



# Island Lake Public School

## April 2015 Newsletter



## April is Math Month at Island Lake

During the month of April, we will be celebrating Math. Each week, there will be a math problem for each division posted in the front hall. Students will have a chance to answer the question, enter it in a draw and possibly win a prize.

On Thursday, April 23rd, we will be having a Family Math Games Night. Families with students from grades 2—6 can come to the school and learn how to play some new math games. School Council applied for and received a \$1000.00 PRO Grant (Parents Reaching Out) last spring. With that money they have purchased many games to reinforce math skills. These games can be borrowed from our school after April 23rd. Come and learn how to play these games and help make math fun! A registration flyer will be coming home the week of April 7th.

In our weekly email, we will be including tips to help students with their math. There are also tips included in this newsletter. Join us in celebrating Mathematics!



### April School Council Meeting Tuesday, April 21st, 2015

The next School Council Meeting is on **Tuesday, April 21st** at 7:00 PM in the library. Come join us.

Please let Mrs. Dickson know if you require babysitting.

### Speak Out: Pink Shirt Anti-Bullying Day

Our second “Pink Shirt” Day is on April 8th, 2015. The SPEAK OUT Day runs alongside the International Day of Pink. The UGDSB Regional Student Senate supports the key message of the campaign which is about getting students to not accept bullying under any circumstances and to not stand by when they witness acts of bullying.



We would like to ask all students to wear pink shirts on Wednesday, April 8th to support Pink Shirt, **Anti-Bullying** Day. We ask them to “Stand Up and Speak Out” against bullying..



### Easter Holidays

Good Friday—Friday, April 3rd  
Easter Monday—Monday, April 6th

## CANADIAN TIRE MONEY COLLECTION

For the months of April and May, the *Me to We Club* at our school will be collecting Canadian tire paper money to donate to their Jumpstart program.

Since Canadian Tire is getting rid of their paper money, this is your chance to get rid of that pile of bills!

We are looking to meet a school donation goal of \$500 in Canadian Tire money!



### Live Free Campaign

*Island Lake is participating in the Live Free Campaign and we need your support! Classes will pledge to Live Free of something on April 10th. An example of this may include not using technology for the first hour of the day. Each student will be asked to donate a toonie to the Live Free Campaign as a symbol of what they're giving up.*

*Please contribute to our campaign and support our snack program. **Our snack program at Island Lake serves approximately half of our school population each month.** Students are provided healthy snack choices on a daily basis to keep their tummies full and their minds ready to learn. Our snack program serves yogurt tubes, cheese strings, granola bars, fruit leather and apple sauce just to name a few things.*

*The class that raises the most money for the campaign will be rewarded with a pancake breakfast.*

*Jaime Young CYC*

### Friday, April 24th—PD Day

Staff will be completing the 2014-2015 School Self Assessment. There are no classes for students.

### Parking Around the School

Now that most of the snow banks have disappeared, it is much easier to see along the side of the road. However, we would like to remind parents that before school and after school are very busy times and sometimes our students forget to look closely before crossing the street. It has recently been brought to our attention that even without the snow banks, it is difficult to see students on the bend of McMaster. We would ask that you try to avoid parking on the bend of the road. We would also request that you do not park in front of someone's driveway as it may be needed by the homeowner to get to work in the morning or home at the end of the day.

Thank you for your understanding of the safety needs of our students.

### Eric Walters Visit

On Tuesday, April 7th, author Eric Walters will be visiting Island Lake Public School to speak to our Grade 6, 7, and 8 students. He is part of the 7 Series Authors and we have been lucky enough to have him visit our school. Many of our students will have already read some of his books.

Eric will be selling his books at school for about \$15.00. Booklore will be selling the 7 Series and 7 Sequels books for about \$10 or \$11 each, and the book sets (7 Series and 7 Sequels) for \$60 and \$65 in the evening. The evening event will be held at Credit Meadows. (see flyer on page 3 of the newsletter.)

