



École FA Hamilton

February 2017

Newsletter

Important Dates

- Feb. 1 - Speech & Language screening for some SK's
- Feb. 2 - **Sweater Day**, Grade 6 Camp deposit due (\$85)
- Feb. 10 - K-2 Dance Show at 11:05 AM; 3-6 Dance Show at 1:30 PM
- Feb. 15 - Basketball tournament
- Feb. 16 - **Term 1 Report Cards and Term 2 IEP's sent home**
- Feb. 17 - Milk Orders for March due
- Feb. 20 - **Family Day - Schools are closed**
- Feb. 24 - **Winter Carnival**; Pizza Orders for March due
- Feb. 27 - Artshine begins after school

| February | | | | | | |
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| 25 | 26 | 27 | 28 | | | |

- All month - Dance Month in the Library
- Wednesdays - Lunch Lady lunch
- Fridays - Pizza lunch

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

Coming Soon! - Family Games Night - Thursday, March 2

DancEd



DancEd is back for another year! Everyone at school is very excited about this program. We hope you will be able to join us for the big dance show on Friday, February 10th. Families with children in Kindergarten to grade 2 are invited to attend at 11:05 AM. Families with children in grades 3-6 are invited to attend at 1:30 PM. If you have a child in both divisions, then just pick one show, because they will be the same. All students will perform the same routines with

their classes twice on the 10th. We are splitting up the community into two groups because the gym was incredibly packed last year when everyone came and the same time, and many people ended up sitting on the floor or standing for the show.

If you have not yet paid for your child to participate, then please do so as soon as possible. Everything is set up online, but if you would rather avoid online payment, then please send a cheque to school for \$15 per child. Include DancEd on the memo line along with your child's name.

Retro Night Update!

Thank you to all families who came out to support our Leadership Program and have a fun time together last Thursday evening. Thanks to your generosity, over \$600 was raised to buy Leadership T-shirts and some resources for the staff to use to continue to keep the program meaningful and engaging for students.



Thank you, School Council!



We are very grateful to the generosity of our school community! At last month's School Council meeting, a motion was passed to fund the purchase of a class set of snowshoes that we will use right here on our yard and in the woods behind the school! We are very excited to be able to offer this wonderful outdoor activity to our students! Merci!

Winter Carnival

We are having a Winter Carnival this year! On Friday, February 24th, students will be put into teams and will have a chance to participate in a whole bunch of fun outdoor activities, including snowshoeing! This fun day lines up with a couple of areas of our School Improvement Plan: building community and promoting outdoor education. If you want to be part of the fun by helping out, then please contact your child's teacher.



Parent Input Session to Build Inclusion



We are working hard here at FAH to be an inclusive and welcoming school. (It's a big focus for our School Improvement Plan!) We would very much like to hear from our school community to find out how we are doing. On **Wednesday, February 15th**, we will be meeting in the **Library at 7 PM** for about an hour to listen to what you have to say about the way we welcome families and how easy it is for families to feel like they are an integral part of our school community. We want to hear from many

different voices around the table - families who

- Are new to our school,
- Are new to Canada,
- Have children who have special needs,
- Have family members who belong to the LGBTQ community,
- Self-identify as First Nations, Métis or Inuit,
- Have a member with a physical disability, or
- For any other reason, wish to join the conversation about inclusivity at FAH.

We hope that many of you will consider coming to help us be a more welcoming school where every single student and every single family feels safe, accepted and valued. There will be light refreshments and coffee and tea. If you plan to attend and you have some dietary restrictions we should know about, then please either email me (jane.bibby@ugdsb.on.ca) or phone the school (519-841-9197).

We look forward to meeting with you!

Report Bullying

We take all incidents of bullying seriously. If your child is the victim of bullying or sees bullying behavior at school, please encourage him/her to speak with someone at school or use our board's online reporting tool. Report Bullying gives students and parents 24/7 access for reporting bullying. You don't have to identify yourself – just your school – and your message gets sent directly to the school principal for follow-up. You'll find the Report Bullying button on our school's website www.ugdsb.ca/fahamilton .



National Sweater Day!



National Sweater Day is about valuing energy. It's a chance to think differently about how we use energy, where our energy comes from and how we can play an important role in fighting climate change by using energy wisely, not wastefully. It is designed to help raise awareness about renewable energy and change behaviours around energy consumption in Canada. If all Canadians lowered their thermostats by just two degrees Celsius, it would reduce greenhouse gas emissions by about four megatons – equivalent to taking nearly 700,000 cars off the road.

Encourage your child to wear a sweater on Wednesday to raise awareness about the importance of using our natural resources responsibly. Here are some other ideas to consider:

- Turn down your thermostat and wear a sweater!
- Ask your children to brainstorm with you about ways to save energy at home. Make a pledge to implement as many as you can.
- Research the differences between climate and weather. Ask your child to characterize some different climate types (polar, tropical, coastal, etc.).
- Read a children's book on conservation such as: *Why Should I Save Energy?* by Jen Green. Encourage lots of discussion and questions.
- Valentine's Day is just around the corner - use recycled materials to create your cards this year!



