



HYLAND HEIGHTS E.S. HAWK TALK

February, 2016

Principal W. Clarke & Vice-Principal W. Peeters
519-925-3745, Attendance: Ext. 100
* Press '0' to connect directly with the office

Dear Parents/Guardians,

This year is a leap year, so with 29 days in February, students born on this day will actually have a day to celebrate and we have one extra day in the year to accomplish tasks.

This month is a busy one here at HHES. Teachers have been busy planning a play, talent show, badminton, game days, trips and assemblies. Student council is planning spirit days and a fundraiser to support the purchase of dodgeballs to be used in the gym. They are planning to sell cookies and have gone to parent council for support with this endeavor.

As a community we continue to work on being more compassionate and kind when we are interacting with others. We had our first character education assembly on Feb. 2, 2016. Students chose videos that demonstrated compassion towards others, and set the challenge for the students to work on being compassionate to others in the month to come.

March 1st will be the next assembly that will focus on friendship. You are welcome to join us at 9:00am in the gym for this assembly.

W. Clarke, W. Peeters

Pink Shirt Day—February 24, 2016

An excerpt from the Globe and Mail article

“David Shepherd, Travis Price and their teenage friends organized a high-school protest to wear pink in sympathy with a Grade 9 boy who was being bullied [for wearing a pink shirt]...[They] took a stand against bullying when they protested against the harassment of a new Grade 9 student by distributing pink T-shirts to all the boys in their school. ‘I learned that two people can come up with an idea, run with it, and it can do wonders,’ says Mr. Price, 17, who organized the pink protest. ‘Finally, someone stood up for a weaker kid.’ So Mr. Shepherd and some other headed off to a discount store and bought 50 pink tank tops. They sent out message to schoolmates that night, and the next morning they hauled the shirts to school in a plastic bag. As they stood in the foyer handing out Screen Shot 2015-04-01 at 5.25.16 PM the shirts, the bullied boy walked in. His face spoke volumes. ‘It looked like a huge weight was lifted off his shoulders,’ Mr. Price recalled. The bullies were never heard from again.” **Will you join in by wearing pink on February 24, 2016?**

Kindergarten Registration

Kindergarten registration for September 2016 is happening this week. Please drop into the school and pick up a package to take home and bring back or fill it out here at the school. You will need your child’s birth certificate, immunization form and proof of address.

Dates to remember: February

- Feb. 3** CDDHS parent night—grade 8
Pizza day
- Feb. 10** Report cards go home
Pizza day
- Feb. 12** Spirit Day Red & White
- Feb. 15** Family Day—no school
- Feb. 17** Pizza day
- Feb. 24** Pink shirt day
Pizza day
- Feb. 25** Graduation photos—grade 8
- Feb. 26** Spirit Day HHES colours
- Feb. 29** Parent Council
- March 11** Talent Show 11:30
- March 14—18** March break—no school
- March 25** Good Friday
- March 28** Easter Monday
- April 2** Mysteria Lane Mystery Theatre and Dinner

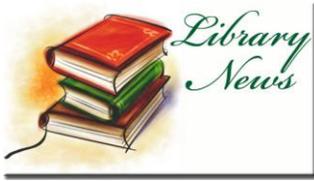
Student pick ups/lates/absences

If your child is will be absent please call and leave a message on the attendance line, even if it is a no bus day.

If you pick your child up early, please sign them out in the sign out book at the office. If your child arrives late, they should be signed in at the office.

No bus days—if the no bus day is a Pizza day—your child will need a lunch because pizza is not delivered on a no bus day

Library News



The "Forest of Reading" book clubs have begun once again at Hyland Heights.

These book clubs which are organized by the Ontario Library Association to promote both reading for enjoyment, and reading for information. This year, the book clubs are being led by Mrs. Rogers, Mrs. Manzerolle and Mrs. Bannon. Named after trees, the "Blue Spruce", "Silver Birch" and "Red Maple" book clubs are open to all interested students in Grades JK to 8. If you would like more information about these book clubs, please speak to Mrs. Bannon or visit www.accessola.org and click on the "Forest of Reading" icon. Happy Reading!

Happy Valentine's from "Free to Achieve"

Charities like Free the Children, have transformed how students view themselves, their community and the world. Our students feel empowered to make a difference both locally and globally. In fact our schools have been raising money for the Upper Grand Learning Foundation (UGLF) "Free to Achieve" - a fund that benefits students in our community with basic needs, like winter clothing, school trips and hearing aids. This Valentine's Day we would like to thank you for your generous donations to "Free to Achieve". Want to make a donation or start a "Free to Achieve" campaign? Visit the UGLF website for more information at www.uppergrandlearningfoundation.com

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, snow-shoeing, 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)

Talking About Mental Health – 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:

1. Every night at dinner each person in the family says three things they are grateful for that day.
2. 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.
3. 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.
4. Think about volunteering and include your children and youth. There are lots of opportunities at your school or in your neighbourhood to help others.
5. 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.

