



École FA Hamilton

June 2018

Newsletter

Important Dates

June 1 - Zadro/England Year-end celebration

June 4 - Team & Club Photo Day

June 5 - World Environment Day; Blue Mountain Leadership Trip for Patrol Captains

June 6 - Blue Mountain Leadership Trip for Patrol Captains; Taste Fine Foods Lunch

June 7 - Provincial Election - be sure to vote!!!

June 8 - PA Day (no school for students); **JK Orientation**

June 11 - Grades 1 & 1/2 to the Arboretum; Patrol Luncheon

June 12 - Classroom visit from the Horticultural Society to Mme Hartmans' class

June 13 - Grade 3's swimming; Subway lunch

June 14 - Central IPRCs; City Track & Field at U of G; Ramadan ends & Eid al-fitr begins at sundown

June 15 - Eid al-Fitr ends at sundown

June 19 - Ultimate Frisbee Tournament

June 20 - Grade 3's swimming; East Side Mario's lunch

June 21 - Grade 6 Farewell Celebration rehearsal; Gifted Class orientation at Waverly; Boucle Violette performance (Holmes); **Spring Carnaval & BBQ (5:30-8 PM)**

June 22 - Grade 6's to Mountsberg; Boucle Violette performance (Nibaruta); Yoyo's special treat

June 25 - Patrols to go bowling

June 26 - Play Day; **Term 2 Reports go home**

June 27 - Play Day rain date; **Grade 6 Farewell Celebration (5:30-7 PM)**

June 28 - **Final Assembly & Volunteer Appreciation Reception**; Last day of school

June 29 - PA Day (no school for students)



[Click here to order lunches or Yoyo's](#)

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

School Cash Online

Thank you to all families who pay for trips and lunches and other school fees online using School Cash Online. We have lately been getting more cheques and cash into the office, which is a lot of extra work for office staff and it is also less secure and harder to track. Please do not send cash or cheques to school to pay for things if there is any way you can pay online. If access to a computer is a problem, then we have a Chromebook in the office that you can use and Mme Manni or Mme Bibby will be happy to help you with the process. As a reminder, the web address for School Cash Online is ugdsb.schoolcashionline.com . Thank you!



Filming at University Village Park



On June 5, 6, 7, & 8 between 11 AM and 5 PM each day, the film crew from the show "Frankie Drake" will be filming down the road from FAH at University Village Park on the ball diamond. Periodically throughout the day, there will be traffic stoppages for up to 3 minutes. I would advise everyone coming to the school to approach from the west from Scotsdale Avenue to avoid having to wait.

Slime at School

We have had a number of students lately making slime at home and coming to school to sell it. While we applaud this entrepreneurial spirit, students are not permitted to run little businesses at school. There are quite a few rules around fundraising in schools and one thing that is not allowed is fundraising for personal profit. ("A fundraising activity does not result in any person, including school board staff or volunteers, benefiting materially or financially from the activity." *Fundraising Guideline*, Ontario Ministry of Education, page 4) If your child asks you for money to purchase slime, then please say, "No." If your child wants to make slime to sell at school, then please put an end to that too. Sidewalk stands on the weekend from home are just fine (as long as you're okay with that) but students may not sell slime during school hours, on the way to and from school, or on our schoolyard.



On a related note, many homemade slime recipes contain Borax, to which Health Canada recommends we limit our exposure. [Click here to learn more.](#)

Helping Students Manage Online Distractions During Homework Time



This is a great article for parents of children who work on homework on an electronic device. There are tips and suggestions for helping your child minimize distractions so s/he can get homework done more efficiently and have more time to rest or play.

<https://www.thestar.com/life/parent/opinion/2018/05/16/how-to-keep-the-todays-kids-focused.html>

JK Orientation

There will be an Junior Kindergarten Orientation on Friday, June 8th from 9:00 - 10:00 AM. There will be an information fair in the gym and then families will have a chance to visit classrooms. All registered families will receive an invitation in the mail. Please mark this date on your calendar if you have a JK student who will be joining our school family in September.



Moving?



