

GATOR NEWS

Chris Popofski, Principal | Linda Ellis, Office Coordinator

Important Dates:

June 5 - Intermediate City Track

June 5-7 - Gr. 8 Ottawa Trip

June 8 - PD Day

June 8 - JK Orientation

June 11 - 13 - Gr. 6 Camp Paradise Trip

June 14 - Junior City Track

June 19 - Junior Ultimate Frisbee Tourney

June 20 - Fall Fest Meeting 6:30pm

June 21 - Gateway Talent Show

June 22 - School Dance

June 26 - Gr. 6 African Lion Safari Trip

June 26 - Gr. 8 Grad

June 27 - Reports Go Home

June 28 - End Of The Year Assembly - 8:50am



Principal's Message:

It is unbelievable that the month of June is already here. How quickly the last term is flying by. This is a month full of many special events including the junior and intermediate City Track & Field days, Grade 6 Camp Paradise, Grade 8 Ottawa trip, Graduation and many class celebrations. We want to congratulate all of our students for their hard work and commitment to be the best they can be, in work and in play!

The last day of school this year is Thursday June 28th. Keep an eye on your child's backpack for reminders of the many upcoming events around the school in the next few weeks.

I look forward to all of the June activities - and hope that you can join us when and where possible!



Thanks

Chris Popofski

School Council News:

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



Next meeting for Fall Fest Planning will be on **Wednesday June 20, 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

Final Assembly:

Our end of the year assembly will be on June 28th in the Gym/Outside at 8:50 A.M. This is a time when we recognize special people and events.

From the library:

All library and text books must be returned the week of **June 7th**.

Please hunt around your home to make sure you locate items that need to be returned to the school.

Grade 8 Graduation:

Its around the corner, Grade 8 Graduation will be on Tuesday, June 26th at 7:00 P.M.

Congratulations grade eights!



**Follow us on
Twitter: @GatewayDr**



UGDSB Policy:

The Upper Grand District School Board is welcoming public input on draft policies. Currently under review is:

Policy 104 – Access to School Premises

This policy is important to students, staff, school councils, parents and community members because everyone plays a role in maintaining a safe learning and working environment in and around our schools.

You are invited to review the draft documents and submit online feedback at www.ugdsb.ca/board/policy. **The deadline for public input is June 21, 2018** at 4 p.m. EST.

Persons without internet access may call 519-822-4420 (or toll-free 1-800-321-4025) ext. 723 to request a printed copy of the draft documents.

Yearbook Orders:

Yearbook order forms will be sent home with students the first week of June. Yearbooks cost \$15.00 each. Order and payment will be due Friday, June 15. Yearbooks will be handed out the last week of school.

Last Breakfast Club and Healthy Snack!

Our last Breakfast will be on Friday, June 22nd and our last Healthy Snack will be on Tuesday, June 19th. Thank you to School Council and the many wonderful volunteers who have contributed to these worthwhile programs over the course of this year.



Appropriate Dress For Warm Weather:

Now that the warmer weather has arrived, students need to be sure they are dressed appropriately for school.

Please also make sure to apply sunscreen in the morning and send along a hat so students may play safely in the sun.



Parent support with appropriate dress and sun safety is appreciated.

Special Olympics:

600 students from the Upper Grand District School Board and Wellington Catholic District School Board participated in the Special Olympics, May 18, 2018. The event was held at St. James sports fields, and included track and field events as well as adaptive events.



Are you Moving:

If you know you are moving and your children will not be attending Gateway Dr. P.S. next year, please let Ms. Ellis know at 519-824-4300.

Celebrate World Environment Day on June 5th!:

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>

Transition Plans for Students with Special Needs:

Spring has sprung and it's a great time to be reviewing your child's transition plans. Students who have an Individual Education Plan (IEP) must have a transition plan, whether or not they have been identified as an exceptional student. A transition plan includes goals for ensuring successful transitions, and the actions for meeting those goals. It is required if a student may need support making any transition, which may include entering, during, or leaving school. A plan to support the student must be developed as part of the student's IEP.



Some transition goals may help with changes throughout the day, such as moving from recess to the classroom, while other goals may assist with larger transitions, such as

moving from one school to another or changing grades/teachers within the same school setting.

For many students, the supports provided to the whole class are all they need to have a successful transition, which means they may not need an individualized transition plan on their IEP at this time.

When planning for any transition, the student's strengths and needs are considered, as well as their physical, emotional, and learning needs.

Please communicate with your child's teacher if you feel additional transition supports are required on his/her IEP.

