

Eramosa Public School

5757 Fifth Line ✧ R.R. 1 ✧ Rockwood, ON N0B 2K0

Telephone 519-856-9529 ✧ Fax 519-856-4239

Website: www.ugdsb.on.ca/eramosa



Newsletter

Katrina Plazek,
Principal

April 2017 - Issue 8

Sheri MacKenzie,
Office Co-Ordinator

MESSAGE FROM THE PRINCIPAL – MATH TALKS IN THE MATH CLASSROOM

If you were asked to add 29 plus 37, would you grab a piece of paper and write down the standard algorithm to help you solve the problem? You might think $9+7$ equals 16, put down the 6 and carry the 1 to the tens column. Then you would add $1+2+3$ equals 7 so you write 7 down under the line. Then you would read the answer - 66. That is the way many of us learned math as children and it is our go-to strategy.

Many adults who have gone through school might solve it this way. But there are many ways of solving a problem! Students are now learning that there are multiple ways to solve a problem.

Another person might change the 29 to 30 (a friendly number) by borrowing 1 and then adding 36 (what is left after you take 1 from 37) to solve this problem. Another person might add the ones (so $9+7=16$) and then add the tens ($20+30=50$) and then add $16+50$ together to get the answer. Another person might start at 37 and add 20 (37, 47, 57) and then add 9 more to get 66. Or how about starting at 37, adding 30 and then taking 1 away (since it's only 29 you have to add). A student who puts 37 in their head and counts 29 more on their fingers has a strategy that works too and it will be important for that child to learn new strategies that might be more efficient and not so much brain work!

In math classes, all teachers are using the "Number Talks" strategy (a few times a week for a few minutes) in their classrooms to help children develop fluency with numbers and mental math. This strategy makes student thinking visible and teachers can assess where children are in their learning. When children are at the carpet, the teacher records all the ways students answer the question and name the strategies. All students see the way that their peers solve problems and learn new ways to approach questions they hadn't thought of before. Once students are able to work easily with numbers then students spend less time calculating and more time on the big idea, thinking, generating, communicating and problem solving.

Last week, a teacher who demonstrates math talks for teachers (a math coach) came to the school and modelled a lesson in each class. She explained to the children that good mathematicians are not necessarily fast thinkers and that it is ok to take time to solve a problem. As children spoke about how they solved a problem, she restated their words and their thinking and asked questions to make sure she understood what they said. As she wrote out their thinking she exemplified what it means to be able to clearly communicate your thinking to others.

We use math every day, everywhere, and it is important for students to realize that problem solving in math is a thinking process and that using a standard algorithm is only one way to approach a math problem.

At our next PA Day on April 28th, the teachers from Eramosa PS will be meeting with teachers from another school and sharing their reflections about Math Talks with each other so that we can continue as professionals to improve our teaching practice and promote improved student learning.

Katrina Plazek

GRADE 6 PARENTS – KEEP THE DATE – GRADE 6 GRADUATION CEREMONY

Grade 6 Graduation will be held on Monday, June 26th from 6 – 7:30pm. Traditionally, flowers from the garden have been used to decorate the gym. If anyone attending the ceremony this year has a sensitivity to the scents of peonies and/or lilies, please let the office know.



ADMINISTRATIVE PROFESSIONAL'S DAY

April 26th is marked as the day to recognize our Office Co-ordinator, Sheri MacKenzie, for the dedication and effort she puts into our school. From all of us here in the Eramosa Public School Community, we would like to thank Ms. MacKenzie for everything she does with a positive attitude and a smile on her face. Ms. MacKenzie helps every person in the school from putting on bandages, ordering things for teachers, helping locate a lost lunch, making sure students are accounted for with safe arrival, making sure sick students are cared for until someone from home can come to the school; the list goes on and on. We are so glad to have you here at the school and we thank you for everything you do for us!!!

GET YOUR YEARBOOKS!!!!

The creation of the yearbook is well underway! Order forms have been sent home. We need to get an idea of how many yearbooks are sold so we know how many pages we can add for the same cost to our families. **Also, if you have any pictures, it's not too late to send them in to Mrs. McKnight on a travel stick or CD.** Please send in your order form and \$20 by April 13th if you would like to reserve a copy.