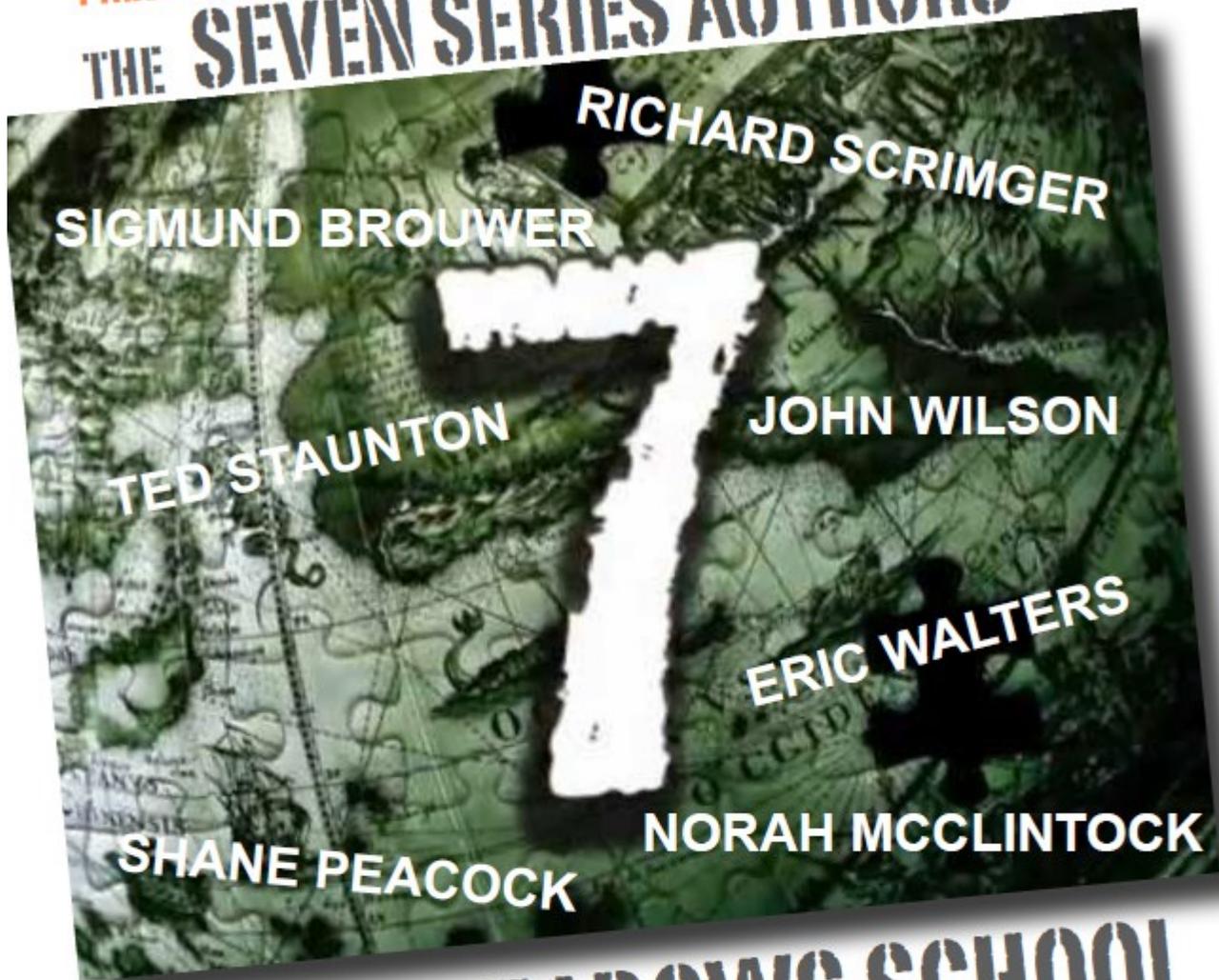
### April 22nd is Earth Day

On April 22nd we will be celebrating Earth Day. During the month, students have been challenged to come up with an environmental goal. Classes will work together to achieve that goal. These achievements will be celebrated at the assembly on April 22nd.



