



# École FA Hamilton

## April 2017

### Newsletter

#### **Important Dates**

**April 4** - Safety Patrol recruitment for next year

**April 5** - Grades 1 & 2 to River Run (PM)

**April 6** - Chris Vollum will speak to Juniors at 1:45 PM and parents at 7:00 PM

**April 10** - Humane Society visit

**April 11** - Check backpacks for information on our school cookbook!

**April 13** - **FINAL PAYMENT DUE FOR GRADE 6 CAMP**

**April 14** - Good Friday - **NO SCHOOL**

**April 17** - Easter Monday - **NO SCHOOL**

**April 21** - **MILK AND PIZZA ORDERS DUE**

**April 24** - Mlle Mui's class has Scientists in the School; kick-off for Jump Rope for Heart campaign

**April 25** - Mui, Devenny, Burkhart classes to Centre in the Square (PM); **COOKBOOK RECIPES AND ORDERS DUE**

**April 26** - Administrative Assistant Appreciation Day (Thank you, Mme Manni!); Grades 5 & 6 to River Run (PM)

**April 27** - Custodial and Maintenance Worker Appreciation Day (Thank you, M. Williams and Mme Bradburn!)

**April 28** - PD Day - **NO SCHOOL** for students - staff will be working on school improvement planning and math instruction

Mondays - Art Shine at 3:15 PM

Tuesdays and Thursdays - Popcorn for sale - \$2

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



#### **Social Media Fitness**

Please join us on Thursday, April 6th at 7 PM in the gym to hear international expert and speaker, Chris Vollum, talk with parents about how to ensure their children are safe when using social media. This valuable opportunity is possible



thanks to your School Council and a Parents Reaching Out grant. Junior students will participate in a talk with Chris Vollum during the school day on the 6th.

## **School Cookbook**



School Council is going to create a cookbook for FAH families that will be filled with all of our families' delicious, favourite foods! A sheet will be sent home on April 11th. We hope that families will take a few minutes to write down a favourite recipe to send back for inclusion in our very own school cookbook. There will be an electronic option available if you prefer to type your recipe. On April 25th, those recipes will be due in to the Cookbook Committee who will magically transform them into a beautiful recipe book that will be for sale at the School Carnival in June. The money raised from the sale of the cookbooks will go towards the playground project. Start thinking about your recipe entry today!

## **Earth Day Events**

We are still planning some meaningful activities to recognize Earth Day. Please check the Weekly Updates over the next couple of weeks for more details.



## **Thank You to Our Snack Program Volunteers!**



Thank you to all the volunteers who have helped to make our Food & Friends student nutrition program such a success this school year. The donation of time that you have given and your ongoing support says so much about your capacity for compassion and generosity.

## **Child and Youth Mental Health and Well-being Week**

**May 1-5 is Child and Youth Mental Health and Well-being Week!**

Child and Youth Mental Health and Well-being Week is in the first week of May. It is about promoting mental wellness, increasing awareness of the child and youth mental health, decreasing stigma and understanding that support is available. Let's improve everyone's mental health and well-being!



The theme for Child and Youth Mental Health and Well-being at UGDSB

is: Have a **SUPER** Week!

**Social Connections**

**Understanding Emotions**

**Personal Health**

**Empowerment**

**Resilience**

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.

As a parent, you can increase the Mental Health and Well-being of your children, youth and family too!

Here are some suggestions:

Monday May 1 -**Social Connection** - "Be the Reason Someone Smiles Today".

Say Hi to 3 people that you do not know. Perform a random act of kindness.

Tuesday May 2 – Understanding Emotions – “Understanding Emotions Creates Positive Actions”

Right now, stop and reflect on how you are feeling. Take a couple of moments as a family to do some deep breathing. <http://youth.anxietybc.com/how-do-it> Now, how are you feeling?

On Wednesday, wear GREEN to support Mental Health Awareness.

Wednesday May 3 – Personal Health - “Move, Sleep, Eat, Repeat. Keep yourself healthy every day”.

Did you know that how our bodies feel affects how good we are feeling? Three of the best things you can do to improve your mood is to exercise, sleep well and eat well. Go for a walk or play a game, get outside, turn off the devices an hour before bed and eat fresh food! The more you do to help your body feel good, the better you will feel!

Thursday May 4 – Empowerment - “Change Your Thoughts, Change Your World”.

You are encouraged to look for ways to make a difference in your school and community. Start small, you never know where it will lead too.

Friday May 5 – Resilience - “Every Challenge is a Learning Experience”.

