

Grand Valley & District Public School

MAY 2018 NEWSLETTER

Principal's Report

May sees the return of warmer temperatures and many of our annual events. Please be sure to check out the attached calendar for details. Year-end trips are being scheduled, students will be practicing for Track and Field and plans are being made for our grade 8 graduation. EQAO Assessment for our grade 3 and grade 6 students also happens at the end of the month.

We also have some safety reminders. **We ask that students not bring skate boards, scooters, rollerblades or wheelie shoes to school.** Students are not permitted to ride these on school property and there is no place to store them at school. If students are riding bikes to school, they are reminded that they are required by law to wear a helmet. Bikes are to be kept locked along the fence during the school day. If your child is a bus student and has your permission to ride his/her bike to school, please let the office know so that we can take your child off the bus attendance list for the day. Having an accurate attendance list is important for safety reasons in the event of an emergency.

~ Andy Pink

Classroom Organizations and Student Placement for September 2018

The following is a **tentative** list of classes for the 2018-2019 school year. Please note that staffing changes may continue to occur throughout June and therefore teaching assignments are not yet finalized. The proposed structure is as follows:

JK/SK	Grade 3/4
JK/SK	Grade 4/5
Grade 1/2	Grade 5/ 6
Grade 1/2	Grade 6/7
Grade 2/3	Grade 7/8
	Grade 7/8

Please keep in mind that the class your child is assigned to is tentative as class structures are subject to change at any time, up to and including the second week of school in September. Many variables are considered in deciding class placements for students. Programming needs are always a priority, along with balancing students who can work independently with those who require additional supports. The social and emotional needs of students are also important to consider. **If your child requires special consideration, please provide a note outlining your request to Mr. Pink by June 7th.** Any note should be about your child's specific needs and not about requesting a particular teacher. While we will do our best to accommodate your requests, there is no guarantee that they can be met and we ask for your understanding in advance.

Well Day May 4th

On May 4th Grade 6, 7 and 8 students will be participating in our fifth annual **Well Day**; a day of motivational speakers and workshops focusing on positive physical, emotional and mental health. Students will be able to choose from a diverse variety of workshops and will be provided with a healthy lunch.

EQAO 2018 - Attention Parents of Grade 3 and 6 Students May 23 – June 2

On May 29 to May 31, students in grade 3 and grade 6 will be participating in the Education Quality and Accountability Office's (EQAO's) Assessment of Reading, Writing and Mathematics. In six one-hour sessions, students will complete a variety of assessment activities designed to allow them to demonstrate their skills and knowledge relating to reading, writing and mathematics as described in *The Ontario Curriculum*. The assessment is administered province-wide and is developed by Ontario teachers and assessment experts to reflect curriculum expectations. EQAO has developed a "Parent's Guide to EQAO Tests" and "Questions and Answers for Parents" (available in 20 languages) to give you more information about the assessments and an understanding of what to expect. To access these resources, go to the EQAO Web site (www.eqao.com), click "Parent Resources" and then select "Primary Division (Grades 1–3) and Junior Division (Grades 4–6)." If you have any questions, please call your child's teacher.

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

Safe Fun in the Sun

As the weather gets warmer, remember to stay safe in the sun. Before you and your child head outside, check the UV index on The Weather Network or Environment Canada websites. When you go outside, wear sunglasses, hat, and sunscreen (SPF of 15 or higher). If the UV index is 6 or more (high), also stay in the shade. Keep in mind that babies and children burn more quickly from the sun. Sunscreen is not recommended for babies under 6 months old, but is safe to use on children. For more information about sun safety, visit Health Canada at www.healthcanada.gc.ca.

Volunteer Appreciation

At Grand Valley PS we appreciate all the wonderful things that our volunteers do to make our school a great place to be. This year, we honoured our volunteers at our Volunteer Tea on Thur. April 19th. Volunteers are essential to our school so please consider helping out in your child’s class or with School Council initiatives. A huge thank you to all our volunteers for all that you do.

Graduation

Plans are in place for the evening of Monday, June 25th, 2018 for our 2017– 2018 Grade 8 Graduation. Please mark your calendars for this special event. More details will follow. Traditionally, parents of graduating students have had a very active role in the planning and preparation for Graduation. If you are interested in volunteering to help out with this event, please come to the Graduation Committee meeting on Tuesday, May 1st at 6:30 pm.

Moving

If you are planning to move out of the Grand Valley area over the summer, please stop by or call, to notify the school office as soon as possible. This will help us with our class placements of students for September.

SCHOOL COUNCIL NEWS

Meetings

The next meeting for School Council is on Monday, May 7th at 6:30 p.m. in the Staffroom. We hope to see you there!

Milk Program

A great big thank you to all families who have supported the school Milk Program this year. The month of May will finish the school year for our program. It was really great to see so many children from our school choosing to drink milk every day! Many thanks to our student volunteers for operating this program daily, delivering cold nutritious milk to the classrooms every day! Thank you also to Dawn Lyons for co-ordinating this program, your time is greatly appreciated.

Hot Lunches

Many thanks to those families that supported our Hot Lunch Program over the school year! It was a successful year and was always great to see smiling faces with our food choices. Due to the great success we have seen this year, we are hopeful that we will offer this again next year. The final date for pizza for this term will be Thursday, June 21, 2018. Thank you to Angela MacKenzie and Heather Smith for co-ordinating this program, and to Ruth Ann Miller, Denise Lannin and Alison Behrendt for running it each week. Your time is also very much appreciated.

Clothing Drive

Back by Popular Demand! We will be hosting a Kidney Foundation Used Clothing Drive in the Spring! When cleaning out closets bag up anything that is in good condition or unsold clothing, linens, shoes from garage sales and save it for the spring fund raiser. Monday, May 28th – Thursday, May 31st, 2018. Any questions, please contact the school. Last year together we brought in 1 ton of used clothing raising \$200. Let's try to beat that number!!

- Help the environment by reducing landfill waste while promoting the 3 R's, especially Re-use
- Support affordable second-hand clothing markets, in both North America and abroad

Community Corner

Saturday, May 26 is the 23rd Annual Lions Duck Race Day in Grand Valley. Lots of events at Hereward Park by the river, community breakfast at the arena and many garage sales & plant sales around town. The ducks are dropped in the water at 2pm. Tickets are \$5 each. Come cheer on your duck!

Saturday May 5, 2018 is the Upper Grand Trailway Annual Spring Clean Up & Tree Plant Day. 10am – 12 noon. Meet at the trailway parking lot (beside the firehall) please wear work boots and gloves and bring a shovel if you can. Lunch provided. Hope to see you there!