

GATOR NEWS

Chris Popofski, Principal | Linda Ellis, Office Coordinator

Balanced School Day

Start of Day - 8:35
8:35-10:15 Instructional Time
10:15-10:35 Nutrition Break
10:35-11:00 Outdoor Recess
11:00-12:40 Instructional Time
12:40-1:00 Nutrition Break
1:00-1:25 Outdoor Recess
1:25-3:05 Instructional Time
End of Day - 3:05

Important Dates:

May 7 - 11 - Education Week

May 9 - Bike Safety Gr. 3, 4 & 5

May 9 - Student Wellness Day

May 10 - Parent Council Wellness Night - See Blurb

May 11 - Intermediate Badminton Tourney

May 14 - Grade 6 VIP

May 16 - Special Olympics

May 17 - French Immersion Open House - See Flyer

May 23rd - 31st - Grade 3 & 6 EQAO Dates



Principal's Message:

It has been a very exciting start to spring now that it is here. May is a busy month at Gateway Drive P.S.. Activities planned for students include: Youth Empowerment, Bike Safety, Student & Parent Wellness Day/Night, Intermediate badminton tournament, Special Olympics, along with many others!

At the end of this month our grade 3 and 6 students will complete their Ministry of Education EQAO testing, which takes place from May 23rd - May 25th and the following week May 29th - 31st. A reminder for students in these grades to avoid any scheduled absences on these days if at all possible.



Thanks

Chris Popofski

School Council News:

Spending money! At our April meeting, council agreed to give funds to support our recess play program. We will be buying some new outdoor toys to enjoy out on the yard.

Please check out the school website as council meeting agenda's and minutes will be added to the School Council tab.

The next meeting is **Wednesday May 16, 2018 at 6:30pm** in the school library. We would love to see you there!

Don't forget to follow us on Facebook:

Gateway Drive Public School Council



Moving?????:

If you will be moving out of our school area over the summer, please let the school know. Please call the school as soon as possible. Similarly, if you have new neighbours moving in, please direct them to the school before the end of June to register for September.

Volunteer Appreciation Tea:

Thanks to all the volunteers that were able to come out on April 26th for our volunteer tea. We can not say "Thank You" enough for all that you do for our school and community.



EQAO Dates:

Every year grade three and six students write EQAO. The EQAO window to write is May 22nd to June 4th.

The specific dates for our school are:

Grade 3: May 23rd to 25th & May 29th to 31st

Grade 6: May 23rd to 25th & May 29th to 31st

If you are interested in helping scribe for students during the testing, please contact the office (519 824 4300).



Join us for Wellness Night - Thursday May 10th

Gateway families are invited to attend Wellness Night on Thursday, May 10th from 6:00 p.m.- 8:00 p.m. Learn about how your family can improve your wellness through:

- Making (and tasting!) healthy snacks with a Registered Dietitian
- Getting active in a family Zumba Class
- Charting out your student's academic and career path through MyBlueprint
- Learning about stress reduction through mindfulness.

Families will be able to choose two sessions to attend through the night.

Free resources, snacks and some draw prizes will be available.

This event is supported by the Ministry of Education's Parents Reaching Out (PRO) Grant.

Follow us on

Twitter: @GatewayDrivePS



Celebrate International Day For Biological Diversity on May 22nd!

The United Nations has proclaimed May 22 The International Day for Biological Diversity to increase understanding and awareness of biodiversity issues.

Biodiversity simply means: 'A wide range of life'" Some of the things we do are harmful, so we need to learn more about how to protect all the different types of life on our planet.

Ideas for your family to celebrate Biodiversity Day!

- *Visit farmers markets in your local area to try new types of produce. Whether you incorporate heirloom tomatoes into your cooking, or try one of the rainbow of colors of carrots, biodiversity can bring a great new experience to your table.*
- *View photos of endangered species on the Internet with your child and discuss the reasons why these animals are threatened and why they should be protected.*
- *Join a community group and help to remove invasive plants from your local environment.*
- *Get out into the world and enjoy all the different types of life your local area offers. Even your street or a local park can have an amazing variety of life you've never noticed, from insects, birds, chipmunks, to trees and flowers.*
- *Consider planting a pollinator garden in your yard (or in a flowerpot) to help save the bees and butterflies from declining.*



International Day for
Biological Diversity

Adapted from: <https://www.daysoftheyear.com/days/international-day-for-biological-diversity/>

Celebrate the diversity of our natural world every day!

