenges in finding a variety of items for student lunches, however, we ask for your understanding and support in this situation.

Feedback welcome on draft policies

The Upper Grand District School Board is welcoming public input on draft policies. Currently under review is the **First Nation, Métis, and Inuit Self-Identification** Policy 500. You are invited to review the draft documents and submit online feedback at www.ugdsb.on.ca/policy. **The deadline for public input is April 13, 2017 at 4 p.m. EST.** Persons without internet access may call 519-822-4420 (or toll-free 1-800-321-4025) ext. 723 to request a printed copy of the draft documents.

World Autism Awareness Day

Light it up BLUE!- World Autism Awareness Day

The ninth annual World Autism Awareness Day is April 3, 2017. Every year autism organizations around the world celebrate the day with unique fundraising and awareness raising events. This year, global landmarks will light up blue to raise awareness. In Canada the CN Tower will participate by shining blue to shine a light on autism and turn awareness into action. Please join Upper Grand District School Board in our effort to inspire compassion, empowerment and hope by wearing BLUE on Monday April 3, 2017. Use #LIUB to share your experience across social media and help light the world up blue this April! <https://www.autismspeaks.org/liub> , [Autism Ontario](#), [Kerry's Place Autism Services](#)

Dance-a-thon



Our annual Dance-a-thon took place in March and it was a huge success with our students. Thank you to our amazing School Council for all your hard work in hosting this event. The money raised will go toward supporting Arts Days, sports equipment, as well as, helping to offset bussing costs for students. These are a few examples of how the money raised goes directly back to our CMES students. Thank you to all families who supported this initiative—your contributions are greatly appreciated!

Friday, April 28th, PD Day

On April 28, 2017, staff at CMES will be having a Professional Activity Day. The school will be closed to students. On that day one of the tasks for staff will be completing our annual School Effectiveness Framework survey to assess the progress we have made in achieving the goals that were set for this school year. The information we gather will help in setting goals for the 2017-2018 school year.

Full Time Lunch Supervisor Needed:

CMES is in need of a lunch supervisor to start on April 29th until the end of the year. If you are available every week day from 1010-1050am and again from 1230-110pm and are interested, please contact Mrs. PapaV at ext 224. You will need a valid police check.

If you contact Mrs. PapaV immediately, the school can offer you Standard First Aid Training that is taking place at the school next week. If you know of someone in the community who may be interested, please feel free to pass along this information to them. Thank you.



Monthly Environmental Activities to help celebrate our planet



April 22nd is Earth Day!

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

Celebrate Earth Day on April 22nd!

"Founded in 1990, Earth Day Canada inspires people of all ages across the country to connect with nature and build resilient communities as well as foster an intrinsically motivated, enduring commitment to stewardship and conservation." <https://earthday.ca/about/>

Why is it so important to connect kids with nature?

Kids who don't get outside, who aren't stimulated by their environment, won't grow up with the motivation to protect our planet. Kids who don't connect to their inner nature through creative play won't be as resilient as generations before them." <https://earthday.ca/ed2017/everyone/>

Ideas for your family to celebrate Earth Day:

Get involved with Earth Day's EarthPlay <https://earthday.ca/ed2017/schools/>. You can download an activity tool kit and enjoy the many suggestions to promote outdoor activities and learning for kids.

Spend a day outside. In the garden with your family, plant vegetables, trees or native flowers and attract native animals and pollinators. Or join a local community event to help clean your neighbourhood or restore local plant life,

Make commitments to cut down on your energy usage as well as waste. Turn lights off, power down electrical devices, turn down your thermostat and only do full loads of laundry and dishes. Always bring cloth bags when shopping, refuse to buy over packaged products, and lug a mug instead of using non-recyclable coffee cups.

Learn more about the environment and the effects of global warming. Encourage awareness and promote the Reduce, Reuse and Recycle way of life.

Remember that every day is Earth Day! Don't restrict yourself to just one day a year. Make environmental actions and caring about the planet a habit - on Earth Day and every day.

Follow & retweet @WDGASRTS in April & You Could Win a Grocery Gift Card!

April 22nd is Earth Day! Are you looking for an easy way to celebrate Earth Day every day? Walk, bike or wheel to and from school! In addition to reducing air pollution around school, kids will benefit from more exercise, social time, independence and concentration at school.

Wellington-Dufferin-Guelph Active & Safe Routes to School (WDG ASRTS) encourages families to walk, bike or wheel to and from school safely every day. @WDGASRTS posts **useful tips, news and information** on Twitter to help your family's feet hit the pavement on your school commute.

Follow & you could win!! If you begin to follow @WDGASRTS in the month of April and retweet one of our tweets, your name will be entered to win a grocery gift card! @WDGASRTS #wdgwalkstoschool



“Today a reader, tomorrow a leader” - Margaret Fuller.

In education, we strive to teach our students how to be critical readers so that they can flourish in their future endeavours whether in English or in French. Reading skills in French are not unlike reading skills in your first language, however, reading in French does require attention to a different sound system, different vocabulary and at times an understanding of contexts or cultures that may be different than those in another language.

How can parents support student reading at home when they don't speak French?

One way to do this is to read with your child in their first language. Research shows that reading behaviours and skills are transferable across languages. For example, understanding how to retell a story in English using the beginning, middle, and end structure is a skill that is transferable to French.

