



École FA Hamilton

April 2016

Newsletter

Important Dates for April

- April 6 - Grades 3 & 4 to River Run - AM
- April 11 - Scientists in School - Mui/Woodward
- April 13-15 - Grade 6 at Mansfield
- April 20 - Grades 1 & 2 to River Run - AM
- April 21 - Assembly at 8:45 AM
- April 24 - Milk orders due
- April 26 - Jump Rope for Heart kick-off
- April 27 - Pizza orders due

Weekly events

- Mondays - Artshine
- Wednesdays - Lunch Lady lunch
- Thursdays - Leadership Program
- Fridays - Pizza lunch

[Click here to see our whole calendar!](#)



Earth Day Events



April 22nd is Earth Day. École Fred A. Hamilton will be marking the day in a few different ways:

Assembly

There will be an assembly at 8:45 AM on April 21st that will be lead by Mme Tipler & Mme McMillan's and Mme Hartmans' classes. Family members are welcome to join us.

Plastic Bag Collection

From April 18 - 22, 2016, elementary schools across Canada are challenged to collect as many plastic bags for recycling as possible from their homes and in their communities. The school in each province/territory that collects the most plastic bags for recycling per capita is eligible to win a top prize of \$3,000 to support environmental initiatives for their school or community. Second and third place winners are eligible to receive \$2,000 and \$1,000 respectively. So start gathering those plastic bags!!!



Lights Out



Schools across the country will celebrate the 11th annual Lights Out Canada by turning off their lights and spending the day learning about climate change on **April 22, 2016**. Nearly 500 schools have already signed up to participate and FAH is one of them!

Thanks to students, teachers and administrators across Canada, well over a million participants have taken part in Lights Out since our inception in 2005!

FAH is also working towards earning an Eco Schools designation. Please help us get there by reducing the amount of packaging and waste you send to school in lunch boxes and by encouraging your child to take the bus, walk or ride his or her bike to school. Driving individual cars to school with one or two children in each one uses a lot of fossil fuel. Buses deliver up to 50 students and are much less harmful to the environment than 50 cars driving to school would be. Walking or biking, if you live near enough, is obviously the best way to go.



I.D.É.E

April marks the official roll-out of our new problem-solving strategy! It's called I.D.É.E. (idea in English). Each letter stands for an action a student can take to solve a problem with a peer:

I - Ignore (Ignore)

D - Discute (Discuss - use words)

É - Éloigne-toi (Walk away)

E - Enseignant(e) (Teacher - get some help)

We are encouraging students to try the first three before getting help from a teacher unless someone is being hurt, then students should get a teacher right away. If your child shares that he or she has had a conflict with a peer during the day, then it would be very helpful if you asked him or her if he or she used his or her I.D.É.E.. Talking through the strategy at home and at school will reinforce the concept and help students learn positive ways to independently resolve issues. Maybe siblings could use these strategies too!!

Food Drive

Thank you to everyone who contributed to our spring food drive. James McLeod, a rugby player and fourth year student at U of G organized the drive. The class who got the most points by bringing in food and doing class assignments will win a



pizza lunch! The winning class will be announced later this week. Stay tuned! Many thanks to James for his hard work and excellent organizational skills.

Lunch Lady is Back!



Watch backpacks for information about Lunch Lady lunches. They will be available on Wednesdays starting on April 13th, and there is a wide range of healthy, kid-friendly choices available from pancakes to chicken wraps to salads! All proceeds from the sale of these lunches goes to FAH for the purchase of things that will enhance students' learning experiences at school. In the past, we have used lunch money for outdoor recess play equipment, musical instruments, and technology.

Families can sign-up online at www.thelunchlady.ca where they will be able to see our school's menu choices. There will also be the option to fill-in a paper order form and pay with cash or cheque, but there will be fewer options offered on the paper order form.

Good News About Online Payments!

When you go online to pay for any school expenses, you can now use your Visa and Mastercard. You can still load up your wallet directly from your bank account, but if you prefer to pay by credit card, that option is now available to you!



CASL-compliant Emails From School

Legislation was passed in the last year or so that requires everyone who sends an email with commercial content to have express consent to send that email from the recipient. At first, one may not think that schools send emails with commercial content, but we do. We remind you that pizza orders are due, ask for a donation to a charity, let you know when picture day is, and so on. All of these examples are classified as commercial content. As a result, families who wish to receive emails from their child's school must [register here](#). Once you are registered, then Weekly Updates and the other periodic reminders that I send out will arrive in your inbox. If you don't wish to receive emails from the school, then don't sign up. If you wish to stop receiving school messages, then scroll to the bottom of a message and unsubscribe.

Concussion Information Session



Concussions can have a serious effect on a young, developing brain. Proper recognition and response to concussion can prevent further injury and help with recovery. Children and adolescents are among those at greater risk for concussions due to body trauma at any time.

Although falls and motor vehicle accidents are the leading causes of concussion, physical activity and sports can also cause a concussion.

To address the risk of concussion and to assist parents and students to identify the signs and symptoms of concussion, the Board is presenting free workshops to increase awareness.

