



École FA Hamilton

June 2016

Newsletter

Important Dates for June

June 1 - last day of EQAO for grade 3's

June 2 - EQAO make-up day

June 3 - PA Day - no school for students - staff will be working on planning for next year and year-end assessment

June 10 - City Track & Field meet

June 16 - School Council social - everyone welcome - location to be announced

June 16-17 - installation of the dome climber on schoolyard

June 18 - FAH Husky Fun Walk/Run - 9-10:30 AM

June 27 - Play Day

June 28 - Term 2 Report Cards go home; Grade 6 celebration - 6:30-7:30 PM

June 29 - Last day of school for students

June 30 - PA Day - no school for students; Summer newsletter will be posted with info about what to send to school with your child in September as well as details about that first morning back.

Weekly events

Wednesdays - Lunch Lady lunch

Fridays - Pizza lunch

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

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.

Join us at École Fred A Hamilton from 9:00 am - 10:30 am on Saturday, June 18th



The FAH Run is an end of the year 5k run/walk that unites friends and families in support of fitness, fun and fundraising for recess equipment and walkie talkies for the school.

- Race includes a spectator-friendly 500 meter dash for kids 1-12 years old
- 5k Race will be timed by volunteers
- Complete and return registration form to office by June 13th
- Forms are available at the office and on our school website

Event Details:

- 8:30-8:45** runners pick up bib (handmade by students) and enter name into draw
- 9:00** kids' 500m dash
- 9:15** 5k start
- 10:15** draw prizes and handmade medals for top 3 males and females
- 10:30** event over

Entry Fee: \$20.00 per family is suggested or \$10.00 per person

*** Strollers are welcome, however, for safety reasons, pets and bikes are NOT permitted on the run**

*** Children must be accompanied by an adult; please ensure this is arranged during the run/walk as well**

Playground Update

Thanks to the efforts of our School Council and the generosity of our school families, Blue Imp will be coming to install a dome climber on the school yard on June 16 and 17! We are very excited about this fantastic addition to our playground, which will be for junior students during recess hours. Primary students will have access to the climber when they come outside with their class and teacher for outdoor learning times. On behalf of the staff and



students of FAH, thank you to Council and our families for supporting our efforts to provide lots of opportunities for kids to be outdoors and active.

Sunscreen and Hats

'Tis the season! Please send your child to school with a hat for sun protection and a good layer of sunscreen applied. Classes are often outdoors participating in learning activities on the school yard or in the neighbouring forest and kids can get burns without protection.



Talent Show



FAH's got talent! This year's talent show will take place Thursday, June 16th at 1:30 pm, and will feature a variety of musical, singing, and dancing acts. Students have auditioned and have been practising for the past month. Please join us for this fun event, led by two Grade 6 students from the leadership program. Our Huskies would love the support of parents and grandparents. We hope to see you there!

Wanted - Help With Our Sign!

If you have been looking for a flexible way to get involved at school that doesn't take a big time commitment on your part, then this may be a perfect opportunity for you! We are looking for someone to change the letters on our outdoor sign once a week (your choice of day). The messages will be determined by the Principal, and you would be responsible for swapping out the letters. The messages on the sign are an important way for us to communicate with families. If you are interested in contributing to school life in this way, then please call the school at 519-836-0080.



Creating Independent (Math) Problem Solvers



I was working in two different classrooms in two very different schools and noticed that the children approached solving problems in math differently. When children were given a problem in one classroom, their hands would immediately go up in the air with cries of, "I don't get it," or "I need help," or "What do I do first?." In the other classroom, when children were given a math problem, instead of asking for help right away, they would give it a try.

I was curious about the different student approaches to solving a math problem and I wanted to know how these students solved other

problems. So I asked each group of children, “When you want to play with a friend, what do you do?” Here’s what they said:

School A	School B
“My mom calls her mom.” “My mom calls and sets up a play date.” “My dad texts her mom to see if we can play.” “I ask my mom if she can drive me to his house.”	“I go knock on his door and ask if he can play.” “I call her on the phone and then walk over to her house.” “Lots of kids meet at the park after school. I go there and play with my friends.” “I ride my bike to her house. If she’s not home, I go see if someone else can play.”

Which school had children who asked for help with the math problem right away? Which children tried the math problem on their own first?

To be successful in math, children need to be able to solve problems. When children are provided with opportunities to solve their own problems in life, they are more willing to tackle math problems on their own. Think about some of the “problems” children may experience every day:

- Deciding what to wear
- Taking what they need to school for the day (e.g., lunch, homework, shoes)
- Finding friends at recess
- Choosing what do after school
- Being hungry and needing a snack

If parents and teachers solve these problems for children, we take away the chance for children to develop problem solving skills and the belief that they can do things on their own. We cannot expect a child who has everything done for them in life to be an independent problem solver in math.

By stepping back and providing children with the opportunity to solve their own little problems, like what to wear or how to get together with a friend, we prepare them for tackling bigger problems later on, like the ones they get in math class!

Megan Haessler, Curriculum Leader

Special Olympics

Special Olympics athlete oath: “Let me win – but if I cannot win, let me be brave in the attempt.”

