



CMES NEWS

April 2019

FROM THE OFFICE...

Hello to All,
Spring has finally arrived! 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 front Kindergarten yard and back school yard. Please make sure to send extra clothing for younger students. All students need to have indoor shoes and outdoor shoes.

On Tuesday, April 2, 2019, we are looking forward to a presentation by Orlando Bowen to our grades 5—8 students. Mr. Bowen is passionate about youth and youth leadership. He founded the One Voice One Team Youth Leadership Organization to inspire and to teach resilience, leadership, and teamwork to youth. Our teaching staff will also have an opportunity to hear from and speak with Orlando Bowen, on Friday, April 5, 2019.

This time of the year seems to go by quickly. This last term is one of the busiest parts of the school year for students and staff, with many year-end events happening such as: concerts, field trips, completion of projects and areas of study, EQAO provincial achievement test for grades 3 and 6, grade 8 "Career Exploration", Forest of Reading Club, CMES Basketball Teams, Tech Club, Maker Space, Environmental Club, Skills Canada Club, Getting to Know Fire Program, and Jump Rope For Heart Kick Off Assembly, to name a few events that will be happening.

Provincial EQAO testing for Grades 3 and 6 students will take place May 22 – May 24, 2019 catch up days will be May 27— June 3, 2019. 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 remember to check out the UGDSB web site and our own CMES web site regularly for the latest news in the Upper Grand: www.ugdsb.ca/creditmeadows/

We are looking forward to a productive and busy month ahead. On behalf of the staff at Credit Meadows Elementary School, we want to say thank you to our parent community for the many ways you support your children.

CALENDAR OF EVENTS:



ANAPHALAXIS AND PRODUCTS THAT MIMIC PEANUT BUTTER



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

We have students and staff 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.

parking lot



CMES Parking Lots :

Similar to many other schools, our parking lots can become congested during drop-off and pick-up times. This can be a safety concern for our students, as well as a concern for staff and school buses that need to access parking and bus lanes.

In order to improve this situation, and encourage healthy active living in our students, we would like to suggest that parents support their children in walking to and from school each day; or at the very least, consider parking on a side street or other nearby parking lots that would still allow for a short walk to the school. By doing this our students will benefit from the physical activity, and our parking lots will be less congested.

During extreme/inclement weather, please be patient as the safety of our children is our highest priority.

Thank you.

World Autism Awareness Day

Light it up BLUE!- World Autism Awareness Day

The ninth annual World Autism Awareness Day is on Tuesday, April 2, 2019. 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, Credit Meadows E.S., in our effort to inspire compassion, empowerment and hope by wearing BLUE on Tuesday, April 2, 2019. Use #LIUB to share your experience across social media and help light the world up blue this April! <https://www.autismspeaks.org/liub> , [Autism Ontar-](#)



Friday, April 5th, PD Day

On April 5, 2019, staff at CMES will be having a Professional Development 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 2019-2020 school year.

LOST and FOUND



Now that spring is here and the weather is starting to get warmer, this would be an excellent time to have your child check the Lost and Found bins for winter wear (e.g., hats, mitts, boots, etc.).

Our lost and found pile is always growing. We do announcements consistently and display lost items for students to see. Unfortunately, we have no place to store lost items. Unclaimed items will eventually be bagged and donated to charity.





April Environmental Theme: ECOSYSTEMS

In April we celebrate Earth week and Earth Day so it is fitting that the environmental theme is all about what we are really trying to protect. We are working together to save our Ecosystems. An Ecosystem is a group of plants and animals living in their own environment of soil, water, air and sun. So examples are a garden, or a forest, or a lake, or even a fallen, decomposing log.

As humans on planet Earth we have a responsibility to take care of all Ecosystems. We need to have thoughtful, long-range plans on how many forests to cut down and turn into houses or parking lots or factories. We need to think about the long-term effects of turning good farmland into a subdivision. There are more and more people living on this planet every year and we need to make plans on how to give everyone a place to live without destroying our essential Ecosystems. With good planning this can be done.

We need to get outside and learn more about all of the many different Ecosystems on planet Earth and do everything we can to protect them. When we pollute, or destroy habitats, the plants and animals can no longer live there and species become endangered or extinct. When we buy too many things we don't need, or don't buy locally, or use the car too often instead of biking or walking, Climate Change speeds up and Ecosystems can't survive the new temperature changes or flooding or drought. So all the suggestions we have been talking about all year - including turning off the lights, or not wasting water and reducing, or when you brush your teeth, using cloth bags instead of plastic, and recycling are really very important. Together we can make a difference!