If your family is moving out of the FAH catchment area over the summer, then please let us know in the office as soon as possible.

We need an accurate enrollment number for the fall in order to organize classes and hire the right number of teachers. The more we know now, the less likely we are to need a reorganization in September. Likewise, if you know of a family who is moving into our neighbourhood from a French Immersion program elsewhere in our board, then please encourage them to register as soon as possible.

Carnival and Barbecue!

We hope you will join us for a fun Family BBQ and Carnival Night on Thursday, June 21st from 5:30-8 PM! School Council has been hard at work planning an amazing evening to celebrate another year at FAH. Hamburgers will be for sale online for families to buy for dinner. Juice and coffee will be available the night of the event. Plans are also underway for popcorn and candy floss to be available for sale. There will be games for kids and adults alike both indoors and outdoors. Please mark your calendars and come out for a fun evening! All proceeds from the Carnival will go towards athletic equipment and gym storage.



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. If sending sunscreen to school, then please **do not send spray sunscreen**. It gets in children's eyes, is unhealthy to breathe in, and when sprayed indoors, makes the floors very, very slippery. Stick to the lotions, please.



Student Medication



Please pick up any medicine you may have left at school for your child from the main office this month. **Any medication still here on the last day of school will be sent home in your child's backpack.**

Life Threatening Emergency Management and Prevention Plans

If your child has a Life Threatening Emergency Management and Prevention Plan, then please be aware that there is a new policy in place that will start very soon. One change will be the name of the plan, which will now simply be "**Plan of Care**." For children with life-threatening allergies, asthma, diabetes or other medical conditions that may require urgent attention, there will be new forms



coming out before the end of the school year. Families will be required to meet with the Principal to create the new Plan of Care and then parents will need to have it signed by the family physician over the summer so it's ready to go for the first day of school in September. After this initial plan is created, it won't need to be signed by a doctor each year as long as there are no changes required. We will be in touch to set up a meeting to discuss your child's health needs here at school so we are in the best position possible to keep him or her safe.

Thank you, School Council!

All year long, members of School Council have worked very hard on behalf of your children. The staff and students of FAH would like to thank this tireless team for their strong support. The educational experience of students at École Fred A. Hamilton is made a lot richer thanks to the efforts of this group of committed parents. Check out a few of the activities and resources for which we all have School Council to thank!



- A Scientist in the Classroom visit for each class in the school
- Hallowe'en Dance-a-thon
- Winter Event
- Spring Carnival
- Pizza lunches
- Milk
- A team to tend and water gardens and trees over the summer
- An amazing outdoor play space with several elements for all ages at our school
- A complete set of 2 categories of the Forest of Reading books



These are just some of the things School Council, through the generous donations of our families and the hard work and commitment of members, has contributed to our students' school experience just this year! We are fortunate, indeed, and wish to share our appreciation for our amazing School Council!



Merci pour tout que vous faites pour nous!



Ramadan

The Islamic calendar has 12 months and one of them is the month of Ramadan. The Islamic Calendar is lunar which means it is based on the moon.



During this month Muslims all over the world fast from sunrise to sunset, which means that we can not eat or drink anything from dawn to sunset. We wake up early before dawn and eat and drink a big breakfast, because it will be a long day before we can eat again. Only those people who are healthy are allowed to fast. When the sun sets, we break our fast with dates and water. Then we say our prayers and eat a nice dinner with the whole family.

Muslims pray 5 times a day, but in Ramadan there is a special prayer called the “night prayer”. It is fun to go to the mosque for these special prayers because lots of people come and I see my friends.

At our home we celebrate by sharing food and inviting family and friends over. It is also a month of prayers and the reading of the Holy Quran, as it was during Ramadan that the Quran was revealed.

When we fast in Ramadan, it teaches us patience, respect and to be thankful to God for what we have. It is also a time when Muslims give charity to the people in need. Ramadan is a good time to practice doing good deeds too. But we shouldn't just wait for Ramadan, we should do them all the time

The end of Ramadan is celebrated with a day of Eid (June 14-15 this year). Eid is a time of joy, exchanging of gifts and being with family, much like Christmas. On Eid day we greet each other by saying EID MUBARAK!

