



École FA Hamilton

May 2016

Newsletter

Important Dates for May

- May 2 - Music Monday - assembly at 11:05 AM
- May 3 - Safety assembly run by Police for grades 3, 4, 5
- May 4 - Emergency Preparedness trip for grade 4's - PM
- May 5 - Native Storytelling assembly - 8:45 AM
- May 6 - Grade 1's to Guelph Lake Outdoor Centre
- May 10 - French Chef will cook with each class
- May 11 - VIP Celebration - grade 6
- May 12 - Track & Field practice; Family Wellness Event - 6-8 PM
- May 13 - Woodward/Hemsley classes to Rockwood Conservation Area
- May 16 - Track & Field practice
- May 18 - Track & Field Day
- May 19 - Track & Field rain date; School Council meeting
- May 20 - Jump Rope for Heart
- May 23 - Victoria Day - NO SCHOOL
- May 25-27 - EQAO for grade 3's - please try to avoid booking appointments on these 3 days
- May 30 - June 1 - EQAO for grade 6's - please try to avoid booking appointments on these 3 days



Weekly events

- Wednesdays - Lunch Lady lunch
- Fridays - Pizza lunch

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

Parent Requests for Class Placements



Teachers will soon be sitting together with me in teams to build classes for next year. We consider many factors when we assign students to classes: ratio of boys to girls and leaders to followers, academic needs, social-emotional needs, support needs, friends, and many more. If you have a request for next year, then please let me know of your request by sending me an email (jane.bibby@ugdsb.on.ca) or giving me a letter in writing (drop

off in main office). I will not consider a request unless I have it in writing. Discussions with teachers and/or Mme Manni will not be sufficient as I do not always hear about those conversations. The school team works very hard to ensure that class assignments give each student the greatest chance for success, and while we will take your request very seriously, there is no guarantee that we will be able to comply with it. The deadline for making requests is May 27th.

JK Orientation

There will be an Junior Kindergarten Orientation on Friday, June 3rd from 9:00 - 10:00 AM. Children will have a chance to visit classrooms and there will be a short information talk for parents. All registered families will receive an invitation in the mail shortly. Please mark this date on your calendar if you have a JK student who will be joining our school family in September.



Earth Week with the Huskies



FAH worked hard to recognize Earth Week this year. Classes were outside picking up garbage that was left after the winter to leave our school yard clean and tidy. The whole school searched at home for extra plastic bags to bring to school for a big recycling run - all those bags were diverted from the landfill! The Green Team inspected classroom recycling bins and gave feedback to classes about how to increase the amount of waste going to recycling and reduce the amount going to the dump. Students also participated in Lights Out on Friday and as few overhead lights as possible were left on inside the school.

Finally, the school participated in an assembly led by Mme Tipler/Mme MacMillan's and Mme Hartmans' classes. Students watched a video and sang a lovely song called "L'arbre est dans ses feuilles." We hope that some of the ideas for reducing our footprint carry through into the everyday lives of families here at FAH.

Travel to School Survey

Soon, your child will participate in a travel to school survey. We are hoping to learn how everyone gets to school everyday. As we work towards earning an EcoSchool designation, we are looking for ways to reduce our footprint on the Earth. Walking or taking the school bus are the least environmentally impactful ways to get to school. Driving individual students in cars is the most impactful. We are aiming to have as many children as possible come to school on foot or on the bus.



Outdoor Education Trips



Every class in the school has had, or will have before the end of June, an opportunity to go on an outdoor education trip. Some examples are visits to the Guelph Lake Conservation Area, Mansfield Outdoor Education Centre, and Shades Mills Conservation Area. The cost for each of these trips has been offset by funding from our Board. We are grateful for the support our Board gives to outdoor education initiatives.

Next Phase of the Playground

We have submitted our request to have a large geodesic dome climber installed on the yard. Thanks to the hard work of School Council and your generous donations, there are sufficient funds to move forward with this next phase of the school playground project. The dome will likely be installed late this school year or over the summer. Stay tuned for updates!



Feedback welcome on draft policies



The Upper Grand District School Board is welcoming public input on draft policies. Currently open for consultation are draft policies and procedures for school accommodation and boundaries, community partnerships, smoke-free environment and asthma friendly schools, with input due by May 11, 2016. There is also a new draft policy and procedures for the handling of public concerns, with an input deadline of May 30, 2016. Please review the draft documents and submit online feedback at

www.ugdsb.on.ca/policy.