HEAD LICE

This is a good time to check your child(ren) carefully for head lice. Many children are in close contact with each other over the school year and as a result, these pests spread easily. If you do find head lice on your child, they should be treated and all nits/eggs removed before the child returns to school.

Paediatrician Moshe Ipp of the Hospital for Sick Children in Toronto recommends a 50:50 solution of mineral oil and vinegar. This is a super treatment for head lice, and is preventative as well. Mineral oil is available at your pharmacy.

Procedure- Massage the solution into the hair, cover for one hour with a shower cap and then shampoo out with regular shampoo. This treatment can be repeated as often as needed.

The vinegar detaches the nits from the hair shaft while the oil suffocates any live lice and makes for easy and smooth combing out of any detached nits and dead lice.

EPSAC FAMILY GAMES NIGHT



EPSAC's Family Games Night will take place on Thursday, April 27th from 6:30 – 8:00 pm in the school gym. We'll have a variety of games to play. Snacks will be available. Students need to be accompanied by a supervising adult. There is no admission cost and there are door prizes to be won! Hope you can join us! Thank you Mrs. Rayner!

GRADE 1 TRIP TO THE SUGAR SHACK

On Tuesday, April 4th the grade 1's will travel to Island Lake Outdoor Education Centre where they will learn about how maple syrup is made. The students will learn to distinguish maple trees from other trees, how to tap a tree and how many taps a tree should have, and they will eat yummy maple syrup products ... a truly Canadian experience. Thanks again to parent volunteers for joining us!



PRIMARY AND JUNIOR EQAO ASSESSMENTS

Our grade 3 and 6 students will be writing the EQAO assessments between May 25th - June 5th. Please mark your calendars and avoid appointments on these days, if your child in grade 3 or 6 is involved. Thank you for your assistance.

SPIRIT DAY - APRIL 5TH

The EPSAC Reps are running another School Spirit Day on April 5th. The theme is "Sports Jersey or Funky T-shirt Day." We would like to see everyone participate. Show your school spirit!!



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.

SODIUM LEVELS IN DRINKING WATER

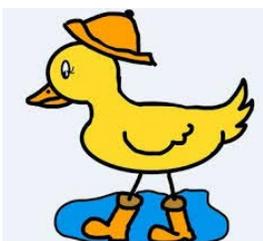
Sampling of the drinking water at Eramosa PS in February 2017 found sodium at a concentration of greater than 20 mg/L. For most people, sodium in drinking water is not a health concern; however, sodium at concentrations above 20 mg/L may pose a health risk for people on sodium-restricted diets. If you require further information, please contact:

Timothy Barney
1-800-265-7293 x5605 tim.barney@wdgpublichealth.ca
Public Health Inspector
Health Protection Division

AUTISM AWARENESS DAY – WEAR BLUE ON MONDAY APRIL 3RD!

Autism Awareness Day falls on a Sunday this year – April 2, 2017. Eramosa staff and students will help to bring awareness and support students in our school with Autism Spectrum Disorder by wearing our brightest blue colours on Monday, April 3, 2017.

DRESS FOR THE WEATHER!



April weather can be very unpredictable and the traditional "April Showers" can just as easily be "April Snowflakes"! We have several recess breaks every day and very rarely stay indoors because of inclement weather. Please be sure that your child has appropriate outdoor clothing at school every day to accommodate these weather changes. We strongly encourage splash pants at this time of year so students can be comfortable in their classrooms with clean and dry clothes after recesses. A spare set of clothes is a great idea as well!

As the warmer weather arrives, please review our school dress code with your children. Specific areas to note are:

- Girls' shirt straps need to be a minimum of two fingers in width.
- Flip-flop shoes are not appropriate.
- Shorts need to be as long as where fingertips reach in a standing position.
- Underwear, including bra straps, midriffs should not be visible.
- No inappropriate logos (alcohol, demeaning, etc.)

SWIM TO SURVIVE™

- Drowning is the second leading cause of unintentional injury-related death after motor vehicle crashes for people 55 years of age and under. The Lifesaving Society's research shows that most drownings occur only 3 to 15 metres away from a point of safety such as a pool edge, dock or shore. Knowing how to tread water for a minimum of one minute and how to swim 50 metres to safety significantly increases the chances of survival.
- With this in mind, in June all grade 3 children at Eramosa will be taking part in the Canadian Lifesaving Society's Swim to Survive program. This three-week program teaches children some basic water safety skills that are required to survive an unexpected fall into deep water. We are grateful to The Lifesaving Society and Centre Wellington Sportsplex for making this program available to grade 3 students at no cost.



