



École FA Hamilton

April 2018

Newsletter

Important Dates

April 4 - Burger's Priest lunch

April 6 - Skills Canada competition; first day to donate to Diaper Drive

April 11 - McLeish and Hartmans classes to Shades Mill Conservation Area; Taste Fine Foods lunch

April 12 - Grades Mui and Devenny classes to River Run

April 13 - Grade 6 VIP

April 17 - Last day to donate to Diaper Drive

April 18 - Subway lunch

April 19 - Grades 1 & 2 to River Run; **School Council at 6:30 PM**

April 20 - YoYo's special treat ([order here!](#))

April 23 - Earth Day

April 24 - Grade 5's to Wellington County Museum; milk and pizza orders due

April 25 - Administrative Assistant Appreciation Day (Thanks, Mme Manni!); East Side Mario's lunch

April 26 - Custodial & Maintenance Worker Appreciation Day (Thanks, M. Williams, M. Rocha and team!); Grades 3 & 4 to River Run; **Crazy Hat Day**

April 27 - PA Day - no school

Wednesdays - special lunches ([order here!](#))

Fridays - pizza lunches ([order here!](#))

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

Happy Bottoms Diaper Drive

Our school is having our first diaper drive ever! We are very proud to say that we will be donating to Guelph-Wellington Women in Crisis Foundation. Every day, we will be collecting baby diapers, baby wipes, and baby lotions! There will be a table set up in our front foyer where you or your child can drop off donations. After every day, a volunteer will be driving our collects to Guelph-Wellington Women in Crisis Foundation. We hope that your child will help us donate!!

How to donate...

Date: Friday April 6 to Tuesday April 17



Place: Fred A Hamilton

We hope to see lots of donations! Thank you for helping Guelph-Wellington Women in Crisis Foundation!

Plastic Bag Grab



The Plastic Bag Grab challenge is a waste reduction program for elementary schools across Canada that engages schools and students on the 3Rs hierarchy: reduce, reuse, and recycle. For two years, the challenge has encouraged students to collect as many single-use plastic bags from their homes and communities as they can for recycling. Now in its third year, the program will focus on *reduce* and *reuse* – the most important step in the 3Rs hierarchy. As such, the

challenge will reward schools that encourage and promote ideas and solutions that result in reducing how many bags are used and wasted in their communities. During Earth Week 2018 (April 16-20), schools are challenged to learn and take action on plastics waste by reducing their use, while collecting discarded plastic bags for recycling in their schools and beyond.

Spring Carnival Planning

School council has begun planning for our end of the year carnival to be held on June 14th. We are looking for anyone who can help out either with the planning or on the night of. If you are able to give any of your time to help make this another amazing family event at F.A. Hamilton please email Nicole at nicolemillard10@gmail.com or Mike at poulin.mike@gmail.com. The **next School Council meeting will be on April 19th from 6:30-8:00 PM** and everyone is welcome to come out!



Small Change for Big Change



Thank you for so generously sending in your spare change. We raised \$354.78 to donate to Big Brothers-Big Sisters in support of valuable youth programs for local kids.

Skills Canada

Each year, the UGDSB coordinates a regional Skills Canada competition for students in grades 4 to 8. This year's competition is the biggest yet, with 1,260 students from 61 elementary schools competing in design challenge events such as Lego Robotics, Lego Mechanics, Character Animation, TV/Video Production, Health and Safety, Design and Build, Construction, Green Energy and a new challenge of Vex Robotics.

These design challenges invite the competing students to apply their knowledge of math, science and technology in an engaging, meaningful and hands-on way, providing them with the opportunity to make the connection between what they are learning in school and possible careers in skilled trades and technologies. The event also encourages collaboration, problem solving, critical thinking, creativity, innovation, and a little friendly competition between schools. The winning teams from each event move on to the provincial competition in May.



The popularity of the event has increased to the point where the UGDSB requires three locations to hold all the excited competitors. This year's Skills competition will take place on Friday April 6 at College Heights SS, Centennial Collegiate Vocational Institute and the Centennial Arena located behind the two secondary schools. **GO Huskies GO!**

Spring Clean Your Mental Health!



It's Spring! Flowers blooming, birds chirping, sun shining. There is nothing quite like it. Often we Spring Clean our homes – tuck winter away, clean out the cobwebs and get ready for summer. Spring is a time of renewal. Why not use this momentum for a mental health renewal?

Let the sun shine in ... Try and 'spring clean' your emotional and mental spaces this month. Get rid of emotional debris that is no longer serving you. Here are some ideas to help get you started on your mental health Spring Clean. Focus on things that make you happy and give you a clear, fresh state of mind

Start a Journal Writing can help articulate your thoughts, clear your emotional space and help put things into perspective. Try having a family journal time where once a week everyone journals/records their thoughts and feelings. This can help clear your mind of clutter and also get things out of your mind and onto paper. Don't worry about punctuation or spelling – it's just for you.

Be Aware of Your Thoughts Sometimes we don't even notice the negative things we say to ourselves. Try to notice your thoughts and reframe thoughts into kindness. Instead of "We never have time to sit down as a family for dinner" try "When we sit down as a family for dinner it is such a treat". We are careful of how we speak to others but often not so careful about how we speak to ourselves. Practice your own self compassion this month.

Enhance Your Physical Health Physical wellness is a big part of maintaining mental well-being. Exercise, sleep and eating well all contribute to positive well-being. Try replacing soda or coffee with herbal tea. Try going for a nature walk or scavenger hunt with the family. Yoga, Pilates and meditation

can also enhance both your emotional and physical well-being.

Remember, each day is fresh start – just like Spring. Have a great April!

Jenny Marino, Mental Health and Addictions Lead
Upper Grand District School Board

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/>

Earth Day 2018 Theme: End Plastic Pollution

From poisoning and injuring marine life to disrupting human hormones, from littering our beaches and landscapes to clogging our waste streams and landfills, the exponential growth of plastics is now threatening the survival of our planet. Earth Day 2018 is dedicated to providing the information and inspiration needed to fundamentally change human attitude and behavior about plastics. <https://earthday.org>



Ideas for your family to celebrate Earth Day:

- Get involved with Earth Day 2018's Theme <https://www.earthday.org/yourjourney2018/> Download your Plastic Pollution Primer to learn more about this problem and act to help End Plastic Pollution!
- 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.

Days of Significance

We want to celebrate all days that are significant for our school community. If you would like to help us celebrate these events or have a day of significance to add, then please contact your child's teacher, Mme Bibby or Mme Manni. We welcome any suggestions.

Special April Days

March 31-April 6	Passover	Judaism
April 1	Easter	Christianity
April 12	Yom HaShoah	Judaism
April 13	Vaisakhi	Sikhism
April 21	First day of Ridvan	Baha'i
April 22	Earth Day	United Nations
April 29	Ninth day of Ridvan	Baha'i