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.

School Council News

School Council Updates:

With only two months left of school, School Council is wrapping up the year with the following events:



May 12th, Thursday, 6:00-8:00PM - Health and Wellness Family Event

Come join us for a fun and informative event for parents and students. We will be discovering new ideas about fitness, nutrition, and mindfulness through interactive demonstrations and speakers. Keep a lookout in your child's backpack for more details on this amazing family event.

May 12th, Thursday, 9:00-11:00AM - Classroom Learning Activity

EveboardOne will be doing a 2 hour workshop on technological designing using electronic boards, computer programming and robots for our grade 6 student.

May 14th, Saturday, 10:00AM - Family Garden Weeding Party

April Showers bring May flowers...and weeds. A group of FAH parents and students will be meeting to fix up our front yard garden in preparation for new mulch arriving on May 20th. You are invited to join other School Council families in cleaning up our front yard...there will be free freezies for all our hard workers. Please bring any gardening gloves or tools you may have.

May 19th, Thursday, 6:30PM - Last School Council Meeting of the Year

We invite all parents to come to our last School Council meeting. We will be discussing our Staff Appreciation Week and creating big plans for the next school year! We would love to hear your thoughts on how we can make FA Hamilton even better!

May 30th- June 3rd - Staff Appreciation Week!

Instead of the typical staff appreciation breakfast, we have decided to celebrate our F.A. Hamilton teachers and staff with a fun week of activities and events - "Super Hero Themed". Activities will include: students creating fun super hero cards for their teachers and collecting flowers for our amazing support staff. The week will cap off with having gourmet box lunches delivered on the PD day (June 3rd) for the FA Hamilton staff members. At the end of May, we will be sending out cards for the children to personalize and a request for toonies to pay for the box lunches.

Information for Parents of Children with Allergies



McDonald's® Canada wants to inform customers with milk, peanut and tree nut allergies of some changes to cooking procedures and ingredients at its restaurants across Canada, including the McCafé® locations at Exchange Tower and Union Station in Toronto:

McDonald's Canada is using butter as a spread on English muffins, bagels, and McMuffin® and bagel sandwiches. Butter is also used on the grilled cheese sandwiches served at its McCafé locations.

McDonald's Canada is offering the Create Your Taste™ menu featuring custom sandwiches at participating restaurants. The cheese used on these sandwiches is melted on the grill.

McDonald's Canada has eliminated the McFlurry® with Smarties® candies and has replaced it with the McFlurry with M&M's® candies. This new McFlurry flavour includes a "May contain peanuts" precautionary statement in the ingredient list due to the inclusion of the M&M's candies. McDonald's Canada has also included a "May contain peanuts" precautionary statement on the in-restaurant advertising materials because the M&M's candies are a replacement for, and look similar to, the Smarties candies.

McDonald's Canada wants to make customers with milk, peanut and tree nut allergies aware of these cooking procedures and ingredients so they can make an informed choice when ordering at McDonald's and McCafé locations.

For ingredient information please visit our website at www.mcdonalds.ca.

If you have any other questions, please contact McDonald's Guest Contact Centre at 1-888-424-4622.

What is STEM and why is it important?

STEM stands for Science, Technology, Engineering, and Mathematics. The idea is to offer students tasks that integrate more than one subject area such as thinking about all the angles, measurements and calculations involved in building a structure that could stand up to the elements of our Canadian winters. STEM provides opportunity to focus on one assignment while applying knowledge gained in a number of subjects so knowledge gained in one area can be applied in another. Check out this link for more information

(<https://www.youtube.com/watch?v=ALPJ48sime>)



Think of it like driving a car. We can't just focus on braking or steering by themselves. We need to simultaneously think of acceleration, steering, signaling, braking and road signs all at the same time and ideally we'd like our students to have the same flexibility with their thinking across different subject areas.

Try this activity to promote mathematics, science, engineering and language.

Using popsicle sticks, glue, tape, and elastics, design and build a device that will launch 3 marshmallows as far as possible using elastic bands. The elastic energy may be "loaded" by hand but the device must get all of its launching power from the stored energy in the elastic bands.

Have fun and enjoy!

Environmental Theme for May - Climate Change



Climate Change refers to any changes in long-term weather patterns (temperature, precipitation, wind, storms) that have been caused by humans polluting the atmosphere with too many greenhouse gases like methane and carbon dioxide. We need to act now, because who can argue with reducing pollution? Pollution can't possibly be good for us!

