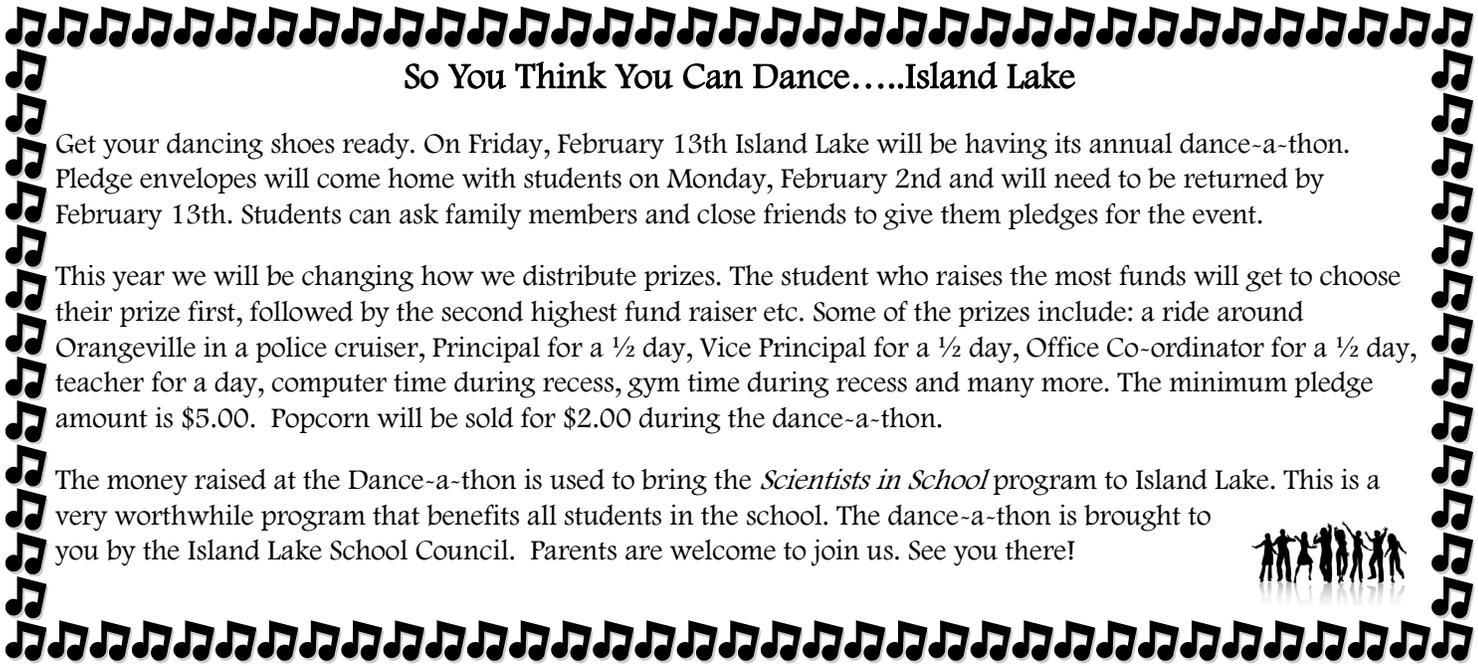
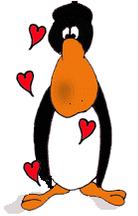




Island Lake Public School February 2015 Newsletter



So You Think You Can Dance.....Island Lake

Get your dancing shoes ready. On Friday, February 13th Island Lake will be having its annual dance-a-thon. Pledge envelopes will come home with students on Monday, February 2nd and will need to be returned by February 13th. Students can ask family members and close friends to give them pledges for the event.

This year we will be changing how we distribute prizes. The student who raises the most funds will get to choose their prize first, followed by the second highest fund raiser etc. Some of the prizes include: a ride around Orangeville in a police cruiser, Principal for a ½ day, Vice Principal for a ½ day, Office Co-ordinator for a ½ day, teacher for a day, computer time during recess, gym time during recess and many more. The minimum pledge amount is \$5.00. Popcorn will be sold for \$2.00 during the dance-a-thon.