**PRESENTING**

# THE SEVEN SERIES AUTHORS



## CREDIT MEADOWS SCHOOL

**TUESDAY, APRIL 7**

**7 - 8:30 PM • ORANGEVILLE**

**BRING YOUR CAMERA AND BOOKS TO HAVE AUTOGRAPHED**

Booklore will sell Seven Series books at the event.

John Wilson will be unable to attend the event.

# The Safe Use of Social Media

Wednesday, April 29th

6:30—8:00



**Island Lake Public School**

**Guest Speaker: Constable Scott Davis, Orangeville Police**

All parents are welcome. Please call the school to register for the event by Monday, April 27th.

Officer Davis will be speaking to our Grade 6, 7, and 8 students on April 29 and 30th.

## **Parents, If Your Kids Have Any of These 10 Dangerous Apps, It's Time to Hit "Delete"**

By: Megan Maas

You may be thinking your kids are downloading apps because they are just a simple way for them to keep in contact with their friends. This is certainly true for most kids, but unfortunately, even innocent use of most of these apps can land a kid in a situation he/she never intended to be in.

The most important thing you can do as a parent to protect your children from dangers that are associated with the use of these apps is to talk to them frequently about their social lives. You can start by establishing yourself as an approachable parent and talking with them early and often about relationships. Without a strong bond and open communication, trying to regulate and monitor Internet use won't be very effective. However, setting technology boundaries (when and where they use the Internet) and monitoring their on-line behavior can be effective if you have a strong foundation to build on.

The following link is a list of 10 apps that can be very dangerous for your kids and what you need to know about them. The link gives a quick reference as to what these apps are often used for.

<http://www.forevermom.com/parents-kids-10-dangerous-apps-time-hit-delete/>



## Welcome to Spring!!!

To celebrate the coming of warmer weather, song birds and budding plants, our students are selling Spring Bulbs!

We hope you enjoy the wonderful variety of Flower and Plant Bulbs available from Vesey's Bulbs.

*Please share with friends and family!*

***Orders are due back to school  
by April 10<sup>th</sup> \****

***Bulbs will arrive by Mid-May...  
just in time for spring planting!***

**FREE BONUS  
OFFRE GRATUITE**

If you order more than \$40 of product from this catalogue you will receive absolutely FREE, 25 Mr. Folkler Anemone Bulbs, a \$12 value!  
Commandez \$ 40 et plus de ce catalogue et recevez GRATUITEMENT 25 bulbes d'Anémones M. Folkler!



Additional Brochure's and Order Forms are available on the Island Lake Website

under School Council.

All Proceeds toward ILPS Out-Door Learning Space.

\*Please make checks payable to: Island Lake Public School.

*Thank you!*



**DR. ROSS GREENE**

# Collaborative and Proactive Solutions

Formally known as Collaborative Problem Solving

PRESENTS AN

## EVENING FOR PARENTS

On THURSDAY APRIL 9, 2015

7:00PM – 8:30PM

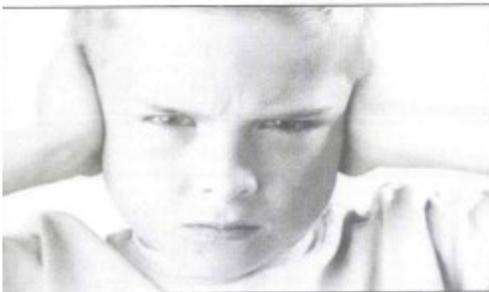
AT JOHN F. ROSS, E.L. FOX THEATRE

CPS provides a compassionate approach to understanding kid's behavioural challenges and advocates for a collaborative approach to reducing challenging behaviour, improving communication and repairing relationships at home and at school.

CPS's major principle strives to change the lens with which behaviour is viewed. You will learn tools and strategies that lead to more effective interventions with the challenging kids where traditional methods have failed.



