

## April 2019 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!

**Thank you to all families** who ventured out to our Movie Night on ! 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**

As many of you know, our Parent Council hosts a now yearly event, Christmas Bazaar. This is to provide opportunity for our K-6 students to go “shopping” for their own presents. All Bazaar items are donated by EPS families and all items are from \$.25-1:00. Volunteers even wrap all of the treasures! Even though next Christmas is still far away, if you happen to be doing some spring cleaning, it’s not too early to drop the items off at the school. Please remember that these should be only gently used or new items suitable for gift-giving. Also, we have plenty of wrapping paper, but gift bags are much appreciated. Thank you in advance!

The next 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!

### **Diversity Data Survey**

The UGDSB is conducting a system-wide survey, to help the board understand the demographic makeup, diversity and ongoing needs of our student population. The sole purpose of this survey is to gain a better understanding of the students and families in our communities, so that the board can program effectively and provide the right supports for every student to achieve their full potential.

#### **General info:**

- The online survey is voluntary and anonymous.
- The survey is open to all UGDSB staff, parents/guardians of students under Grade 4, and students in Grades 4-12+.
- A webpage has been set up with additional information and a Q&A at [www.ugdsb.ca/diversity-data](http://www.ugdsb.ca/diversity-data)

Please complete the parent survey at [www.ugdsb.ca/diversity-data](http://www.ugdsb.ca/diversity-data) between March 22 and April 18, 2019.

## **SAVE THE DATE \*\*\*\*FREE Parent Night Out\*\*\*\***

**This Year's Topic:** How to Break the Stress Cycle with Self Regulation and Mindfulness?

**Date:** April 30 th 2019 at Brisbane PS 6 pm to 8:30pm

### **THREE AMAZING PRESENTERS!**

Ann Douglas' Newest Parenting Book FOR SALE and FREE Book Signing by the Author!  
Brought to you by: Erin Parent Connection(Erin P.S, E.D.H.S & Brisbane P.S.) and  
the Ministry of Education PRO Grant

### **Growth Mindset and Resilience**

According to the research of Dr. Carol Dweck, people who believe intelligence can be developed are less likely to be deterred by mistakes or failures. They are also more likely to be successful throughout their life. As parents and teachers, we need to teach our kids to push through difficulty and be less focused on results.

Here are some simple phrases to build a growth mindset and the power of “yet” in kids

- I love how hard you're working.
- It's not working, so what can you try now?
- Every time you try, you improve so much.
- What can you do next?
- You're so focused right now.
- I can tell you've been practicing.
- What went wrong and how can we fix it?
- It isn't just right yet. But keep at it.
- That didn't go perfectly but you didn't give up!
- Wow, you worked that out.
- That took a lot of effort.
- Can you tell me about what you did?
- Let's keep trying.
- How about we work together until we can get it right?

### **Jump Rope For Heart April 2019-04-02**

During the month of April students at EPS will be collecting pledges for Jump Rope. Our kick-off assembly was today and you should get some information sheets from your child today. Our goal is to raise \$2000 in the month of April. There are prizes to be won, and if we raise our \$2000, Mrs. Harrison has promised an extra recess to celebrate! Please bring your donations whenever you can during the month of April.

## Plastic Bag Grab April 15-26

This year, EPS will be taking part in the Plastic Bag Grab challenge in order to divert some plastic waste from landfills. Ideally, we would use less plastic, but in the meantime, we can be sure to recycle whatever plastic we can. Students are encouraged to bring plastic bags from home or from family members or neighbours. Bags will be collected from April 15-26. Bring as many as you can and we will take care of delivering them to a recycling facility!



Acceptable for the challenge: carry out plastic shopping bags.

Non-acceptable for this challenge: food storage bags, clear produce bags, frozen food bags, milk bags, snack bags, sandwich bags, drycleaning bags, resealable bags, plastic film packaging, or anything that is not a carry out plastic shopping bag.

The plastic bags collected will be processed into plastic pellets that can be used in the production of a variety of plastic products, including garbage bags, planter pots, and plastic lumber through a company called [Trex](#).

All recycling is kept within North America. We hope you will take advantage of this opportunity to protect our environment while doing a little spring cleaning at the same time!



## UGConnect

The Upper Grand District School Board app has been rebranded. You will still get notified you of messages and allows you to access the school website, the school calendar, your messages, School Cash Net, transportation and more all in one place. It just has a different name. If you already have the app, there is no need to do anything. If you don't have it yet, please search UGConnect wherever you get apps to stay up to date.



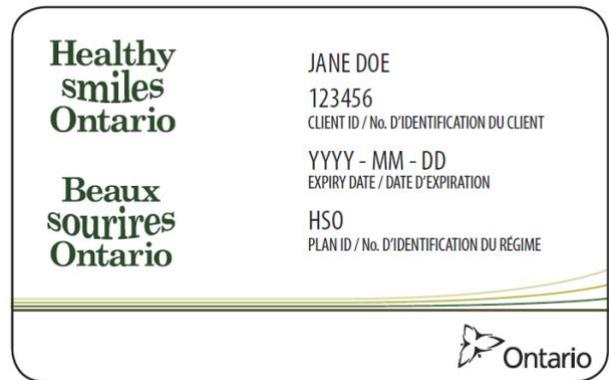
### Information from Public Health:

#### **Free dental care for children and youth (17 and younger)**

If you can't afford dental care, we have FREE services for your children at Public Health. We provide free basic dental care, including cleanings, x-rays, check-ups and treatment to children and youth.

