

Glenbrook Elementary School

Newsletter



February 2016

Principal's Message:

As we move into February and the midst of our winter, we also approach a new term of learning at Glenbrook. Our January Grizzly GRIT Assembly focused on the importance of Setting Goals as a first step toward achieving bigger successes and dreams. This is an excellent time to review with your child their progress as a learner and help them to set personal goals for the next semester.

In December 1995, the Parliament of Canada officially recognized February as Black History Month, following a motion introduced by the first Black Canadian woman elected to Parliament, the Honourable Jean Augustine. Students and teachers at Glenbrook will be engaging in a variety of events celebrating the achievements and contributions of black Canadians.

Students will be encouraged to learn about notable Black Canadians and develop a greater appreciation for our cultural diversity. They will be provided opportunities to express their own ideas through writing, art, drama and discussions.

Winter Walk to School:

Thursday, February 3th is Winter Walk to School Day at Glenbrook. Students and parents who walk to school on Thursday, February 5th will receive a Winter Walk to School Sticker supplied by the Wellington Dufferin Guelph Health Unit.



"Live Free" Nutrition Program Fundraiser:



grizzly's belly during this week will go directly to helping to buy food for our breakfast club.

Glenbrook's breakfast club is a great place to start your day and everyone is welcome. We always have a seat for you!

During the week of Feb 22nd, Me to We will be running the Live Free Campaign. Live Free is a fund raiser that we participate in each year to support our breakfast club.

This year we are excited to do something a little different. We are getting creative, we are challenging Glenbrook to fill our Grizzly Bear's tummy with coins. All the change that is filling our



Lets watch together as we fill our grizzly's belly!

Kindergarten Registration—February 1— 5, 2016:

Students are eligible for the Junior Kindergarten program if they will be four years of age on or before December 31, 2016 and students must be five years of age on or before December 31, 2016 to register for Senior Kindergarten.

Registration will take place from Monday, February 1 to Friday, February 5, 2016, between the hours of 9:30 a.m. and 2 p.m. in the main office. Parents will be required to complete the "Student Admission Form" which is found on our website in PDF version www.ugdsb.on.ca/admission and should provide the following:

- Proof of Birth
- Proof of Date of Entry, if born outside Canada
- Proof of and Full Address
- Immunization Record
- Custody Order Documentation (if applicable)



If you know of a neighbour or friend who presently does not have children at Glenbrook E. S. and lives within the school boundary, please give them this information or ask them to contact Ms. Mitchell at the school, 519-925-0580, Ext. 221.

Family Day —Monday, February 15, 2016 (no school)

Dreambox Math Program Continues at Glenbrook:

Dreambox is an on-line math program that supports students at an individualized level of mathematical understanding, and helps all children improve their Number Sense. The program also helps inform our regular classroom mathematics instruction.

Our Grade 2 and 3 students, and some of our Junior students will be using this program in addition to our regular math instruction. Students will have the opportunity to access the program for up to 60 minutes a week at school and are encouraged to utilize the program when at home as well. Teachers continue to learn more about how to utilize this program to support individual student learning needs. Student and teacher responses to the program have been extremely positive so far! Please let your classroom teacher know if you would like further information or support with this program.



Report Cards Home:

Glenbrook students from Senior Kindergarten to Grade 8 will receive their Provincial Report Cards on Wednesday, February 10th. These reports will provide parents with information regarding student progress up until January 21st, 2016.

Please take some time to review these report cards with your child (ren). These report cards follow a traditional format with marks/letter grades being provided for all subject areas. Learning skills will once again be highlighted because developing good work habits is crucial for your child to be successful in school and later in life.

If after receiving your child's report, you wish to meet with your child's teacher to discuss his/her progress, please contact your child's teacher at the school (519) 925-0580. An interview will be scheduled at a mutually convenient time.

Talking About Mental Health—Let's Keep Talking:

It's February, Let's be Grateful.

Being grateful is a simple thing that we can do every day, but it has a powerful effect on our positive mental health. Being grateful increases positive feelings, makes us more stress resistant and increases our sense of self-worth.

Here are some simple grateful exercises that you can do with your family:

Every night at dinner each person in the family says three things they are grateful for that day.