Ross W. Greene, Ph.D., is Associate Professor in the Department of Psychiatry at Harvard Medical School and the originator of the Collaborative Problem Solving approach. He is the author of the highly acclaimed books *The Explosive Child* and *Lost at School*. He consults extensively to general and special education schools, inpatient and residential facilities, and systems of juvenile detention, and lectures widely throughout the world.



*"Kids do well if they can"*



For more information on Collaborative and Proactive Solutions go to:  
[www.livesinthebalance.org](http://www.livesinthebalance.org)

**John F. Ross**  
Vocational Collegiate  
Institute

21 Meyer Drive,  
Guelph, ON N1E 4H1

## **You're Invited!**

**"A Gazillion is not a Number"**

**Come and have fun while learning some cool Math tools for  
your children!**

**Date:** Thursday, April 16th, 2015

**Time:** 5:30pm – 8:00pm

**Where:** King George Public School

72 Lemon Street, Guelph

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Please join the UGDSB Parent Involvement Committee for an evening of fun and  
learning with special guest speaker:

**Dr. Lynda Colgan**

Queen's University Associate Professor Faculty of Education

*Please RSVP by Tuesday April 7 to [lynne.mcinnis@ugdsb.on.ca](mailto:lynne.mcinnis@ugdsb.on.ca) to ensure we  
have enough  
Math Swag Bags!*

**Yearbook orders due  
April 9th, 2015. Don't  
forget to order yours  
today.**

## More Math Games.....

*Dear Mom, Dad, Grandma and Grandpa and of course the dog and anyone else living at our house*

*I heard about these fun math games to play at home. Do you think we could try them out? I think math is really important and I just need some extra practice.*

### **Guess My Number**

Goal: Can you guess the number I'm holding?

One player takes two playing cards. The cards can be ordered any way.

Be sure no one else can see the cards!

All other players take turns guessing what the number is by asking math questions.

"Is it even?" "Is it odd?" "Is it greater than 10?" "Is it a factor of 20?" and so on.

The player holding the cards can only answer with a "Yes" or "No", until the actual number is guessed.

### **Let's Get Loonie**

(Materials: 2 dice, coins 8 pennies, 2 nickels, 4 dimes, 6 quarters and 1 loonie.)

Roll the two dice and add the two numbers together.

Take that amount of money from the centre.

(Try to always have the least number of coins in front of you at a time).

Object: to be the first player to get "Looney".

### **On the Way Home from Soccer or Baseball**

How many goals/runs were scored in the game?

How many more goals/runs did we need to get to make 10, 18, and 25?

How many players are on the team? If they each have one sibling how many children would that be? What if half of them had 2 siblings? Now how many children would that be?

It cost \$50.00 to fill up the van with gas. How much would 5 tanks cost? What about 8 tanks?





## “Show What *YOU* know on EQAO” Tips For Your *Child’s Success!*

### **What is EQAO:**

*EQAO undertakes research for two main purposes:*

- to maintain best-of-class practices and student improvement
- ensure high standards of education quality

Standardized tests provide different information. A standardized test is essentially a snapshot in time using one method of assessment. Teachers assess their students using a broad range of tools. A more holistic and complete picture of a student's performance can be seen from various types of assessment that the teacher does throughout the year. (tvoparents.tvo.org)

### **TIPS FOR SUCCESS**

***There is no need to study.*** The EQAO assessment does not count towards a child's marks in grades 3 and 6, so there is no need to increase anxiety by cramming. If you are curious about the questions your child will be asked, check out the [EQAO site](#) and run through [some practice tests](#) yourself so you have some understanding of the structure of the assessment and can better reassure your child.

***Remember this is practice.*** Let your child know that this is a way to show off what he or she knows and to practice test-writing skills so your child can be prepared for tests in later grades.

***Be supportive.*** It is normal and natural to get nervous and this is a big deal for your child. Do not downplay fears or dismiss them as silly. Instead, encourage your child to talk about these fears

***Talk to the Teacher.*** If your child is experiencing severe anxiety, there are things the teacher or school can do to help.