FRENCH AS A SECOND LANGUAGE

“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 & WELL-BEING WEEK!

Child and Youth Mental Health and Well-being Week is 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 - **S**ocial 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 – **U**nderstanding 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 – **P**ersonal 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

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/>



waystogogreenblog.com

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.



8348 Wellington Road 124
P.O. Box 700
Rockwood ON N0B 2K0
Tel: 519-856-9596
Fax: 519-856-2240
Toll Free: 1-800-267-1465

**TOWNSHIP OF GUELPH/ERAMOSA
FIRE DEPARTMENT OPEN HOUSE AND
EMERGENCY PREPAREDNESS INFORMATION DAY
Rockwood Fire Hall
5141 Wellington Road 27**

**Saturday, May 6, 2017
10:00 a.m. to 1:00 p.m.
Barbeque from 11:30 a.m. -1:00 p.m.
Extrication Demonstration begins at 11:00 a.m.
DRAW and PRIZES**

The Township of Guelph/Eramosa Fire Department, along with their Emergency Response Partners, is hosting an Open House and Information Day on Saturday May 6, 2017. This event is being held in conjunction with National Emergency Preparedness Week which runs from **May 7 - 13, 2017**. Fire and Emergency Services serving the Township of Guelph/Eramosa and Wellington County will be at this event to present an exciting and informative day for the community.

- * Do you know what your community risks are?
- * What would you do if a tornado struck your house?
- * Are you prepared for power outages?
- * Do you have enough of the right supplies in your home to be self sufficient for 3 days? Are you prepared for an emergency?
- * View some of the response capabilities that the Township currently has.
- * Combination Smoke/Co Alarms will be available for purchase.

Come out and meet your local Firefighters, O.P.P., Military and other response team partners. Watch an auto extrication event and practice with the fire extinguisher simulator. Spray some water from the tanker and then enjoy a barbeque lunch with Sparky. Be sure to enter the draw for prizes.

Also, the Township will be holding its 2017 Green Tree Legacy distribution day. Non-perishable food donation items will be accepted on behalf of East Wellington Community Services.

John Osborne, Fire Chief
Jim Petrik, Deputy Fire Chief
Fire and Emergency Services - Township of Guelph/Eramosa

“Show What *YOU* know on EQAO” Tips For Your *Child’s* Success!

WHAT IS EQAO:

EQAO undertakes research for two main purposes:

- 1) to maintain best-of-class practices and student improvement
- 2) ensure high standards of education quality

Standardized tests provide different information. A standardized test is essentially a snapshot in time using one method of assessment. Teachers assess their students using a broad range of tools. A more holistic and complete picture of a student's performance can be seen from various types of assessment that the teacher does throughout the year. (tvoparents.tv.o.org)

TIPS FOR SUCCESS

- ***There is no need to study.*** The EQAO assessment does not count towards a child's marks in grades 3 and 6, so there is no need to increase anxiety by cramming. If you are curious about the questions your child will be asked, check out the [EQAO site](#) and run through [some practice tests](#) yourself so you have some understanding of the structure of the assessment and can better reassure your child.
- ***Remember this is practice.*** Let your child know that this is a way to show off what he or she knows and to practice test-writing skills so your child can be prepared for tests in later grades.
- ***Be supportive.*** It is normal and natural to get nervous and this is a big deal for your child. Do not downplay fears or dismiss them as silly. Instead, encourage your child to talk about these fears
- ***Talk to the Teacher.*** If your child is experiencing severe anxiety, there are things the teacher or school can do to help.
- ***Set the alarm.*** The best thing you can do for your child the day of the assessments is to make sure your child is well rested, fed and gets to school on time.
- ***Read more.*** For more on EQAO assessments and what they mean for your child, check out our [Parent's Guide to EQAO Assessments](#).
- ***Understand the Test.*** Don't use your child's EQAO test scores to measure overall achievement. You're better off relying on regular contact with the teacher who can show you your child's portfolio, which is being updated all year long. You'll have a more clear and accurate picture of your child's progress.

