

# February Newsletter

Erin PS

February 5, 2017



## Chris Hadfield live Video Conference Call

EPS students will be participating in a live video conference call with Canadian astronaut, Mr. Chris Hadfield on **Monday, February 6<sup>th</sup> at 9:10 am** in the small gym. Our students have prepared their questions for Mr. Hadfield and are eager for this wonderful opportunity!

## Cardboard Boat Racing Competition

Congratulations to EPS Cardboard Boat Racing Team who placed 3<sup>rd</sup> and 4<sup>th</sup> in the Skills Canada Competition. The 3<sup>rd</sup> place team is on to Provincials!

## Campbell's Labels

Last call for submitting your labels from any Campbell's product. We will be turning them in for some free gym equipment very soon. Please bring any labels you have saved to school. Thank you for your support!

## Online Before and/or After School Survey re-opened until February 10th

The online Before & After School Survey has been reopened and will remain open for parents to complete until February 10th. The completion of the online survey will allow UGDSB to capture the needs of parents who are registering children for school in September. Please fill out the online survey using the link:

[https://docs.google.com/a/ugcloud.ca/forms/d/e/1FAIpQLSdjWPnRmkL\\_IkeLnmbrijgMZYbZRQj9kEK8iETXh8BRXAoNlug/viewform#start=openform](https://docs.google.com/a/ugcloud.ca/forms/d/e/1FAIpQLSdjWPnRmkL_IkeLnmbrijgMZYbZRQj9kEK8iETXh8BRXAoNlug/viewform#start=openform)

## Live Free Campaign

Help to support our Live Free Campaign that supports our Food & Friends student nutrition program by sending a donation with your child/youth on March 3, 2017. Every dollar raised at our school comes back to support our EPS Breakfast Club.

<http://www.childrensfoundation.org/downloads/positioning-statement.jpg>

## Feedback welcome on draft policies

The Upper Grand District School Board is welcoming public input on draft policies. Currently under review is the **Website and Social Media Management Policy 312**. You are invited to review the draft documents and submit online feedback at [www.ugdsb.on.ca/policy](http://www.ugdsb.on.ca/policy). The deadline for public input is March 2, 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.

## Report Bullying



We take all incidents of bullying seriously. If your child is the victim of bullying or sees bullying behavior at school, please encourage him/her to speak with someone at school or use our board's online reporting tool. **Report Bullying** gives students and parents 24/7 access for reporting bullying. You don't have to identify yourself – just your school – and your message gets sent directly to the school principal for follow-up. You'll find the Report Bullying button on our school's website.

## 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 – 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



### National Sweater Day!

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

## Celebrate National Sweater Day!

*“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/](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 a your cards this year!