



---

### Principal's Message

From the desk of Dianne Fitzgerald

I am pleased to be here as the designate Principal while Mr. McNamara recovers from his knee surgery. Drayton Heights is a very warm and welcoming school.

First, I would like to congratulate all the students who put the effort forward at the classroom level, division level and finally to those who presented their talent to the entire school in this year's production of "Drayton's Got Talent." Congratulations to all.

As I write this message it feels like spring is just around the corner. I have seen my first robin and the snowdrops are poking their heads through in the gardens. Please ensure that your child dresses appropriately for whatever weather comes our way.

Our intermediate students, under the direction of Mr. Speers, are very busy preparing for "Empowerment Day" at the Sleeman Centre in Guelph on May 3<sup>rd</sup>. This event is about "inclusion" and "acceptance" of others.

In sports, we have both our Intermediate and Junior basketball teams on the go. We wish them good sportsmanship and the determination to do their best on the basketball court.

Finally, the planning and organization of classes for next year will commence upon Mr. McNamara's return. Please note that if you have a special consideration for your child's placement next year, it will be accepted in writing until the end of May. As a staff, we will consider this information; however there will not be any guarantees. There are many factors taken into consideration when building classes, such as; leadership, gender, behaviour and special education needs.

**Let's have a super Spring and a fabulous final months of the school year 2017-2018!**

#### **Dates to Note:**

April 3	National Autism Awareness Day – wear something blue
April 6	Skills Canada Teams – Grades 6,7,8
April 10	Literacy Night at the school – 6:15 to 7:45 pm
April 11	Fundraising Packages Due
April 13	Spirit Day – wear clothing representative of the 80's
April 14	Murder Mystery Dinner – Drayton Arena – All proceeds to Empowerment Day
April 16	Meatless Monday lunch
April 17	Trashless Tuesday lunch ( bring a litter less lunch)



THINK B4U Send – Grade 8 students presentation by OPP officer Jennifer Schanz

April 18	Walk to School Wednesday
	Jump Rope for Heart 2:30-3:30 pm for K-6 in the gym
April 19	Thirsty Thursday (bring a reusable waterbottle)
	Junior Basketball Tournament at Victoria Cross PS
April 20	Lights Free Friday
April 22	Earth Day – be kind to our planet
April 24	Healthy Relationships – CYC Jill Hope to Grade 8's
April 26	School Council Movie Night (more information to follow)
	Intermediate Basketball Tournament at Wellington Heights
April 27	PA Day – no school for students
	Alma Beef BBQ – all proceeds to Empowerment Day
May 1	Toonie Tuesday – to support equity funding in the UGDSB -“Free to Achieve”
May 3	Empowerment Day – Sleeman Centre in Guelph
May 9	Norwell's Production of “Footloose” Gr. 5/6, 7B, 6/7A, 8 (Craemer)
May 14/15	Earthkeepers – Grade 5 students

### Technology and Devices

Please note that Parents can get information on-line from the Government of Canada on Digital Citizenship – A Guide for Parents.