Opportunities for shared reading will support motivation and skills in reading no matter the language. Asking your child to predict what the text will be about or what will happen next, to visualise what is happening as you read and to use picture clues to better understand the text are all activities that will positively impact reading.

Another way to support and motivate your child is to encourage them to read to you in French and then ask them to summarize or retell what they have read. This shows them that you are interested in and value their reading experience in French and may even teach you some new French vocabulary along the way. Simply having a conversation with your child about what they are reading in French and asking questions is an additional way to show your interest and support.

What happens when students are not moving forward in their reading or parents have concerns about student progress?

Research shows that interventions can be effectively delivered in the student's first language as well as in French at a time when the gap between strong and weak readers is still relatively small. Early intervention is key. Discussing your concerns as soon as they arise by speaking with your child's teacher and then examining appropriate courses of action and supports as a team are important first steps.

It is important to remember that a student struggling in reading does not mean that the student is not a good fit for learning French. French as a second language programs are for all students. Promoting this belief helps to create a supportive environment where students feel more confident and can be successful.

Further Reading:

1. What Works? Research into Practice. “Supporting Early Language and Literacy. Dr. Janette Pelletier OISE, University of Toronto. The Literacy and Numeracy Secretariat.
2. What Works? Research into Practice. “ Early Identification and Intervention for At-Risk Readers in French Immersion. Nancy Wise and Dr. Xi Chen. OISE, University of Toronto. The Literacy and Numeracy Secretariat.



Talking about Mental Health - May 1-5 is Child and Youth Mental Health and Well-being Week!

Child and Youth Mental Health and Well-being Week is in the first week of May. It is about promoting mental wellness, increasing awareness of the child and youth mental health, decreasing stigma and understanding that support is available. Let's improve everyone's mental health and well-being!

The theme for Child and Youth Mental Health and Well-being at UGDSB is: Have a **SUPER** Week!

Social Connections
Understanding Emotions
Personal Health
Empowerment
Resilience



Each day of the week will focus on a different aspect of Mental Health and Well Being. The schools will be provided with resources and activities related to each day's theme.

As a parent, you can increase the Mental Health and Well-being of your children, youth and family too! Here are some suggestions:

Monday May 1 -Social Connection - "Be the Reason Someone Smiles Today".

Say Hi to 3 people that you do not know. Perform a random act of kindness.

Tuesday May 2 – Understanding Emotions – "Understanding Emotions Creates Positive Actions"

Right now, stop and reflect on how you are feeling. Take a couple of moments as a family to do some deep breathing. <http://youth.anxietybc.com/how-do-it> Now, how are you feeling?

On Wednesday, wear GREEN to support Mental Health Awareness.

Wednesday May 3 – Personal Health - "Move, Sleep, Eat, Repeat. Keep yourself healthy every day".

Did you know that how our bodies feel affects how good we are feeling? Three of the best things you can do to improve your mood is to exercise, sleep well and eat well. Go for a walk or play a game, get outside, turn off the devices an hour before bed and eat fresh food! The more you do to help your body feel good, the better you will feel!

Thursday May 4 – Empowerment - "Change Your Thoughts, Change Your World".

You are encouraged to look for ways to make a difference in your school and community. Start small, you never know where it will lead too.

Friday May 5 – Resilience - "Every Challenge is a Learning Experience".

Mental Health and Well-being means coping with the ups and downs of day to day life. Building more resilient thoughts and skills can really help. Children and youth can also find support by seeking help from caring adults. Take time now to talk with child or youth about who those caring adults are in their lives.

For more information about Mental Health and Well-being and interactive activities with your children and youth:

Mind your Mind (online) www.mindyourmind.ca/Interactives

Fun, interactive options for de-stressing for youth.

Smiling Mind (Free App) smilingmind.com.au/

An app that guides you through simple, calming meditations.

GoNoodle (Free App) <https://www.gonoodle.com/>

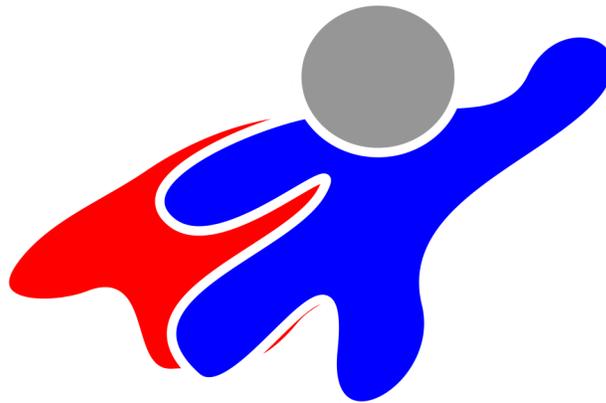
Fun interactive body and mind breaks for kids.

At the end of the week, talk with your child/youth about the things that made them feel more connected, emotionally aware, healthy, empowered and resilient and continue to do those things every day!

Most of all... have a SUPER week!

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

Follow me on twitter: @drlynnwoodford



Everyday Hero

Nominate an Everyday Hero in your school!

Is there someone in your school community who goes out of their way to make Upper Grand schools exceptional places to work and learn? Nominate them for an Everyday Hero Award! For award criteria, visit the board website at www.ugdsb.on.ca/heroes.