An information session will take place on Wednesday May 11th from 7-8:00 pm at Centennial CVI, Lecture Room, 289 College Ave W, Guelph.

Monthly Environmental News

April Environmental Theme: ECOSYSTEMS

In April we celebrate Earth week and Earth Day so it is fitting that the environmental theme is all about what we are really trying to protect. We are working together to save our Ecosystems. An Ecosystem is a group of plants and animals living in their own environment of soil, water, air and sun. So examples are a garden, or a forest, or a lake, or even a fallen, decomposing log.



As humans on planet Earth we have a responsibility to take care of all Ecosystems. We need to have thoughtful, long-range plans on how many forests to cut down and turn into houses or parking lots or factories. We need to think about the long-term effects of turning good farmland into a subdivision. There are more and more people living on this planet every year and we need to make plans on how to give everyone a place to live without destroying our essential Ecosystems. With good planning this can be done.

We need to get outside and learn more about all of the many different Ecosystems on planet Earth and do everything we can to protect them. When we pollute, or destroy habitats, the plants and animals can no longer live there and species become endangered or extinct. When we buy too many things we don't need, or don't buy locally, or use the car too often instead of biking or walking, Climate Change speeds up and Ecosystems can't survive the new temperature changes or flooding or drought. So all the suggestions we have been talking about all year - including turning off the lights, or not wasting water when you brush your teeth, using cloth bags instead of plastic, and reducing, reusing and recycling are really very important. Together we can make a difference!

Slogan of the month: *Go outside and explore an Ecosystem today!*

What is RESILIENCY?



Resilience is the process of adapting well in the face of adversity, trauma, tragedy, threats, or even significant sources of stress — such as family and relationship problems, serious health problems, or workplace and financial stressors. It means “bouncing back” from difficult experiences.

~ Bonnie
Bernard

According to **The Canadian Mental Health Association (CMHA)** “RESILIENCE is”, being in good health means more than feeling physically well; it also means feeling mentally well. Today, we are more aware of how our mental and physical health affect each other. Setting aside time to focus on mental health is important – to you and those who care about you. Life is full of change, risks and challenges. Good mental or emotional health helps us find our balance and stay in control, even during turbulent times.

With the ability to communicate across the world in an instant, and electronic entertainment coming from every direction, life in today’s world is fast-paced and full-on. Anything seems possible, and with so many options and devices at our disposal, parents can be tempted to make their kids’ lives very easy.

Want that \$2 toy? Okay, you got it. (Better to avoid a meltdown, right?) However if we want our children to stand up to the inevitable challenges they will face in the future and keep going despite

disappointment or frustration, we need to help our children develop **resilience**. **This means they need to practice coping skills, and therefore need some challenges to practice these skills with.** After all, life is not about figuring out how to turn off a thunderstorm or switch on the sun – no matter how much we would like this to be possible. Our children will learn to be much happier, more resilient people, when they can enjoy the sunshine when it is around and dance in the rain when there is no other choice.

The list below is not your typical “do and don’t” list but rather a set of prompts to begin reflecting on ways we can teach children resilience through simple interactions every day.

- Give your child independence to try new things they initiate, such as climbing at the playground or opening a container, even if you think it is “too hard” for them.
- Encourage your child to serve others or let others go first when sharing food.
- Give your child the opportunity to wait patiently when it is required (such as in a restaurant or during a car ride); do not always provide entertainment
- Show your child that it is worth making a good decision for the long run even if it’s not the easiest, such as choosing healthy foods over junk foods even if they take longer to prepare
- Teach your child the difference between needs and wants
- Teach your child that they do not need every single material thing they desire (toys, food, designer clothes, technology devices, etc) even if “everyone else has it.”
- Enable your child to give toys and clothes away regularly to charity, and teach them that material possessions are simply tools and not answers to happiness.
- Give your child opportunities to help others younger than them, starting with simple ways such as showing the other child pictures in a book.

When we foster resiliency in our children we promote the development of positive mental health because we enable them to develop coping strategies to get through the toughest parts of life, regardless of their social and economic environment they are living in.

<http://creativewithkids.com/25-ideas-for-teaching-your-kids-resilience>

Light it up BLUE!- World Autism Awareness Day

The eighth annual World Autism Awareness Day is April 2, 2016. Every year autism organizations around the world celebrate the day with unique fundraising and awareness raising events. This year, global landmarks will light up blue to raise awareness. In Canada the CN Tower will participate by shining blue to shine a light on autism and turn awareness into action. Please join Upper Grand District School Board in our effort to inspire compassion, empowerment and hope by wearing BLUE on Saturday April 2nd 2016. Use #LIUB to share your experience across social media and help light the world up blue this April!



<https://www.autismspeaks.org/liub>
[Autism Ontario](#)
[Kerry's Place Autism Services](#)

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Follow me on twitter: @drlynnwoodford*

Win a Prize!!

If you send an email to the school at fahamilton.ps@ugdsb.on.ca letting us know that you read this month's newsletter, then we'll enter your family's name in a draw for some fun prizes. Please include your child(ren)'s name(s) in the email. We will not keep your email address for any future purpose.

Bon Chance!!