The money raised at the Dance-a-thon is used to bring the *Scientists in School* program to Island Lake. This is a very worthwhile program that benefits all students in the school. The dance-a-thon is brought to you by the Island Lake School Council. Parents are welcome to join us. See you there!



What's Happening in "Me to We"?

Rafiki Chain Sales

In Swahili, the word for friend is "rafiki." and to the mamas in Kenya creating a better life by hand crafting Rafiki Friend Chains, the word means even more. Every Rafiki an artisan makes helps her earn a living, send her children to school and show the world the power of her skills and traditions.

This month, you can pre-order a rafiki chain that not only supports a community of Mamas in Kenya, you will be supporting the pillar of your choice (water, education, health, food and sustainable income.) Chains are only \$10 each. Order forms will be available in the foyer at breaks from February 2-13, 2015.

"GOAT FEST" February 17- March 6th

By bringing in a toonie (or more) to school during "Goat Fest" you will be working together with your class and the school to raise funds for sustainable income projects in developing countries overseas. Every \$50 gives a goat to a woman overseas. Each goat can produce 16 cups of milk each day!

We will be keeping track of each class's progress using our goat race posted in the front lobby. Which class will earn their goat first? Which class will earn the most goats?

TWINS DAY- Tuesday February 17

After a long weekend with your family, why not keep that togetherness spirit going by dressing the same as your friend(s)? Wear matching outfits, colours, etc.

A Message from Island Lake School Council

Thank you to all our families for your great support! We had a very busy Fall and School Council has raised over \$3,000 toward our Outdoor Learning Space, combined with the \$5,000 from Scotia Bank we are off to a good start!

We hope to raise \$10,000 (or more) this year with an ultimate goal of \$30,000 by the end of 2015/2016.

Want to know more? Please visit the following link and take a look....
www.bing.com/images/search?q=Outdoor+Learning+Classrooms&FORM=RESTAB

Wow! It is already February and guess what? – Spring is right around the corner!!

So, to get you excited about warmer weather, were taking a 'blooming' approach to fundraising this Spring.

March/April: Students will be selling Spring Bulbs provided through Vessey's Bulbs, Prince Edward Island. Catalogues and order forms will be coming home the week of March 16th.

May is for Mothers! Students may purchase 'tickets' for Hanging Flower Baskets in celebration of Mother's Day. Tickets will be sent home so our Moms can visit the Nursery and pick out their own Mother's Day hanging basket!!

Mochaberry: Please look for changes to the Mochaberry order forms. We are now selling in 1lb increments at a lower cost / lbs. If you want us to offer a specific coffee or flavor, please let us know!

Fundscrip is still available. Please register at www.fundscrip.com and select Group K82PMJ. *Using FundScrip as a fundraiser costs us nothing!* All we do is pay for purchases like groceries, and gas using GIFT CARDS bought from FundScrip. **You get 100% of the value of the gift card, the retailers donate \$\$ to our Outdoor Learning Space!!!** Please look for details on the ILPS Website, under School Council.

H.E.A.R.T for Outdoor Learning!

HANDS-ON LEARNING EMPOWERS STUDENTS IN ALL AREAS OF ACADEMICS. LEARNING BY DOING INCREASES RETENTION AND FOSTERS TEAMWORK.



Follow us on Twitter @SC_ILPS or #SCIslandLake

Respectfully,

Kim Soper, Chair

H.E.A.R.T for Outdoor Learning Presents.....

Family Movie Night

Friday February 6th 6:00pm - 8:00pm



Bring an Eco friendly water container.

Wear Your P.J's... Bring a pillow & blanket!

Pizza \$2/slice
Dilly Bars \$2 ea.

Free Popcorn
1 Free Juice Box ea.

Organize by School Council. Proceeds toward our Outdoor Classroom!

Students must be supervised by an adult

Please detach the ORDER FORM below and return it to your child's teacher no later than January 30th



Free Popcorn and Juice Box for everyone. Dilly Bars can be pre-ordered or available for purchase on Movie Night @ \$2 ea

Please indicate the total number of Pizza slices and/or Dilly Bars per family.