Mental Health and Well-being means coping with the ups and downs of day to day life. Building more resilient thoughts and skills can really help. Children and youth can also find support by seeking help from caring adults. Take time now to talk with child or youth about who those caring adults are in their lives.

For more information about Mental Health and Well-being and interactive activities with your children and youth:

**Mind your Mind** (online) [www.mindyourmind.ca/Interactives](http://www.mindyourmind.ca/Interactives)

Fun, interactive options for de-stressing for youth.

**Smiling Mind** (Free App) [smilingmind.com.au/](http://smilingmind.com.au/)

An app that guides you through simple, calming meditations.

**GoNoodle** (Free App) <https://www.gonoodle.com/>

Fun interactive body and mind breaks for kids.

At the end of the week, talk with your child/youth about the things that made them feel more connected, emotionally aware, healthy, empowered and resilient and continue to do those things 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

## **For French Immersion Parents**



“Today a reader, tomorrow a leader” - Margaret Fuller.

In education, we strive to teach our students how to be critical readers so that they can flourish in their future endeavours whether in English or in French. Reading skills in French are not unlike reading skills in your first language, however, reading in French

does require attention to a different sound system, different vocabulary and at times an understanding of contexts or cultures that may be different than those in another language.

### **How can parents support student reading at home when they don't speak French?**

One way to do this is to read with your child in their first language. Research shows that reading behaviours and skills are transferable across languages. For example, understanding how to retell a story in English using the beginning, middle, and end structure is a skill that is transferable to French.

Opportunities for shared reading will support motivation and skills in reading no matter the language. Asking your child to predict what the text will be about or what will happen next, to visualise what is happening as you read and to use picture clues to better understand the text are all activities that will positively impact reading.

Another way to support and motivate your child is to encourage them to read to you in French and then ask them to summarize or retell what they have read. This shows them that you are interested in and value their reading experience in French and may even teach you some new French vocabulary along the way. Simply having a conversation with your child about what they are reading in French and asking questions is an additional way to show your interest and support.

### **What happens when students are not moving forward in their reading or parents have concerns about student progress?**

Research shows that interventions can be effectively delivered in the student's first language as well as in French at a time when the gap between strong and weak readers is still relatively small. Early intervention is key. Discussing your concerns as soon as they arise by speaking with your child's teacher and then examining appropriate courses of action and supports as a team are important first steps.

It is important to remember that a student struggling in reading does not mean that the student is not a good fit for learning French. French as a second language programs are for all students. Promoting this belief helps to create a supportive environment where students feel more confident and can be successful.

#### **Further Reading:**

1. What Works? Research into Practice. "Supporting Early Language and Literacy. Dr. Janette Pelletier OISE, University of Toronto. The Literacy and Numeracy Secretariat.
2. What Works? Research into Practice. " Early Identification and Intervention for At-Risk Readers in French Immersion. Nancy Wise and Dr. Xi Chen. OISE, University of Toronto. The Literacy and Numeracy Secretariat.

## **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/>



### **Why is it so important to connect kids with nature?**

Kids who don't get outside, who aren't stimulated by their environment, won't grow up with the motivation to protect our planet. Kids who don't connect to their inner nature through creative play won't be as resilient as generations before them.”

<https://earthday.ca/ed2017/everyone/>

### **Ideas for your family to celebrate Earth Day:**

**Get involved with Earth Day's EarthPlay** <https://earthday.ca/ed2017/schools/> . You can download an activity tool kit and enjoy the many suggestions to promote outdoor activities and learning for kids.

**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. Always bring cloth bags when shopping, refuse to buy over packaged products, and lug a mug instead of using non-recyclable coffee cups.

**Learn more about the environment and the effects of global warming.** Encourage awareness and promote the Reduce, Reuse and Recycle 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.

# social media fitness



## Listen ~ Connect ~ Engage ~ Influence

For many parents Social Media is a foreign world. *Social Media Fitness* inspires parents to develop *clarity, confidence, joy and new skills* into the world of Instagram, Snapchat, Twitter, Facebook and more!

### *Core Discussions (mobile device recommended)...*

- Mental Health; Stress & Anxiety
- How Students are Evaluated, Online
- How Students Use Social Media
- Build a Sustainable Reputation
- The 5 Prominent Social Platforms
- Become "Googleable"
- Achieve Balance; less screen time
- Increase Online Confidence & Skill

### *Chris Vollum*

International workshops

Presented to more than  
500,000 students throughout  
Canada and the United States



Recognized educator on

Twitter, Instagram, Periscope,  
Snapchat, Facebook,  
YouTube, Tumblr

Information and booking:

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