By Fiza Ahmed (Westminister Woods, Gr 3) and Ayyan Sayyed (Meezan School, Gr4)

Successfully Shifting from School to Summer

Talking About Mental Health June 2018

The weather is getting warmer, days are getting longer and summer is just around the corner. It is an exciting time of the year but it can also be a struggle. There is often an increasing restlessness, distractibility and anticipation as the end of the school year approaches. 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. 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.
- Make a 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.
- 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.

Looking for Activities To Do:

<http://www.orangeville.ca/parks-and-recreation>

<http://guelph.ca/living/recreation/recreation-programs/>

<https://www.centrewellington.ca/beactive/Pages/Recreation,%20Parks%20and%20Facilities/Community-Guide.aspx>

<http://wellington-north.com/government/departments/recreation>

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, and 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, 519 824-2431.
<http://familyserviceguelph.on.ca/>

KidsHelpPhone 1 800 668 6868. <http://www.kidshelpphone.ca/>
Jenny Marino is the Mental Health and Addiction Lead for Upper Grand District School Board
Follow me on Instagram @ UGDSB_Mental_Health

Celebrate World Environment Day on June 5th 2018!

<http://worldenvironmentday.global/en>



A Platform for Action- World Environment Day is the United Nations' most important day for encouraging worldwide awareness and action for the protection of our environment and is widely celebrated in over 100 countries.

This year's theme - Take action to #BeatPlasticPollution
On 5 June, spread the message: "If you can't reuse it, refuse it!" Download the informative poster: "[9 Tips for Living with Less Plastic](#)" Make sure you are up-to-date on what can be recycled your local community's blue bin. Better yet, don't

use single-use plastics!

Ideas for your family to celebrate World Environment Day!

Create an event for family, friends and neighbours - There is no end of ideas that you could take forward for World Environment Day. Surprise yourself! Think about ideas that we can do to help the planet like fixing a problem in your community.

Get out into nature - World Environment Day is all about appreciating the beautiful planet we inhabit. Why not spend a day in a park, hiking a trail or appreciating a forest on the weekend before World Environment Day.

Inspire others - A great idea will naturally attract others who can take a small idea and make it extraordinary. So, with your powers of persuasion, bring on board the people you think can make your idea awesome. Or ask everyone to make their own personal pledge to change one wasteful or harmful habit for the better. Share what you're doing using the hashtag: #WorldEnvironmentDay

Have fun: Make your event for World Environment Day fun, inspiring and interesting. For example, Google events happening locally that you can attend, or check out Pinterest for fun, recycled crafts ideas.

<http://worldenvironmentday.global/en/toolkits#event-kits>

School Newsletter Insert from Wellington-Dufferin-Guelph Public Health June 2018 – Elementary Schools

Information from Public Health

On Saturday, June 16th, the Balanced Technology Management committee of Wellington, Dufferin and Guelph will be hosting a *Power Off and Play* event for families of children aged 0-12. Come out to Centennial CVI from 10 am - 2 pm to learn about different ways that you can Power Off and Play as a family! Less screen time means that you and your family can have more time to be active, read, and be creative! This is a FREE event and there will be lots of giveaways and fun activities run by various organizations for children ages 0-12.



POWER OFF AND PLAY!

Come out to learn how your family can **Power Off and Play** this summer! Join us for:

- Tips on balancing screen time
- Activities you can do as a family this summer

Lots of fun activities and giveaways for children ages 0-12

Event Details:

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|  Saturday, June 16th, 2018 |  10am - 2pm |
|  Centennial CVI Cafeteria 289 College Ave W, Guelph |  FREE! |

Who will be at the event?

- Grand River Conservation Authority
- Guelph Quidditch
- Play With Clay
- Let's Talk Science
- Wild Ontario
- ... and more! For a full list visit: energize-guelph.ca

Power Off & Play planned by:
Balanced Technology Management Committee

Special thanks to:


For a full list of organizations that will be at the event, please visit: energize.guelph.ca.