

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 6 - 10 - Education Week

May 1 -Ballet Jorgen Performance - 1:45pm

May 2 - Youth Empowerment Day Gr 7 & 8

May 7 - Jump Rope For Heart Assembly

May 8 - Bike Safety Assembly

May 13 - Special Olympics

May 14 - Kindergarten Field Trip To Guelph Lake

May 21st - 29- Grade 3 & 6 EQAO Dates

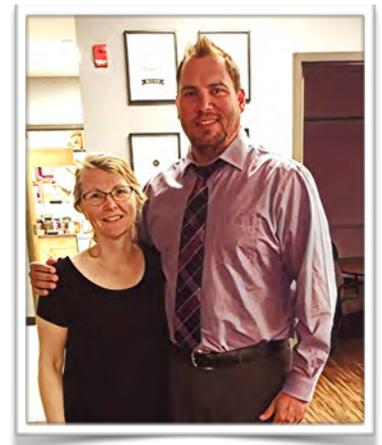
May 24 - Junior Track & Field



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, Emergency Preparedness Day, 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 21st - May 23rd and the following week May 27th - 29th. 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 technology in the classroom. Our Intermediate/Junior classrooms will have brand new flat screen TV's mounted in each room. We will also be buying some new outdoor toys to enjoy out on the yard for all divisions.

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

The next meeting is **Wednesday May 15, 2019 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:

Thank you to all the volunteers that have helped out this year in our school. Look for our token of appreciation in the mail.



EQAO Dates:

Every year grade three and six students write EQAO. The EQAO window to write is May 21st to May 31st.

The specific dates for our school are:

Grade 3: May 21 to 23rd & May 27th to the 31st

Grade 6: May 21 to 23rd & May 27th to the 31st

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



Temporary Crossing Guards/Fife Road Closure

Two temporary crossing guards are coming to the Gateway Drive neighbourhood. One will be at the corner of Gateway Drive and Fife Road from 8:10-8:30am and 3:10-3:25pm. The second will be on Gateway Drive just east of Queensdale Crescent from 8:15-8:35am and 3:00-3:20pm. The guards will be in place from Monday, May 6th to Friday, May 10th.

This is happening due to construction taking place on Fife Road. Fife Road will be closed to through traffic at 93 Fife Road. The north sidewalk will be closed. The sidewalk on the south side of the road will remain open. Construction starts May 6th and is expected to take one week, weather permitting.

Celebrate International Day For Biological Diversity on May 22nd!

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The United Nations has proclaimed May 22 The International Day for Biological Diversity to increase understanding and awareness of biodiversity issues. <https://www.un.org/en/events/biodiversityday/>

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.



International Day for
Biological Diversity

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.*

For more ideas on how to increase the biodiversity of your own backyard, go to: <https://biodivcanada.chm-cbd.net/biodiversity-your-backyard>

Celebrate the diversity of our natural world every day!

Talking about Mental Health - May 6-10 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 6-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 7– 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?

On Wednesday, wear GREEN to support Mental Health Awareness.

Wednesday May 8 – Personal Health - “Healthy Self. Heal-ty 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 9 – 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 10 – **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:

CMHA Get Loud! A comprehensive resource and tool kits. <https://mentalhealthweek.ca/>

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

Health Curriculum:

This school year, the Ministry of Education has requested that the Human Development and Sexual Health expectations from the 2010 Physical Education curriculum be taught to students. This education starts with children learning about themselves, their feelings, their bodies and about showing respect for themselves and others in a reliable and accurate way. This learning is most effective when parents and schools work together. Parents help their children form values about relationships and their behaviours. To support these discussions, we are letting parents know that this unit will be covered in the ahead of time (A letter will be sent home). There are plenty of resources available for parents to support the learning of the curriculum on the Ministry of Education website: <http://edu.gov.on.ca/eng/curriculum/>



[elementary/health.html](#).

Why is my child's school flying the Pride flag?:

The month of June is Pride month. Many of our students, staff, parents/guardians and community members identify as members of the Rainbow or LGBTQ+ community. Flying the Pride flag not only signals that our schools are safe spaces for everyone, it also aligns with our Vision Statement and Guiding Principles of inclusion and student and staff well-being and our new Equity Plan.

Our school district is showing our acceptance and celebration of the LGBTQ community during Pride month by raising the Pride flag at schools and offices across the UGDSB.

We continue to raise awareness and support inclusion and acceptance of other marginalized groups in other ways.

Some examples include our Poverty Challenge initiative aimed at increasing awareness of socio-economic disadvantage, the One Voice One Team initiative aimed at creating community for racialized students, supporting persons with disabilities by making our schools more accessible, and by acknowledging the original people of these lands. We continue to work to ensure the equity and inclusion of all our students and staff.



Read more at : <https://www.ugdsb.ca/schools/safe-equitable-and-inclusive-schools/flying-the-pride-flag-in-the-ugdsb/>

- We're looking for Committee Members! Are you passionate about our community, looking to get involved and able to meet monthly? Get in touch! :)

Food Drive Volunteers Needed!

We need your help dropping off flyers or picking -up donations!

- We're flyering streets in your neighbourhood from May 19- May 26
- We're picking up food drive donations on Sunday, June 2

Contact us to sign-up!

*Our most needed food items are:
lunch snacks, pasta sauce,
canned fruit, breakfast foods,
and tuna!*

Summer Camp Registration is OPEN!

***PGNG runs a six-week
summer camp at Gateway PS***

Register for our Fun in the Sun summer camp! Registration forms available online at pgng.ca

Each week is \$105/child. We keep our summer camp as affordable as possible without comprising care or fun! **Subsidy is available for those in need.**

*Cash/cheque or e-transfer
only, please!*

 pgng96@gmail.com

 519- 824- 6340

 Parkwood Gardens
Neighbourhood Group

 @ParkwoodGardens