

# MAY



## Newsletter EPS 2017

### Talking about Mental Health

**May 1-5 is Child and Youth Mental Health and Well-being Week Participate! Have Fun! Increase Awareness! Increase Well-being!**

The UGDSB is participating in Mental Health and Well-being Week and so are our community partners.

Here are some of the events in the community for you and your family to participate in: CMHAWW is presenting the following: see <http://mailchi.mp/2d253253c223/mental-health-week-events-2017?platform=hootsuite> for details)

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**May 1st** Canadian Comedian and Mental Health Advocate **Mike MacDonald** - \$20 - CIGI - Waterloo - 7:00 p.m.

**May 1st** Free film viewing of '**Resilience**' - Recital Hall at the Guelph Youth Music Centre - 7:30 p.m.

**May 2nd** - Free **SafeTALK training in Guelph** - provided by our Education and Promotion - 6:00 p.m.- 9:30 p.m.

**May 3rd** - **Clint Malarchuk** - Former NHL Goalie and Mental Health Advocate speaking - \$10 - Bingemans - 7:00 p.m.

**May 4th** - Free '**Room to Breathe**' Mindfulness film viewing and panel discussion - 7:00 p.m. Kitchener Public Library

**May 4th** - Free - **Clint Malarchuk** - Former NHL Goalie and Mental Health Advocate will also be speaking at the Arthur Arena Hall – 7:00 p.m. - Admission by donation.

DCAFS is presenting : (see <https://dcafs.on.ca/building-better-tomorrows-2/> for more details)

**May 3<sup>rd</sup>** – **Sheldon Kennedy** - former NHL Player and author of Why I Didn't Say Anything will be speaking at the Caledon Ski Club. \$100, all funds raised to support Dufferin Children's Fund.

CMHA Dufferin Peel is hosting: (see <https://cmhapeeldufferin.ca/events/bbqart-show/> for more details)

**May 3<sup>rd</sup>** - A BBQ and Art Show at Edelbrock Centre. The BBQ is from 11:30 to 1--hamburger, chips and drink for \$5. Art show is from 11:00 to 4:00 p.m.

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*

## Feedback welcome on draft policies

The Upper Grand District School Board is welcoming public input on draft policies. Currently under review is Policy 413 Safety (Behaviour Prevention and Intervention) and Policy 603 Provision of Learning Resources. 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 May 25, 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.



## Monthly Environmental Activities to help celebrate our planet



**May 22<sup>nd</sup> is International Biodiversity Day!**

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

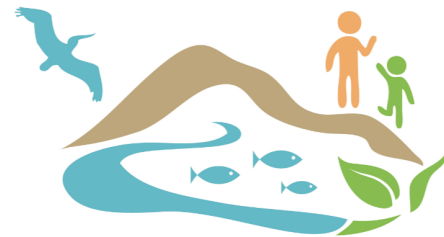
### **Celebrate International Day For Biological Diversity on May 22nd!**

*The United Nations has proclaimed May 22 The International Day for Biological Diversity to increase understanding and awareness of biodiversity issues.*

*Biodiversity, a simple word with some very broad reaching implications quite simply means: 'A wide range of life' We need to learn more about it in order to protect it.*

*"Biodiversity, at the level of species and ecosystems, provides an important foundation for many aspects of sustainability." António Guterres, Secretary-General of the United Nations*

<https://www.cbd.int/idb/2017/>



22 MAY 2017

INTERNATIONAL DAY  
FOR BIOLOGICAL DIVERSITY

Biodiversity and Sustainable Tourism

<https://www.cbd.int/>

### **Ideas for your family to celebrate Biodiversity Day!**

- *Visit farmers markets in your local area to try new types of produce. Whether you incorporate heirloom tomatoes into your cooking, or try one of the rainbow of colors of carrots out there that aren't orange, biodiversity can bring a great new experience to your table.*
- *View photos of endangered species on the Internet and discuss the reasons why these animals are threatened and why they should be protected.*
- *Join a community group and help to remove invasive plants from your local environment. These teams of volunteers will gather to remove plants that are impacting the local fauna's biodiversity by taking over natural grow areas.*
- *Get out into the world and enjoy all the different types of life your local area offers. Even a local park can have an amazing variety of life you've never noticed, from the insects crawling through the grass, to the flowers we so clumsily lump together as 'wildflowers'.*

Adapted from: <https://www.daysoftheyear.com/days/international-day-for-biological-diversity/>

***Celebrate the diversity of our natural world every day!***

## 2017 Special Olympics

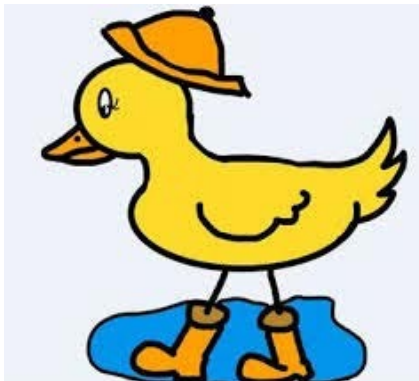
600 students from the Upper Grand District School Board and Wellington Catholic District School Board will be joining together to celebrate sport at the Special Olympics, May 17, 2017. The event will be held at St. James sports fields, and includes track and field events as well as adaptive events. Athletes flock to the sports fields for the opening ceremonies at 10:00, and compete in 3 events each throughout the day. Family and friends are welcome to join in the fun and cheer on the athletes. Parking is available at the Grange plaza.



## PRIMARY AND JUNIOR EQAO ASSESSMENTS

Our grade 3 and 6 students will be writing the EQAO assessments between May 23<sup>rd</sup> and June 5<sup>th</sup>. 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.

## DRESS FOR THE WEATHER!



Spring weather can be very unpredictable. 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 for the younger students.

As the warmer weather arrives, please review our school dress code with your children.

- Shirt straps need to be a minimum of three fingers in width
- Flip-flop shoes are unsafe at school
- Shorts need to have a minimum of 5cm (2") inseam
- Underwear and midriffs should not be visible
- Clothing logos should be of appropriate nature
- Please avoid muscle shirts