



March 2019 Newsletter

Feedback welcome on draft board policies

The Upper Grand District School Board is welcoming public input on draft policies. Currently under review is: **Policy 602 – Animals in the Classroom**

This policy is important to students, staff, parents and guardians, school councils and community members because everyone plays a role in maintaining a healthy and safe learning and working environment in our schools when animals are present.

You are invited to review the draft documents and submit online feedback at www.ugdsb.ca/board/policy.

The deadline for public input is March 28, 2019 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.

Hockey Tournament

Our school hockey tournament is Tuesday, March 5. We are hosting between Centre 2000 and Hillsburgh arena this year. Most games are at Centre 2000 starting at 8 am. Please come and cheer the kids on!

Nominations are now open for the 2019 Everyday Hero Awards.

Tireless school volunteers, dedicated teachers, school and board staff, bus drivers who dedicate their time for our kids, crossing guards who save lives – anyone who goes that extra mile is being sought by the board for honour as an Everyday Hero. Candidates can be an employee, volunteer, individual, or community group active in schools – anyone who has a relationship with the system across Dufferin and Wellington Counties and the City of Guelph. Nominations are from peers, students, parents and other system partners. Past recipients include an employee who worked tirelessly to ensure technology programs are available to all students, an inspiring teacher who was the driving force behind a massive collaborative fundraising drive, and staff and community members who quite literally saved lives in our communities. Nominations are open until **Friday April 12, 2019**.

For more information and to view the nomination criteria, please visit the board's website at www.ugdsb.ca/heroes or contact Mrs. Harrison at 519-833-9685.



Spring Break is March 11-15. School resumes Monday, March 18th. Enjoy the week!



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 2019 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 2019 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 2019'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: March 2019

Random Acts of Kindness

Did you know that there are scientifically proven benefits of being kind! That's right. Just the act of being kind has been shown to stimulate the same part of the brain as those who receive an act of kindness. The simple act of kindness can:

- Reduce the stress hormone cortisol

- Increase sense of positive mood and satisfaction
- Help with physical health including lowering blood pressure
- Increase sense of happiness
- Increase feelings of “calm”
- Improve the mood of somebody simply witnessing the act of kindness

Kindness is also something that is TEACHABLE. Dr. Ritchie Davidson of the University of Wisconsin states that: “It’s kind of like weight training, we found that people can actually build up their compassion ‘muscle’ and respond to others’ suffering with care and a desire to help.”

As a family, you can:

- Make a conscious effort to recognize and say something kind about each other or someone else
- Give everyone in the family sticky notes to leave kindness notes to each other around the house
- Challenge everyone to do a random act of kindness every day for a week and have dinner time discussion about what everybody did that day
- Make an effort to identify and appreciate kindness that has been received

The weather may not be “playing nice” with us here in Southern Ontario these last weeks but we can still give our brain and our mental health a winter “boost”! So go out and notice kindness, receive kindness and give kindness this month.

Jenny Marino, Mental Health Lead

Follow me on Instagram @ugdsb_mental_health

Fitness Fun

We are starting a new program for students in grades 4-8 called Fitness Fun. Sierra, from Erin Physio Fitness, is going to bring Fitness Fun to our school in March for 5 weeks during the morning recess. We are particularly happy to engage members of our own community! Thank you to Ms. Turk and Ms. Zappia for arranging this.

From Food and Friends

Thank you to all the volunteers who have helped to make our Food & Friends student nutrition program such a success this school year. The donation of time that you have given and your ongoing support says so much about your capacity for compassion and generosity. Thank you for “Bringing Healthy Food to Hungry Minds!”

Suspension Notice from Public Health

On **March 4th and 5th**, suspension notices for students whose immunization records are not up to date at Public Health will be delivered to schools and sent home with children. Students whose records have not been updated by March 19th will be suspended from school until their records are updated. Please go to the [Public Health website](#) for more information.