Wishing everyone a great and grateful February.

Dr. Lynn Woodford, Psychologist, is the Mental Health and Addiction Lead for Upper Grand District School Board

Follow me on twitter: @drlynnwoodford

Kerry's Place Autism Services is pleased to announce a new pilot program funded by RBC Royal Bank intended for Grade 8 students transitioning into high school! This group will help students who have a diagnosis of ASD prepare themselves for Grade 9. The program will run weekly starting in January 2016 and will run until the end of the school year. Some of the topics that will be addressed (but are not limited to) include bullying, hygiene, healthy relationships, friendship, and cyber safety. Snack and drinks will be provided. The hope is to make the program informative yet really fun!

Group #1

Mondays until June 6th
3:30-5:00PM
Jean Little Public School Library
56 Youngman Drive, Guelph
Cost: FREE!

Group #2
Wednesdays until June 8th

3:30-5:00PM
Waverly Drive Public School Library
140 Waverly Drive, Guelph
Cost: FREE!

To Register:
Call Jaime Edge at 519 763-5812 ext. 33
Email jaime.edge@kerrysplace.org

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 1-800-321-4025 ext. 723 to request a printed copy of the draft documents.

Me To We

Me to We is excited to continue our support for Musa. Musa lives in Ugunja Kenya, and for the past 3 years Hyland Heights has shown compassion and caring to him. Through our fundraising efforts, we have helped him attend high school in Kenya. Musa's mom, Jamila is a single mom with two sons, she works at the community center in the village. Tara had the pleasure of meeting Jamila and her younger son in Ugunja and our Me to We group also had a phone conversation with Musa last year. We are proud that Musa did so well in high school and has been accepted to a College, he is attending now and needs, \$250 to write his exams in March. At Hyland Heights we are asking for quarters for college for Musa. Any change is greatly appreciated and will make a difference for Musa to attend school. Thank you for any help you can give to support Musa.

During the week of Feb 22nd, **Me to We** will be running the Live Free Campaign to support our breakfast club. This year we are excited to do something a little different. We are getting creative and making our Hyland Hawk from a huge water bottle, and asking that students give whatever change they can to help fill the Hawks' tummy to make breakfast club yummy! Thank you for helping us give everyone at Hyland the opportunity to come to breakfast club, and start their day in a wonderful way!

Mysteria Lane Mystery Theatre and Dinner

There is a fundraiser/Silent Auction, with proceeds going to the four local schools in Shelburne for special needs programs. The event is being held at Shelburne Golf and Country Club on Saturday, April 2, 2016. This is an advance tickets only event. Please call 519-925-5581 or email info@shelburnegolf.com for information and ticket confirmation.

Noon Hour Supervisors

We have 3 amazing, dedicated noon hour supervisors, who from time to time need to be off. We are looking for individuals that would be willing to cover their shift when they are absent. Our nutrition and recess times are 10:45 to 11:30 and 1:10—1:55.

FEBRUARY EVENTS CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3 Pizza Day CDDHS parent night—grade 8's—cancelled due to no bus day	4 CDDHS parent night—grade 8's (make up for no bus day)	5
8	9	10 Pizza Day Report cards go home	11	12 Spirit Day—Red and White Intermediate Dance
15 Family Day—no school Shelburrr Fest at Fiddle Park	16	17 Pizza Day	18	19
22 Live Free Campaign for the week.	23	24 Pizza Day Graduation photos—grade 8 (morning) Pink Day	25	26 Spirit Day—HHES colours or team colours
29				

Public input sought for draft policies

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What are YOU doing FAMILY DAY???

Come out and join our "Hyland Heights Fort Building Team" at Shelbrrr Fest at Fiddle Park

The Town of Shelburne & Kin of Shelburne present
Shelbrrr Fest 2016!!

Monday February 15th (Family day)
Fiddle Park Shelburne (Admission is Free)
Events include; Tube Slide Ride, Snow Mountain,
Vintage Snowmobiles on display, Dog Sled Ride (\$2),
Horse & Carriage Ride (\$2) and more!!!

Join our snow fort building team for a chance for our school to win money to help build our new playground!

Registration of teams is at 0930-1000
Contest time (building a snow fort) 1000-Noon
Judging Time 12:30

Please bring fort-building tools if you have them!
Acceptable tools are; food colouring, shovels, trowels,
rakes, hoes, buckets, bowls etc.

ADULT Supervision is mandatory
PLEASE BRING YOUR PARENTS!
All ages welcome!