On Wednesday, May 18th staff and students from across the school district came together for a day to celebrate diversity and perseverance. More than 600 athletes from the Upper Grand and Wellington Catholic District School Boards were at St. James Catholic High School in Guelph for the annual Special Olympics Track and Field Day.

Now in its 15th year, the track meet has grown to one of its largest and most successful in the area. In addition to the 616 athletes from 67 schools in attendance, this year's track meet was also attended by 555 peer coaches, 448 staff members and more than 100 volunteers. Students and their peer coaches spent the day in the sun, enjoying companionship and friendly competition in events including standing long jump, running long jump, softball throw, seated softball throw and the 25, 50 and 100m dash. The annual track and field day is made possible by the hard work of the organizing committee, Special Olympics Ontario, the City of Guelph, Community Living Guelph/Wellington, the Guelph Police Service and many volunteers. This year, UGDSB is honouring the hard work and dedication of the committee members by presenting them with an "Everyday Hero" award.

June's Environmental Theme:

CARING FOR THE ENVIRONMENT: ENVIRONMENTAL STEWARDSHIP



Caring about the environment is all about "doing". So get out there and start doing all the things you've learned about this year. It's time for all of us to start Living Green 365 days a year and make a commitment to environmental stewardship, so we can keep our Earth healthy!

Caring about our planet means being educated about our planet. Learn as much as you can. Earth needs smart people to take care of it! Be curious, ask questions, gather knowledge and find solutions. You need to understand what the problems are in

order to fix them.

Every one of us is important when it comes to caring for the Earth and protecting it for the future. An advocate is someone who publically speaks or writes or does actions to support an important cause. What kind of "Earth Advocate" are you? Choose from the following list:

A) Activist: I want to help others to change their habits to help the Earth. I want to host an event or make a website that encourages others to Live Green. I want to write letters to our government to ask them to make positive changes.

B) Motivator: I will help others change their habits by being a role model that others can follow. People will see me living green and making a difference and be motivated to do the same.

C) Educator: I will research environmental issues and tell other people what I learn. I will be curious and ask questions and gather knowledge and find solutions to environmental problems that I will share with others.

So decide what kind of "Earth Advocate" you are. You can be more than one type!

Slogan of the month: Live Green 365 days a year!

Talking About Mental Health June 2016 – Successfully Shifting from School to Summer

It is an exciting time of the year. The weather is getting warmer, days are getting longer and summer is just around the corner. School is wrapping up and it is time to think about how to have a good transition from school routines to summer vacation.

The shift from school year to summer break is easy for some, but more challenging for others, particularly those children and youth who experience anxiety or have difficulty with transitions. So a good transition to summer is important and can lead to a more positive, fun summer experience. Here are some practical tips to make a smooth transition from school to summer:
Post the summer schedule. Have your child or youth contribute to a family calendar. Be sure to note blocks of unscheduled time as well; that way, you can anticipate free time to use as you wish – even if it's just to enjoy a break in the action.

Be prepared to be spontaneous. Keep a running list of places and people to visit when time permits and the mood strikes. Summer is a good time to stop by the library, bike trail, or concert-in-the-park that you can't seem to get to during the school year.

Revamp – but don't eliminate – your child's daily routine. A daily routine gives most kids a sense of structure and security.

Prepare your child for their scheduled activities. If possible, visit the locations where they will be during day camp or day care in advance. Have your child talk to counselors, caregivers, as well as other kids who have enjoyed those same situations and settings.

Get outside and enjoy the summer. Try to limit the amount of time online, watching TV, or playing video games. Be active and get plenty of sleep and exercise. Being outside, such as going for a walk or playing in the park, elevates our mood and makes us feel less anxious.

Hope you have a wonderful, relaxing, fun summer. However, if you find mental health challenges to be increasing or causing more difficulties over the summer, seek out mental health or addiction supports for your child/youth, you and your family.

Summer resources for Mental Health and Addiction supports:

Your family physician and family health teams in Guelph, Wellington, Dufferin are excellent resources.

Canadian Mental Health Association WWD (CMHAWWD):

Tuesday Walk In - 1:30-7:00, 485 Silvercreek Parkway, Guelph.

To access services for Children, Youth and Adults in Guelph/Wellington: : 1 844 HERE 247

(1 844 437 3247)

<http://here247.ca/>

Dufferin Child and Family Services (DCAFS):

Tuesday Talk In – 1:00-7:00 pm, 655 Riddell Road, Orangeville.

To access services for Children and Youth in Dufferin: 519 941 1530.

<http://dcafs.on.ca/>

Family Counselling and Support Services:

Walk-in, Wednesday, 1-7, sliding scale, based on ability to pay, but will not turn anyone away. 109 Surrey St E, Guelph, 519 824-2431.

<http://familyserviceguelph.on.ca/>

KidsHelpPhone 1 800 668 6868. <http://www.kidshelpphone.ca/>

Dr. Lynn Woodford is the Mental Health and Addiction Lead for Upper Grand District School Board

Follow me on twitter: @drlynnwoodford

Newsletter Draw

The newsletter draw for May will take place tomorrow. I'll post the winning family on the website. To enter the June draw, please email your name, your child's name and the word HUSKY to the general school account (reply to this email or send one directly to fahamilton.ps@ugdsb.on.ca).