## DIGITAL CITIZENSHIP

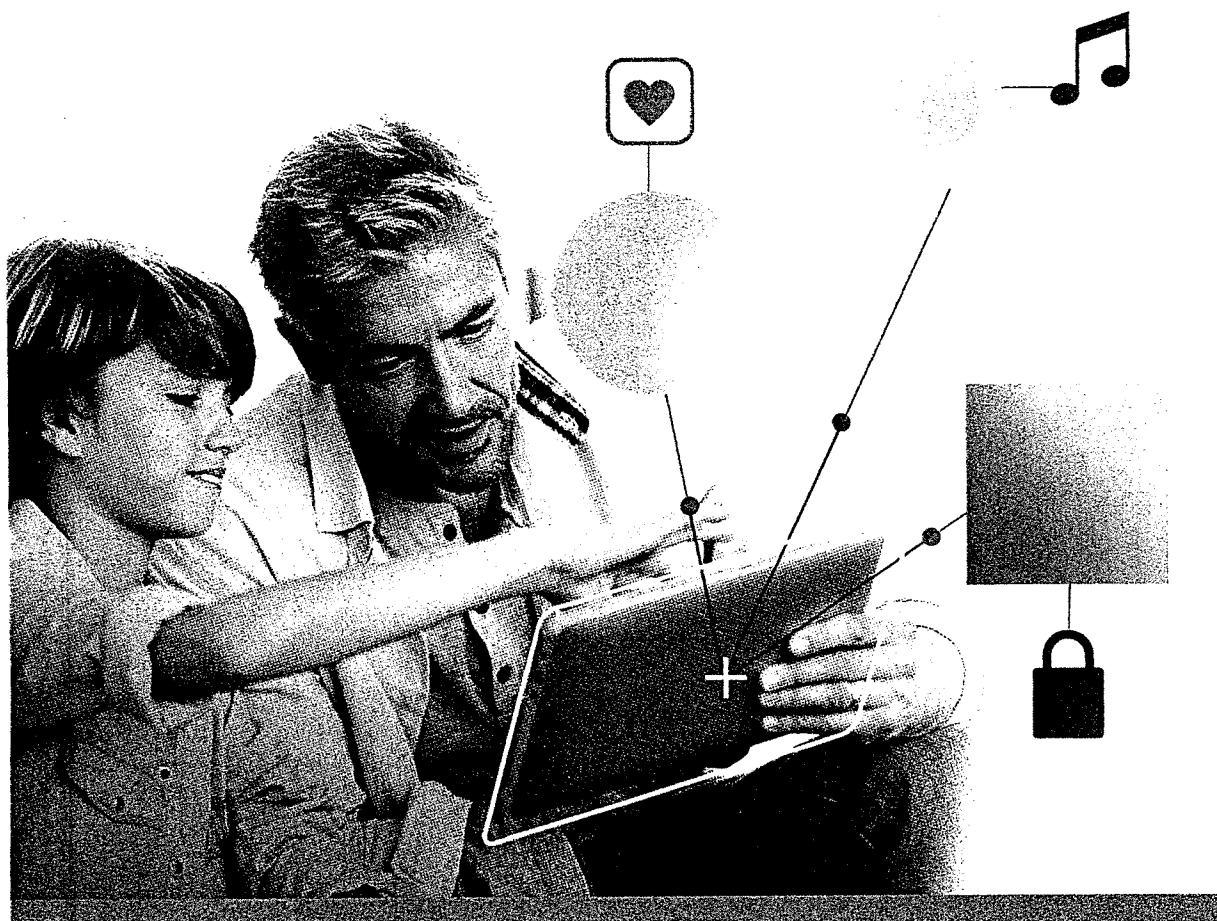
### Guide for Parents

Being a parent has never been easy, but it can be even more challenging once your kids are using the internet. Even if you're not up on the latest technologies and platforms, though, you have an important role – maybe the **most** important – in your kids' online lives. This guide will prepare you for the conversations you need to have with kids when they first start using digital devices, as they grow and their online activities change, and when things go wrong.

The guide is divided into three sections that each deal with a different aspect of digital citizenship, to teach your kids to Respect People's Feelings, to Respect Privacy and to Respect Property online.

# DIGITAL CITIZENSHIP

## Guide for Parents



Government  
of Canada

Gouvernement  
du Canada

Canada

The Upper Grand District School Board also has a policy entitled “Digital Citizenship in the UGDSB” to support parents and students to learn the norms of responsibilities of responsible behaviour related to the appropriate use of technology. (search Digital Citizenship)

# CELEBRATE DIVERSITY

Celebrating customs and traditions from all around the world is what we love to do!

If you would like to help us celebrate these events or have a day of significance to add, please contact your child's teacher, Mr. Hussain or Ms Morris. We welcome any suggestions, it would be great to hear from you!

## DAYS OF SIGNIFICANCE

April

April		Faith
1	Easter Sunday	Christianity
2	Easter Monday	Christianity
2	World Autism Day	
7	World Health Day	
11	International Day of Pink	
12	Yom HaShoah	Judaism
13	Vaisakhi (Sikhism)	Sikhism
21	First day of Ridvan	Baha'i
22	Earth Day	United Nations
24	Armenian Genocide Memorial Day	
27	International Day of Silence	
28	National Day of Mourning	
29	Ninth Day of Ridvan	Baha'i



Monthly environmental activities to help celebrate our planet

## April 22nd is Earth Day!

*"Look deep into nature, and then you will understand everything better." - Albert Einstein*

### 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/>



### Earth Day 2018 Theme: End Plastic Pollution

From poisoning and injuring marine life to disrupting human hormones, from littering our beaches and landscapes to clogging our waste streams and landfills, the exponential growth of plastics is now threatening the survival of our planet. Earth Day 2018 is dedicated to providing the information and inspiration needed to fundamentally change human attitude and behavior about plastics. <https://earthday.org>

### Ideas for your family to celebrate Earth Day:

- **Get involved with Earth Day 2018's Theme** <https://www.earthday.org/yourjourney2018/>  
Download your Plastic Pollution Primer to learn more about this problem and act to help **End Plastic Pollution!**
- **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.

## **Talking About Mental Health – April 2018 Spring Clean Your Mental Health!**

It's Spring! Flowers blooming, birds chirping, sun shining. There is nothing quite like it. Often we Spring Clean our homes – tuck winter away, clean out the cobwebs and get ready for summer. Spring is a time of renewal. Why not use this momentum for a mental health renewal?

### ***Let the sun shine in ...***

Try and 'spring clean' your emotional and mental spaces this month. Get rid of emotional debris that is no longer serving you. Here are some ideas to help get you started on your mental health Spring Clean. Focus on things that make you happy and give you a clear, fresh state of mind

**Start a Journal** Writing can help articulate your thoughts, clear your emotional space and help put things into perspective. Try having a family journal time where once a week everyone journals/records their thoughts and feelings. This can help clear your mind of clutter and also get things out of your mind and onto paper. Don't worry about punctuation or spelling – it's just for you.

**Be Aware of Your Thoughts** Sometimes we don't even notice the negative things we say to ourselves. Try to notice your thoughts and reframe thoughts into kindness. Instead of "We never have time to sit down as a family for dinner" try "When we sit down as a family for dinner it is such a treat". We are careful of how we speak to others but often not so careful about how we speak to ourselves. Practice your own self compassion this month.

**Enhance Your Physical Health** Physical wellness is a big part of maintaining mental well-being. Exercise, sleep and eating well all contribute to positive well-being. Try replacing soda or coffee with herbal tea. Try going for a nature walk or scavenger hunt with the family. Yoga, Pilates and meditation can also enhance both your emotional and physical well-being.

Remember, each day is fresh start – just like Spring. Have a great April!

Jenny Marino, Mental Health and Addictions Lead  
Upper Grand District School Board