The world is tracking climate change. Weather and temperature has been changing too quickly over the past few decades, which seems to be caused by the industrial revolution here on Earth. We are sending too much pollution (from cars, trucks, factories, and power plants using coal) into our atmosphere. Over the past hundred years the temperature of the Earth has risen and this has caused many changes in nature. For example, species of plants and animals are either migrating or becoming extinct. Some seaside cities may soon be underwater from rising sea levels. We are having more severe weather patterns like tornadoes and hurricanes and ice storms. Drinkable water sources are drying up.

What can you do to help be part of the solution? Well, all of the things we have been talking about this year can help. If you buy less and reduce, then less energy will be used and less pollution will be sent into our atmosphere. If you don't waste electricity you help out too. If you walk or bike to school or carpool you are doing your part. If you buy locally you reduce the greenhouse gases emitted through shipping and this helps planet Earth too.

You can Google: *"Top 10 ways you can stop Climate Change"* to get more ideas on how you can help.

And finally, eat a fresh, local apple - Not only is it good for you, but greenhouse gases were not created in the processing, canning, freezing, packaging or long distance transportation, so local apples are good for the planet too!

Slogan of the month: Climate Change is not cool!



Talking about Mental Health

May 1-7 is Child and Youth Mental Health Week!

Child and Youth Mental Health Week is about promoting mental wellness, increasing awareness of the child and youth mental health, decreasing stigma and understanding that support is available.

The theme for Child and Youth Mental Health Week at the Upper Grand District School Board is:



Have a **SUPER** Week! Let's increase everyone's mental health and well being!

Social Connections

Uplifting Emotions

Personal Health

Emotional Calming

Resilient Thinking

Each day of the week will focus on a different aspect of Mental Health and Well Being. The schools will be provided with resources and activities related to each day's theme. Some schools will also have their own Mental Health Week activities that are specific to their school.

As a parent, you can increase the Mental Health and Well-being of your children and family too! Here are some suggestions:

Monday May 2 - Social Connection

Perform Random Acts of Kindness for someone in your family or neighbourhood.

Tuesday May 3 – Uplifting Emotions

Say 3 things each day that you are grateful for.

Wednesday May 4 – Personal Health – Eating Well, Sleeping Well and Being Active

Eat a good nutritious breakfast. Focus on fruits and veggies for snacks. Walk with your child to school or go for walk after work/school. An hour before bed, start winding down. No screens.

Read a book or listen to calming music. Prepare for a good night's sleep.

Thursday May 7 – Emotional Calming

Just breathe. Start the day with a few deep, calm breaths at breakfast. Take three deep breaths every time you walk through a doorway.

Friday May 8 – Resilient Thinking

Have each family member name one positive thing about themselves and one positive thing about each other.

At the end of the week, think about the things that made you or your child feel more positive, more resilient and continue to use them every day!

Most of all... 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*

Congratulations!

Congratulations to the Crawford family! They were one of many families who read the April newsletter and sent me an email to tell me so! Their name was drawn this morning and they won a gift card for local restaurants - perfect for a family night out. If you have read the May newsletter, then be sure to email the school (fahamilton.ps@ugdsb.on.ca) to let us know. Please include your full name and the name(s) of your child(ren). Thanks for engaging with your school!

Cruising the Halls on a Kid-built Car!



GUELPH UNITED PERFORMERS - COMMUNITY THEATRE CAMP -



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Trinity United Church

400 Stevenson St. N, Guelph

July 4 to 8 OR July 18 to 22, 2016

FEE: \$50 per week

6 to 10 year olds:

9:00 am to 12 noon

11 to 16 year olds:

1:00 pm to 4:00 pm

DIRECTOR: ANDREA LeBLANC

Contact: moldenhauer.b@sympatico.ca 519 824 6172

www.guelphunitedperformers.com





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building healthy communities



We invite you to join us for...

YOUTH OLYMPICS!

Saturday May 7th, 2016

9:30am - 3:30pm

Ages 8 - 14

Mitchell Woods Public School

Come out and enjoy a day filled with fun activities for a range of ages!

There will be snacks, drinks and pizza provided.

To RSVP please email guelphyolympics@gmail.com

or call Amy at 519-824-5150 x 262.

www.guelphy.org

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Every camper gets a t-shirt, water bottle, playbook and eat tons of Kisko freezies!

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