Make a February gratitude jar, every day each family member writes down one thing they are grateful for and at the end of the month, open the jar and read all the things you are grateful for.

Leave sticky notes for each family member to thank them for something you appreciate about them. Each family member has a different day of the week that they are in charge of making the thank you notes.

Think about volunteering and include your children and youth. There are lots of opportunities at your school or in your neighbourhood to help others.

Have fun together as a family. Play a game, watch a movie, eat a meal, go for a walk, read a book together. Be grateful for time together and creating new, happy memories.

QSP Ordering:

Parents are reminded that magazines can be ordered through QSP on an ongoing basis. All magazines that are ordered through QSP by parents of Glenbrook students provide our students with supplementary resources purchased through student council. Please use the URL link below to access the on-line order instructions. Thank you for your continued support.

www.qsp.ca



Read This Newsletter and Win a Prize!!!

Win a Glenbrook Grizzly Bear:

After your family has read this newsletter, please sign and detach this coupon. "Our family" must include at least one parent/guardian who has read the newsletter. This coupon must be placed in the mailbox in the front office at Glenbrook school. A ballot will be drawn from the mailbox each month indicating the winning family for the month. This month's draw will be held on Friday, February 26th, 2016.

Our family has read the newsletter corresponding to this draw.

Family Name: _____ **Parent's Signature:** _____

February's Environmental Theme: ENERGY CONSERVATION

Because many of our energy sources cause pollution and damage our Earth, energy conservation is about finding ways to reduce or eliminate unnecessary energy usage. We all know to turn off the lights when not in the room, turn down the heating or cooling and buy energy efficient appliances. But do you know about Energy Vampires? Energy Vampires are electronics that use energy even when you think they are turned off. Many "Vampires" have LED lights, clocks or digital displays that are powered continually. Cell phone chargers, TVs, DVD players and gaming devices all draw current even when not in use. We can unplug these or plug them into smart power strips that stop idle energy currents.



But what about the future? What types of energy can we use that are renewable energy sources that don't damage the planet? Let's put solar energy to work! When it is sunny outside, let your laundry dry on a clothesline. Or open the curtains in the winter and let the sun heat your home naturally.

Or, let's be Eco-Smart in our choices. Design new houses that are angled to use the maximum warmth and light from the sun's rays in the winter and have a roof overhang designed to decrease sun penetration in the summer. Install lights that only turn on by using a sensor that monitors brightness. Plant trees to strategically provide shade. In your community, ask local governments to support more solar panels and more wind turbines in Ontario. We can use these great ideas ourselves to slow down Global Warming and keep our planet healthy.



Slogan of the month: Conserve our energy - we are using more of it than you think!

Partnering for Bright Futures Scholarship Program

A new scholarship is hoping to help families save for their child's education through a shared savings program. Family Counselling and Support Services for Guelph/Wellington has launched a scholarship pilot program for low to modest income families in Guelph and Wellington County.



If accepted to the program, families are asked to save a minimum of \$56 per month for 6 months for a total of \$336 per year to a Registered Education Savings Plan (RESP). The scholarship donor will double the contribution by providing up to \$667 per year for up to three years. The family will also receive government contributions to the RESP as defined by the Canada Learning Bond and/or Canada Education Savings Grant.

To be eligible for the scholarship program children must be born in 2004 or later and be a resident of Guelph/Wellington. The family's gross income must be less than \$50,000 per year, and families must make the required contributions to a RESP.

For more information on the scholarship, and to learn more about eligibility criteria, please email Diane Vert at Family Counselling and Support Services, at DianeVert@familyserviceguelph.on.ca

Physical Activity Can Make You Smarter?

Yep! It's true!

We have heard a lot about how exercise is important for children to remain healthy but research from Harvard Medical School (and many other studies) has shown that children do better in school if they get plenty of exercise. As it turns out, exercise has a positive influence on concentration, memory, behaviour, sequencing, and making priorities.



According to one study in the Journal of Pediatrics, “school-age youth should participate daily in 60 minutes or more of moderate to vigorous physical activity that is developmentally appropriate, enjoyable, and involves a variety of activities”. But other studies have found that even 20 minutes of activity such as walking, can increase brain functioning.