Talking about Mental Health - May 7-11 is Child and Youth Mental Health and Well-being Week!

Child and Youth Mental Health and Well-being Week is about promoting mental wellness, increasing awareness of 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
 Empathy
 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 7 -Social Connection** - ``Don` t be shy. Just say hi!``
 - Say Hi to 3 people that you do not know. Perform a random act of kindness.
- **Tuesday May 8 – Understanding Emotions** – “Sad, glad, happy, mad – just be you”
 - 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?
- **Wednesday May 9 – Personal Health** - “Healthy Self. Heal-thy self”.
 - **Wear green today to support Mental Health Awareness.**
 - 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 10 – Empathy** - “Be somebody who makes everybody feel like a somebody”.
 - When in doubt – be kind. Try seeing something from another person`s perspective today.
- **Friday May 11 – Resilience** - “If Plan A doesn`t work, the alphabet has 25 more letters!”.
 - 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

Fun, interactive options for de-stressing for youth.

Smiling Mind (Free App) 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!

Jenny Marino is the Mental Health and Addiction Lead for Upper Grand District School Board

Special Olympics:

600 students from the Upper Grand District School Board and Wellington Catholic District School Board will be joining together to celebrate sport at the Special Olympics, May 16, 2018. The event will be held at St. James sports fields, and includes track and field events as well as adaptive events. Athletes flock to the sports fields for the opening ceremonies at 10:00, and compete in 3 events each throughout the day. Family and friends are welcome to join in the fun and cheer on the athletes. Parking is available at the Grange plaza.



Making The Move To Gateway Drive P.S.

As a result of the boundary review from earlier in the year, your child will be moving to a new school in September. In order to ease the transition, we are working hard to plan opportunities that will allow students to become familiar with their new school. All students who are changing schools will visit their new school at least once before the end of June. Below is an outline of our plans:



New Date For Open House:

- May 17** Open house at Gateway Drive PS (6:30pm) for all JK/SK students and their families going to Gateway in September 2018. Parents will be able to tour the school with their child and ask questions of some staff members.
- May 18** Half day visit at Gateway Drive PS for students who are currently in JK at Paisley. Students will work with a group of peers (mixed from each school) and will be engaged in colour house activities during the day. Students will have the chance to see their new school, meet some teachers, and make some new friends. Students will travel to Gateway Drive on a school bus. A permission form will be sent home prior to the visit.
- June 8** Visit for students new to Junior Kindergarten at Gateway Drive (Starting September 2018). Junior Kindergarten students will be involved in activities during the visit and be able to meet new friends. A letter will be sent out to parents reminding them of the date closer to the day.

The staff at Paisley and Gateway Drive look forward to supporting your child's transition to a new school.



Make sure to check out the following to keep up to date:

Paisley Road P.S.

<https://www.ugdsb.ca/paisley/>

Gateway Drive P.S.

<https://www.ugdsb.ca/gateway/>

Brought to you by Lunchbox Orders

www.lunchboxorders.com



The NEW Protein Alternative?

Amy Skeoch MHS, RD

Move over Greek yogurt, there's a new protein powerhouse in town...who knew it would be an insect! Yes, you read that correctly – insects, and more specifically crickets. As we move towards more sustainable food sources, one option to look to are these little critters. In fact, mainstream grocery stores have started carrying cricket based protein products, so now you can bump up the protein in everything from smoothies to baked goods.

Why Crickets?

Crickets provide a host of nutrients (complete protein, vitamin B12), they are relatively easy to farm, and are considered as a food source that's easy on our environment (less water and feed for production). While the idea of eating insects (entomophagy) might seem odd, people have been consuming crickets and other insects around the world for centuries.

Where to get it?

One of the easiest ways to consume crickets as part of your diet is in a powder form. *Presidents Choice* provides a cricket powder (made in Canada) that can be added to your favorite meal or beverage.

2.5 tbs (19g) of the powder provides 13 grams of protein (similar to 2 eggs).