Our dental hygienists provide preventive services (e.g. cleanings) out of all Public Health locations. Our dentist also provides dental care to children and youth enrolled in the Healthy Smiles Ontario program, and is located in Guelph at our 160 Chancellors Way office.

Have this card? Call Public Health to book an appointment.



For more information about our dental services or to book an appointment, call our Dental Line at 1-800-265-7293 ext. 2661. Visit our website for more information:

<https://www.wdgpUBLICHEALTH.ca/your-kids/dental-oral-health>

### **Talking About Mental Health: April 2019**

#### **Jumpstart your Brain this Spring**

Did you know that you can actually boost your brain power and increase your focus, ability to concentrate and your overall sense of wellbeing? So how do you do this?

- **Feed Your Brain:** Did you know your brain uses up to 20% of the calories that you take into your body? A well-balanced diet can provide your brain with much needed energy and increase your ability to focus and concentrate. Some high-quality brain foods are blueberries, salmon, nuts, avocados and whole grains. As a family you can journal what you are eating and then engage in a conversation and reflect on what you are feeding your brain.
- **Get Quality Sleep:** It is estimated that approximately a third of school aged children in Canada are not getting the required amount of sleep. Sleep actually restores the brain and supports memory, thinking and creativity! Try stopping screen time at least an hour before bed. Don't drink sugary or caffeinated drinks. Is your brain getting enough recharge time?
- **Get Outside and Move:** Even just 20 minutes of walking can increase your brain power. Try and charge your brain with fun, family friendly exercise. Walk around the neighbourhood and try and find all the spring buds and other signs of spring. Try and count your steps for one minute – it's not that easy!! Fresh air, exercise and movement are all fuel for your brain!
- **Take a Mental Vacation:** Take 3 minutes and close your eyes imagining a place that you love or wish you could see. Focus on the smells, the sounds and sensations. When we visualize something, our brains respond the same way as if we were actually there. Just 3 minutes of a mental vacation can put your brain into "relax" mode.
- **Be Creative:** Creativity can increase focus and sense of calm. Pick a craft or project to do as a family. Make a springtime collage of all things spring: images from magazines, words, drawings, items you find outside, etc. Taking the time to engage your brain creatively will give your brain a boost!
- **Exercise Your Brain:** Exercising your brain is as important as exercising your body! So how do you do this? Do a crossword puzzle or a word search. Anything that gets your brain thinking and being strategic

will do! Play a game of chess, make some origami art or even playing hide and seek! These activities may not feel like work, but they are doing great things for your brain!!

And, as always, remember that there are many people who are struggling. Stay kind, be a good listener and talk to someone if you are needing support!

Follow me on Instagram @ugdsb\_mental\_health

Jenny Marino, Mental Health Lead

## 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](http://waystogogreenblog.com)

## Earth Day 2019 Theme: Protect our Species

All living things have an intrinsic value, and each plays a unique role in the complex web of life. We must work together to protect endangered and threatened species. Go to <https://earthday.org> for some quick facts on the current wave of extinction and additional information about this problem.

## Ideas for your family to celebrate Earth Day:

- **Review last year's Earth Day Theme on ending plastic pollution**, as this important work continues. Make a pledge to always carry a reusable shopping bag, use alternates to Ziploc bags, buy in bulk, refuse to buy over packaged products and make litter-less lunches. Download your Plastic Pollution Primer to learn more about this problem help **End Plastic Pollution!** <https://www.earthday.org/yourjourney2018/>
- **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.
- **Learn more about the environment and the effects of global warming**. Encourage awareness and promote the **Reduce** (buy less), **Reuse** (repurpose it) and **Recycle** (sort it right!) 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.

### Equity and inclusion

Let's celebrate and/or acknowledge customs, traditions and days of significance from all around the world! If you have a suggestion or idea, please contact your child's teacher, Mr. Hussain or Mrs Woytko. If you are willing to come in and share ideas with us, we would love to hear from you.

Days of Significance April 2019

April 2	World Autism Awareness Day (wear blue)	
April 3	Laylate al Miraj	Islam
April 6	Chaitra Navratri	Hindu
April 7	World Health Day	
April 8	Mahavir Jayanti	Jain
April 10	Chaitra Navratri International Day of Pink	Hindu LGBTQ
April 11	International Day of Silence	
April 14	Chaitra navratri Baisakhi (Vaisakhi) Palm Sunday	Hindu Sikh/Hindu Christian
April 16	Wolf-Hirschorn Syndrome Day (wear blue)	
April 19	Good Friday	Christian
April 19-20	Theravadin New Year	Buddhist
April 20-27	Pesach Passover	Jewish
April 21	Easter First Day of Ridvan Lailat al Bara'ah	Christian Baha i Islam
April 22	Earth Day	
April 28	Pascha	Orthodox Christian
April 29	Ninth Day of Ridvan	Baha'i