Talking About Mental Health June 2018 – Successfully Shifting from School to Summer:

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, distractability 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*



Jones' No Frills

191 Silvercreek Pkwy N,
Guelph, ON N1H 3T2



Shoppers Drug Mart

104 Silvercreek Pkwy N,
Guelph, ON N1H 7B4



Food Basics

222 Silvercreek Pkwy N,
Guelph, ON N1H 8E8



Zehrs

1045 Paisley Rd, Guelph,
ON N1K 1X6

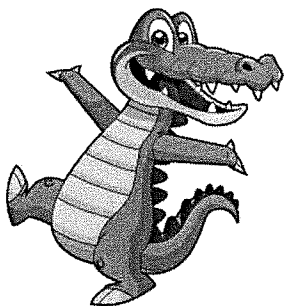
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You For Helping
With Our
Breakfast &
Healthy Snack
Program**



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**Parent
Council**



2017-2018 Gateway Drive School Yearbook Order
*Please return orders and payment NO LATER THAN
Friday, June 15

Name of student(s):

Name of teacher(s):

Number of yearbooks: _____ x \$ 15.00

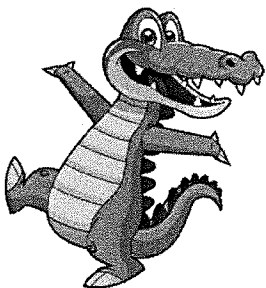
Total cost: _____

Method of payment:

CASH

CHEQUE

(Please make cheques out to
"Gateway Drive School")



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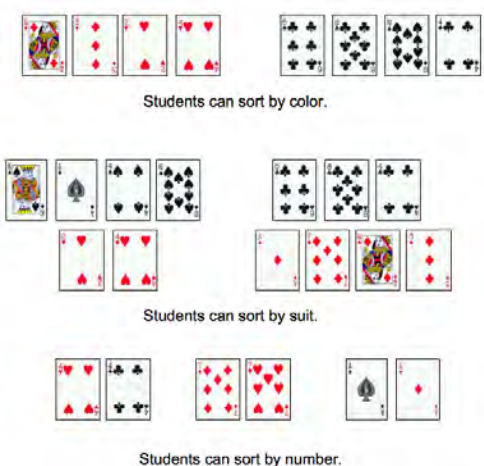
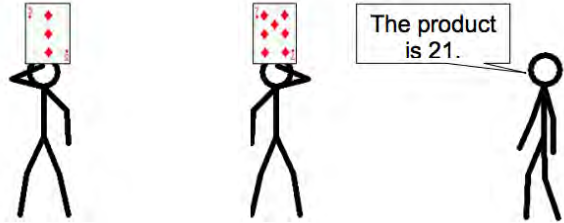
(Please make cheques out to
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Math on the Go!

Card Games to Develop Math Skills For All Ages

Are you looking to help your child to develop his or her math skills at home in a meaningful and engaging way, while spending quality family time together? Why not try some card games! Playing a card game can take as little as 5-10 minutes. Next time you find yourself trying to entertain your child while waiting at the dentist office or at a sports practice, why not bring along a deck of cards and play a couple of card games with your child. This is a great way to connect socially with your child, while practicing math skills. As author Marilyn Burns says in her book, *Win-Win Math Games*: "Games help to lift math off the textbook pages, and they support students' learning about numbers and operations."

(Retrieved on May 1, 2018 "Acing Math One Deck At A Time, The Positive Engagement Project"
http://www.pepnonprofit.org/uploads/2/7/7/2/2772238/acing_math.pdf)

<p>Card Sort (Grades K - 3)</p> <p>Players: Individual or groups of two</p> <p>Materials: Deck of cards</p> <p>Skill: Number recognition and group, sort, or categorize by attribute</p> <p>How to Play: As a group, or individually, have students use the full deck of cards to sort and create groups by attribute. Some sorting possibilities are by color, suit, or number.</p>	 <p>Students can sort by color.</p> <p>Students can sort by suit.</p> <p>Students can sort by number.</p>
<p>Reading Multiplication Minds (Grades 3 - 6)</p> <p>Players: Groups of three (groups of four or five for more advanced)</p> <p>Materials: Deck of cards</p> <p>Skill: Multiplication, product</p>	 <p>The two players each draw a card and, without looking at it, hold it up to their foreheads so that everyone else can see</p>

How to Play: In this game for three players, one student is the leader and the other two are the “mind readers”.

it, but themselves. The leader announces the products of the two cards. Each “mind reader” must figure out which card is on his or her own forehead and say it aloud. When both “mind readers” have figured out their cards, a new leader is chosen and the game continues. With Reading Multiplication Minds, all players get practice with products and factors in every round.