Before/After School Care Survey

The online Before and/or After School Survey will be open until February 10th. The Board needs to know how many people are interested in before or after school care for September in order to have enough programs open and running. Parent input is essential! Please complete the survey by February 10th if you will need child care before and/or after school this fall.

https://docs.google.com/a/ugcloud.ca/forms/d/e/1FAIpQLSdjWPnRmkL_IkeLnmbrijgMZYbZRQI9kEK8iETXh8BRXAoNlug/viewform#start=openform

Artshine - Winter 2017



ARTSHINE is coming to Fred A Hamilton. In this session students will be exploring the following themes and mediums:

Amazing Animé: In this new and popular session, students will learn how to draw and create their own anime character. In this two-day session, focus will go from learning how to draw specific facial features, to then being able to create their very own character!

From NYC to Hawaii: Bring your passport for this travel inspired series! Experiment with printmaking with a New York Cityscape and then switch gears for a Hawaiian inspired beach scene.

Inspired by Canadian Artists: Our young artists will be inspired from a variety of artists whose work can be found coast-to-coast in Canada including Tom Thompson, Barbara Reid, and first nation's artist Stephen Peltonen. Mediums range from Watercolour to 2D Clay Art.

**Students will be introduced to cursive writing as a creative and engaging warm up.*

This 8 week Art Program begins on Monday February 27th and takes place after-school! **Register online before February 20th: www.artshine.ca**.

Education Week Logo Contest!

We are holding a district-wide contest, inviting students to design a logo for this year's Education Week. Students are invited to design and submit original artwork for the board's Education Week logo contest, designing a logo that embodies the theme of "Open Doors to Learning," "Ouvrons les portes à l'apprentissage."



The winning submission will be the official logo of Education Week 2017 in the Upper Grand and will be featured prominently on print and online materials for the event. The winner will also be presented with a framed copy of their artwork.

The deadline for contest submissions is Friday February 24, 2017. For contest rules and submission guidelines, [please visit the board website](#).

Live Free



Help to support our Live Free Campaign that supports our Food & Friends student nutrition program by making a donation online (enter the link to your giving page) or sending a donation with your child/youth on March 3, 2017. Every dollar raised at our school/agency comes back to support our (enter your student nutrition program name).

<http://www.childrensfoundation.org/downloads/positioning-statement.jpg>

Engaging Your Child in Science at Home!

As parents we have the wonderful opportunity and responsibility for nurturing our children's growth. Parents play a key role in the physical, emotional, and intellectual development of their child. As parents we can usually find time to read a story to our children, thereby instilling a love of literature, but we are often at a loss as to how to instill a love and appreciation for Science. Science encourages problem solving skills, curiosity and questioning, creative and critical thinking, observational skills and reinforces both literacy and math skills....and it's FUN! Here are some ideas for fostering Scientific skills in your children.



6 Tips to foster Scientific Thinking at Home

1-See science everywhere. Parents can take opportunities to ask "What would happen if ...?" questions or present brainteasers to encourage children to be curious and seek out answers. Children need to know that science isn't just a subject, but it is a way of understanding the world around us.

2-Lead family discussions on science-related topics. Dinnertime might be an ideal time for your family to have discussions about news stories that are science based, like space shuttle missions, severe weather conditions, or new medical breakthroughs. Over time, children will develop a better understanding of science and how it affects many facets of our lives. Movies and TV shows with science-related storylines are also great topics for discussion.

3-Encourage girls and boys equally. Many girls are left out of challenging activities simply because of their gender. Be aware that both girls and boys need to be encouraged and exposed to a variety of subjects at a very early age.

4-Do science together. Children, especially elementary-age children, learn better by investigating and experimenting. Simple investigations done together in the home can bolster what your child is learning in the classroom. Check with your child's teacher on what your child is currently learning in class and what activities you can explore at home.

5-Connect science with a family vacation. Family vacations are a great way to explore science. It could be a hiking trip where you explore nature or a discussion on tides during a beach vacation.

6-Show excitement for Science!

Reference:

"NSTA Science Matters: Tips for Busy Parents - National Science"

<http://www.nsta.org/sciencematters/tips.aspx>.

Talking About Mental Health



Taking tests is stressful for most students. However, there are lots of ways that your child and youth (and you!) can decrease the stress related to tests.

Anticipate stress and be ready for it.

- Practice relaxing activities every day so during stressful times you already know how to cope.

Eat well

- Learning and remembering takes a lot of energy. Keep healthy snacks close by so you can refuel easily with what your body needs to feel good and think clearly.

Sleep

- During sleep, our brains make connections and consolidate our learning. Research has shown that during sleep, our brain cleans out toxins to allow for more learning to occur the next day.

Drink lots of water

- Hydration is very important for good brain function. Cut down on caffeine, which contributes to the stress response and to poor sleep.

Move

- Activity increases energy, stimulates brain growth and increases mood. Take regular active breaks; even 5 minutes of walking outdoors can make a difference.

Pause and relax

- Take time to relax. Do some deep breathing. Listen to music. Meditate. Go outside. Write in a journal. Do some stretches. Go for a walk. Draw or doodle.
<http://youth.anxietybc.com/relaxation> has some great examples of how to relax.

Connect

- Talk to your friends.
- Talk to your parent or a caring adult about how you are feeling.
- At school, you can talk to your teacher, principal or CYC for support.

Laugh!

- Laughter is a great release and allows our brains to recharge and reset.

*Dr. Lynn Woodford is the Mental Health Lead for the Upper Grand District School Board.
Follow me on Twitter @drlynnwoodford.*



Attention drivers!

When there is an adult school crossing guard in the crosswalk with their sign

drivers must stop

before the crosswalk

and remain stopped

until everyone, including the crossing guard, has cleared the road.

The fine for failing to stop for a crossing guard is \$150 to \$500 and three demerit points.

Keeping our community safe