*Slogan of the month: Go
Ecosystem today!*

outside and explore an

Talking about Mental Health - May 6-12, 2019 is Child and Youth Mental Health Week!

Child and Youth Mental Health Week is about promoting mental wellness, increasing awareness of the child and youth mental health, decreasing stigma and understanding that support is available. The theme for Child and Youth Mental Health Week at the Upper Grand District School Board is: Have a **SUPER** Week! Let's increase everyone's mental health and well being!

Social Connections

Uplifting Emotions

Personal Health

Emotional Calming

Resilient Thinking

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. Some schools will also have their own Mental Health Week activities that are specific to their school.

As a parent, you can increase the Mental Health and Well-being of your children and family too!

Here are some suggestions:

Monday May 6 - **Social Connection**

Perform Random Acts of Kindness for someone in your family or neighbourhood.

Tuesday May 7 – **Uplifting Emotions**

Say 3 things each day that you are grateful for.

Wednesday May 8 – **Personal Health – Eating Well, Sleeping Well and Being Active**

Eat a good nutritious breakfast. Focus on fruits and veggies for snacks. Walk with your child to school or go for walk after work/school. An hour before bed, start winding down. No screens. Read a book or listen to calming music. Prepare for a good night's sleep.

Thursday May 9 – **Emotional Calming**

Just breathe. Start the day with a few deep, calm breaths at breakfast. Take three deep breaths every time you walk through a doorway.

Friday May 10 – **Resilient Thinking**

Have each family member name one positive thing about themselves and one positive thing about each other.

At the end of the week, think about the things that made you or your child feel more positive, more resilient and continue to use them 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

What is RESILIENCY?

Resilience is the process of adapting well in the face of adversity, trauma, tragedy, threats, or even significant sources of stress — such as family and relationship problems, serious health problems, or workplace and financial stressors. It means “bouncing back” from difficult experiences.

~ Bonnie Bernard

According to **The Canadian Mental Health Association (CMHA)** RESILIENCE is, being in good health means more than feeling physically well; it also means feeling mentally well. Today, we are more aware of how our mental and physical health affect each other. Setting aside time to focus on mental health is important – to you and those who care about you. Life is full of change, risks and challenges. Good mental or emotional health helps us find our balance and stay in control, even during turbulent time

With the ability to communicate across the world in an instant, and electronic entertainment coming from every direction, life in today’s world is fast-paced and full-on. Anything seems possible, and with so many options and devices at our disposal, parents can be tempted to make their kids’ lives very easy. **Want that \$2 toy? Okay, you got it. (Better to avoid a meltdown, right?)** However if we want our children to stand up to the inevitable challenges they will face in the future and keep going despite disappointment or frustration, we need to help our children develop **resilience. This means they need to practice coping skills, and therefore need some challenges to practice these skills with.** After all, life is not about figuring out how to turn off a thunderstorm or switch on the sun – no matter how much we would like this to be possible. Our children will learn to be much happier, more resilient people, when they can enjoy the sunshine when it is around and dance in the rain when there is no other choice.

The list below is not your typical “do and don’t” list but rather a set of prompts to begin reflecting on ways we can teach children resilience through simple interactions every day.

- Give your child independence to try new things they initiate, such as climbing at the play ground or opening a container, even if you think it is “too hard” for them.
- Encourage your child to serve others or let others go first when sharing food.

- Give your child the opportunity to wait patiently when it is required (such as in a restaurant or during a car ride); do not always provide entertainment
- Show your child that it is worth making a good decision for the long run even if it's not the easiest, such as choosing healthy foods over junk foods even if they take longer to prepare
- Teach your child the difference between needs and wants
- Teach your child that they do not need every single material thing they desire (toys, food, designer clothes, technology devices, etc) even if "everyone else has it."
- Enable your child to give toys and clothes away regularly to charity, and teach them that material possessions are simply tools and not answers to happiness.
- Give your child opportunities to help others younger than them, starting with simple ways such as showing the other child pictures in a book.

When we foster resiliency in our children we promote the development of positive mental health because we enable them to develop coping strategies to get through the toughest parts of life, regardless of their social and economic environment they are living in.



<http://creativewithkids.com/25-ideas-for-teaching-your-kids-resilience>

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.