***Set the alarm.*** The best thing you can do for your child the day of the assessments is to make sure your child is well rested, fed and gets to school on time.

***Read more.*** For more on EQAO assessments and what they mean for your child, check out our [Parent's Guide to EQAO Assessments](#).

***Understand the Test.*** Don't use your child's EQAO test scores to measure overall achievement. You're better off relying on regular contact with the teacher who can show you your child's portfolio, which is being updated all year long. You'll have a more clear and accurate picture of your child's progress.

EQAO resources

<http://tvoparents.tvo.org/article/understanding-standardized-testing>

[www.eqao.com](http://www.eqao.com)

## April Environmental & Character Education Theme

### Celebrate the Earth! – be CREATIVE AND ENTHUSIASTIC



Earth Day is a day that is intended to inspire awareness and appreciation for the Earth's natural environment. Earth day was a day founded as an environmental teach-in first held on April 22, 1970. While this first Earth Day was focused on the United States, an organization took it international in 1990 and organized events in 141 nations. Earth Day activities in 1990 shone a spotlight on important environmental issues like species extinction, water and energy conservation and pollution on the worldwide stage. Earth Day is now coordinated globally by the Earth Day Network, and is celebrated in more than 180 countries every year. Numerous communities also celebrate Earth Week, an entire week of activities focused on environmental initiatives.

Earth day is a very special day that allows us to participate with millions of other people all over the world in reflecting on the importance of protecting our planet. We can show our creativity for this event by coming up with posters to promote Earth day or by writing a reflection in our journal about what Earth day means to us personally. We can write a poem about our favourite thing in nature or we could write a letter to the government asking for better environmental laws. We could come up with more creative ways to conserve energy, or reduce, reuse or recycle items we personally use. We can show our enthusiasm for our planet by researching topics that interest us and coming up with new ideas on how to spread the word about the environmental issues that we are passionate about.

*Make Earth Day last all year! - Let's go green, everyone!*

***In 1974, 1 in 5,000 people, or 4,400 Canadians, had Autism Spectrum Disorder (ASD).  
Today, 1 in 88, or almost 400,000 are diagnosed.  
What will the next 40 years look like?***

### **April 2015 WORLD AUTISM DAY WEAR BLUE!**

The seventh annual World Autism Awareness Day is April 2, 2015. Every year autism organizations around the world celebrate the day with unique fundraising and awareness raising events. By bringing together autism organizations all around the world, we will give a voice to the millions of individuals worldwide who are undiagnosed, misunderstood and looking for help. Please join Upper Grand District School Board in our effort to inspire compassion, empowerment and hope by wearing BLUE on Thursday April 2nd 2015.

[Autism Ontario](#)

[Kerry's Place Autism Services](#)



## FREE Parenting Workshops – Spring 2015

All families have strengths and all families have challenges. These workshops are a safe place to learn and build on existing skills. All Dufferin Parent Support Network (DPSN) workshops are free of charge and open to men, women and couples. Registration is required. For more information or to register for a workshop, contact us at info@dpsn.ca or 519-940-8678. www.dpsn.ca



### Monday Nights

#### Relationship Dynamics:

##### Honouring Ourselves and Others

May 4 & 11, 7-9 PM (2 nights)

Princess Margaret Public School—51 Wellington

Learn practical tips and techniques to tap into the best part of yourself and give all your relationships—with your children, your spouses, your parents, in your workplace—the best chance to flourish. Topics covered will include conflict resolution, advocating for what you need, and setting healthy boundaries.

##### Raising Your Spirited School-Aged Child

May 25 & June 1, 7-9 PM (2 nights)

Princess Margaret Public School—51 Wellington

Is your child more sensitive, energetic, persistent or perceptive? We'll share guidelines to help you better understand your spirited children; learn to focus on strengths; and to develop a healthy relationship. Learn to advocate for your child within the educational system and the community. The goal is for children to develop insight into their own temperaments and begin to self regulate and self manage day-to-day events and activities.