Family Name			
Teacher			
# of Cheese	# of Peperoni	# Dilly Bars	Total \$
_____ x\$2 = \$ _____	_____ x\$2 = \$ _____	_____ x\$2 = \$ _____	\$ _____

Tickets for Pizza and Dilly Bars will be sent home on February 4th

**Kindergarten Registration
February 2nd to February 6th
10:00 am to 2:00 pm**

If you have a child, or know of a child who was born in 2011, they are eligible to attend Junior Kindergarten in September 2015. Also, students born in 2010 who are not currently attending school are eligible to register for Senior Kindergarten. .

Kindergarten registration will be held from Monday, February 2nd to Friday, February 6th, 2015 between 10 am and 2 pm..

Please be prepared to provide:
*Proof of Birth Date,
Immunization Records
Address Verification.*



Pink Shirt Day—February 25th

The key message of Pink Shirt Day 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 and staff to wear pink shirts on February 25th to support Pink Shirt, Anti-Bullying Day.



Report Cards Go Home

On Thursday, February 12th, report cards will be sent home. These reports reflect your child’s achievement from September to the end of January, as well as your child’s development of the learning skills and work habits during that period.

Please return the form at the bottom of page 2. While we do not have an interview day scheduled, please indicate on the form if you would like the teacher to contact you.



February is Black History Month

Every year Canadians are invited to take part in the festivities and events that honour the legacy of black Canadians, past and present, during Black History Month.

Black History Month exists to remind us all of the rich contributions within our society from people of African and Caribbean decent, and of their ongoing struggle for equity and social justice. This is a time to celebrate the many achievements and contributions of black Canadians who, throughout history, have done so much to make Canada the culturally diverse, compassionate and prosperous nation we know today.

It is also an opportunity for the majority of Canadians to learn about the experiences of black Canadians in our society, and the vital role this community has played throughout our shared history.

Assembly—Friday, February 6th

Our next Character Ed assembly is on Friday, February 6th. We hope to have a guest speaker coming to talk to us about “goats” and the “Goat Fest” Me to We has planned for February. All parents are welcome to join us.

Movie Night

Movie Night is on Friday, February 6th from 6:00—8:00 pm. The movie, *Night at the Museum*, and popcorn are “free”. You can also order pizza. Order forms were sent home last Monday. Come join us for a relaxing evening. Don’t forget to wear your pajamas and bring something to sit on.



Digital Saturday

A special thanks to all of the families who came out to the school to check out the new technology on Digital Saturday. Because of you, we received 4 new Chromebooks for our school. Thank you!





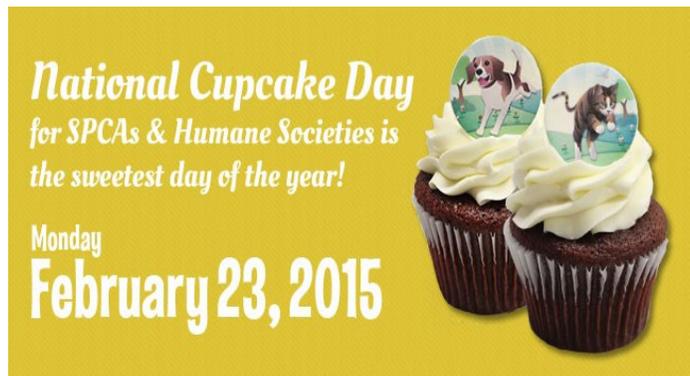
Supporting the SPCA in January

During the month of January, Owen and Austin, two of our Grade 6 students, collected items for the SPCA. Thank you to all of the students who brought in pet food, toys, blankets, towels and other useful items.

A special thanks to Austin and Owen for organizing and running this worthwhile event.

Supporting the SPCA in February

National Cupcake Day is Monday, February 23. It is a fundraiser for the O.S.P.C.A., promoted to give animals new homes through funds created by selling cupcakes. The money goes towards abandoned and homeless animals searching for a loving home. Please join us in making a lonely animal's life a little bit sweeter by buying a cupcake for \$2.00. Cupcakes will be sold during the first break. This initiative is being organized by two of our grade 6 students, Emma and Olivia. If you would like to donate a dozen cupcakes for this worthy cause, please contact the office. Thank you for your support.



Community Rink Open

One of our ILPS parents, working with the Town of Mono, has built a large outdoor skating rink in Purple Hill Park. The Park is located on Ashwood Drive in the subdivision on the north side of Buena Vista Rd.