There are so many fun physical activities to do in the winter, tobogganing, skating, snowshoeing, hockey. Why not build a snow man, a snow fort or make snow angels? Whatever you and your family decide, it is important for children to exercise every day: the more, the better. It's good for the brain and the body!

(Information adapted from Journal of Pediatrics, Edutopia, Everydayhealth.com and Globe and Mail online)

BYOD Reminders to Parent of Intermediate Students:

Why BYOD?

- More Technology Use: helping students become technologically literate 21st century learners
- Collaboration and Reduced Waste: specifically through UGCloud
- Differentiated instruction: encouraging creativity and critical thinking
- Digital Citizenship: becoming safe, responsible, and positive online learners

BYOD RULES FOR GLENBROOK ELEMENTARY SCHOOL:

- Technology is allowed with direct supervision at the discretion of the classroom teacher.
- Technology is not allowed without direct supervision.

DISCLAIMER:

Glenbrook Elementary School and the Upper Grand District School Board are not responsible for: the appropriateness, reliability, accuracy or the quality of any information accessed through any digital technology; any damages suffered by a user, which include but are not limited to, loss of data or; access to inappropriate information or sites, and loss or damage to personal technologies.

CONSEQUENCES:

1. Based upon our computer use policy, teachers and school administrators, will decide whether technology has been used inappropriately. If deemed inappropriate, teachers and school administrators will determine the consequences. These may include the loss of technology privileges and/or other consequences consistent with the school Code of Conduct.

Glenbrook School Council to Hold Dance-a-thon on Friday February 12th:

The students at Glenbrook will be participating in a school wide dance-a-thon on Friday, February 12th, 2016. This will be our biggest fundraiser of the year. The students voted in mid-January to have a Masquerade theme for this dance-a-thon. Parent council is working hard behind the scenes at home and at school to plan this event. Students will be making masks in class leading up to this dance. Students are also welcome to bring masquerade style masks from home on the day of the dance. A number of local businesses have donated prizes for students to win.

Students should have brought home an envelope and information sheet in order to collect pledges from family members, relatives and friends. We again ask that students NOT go door to door to seek pledges. The proceeds raised from this event will be used to improve our school grounds for students at the school. We are very fortunate to have Jerry Daniel providing the music for this Dance-a-thon through JD DJ Services. We appreciate the work done by our School Council to arrange this fund-raiser and thank all parents for your support of this fundraising initiative.

Self-Regulation:

Many of our teachers are utilizing Leah M. Kuypers strategies to support students as they learn and practice self-regulation skills. You may hear your child using specific language that is part of this program. Your child may use colours to describe their state of alertness, blue, green, yellow or red. They may also talk about being Zone Shifters as they learn to manage their emotions and change how they are feeling.

“Self-regulation is something everyone continually works on, whether we are cognizant of it or not. We all encounter trying circumstances that test our limits from time to time. If we are able to recognize when we are becoming less regulated, we are able to do something about it to feel better and get ourselves to a better place. This comes naturally for some, but for others it is a skill that needs to be taught and practiced. This is the goal of The Zones of Regulation (or Zones for short).”
~ Leah M. Kuypers

The Zones of Regulation program uses numerous visuals to teach students to identify their feelings and emotions, understand how their behavior impacts those around them, and learn what tools they can use to manage their feelings. The information below will provide you with more information about this program and indicate how you can support your child at home.



Book: Zones of Regulation by Leah M. Kuypers
Zones of Regulation <http://andersoncarla.blogspot.ca/2014/08/zones-of-regulation.html>
<http://www.zonesofregulation.com/index.html>

Public input sought for draft policies:

The Upper Grand District School Board has adopted a new approach to the development of policies and procedures, important documents that guide the board, staff and activities of our school system. Our goal is to improve policies and procedures at the draft stage, with your help. By providing an opportunity for input from parents, the community and stakeholders we are aiming for greater openness and transparency in our governance.

The first policy, procedures and guidelines to be posted for public consultation are related to “Equity and Inclusive Education”. You are invited to review the draft documents and submit online feedback at www.ugdsb.on.ca/policy. The deadline for public input is April 13, 2016. Persons without internet access may call 519-822-4420 ext. 723 to request a printed copy of the draft documents.