### Tuesday Nights

#### The Grandparent Connection: Helping to Raise Your Grandchild with Autism Spectrum Disorder

March 24, 6:30-8:30 PM—1 night

Princess Margaret Public School—51 Wellington

This workshop focuses on families where the grandparents are either full-time caregivers or play very important roles in their grandchildren's lives. Key areas of focus will be around family dynamics, discipline and the joys and challenges around parenting your special needs grandchild. There will be extra time at the end for Q&A and networking.

#### Schoolwork Strategies for Parents:

##### Help Your Child Find Success at School

March 31, 7-9 PM—1 night

Parkinson Centennial Public School—120 Lawrence Ave.

What if your children hate homework and struggle in class? You can help them improve their grades and be more successful in school while increasing their confidence and self-esteem. This workshop will provide practical ways to learn how your child learns and provide strategies to help your child in an effective and enjoyable manner.

#### Skills for Single Parents—Childcare Available

April 14, 7-9 PM—1 night

Parkinson Centennial Public School—120 Lawrence Ave.

This workshop is in a "video-and-discussion" format. It touches on the following issues: feelings, co-parenting, managing single-parent life, dating, and single parenting.

### Tuesday Nights (cont'd)

#### Life Span Changes

April 21, 6:30-8:30 PM (1 night)

Princess Margaret Public School—51 Wellington

This workshop looks at the major changes that can occur throughout a child's life as they journey through adolescence and into young adulthood. Young adults with autism spectrum disorder and other disabilities often lose motivation as the routine of childhood comes to an end and the demands and expectations of the adult world approach. This workshop is designed to help parents and workers take a detailed look at how to help them cope with these transitions.

#### Siblings Without Rivalry

April 28, May 5, 12, 19, & 26, 7-9 PM (5 nights)

Princess Margaret Public School, 51 Wellington Street

Written by the same people who brought us *How to Talk*, this workshop focuses on siblings as unique individuals, with unique needs. It covers helping siblings deal with their feelings about each other, avoiding comparisons/treating them uniquely; freeing them from "roles," dealing with the fighting, and problem solving and conflict resolution.

### Wednesday Nights

#### Healthy Eating for the Busy Family

##### (Even Those with Picky Eaters)

April 1, 7-9 PM (1 night)

Parkinson Centennial Public School—120 Lawrence Ave.

Most people have good intentions when it comes to healthy eating, but making it happen in their hectic and over-committed lives is a big challenge. An added challenge can be when you have picky eaters in the family. In this seminar, Melanie Grime RHN (holistic nutritionist) shares tips on how to fit healthy eating back into your busy life and give you strategies to help your picky eater gain maximum nutrition.

#### Anger, Parenting and You—Childcare Available

April 8 & 15, 6-7:30PM (free dinner at 5:30)—2 nights

Ontario Early Years Centre—167 Centre St., Shelburne

We all strive for healthy communication between parents and children. This workshop will help you recognize your anger triggers and how to release anger safely, and help you teach your children how to manage their emotional responses. Participants will examine coping strategies for anger and stress management for both parents and children.

Wednesday, May 6, 2015, 7:00 to 9:00 PM  
Alyson Schafer: Honey, I Wrecked the Kids  
Orangeville District Secondary School, 22 Faulkner Street

### Wednesday Nights (cont'd)

#### Let's Explore Communication

May 13, 20 & 27, 7-9 PM (3 nights)

Parkinson Centennial Public School—120 Lawrence Ave.

Communication is key to positive, respectful relationships. In this workshop we will explore different communication approaches with our children and others, effective speaking and listening skills and strategies, and the language of encouragement.