There are also many online companies that sell crickets and cricket powder or flour.

Allergy Alert!

Crickets, like shellfish, shrimp and lobster are *arthropods* (grow their skeleton outside their body) so they may cause a similar allergic reaction. If you have a shellfish allergy, stay clear of cricket products.

Sources:

Cricketstart.ca

http://www.presidentschoice.ca/en_CA/products/productlisting/pc-100-cricket-powder.html

<https://en.wikipedia.org/wiki/Entomophagy>

How do people get lice?

People get lice when their head touches another person's head who already has lice.



What do lice and nits look like?



What can I do to protect my family against head lice?



EVERY DAY

You can use LB Mint Prevention Spray every day to keep lice away.

Lice don't like the smell of mint.



ONCE A WEEK TAKE A PEEK

Even if you use mint every day it is still possible to get lice.

The BEST thing to do is have someone use a nit comb to check your hair for lice or nits.

What about my house?

The only place in this entire world lice can survive is on a human head! A louse can only survive off of a human head up to 36 hours. This means lice CANNOT infest your house, camp, car, school, etc. If you have lice you should do the following after treatment:

1. Wash sheets, blankets and clothes worn within the last 36 hours.
2. Boil brushes and combs recently used for 5 minutes or put in dishwasher or place in a zip lock bag and place in the freezer overnight.
3. Vacuum fabric furniture and car where heads rest. Or use a sticky lint roller.
4. Place stuffed animals (that children sleep with) in the clothes dryer for 30 minutes.

What do I do if I find lice or nits?

If you find evidence of lice or nits you can either treat it yourself with our DIY kit or call **Lice Buster** at **647-949-LICE (5423)**

If you are not sure that it is LICE, you can call and/or text a picture for further clarification to the number above.





LICE BUSTER

Who Ya Gonna Call?

Professional and Discreet Head Lice Treatment

In Clinic or Mobile Service Available (647) 949-LICE (5423)

174 Mill Street suite 105, Milton, ON. L7N 2S4

Services

Head Lice Screening

At Lice Buster, one of our trained technicians will do a meticulous screening of the scalp and hair.

If any evidence of lice or nits is found, lice treatment will be recommended.



Treatment

Once evidence of lice has been found we will apply a safe non-toxic enzyme-based product to the hair. This will help stun the lice and breakdown the cement-like glue that holds the nits (eggs) in place.

We will then do the initial comb out to ensure that we remove any live lice.

Once we are confident that we have accomplished this, we will section out the hair and begin the nit-picking process. The technician will take paper thin sections and examine each strand to ensure all nits have been removed.

After the nit removal has been completed, we will do a final inspection to ensure everything has been removed. The average treatment time is 1 to 1.5 hours. Pending

factors are length and thickness of hair and the degree of infestation.

Once treatment is completed you may return to your daily activities. A letter certifying that your child is lice free will be given so they may return to school.



In-Clinic Head Check	\$25/Person
In-Clinic Head Lice Removal	\$75/Hour *
In-Home Head Lice Removal (Special Promotional Price)	\$90/Hour* \$75/Hour *
In-Home Travel	\$.52/Km

*1 hour minimum billed in 15 minute increments after first hour

30 Day Spread of Head Lice

Week	Adults	Eggs	Nymphs
1	1	60	0
2	1	60	60
3	61	3,660	60
4	61	3,660	3,660
5	3,660	219,600	3,660

www.licebuster.ca

What's happening in...



Summer Camp

Registrations are now open for summer camp

Registration forms can be found online at pgng.ca or at our West End Rec Centre Office

FIRST COME FIRST SERVE

Community Food Drive

Sunday, June 3rd 1-3 pm
West End Community Centre

Cones in the Park

Don't forget to look for cones in the park at a park near you this summer!

Ongoing Programs

- Get Moving Mondays
 - > Mondays from 6:30pm-8:00pm at Taylor Evans Public School
 - Lab Rats
 - > Tuesdays from 6:30pm-8:00pm at Mitchell Woods Public School
 - Adult Badminton
 - > Thursdays from 6:30pm-8:00pm at Taylor Evans Public School
- *On Site Registration Allowed

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