

April 2018 Newsletter

Erin PS



Thank you to everyone who has supported our Hot Pizza Lunch Programme! It has been a huge success and the kids love their weekly treat! This program would not be possible without our parent volunteers who faithfully come to school every Monday to make hot lunch happen! Thank you Parent Council!

This Friday April 6th, there will be a Milk And Cookie Day at second break. All items will be \$1.00 each.

News item: The cookie we use in our pizza lunch has been discontinued so it will be replaced with triple chocolate chip cookie for the remaining hot lunch days (starting Monday April 9th). The cookie is nut free and dairy free, just like the other cookie.



Construction: You will have undoubtedly noticed that the construction of the new Day Care has begun. All of the construction zone is fenced and inaccessible to students. There is a door on the inside of the school separating the two areas of the building. Very soon, you will also see a fence around our field, so the work can begin on the installation of the irrigation system and improvement of the field. The construction in both areas will continue until the end of this school year and into summer.

Thank you to all families who ventured out to our first Movie Night! Thank you to Parent Council for organizing the event and thank you to Mr. Nethery for being our tech. support for the evening! The event ran very smoothly and everyone had lots of fun and lots of popcorn! Hopefully, this will become an EPS tradition!

Council Corner

Parent Council is hosting a Soccer-thon April 10 & 12 at the EIRC. All students will have an opportunity to play on the big indoor field. We've done this event in the past and students had lots of fun!

Thank you to everyone who came out to our movie night in March! It was a great night. We look forward to hosting another one in the future!

The Parent Council meeting for April will be on Tuesday the 24th at 7pm. Anyone is welcome to join at anytime. We are always happy to see new faces!

April 6 is the deadline for handing in Vesey's bulb orders and **April 13th** is the last day for handing in Chocolate fundraiser money.

Ready Set Go Kindergarten Readiness Program is well under way. It runs every Tuesday at 9 am. If you know of any Kindergarten students who are registered at our school and are not in the program, please encourage them to check it out!

Time2Read Program is also taking place currently on Tuesdays and **Math4Life** will be starting in May 8th at 5:30 in the Library. Letters were sent home this week. Thank you to all of our dedicated teachers who are running these programs in the evenings for our students and families!

April 10th is the Parents Reaching Out event, which will take place at EPS at 7 pm in the gym. The topic is Mental Health and Suicide Prevention.

April 20th is Jr. Basketball Tournament hosted at EPS. It's an all day event. Snack Shack will be open. Thank you Ms. Vargo!

April 20th is also the last day for **Final payments for the Quebec trip.**

April 27th is PA Day. There is no school for students.

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 mediation 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

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/waystogogreenblog.com>



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.