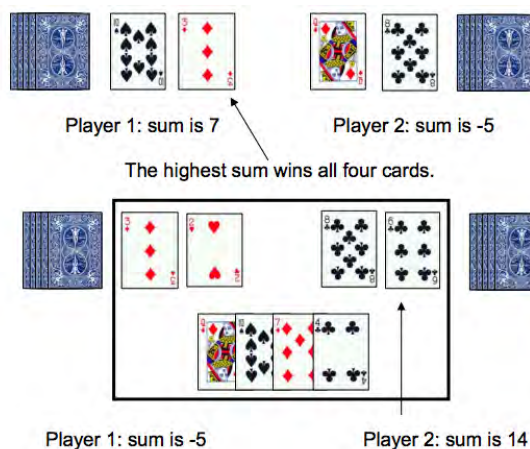
Integer Addition Number Battle (Grades 5 - 8)

Players: Groups of two

Materials: Deck of cards, Ace worth 11, Jack worth 12, Queen worth 13, King worth 14, scratch paper

Skill: Number recognition, positive integers, negative integers, and addition

How to Play: Black cards are positive numbers; red cards are negative numbers. Players split a deck of cards and simultaneously flip over their top two cards. Remember -2 is greater than -7.



If the cards sums have the same value, the cards are placed in a center pile. The next hand is played normally and the winner of the next addition number battle takes the center pile as well.

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The Ketogenic Diet | What’s the hype?

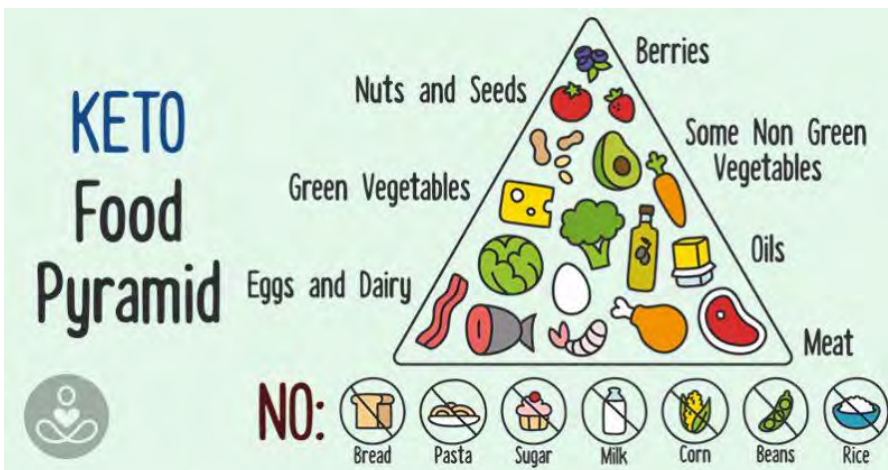
Amy Skeoch MHSc, RD

Lately I’ve been seeing a lot of information floating around about eating “Keto”which is short form for Ketogenic. While many people think of this as a fad diet, the Ketogenic diet is actually a medically therapeutic diet used predominantly in children to reduce epileptic seizures. In such instances this diet should be closely monitored by a medical team.

For the general population, this type of diet has gained popularity as a “kick start” to weight loss. Let’s have a look at what the diet is all about, and why it seems to be a new popular go to for weight loss.

When we eat carbohydrates (breads, fruit, vegetables) they get broken down into glucose. Our brains rely on the glucose for energy to be able to think, walk, talk and function. If carbohydrates are not available, our bodies start to breakdown protein and fat for energy. When fat is broken down, something called “ketones” are produced and used by our brains as a source of energy. Long term this diet is not ideal. It’s very restrictive in nature removing many nutrient rich food sources that contribute to our health (fruits, whole grains).

Basically, the ketogenic diet is a high fat, very-low carbohydrate diet, similar to the Atkins diet that was popular in the early 2000’s, but a more extreme version. Most low carbohydrate diets involve reducing one’s overall caloric intake, which would naturally result in weight loss.



Basic Macronutrients	Balanced Diet (% of energy)	Ketogenic diet (% of energy)
Fat	20-35	70-80
Protein	10-35	20-25
Carbohydrate	45-65	5-10

Although it appears that short term weight loss may occur, studies that look at sustained weight loss do not look as favorable.

Like any type of diet that strays from a balanced energy distribution, once you stop the diet most of the weight that was lost will return. This is why making small lifestyle changes to your diet is much more sustainable long term rather following short-term fad diets like the “keto” diet.

Sources:

<http://www.unlockfood.ca/en/Articles/Weight-Loss/Get-the-Facts-on-Fad-Diets.aspx>

<https://andytherd.com/2017/04/11/thoughts-keto-diet-craze-crazy/>

<https://www.cambridge.org/core/journals/british-journal-of-nutrition/article/verylowcarbohydrate-ketogenic-diet-v-lowfat-diet-for-longterm-weight-loss-a-metaanalysis-of-randomised-controlled-trials/6FD9F975BAFF1D46F84C8BA9CE860783/core-reader>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3945587/>



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SPECIAL In-Person Registration for Summer Camp★

Special on-site, one
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LOCATIONS

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SPOTS ARE LIMITED!

Price → \$35.00

Time → 8:30am - 4:00pm



Visit our [website for details!](http://www.activescholars.org)

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