### Thursday Nights

#### Unconditional Parenting

April 2, 9 & 16, 7-9 PM (3 nights)

Island Lake Public School—50 Oak Ridge Drive

Based on the DVD by Alfie Kohn...It starts with the question, "What are our long-term goals for our children?" It then follows that we need to work with them rather than doing things to them, in order to reach those goals. Kohn argues that punishments (including time-outs) and rewards (including positive reinforcement) may sometimes produce temporary compliance, but they do nothing to help kids grow into responsible, caring, ethical, happy people. Kohn concludes with ten important guidelines to help viewers reconnect to their own best instincts as parents.

#### Schoolwork Strategies for Parents:

##### Help Your Child Find Success at School

April 23, 7-9 PM (1 night)

Princess Margaret Public School—51 Wellington

What if your children hate homework and struggle in class? You can help them improve their grades and be more successful in school while increasing their confidence and self-esteem. This workshop will provide practical ways to learn how your child learns and provide strategies to help your child in an effective and enjoyable manner.

#### Positive Parenting From Separate Homes

May 28 & June 4, 6:30-9:30 PM (2 nights)

Dufferin Child & Family Services—655 Riddell Road

Are you worried about the effects of separation, divorce and parenting from two homes on your children? Learn to manage these changes to ensure that your children don't get caught in the middle of parental conflict. You will learn to understand your feelings, your children's needs and develop a business-like relationship with the other parent. You will not be asked to talk about your individual situation as the program is for general information.



Follow DPSN on Facebook!

## Problems of the Week

**Primary:** Tony is reading a book that has 182 pages. He has 143 pages left to read. How many pages has he read?

**Junior:** A store sells 12 oranges for \$3.96. How much does one orange cost?

**Intermediate:** A dice is rolled 3 times. What is the probability that at least one 6 appears in the 3 rolls?



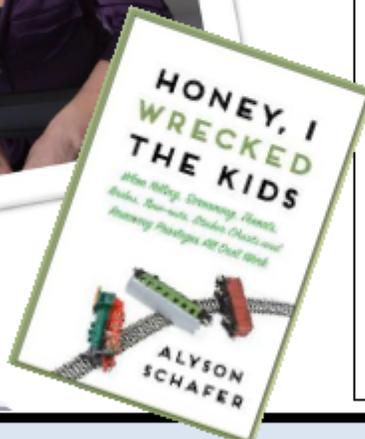
# DUFFERIN PARENT SUPPORT NETWORK

*presents*

psychotherapist, author, TV host and internationally acclaimed parenting expert

# Alyson Schafer

## HONEY, I WRECKED THE KIDS



Misbehaving children make us question if we are parenting properly. We feel like we are messing up our kids. Learn:

- the four misbehaviour dances we do with our kids and how to get out of them
- why punishments and rewards no longer work
- new, effective discipline techniques to feel more confident and positive about parenting.

admission by donation!

**Wednesday, May 6, 2015 at 7:00 PM**

Orangeville District Secondary School

22 Faulkner Street, Orangeville

To register, call DPSN at 519-940-8678 or email [info@dpsn.ca](mailto:info@dpsn.ca)

Brought to you with thanks to the generous support of:



655 Riddell Road, Orangeville, ON L9W 4Z5

Tel 519-940-8678

E-mail: [info@dpsn.ca](mailto:info@dpsn.ca)

[WWW.DPSN.CA](http://WWW.DPSN.CA)

Headwaters Health Care Centre Auxiliary  
Presents the 21st Anniversary of our

# Teddy Bear Clinic

**At Headwaters Health Care Centre**

We help to ease a child's fear and worry of doctors and hospitals

**Saturday,  
May 2nd, 2015  
10A.M. to 1P.M.**

Medical Staff Will Perform Check-Ups  
On Your Child's Favourite Teddy Bear;  
Dolly; or any other Stuffed Animals!!  
Fee: One Twoonie Per Patient

Attractions/Activities include:

BBQ

Miniature Horses

Teddy Bear Raffles

Face Painting

Fish Pond

Tooth Fairy

Fingerprinting

Tooth Fairy Express

Emergency Services

Free Parking: 10AM to 1PM for anyone attending the Event

All Proceeds toward the purchase of much needed Medical Equipment