EQAO resources

<http://tvoparents.tv.o.org/article/understanding-standardized-testing>

www.eqao.com

ATTENTION!

Head Lice Has Been Found In Your Child's Class

Head Lice

Head lice continue to be a community problem. They do not cause disease but they are certainly a nuisance. The control of head lice requires the co-operative effort of parents, school personnel and health professionals.

Parents are responsible for meeting their child's personal well being, health and safety needs. In the area of head lice, their role includes the following:

- Learn how to recognize lice and check the child's head at regular intervals.
- Increase the frequency of checking when the child's classmates, close contacts or family members have head lice.
- Inform the school and parents of the child's close contacts if the child has head lice.
- Treat the child's hair (if head lice have been found) and notify the child's school that treatment has been carried out.
- Avoid making children who have head lice feel ashamed.
- Instruct the child to use only his or her personal hair brush, comb, clothing and sports equipment (e.g. helmets).



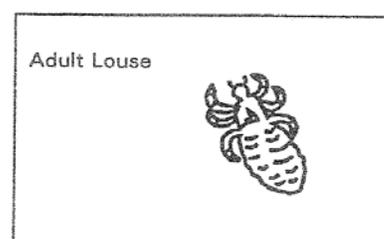
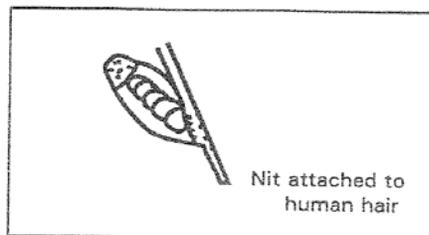
Suspect Head Lice If:

- ✓ Other incidences of head lice are reported in your child's class.
- ✓ Continuous scratching of the head.

How to Examine for Head Lice and Their Eggs (Nits)

Nits are most frequently seen above and behind the ears and at the nape of the neck but can be found anywhere on the head. Live nits stick to the hair strand (shaft) usually very close to the scalp, but can be found further up the strand as well.

The nit is oval shaped and frequently assumes the colour of the hair. It is often mistaken for dandruff and is very tiny, no larger than $\frac{1}{2}$ the size of a pin head. Nits are very firmly attached to hair shafts and cannot be flicked off or easily moved along the hair shaft, even after they have been treated. Live mature head lice are not often seen because they move quickly. You can help control this problem by examining your child(ren)'s hair weekly for nits.



Eramosa Public School

April 2017



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
						
2	3 -Wear Blue for World Autism Awareness Day -Scientists in the School 1/2A 	4 -Gr 1 Maple Syrup Trip  -Shri Ramnavami *Hinduism	5 -Ready Set Go begins -Spirit Day "Jersey Day or Funky T-shirt" 	6  -Author Visit: Miriam Laundry -Chess Tourney @ Aberfoyle -River Run Trip for Gr 1 & 2 	7  -Zumba with Lauren -Skills Canada Competition 	8
9 -Mahavir Jayanti *Jainism 	10	11 -EPSAC Meeting 7pm in the Library  -Pesach (Passover) 11 th -18 th *Judaism	12 -Ready Set Go	13 - Yearbook orders due -Vaisakhi *Sikhism -Theravada New Year *Buddhism -Vaisakhi/ Baisakhi *Hinduism -New Year *Hinduism	14 GOOD FRIDAY NO SCHOOL TODAY 	15
16 EASTER SUNDAY 	17 EASTER MONDAY NO SCHOOL TODAY	18 -Kiwanis for Junior Choir 	19 -Ready Set Go	20 -Jr. Basketball Tourney @ Erin PS  -First day of Ridvan *Baha'i	21 -Assembly	22 -Earth Day 
23 -Isra's and Mi'raj *Islam	24	25 -River Run Trip for Gr 5 & 6 	26 -Ready Set Go	27 -Jr. Choir  -EPSAC Family Games Night 6:30-8:00pm 	28 P.A. DAY No School for Students -Ninth day of Ridvan *Baha'i	29
30						

SAVE THE DATE – May 3rd Sibling, Club and Team Photos & Spring Open House