Child Care Survey:

Upper Grand District School Board is gathering information related to Before and/or After School Programs. If you have a child in JK–Grade 5, please take a few moments to complete the survey at the following URL:

<http://www.ugdsb.on.ca/baspsurvey>

The survey will take a few minutes to complete. All surveys must be completed by Friday, February 12, 2016 at the latest. Thank you for providing this helpful information.

Please note:

- 1) Once a decision has been made that a program(s) will be offered, A Third Party Child Care Operator will be contracted out to operate the program(s). At that point in time, the Operator may send their own survey home to families to determine actual numbers and help them start the registration process.
- 2) It is important to complete this survey even if you currently have child care in place at the school or elsewhere.



Kindergarten Orientation:

We are planning ahead! Please join us at Glenbrook on: **Thursday, June 5th, 2016** for our Kindergarten Orientation evening from 5:30pm to 7:30pm. This evening is an opportunity for you and your child to learn about our full day Junior and Senior Kindergarten programs, to tour the school and sample some kindergarten activities with other students and parents.

We look forward to meeting everyone and sharing our excitement with our newest Grizzlies!

A reminder letter of this important date will be sent out in the spring.

Reminder:



Monday, February 15th, 2016 is Family Day. Schools are closed for the day. Classes resume on February 16th. Enjoy your family time together.

Me To We:

Me to We upcoming events: April 11 to 26 we will have a “Bag to School” fundraiser. If you are cleaning out your closets please save the items for this “Me to We” fundraiser!

April will also be our Sharing is Caring week, we will be looking for community folks to come and spend a recess outdoors handing out “Sharing is Caring” tickets to all of our students who are being amazing citizens. If you would like to participate please contact Tara at the school.

Getting Ready for High School:

This is a reminder to parents and students that there will be a Grade 8 Orientation Night at Centre Dufferin District High School on Wednesday, February 3, 2016. This is an excellent opportunity to meet staff and learn about the programs offered to our Grade 8 students next year. Students and parents will gain valuable information which will assist in making good decisions about course selection and involvement in high school. The eventing will begin at 7:00pm and run until 9:00pm. Hope to see you there!



Helping Glenbrook “Go Green, Learn Green, Live Green”:

We are working hard at Glenbrook to reduce our photocopying costs. This will allow us to use our budget for other important instructional items that will benefit students learning. Reducing photocopying also helps to save trees and energy involved in producing the paper and making the copies. If you are able to access our newsletter through electronic means, please complete the information below and return it to your child’s teacher (youngest student who attends Glenbrook). We will stop sending a newsletter home with your child. We will be thrilled to hear you will be accessing next month’s information electronically!

PLEASE PRINT FULL NAMES

Parent’s name(s):

Child(ren)’s name(s) in attendance at GBES:

Child’s classroom teacher:

- I will read the newsletter on-line
- I have signed up for CASL and have the Newsletter emailed to my device.

www.ugdsb.on.ca/CASL

February 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3 Walk to School Day	4 *Pizza Day  *National Sweater Day *Parent Council Meeting 6:15pm CDDHS Parent's Night 7:00pm-9:00pm	5 Kindergarten Skating 	6
7	8 Joint Parent Council Meeting @ Spencer Ave. P.S.	9	10 Junior Skating  Report Cards go home	11	12 Kindergarten Skating  100's Day Dance-a-thon  Masquerade Necklaces \$\$	13
14	15 Family Day No School	16 Book Fair Starts PJ Day at GBES 	17 Kindergarten winter fun day. OYAP presentation for Grade 8 students Book Fair Morning Muffins 7:30am-3:10pm	18 Pizza Day  Book Fair Day & Cuddle Up and Read 8:10am - 8:00pm	19 Dress as your favourite book character day.  Book Fair Ends	20
21	22 Zumba Day 	23 Gr. 1,2,3 & 4 Skating 	24 Pink Shirt Day! 	25  Grizzly GRIT Assembly	26 Int. Ski Day Black History Celebration	27
28	29 Zumba Day 					

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