The Town of Mono funds the project every winter but does not provide staff to maintain the rink. All shoveling, scraping and flooding are done by a volunteer. He is looking for one or two other volunteers to help once or twice a week in the evening to assist with the scraping and flooding of the ice to keep it in good shape.

If you are interested in helping support the community rink, please contact Jason at 519-942-1542 Ext 1

Coins for Cancer

Mackenzie, one of our Grade 1 students, is raising money for cancer. She is asking all of the students to bring in their loose coins to help support her cause. A container can be found in the office and students and parents can drop off any change they have from February 2—13. Thanks so much for your support.



Stay Well Month

Reduce the risk of serious infections - proper hand-washing is one of the best ways to avoid getting sick.

Stay home when you are sick and limit contact with others -Children should not be in school with a fever, undiagnosed rashes, vomiting, or diarrhea and should stay at home at least 24 hours following the end of symptoms.

Cover your mouth and nose - when you sneeze or cough; use a tissue or the bend of your elbow.

You can prevent many serious illnesses by keeping immunizations up-to-date for you and your children. Call 1-800-265-7293 for more information.



Activities & Clubs Happening at Island Lake

Sometimes children come home from school and tell you there's nothing to do at school. We thought we would share everything that is happening at Island Lake.

- ★ Grade 1—4 Lego Club
- ★ Grade 4, 5, 6 Intramurals Day 1 & 2
- ★ Grade 7 & 8 Intramurals Day
- ★ Grade 4—8 Eco Club
- ★ Grade 6, 7, 8 Me to We
- ★ Grade 7 & 8 Badminton Day 2, 3 & 4
- ★ Grade 7&8 Basketball Day 1, 2, 3 & 4
- ★ Grade 6—8 Red Maple Reading Club
- ★ Grade 1—8 Jaime's Recess Club Tuesday afternoon recess
- ★ Library Helpers
- ★ Office Helpers
- ★ Lunchroom Helpers
- ★ Grade 6, 7, 8 Skills Canada Day 4
- ★ Grade 1—8 Recess Hockey
- ★ Grade 6 Recycling
- ★ Grade 5 Compost



Please try to encourage your child to become involved in one of these activities.



Family Day: February 16th. Enjoy!





KIDSFIT MARCH BREAK CAMP

This energetic program will keep kids active all week long. Our program offers an introduction to a series of functional athletic movements that build strength, coordination and confidence. You don't need to be involved in a traditional sport or have a specific skill set to be great at KidsFit!

What do we do in a day? Run, jump, climb and swing! We play tons of games and set up lots of obstacle courses. Kids will participate in independent and team work out challenges. Everyday has a brain builder section where we encourage problem solving and logic. Kids will track their new skills and personal progress throughout the week. We will learn about good nutrition and goal setting in an active environment. At the end of the week we will host the KidsFit Games to showcase the skill sets learned!

The Details: **March 16th - March 20th**
 9:00AM - 4:00PM
 ***Extended Care Available**

Cost: **\$250.00 + HST**
 (Lunches are Included)

Who is it for? **Children Aged 5-12 Years Old**



REGISTER ONLINE @ WWW.ATHLETEINSTITUTE.CA
OR BY CALLING 519-940-3735
207321 HWY 9 . MONO . ONTARIO . L9W 6J2



Self-regulation

Does your child struggle to calm his/her body and mind in order to cope with challenges or solve problems? The ability to be calmly focused and alert can be difficult for many children, as well as adults. The ability to self-regulate may change in different situations and stages of life.

As parents, you can help your child use strategies to calm his/her body and mind by modelling what works for you. For example, when frustrated about being caught in traffic, you may use self-talk and listening to music to help calm the situation. You may say, "This traffic is terrible and I am feeling very frustrated. I know that I can't do anything about the traffic so I am just going to tell myself to relax, this will pass, I can turn on some of my favourite tunes!"

Strategies that may work for your child as calming or focusing strategies include: exercise (e.g. a short run), reading a book, listening to music, talking to someone, self-talk, counting to 20, getting a drink, taking a break, or deep breathing.

Generally speaking, calming the body and mind is necessary before challenges or conflict can be successfully handled.

Resources for Parents -

- Book: Zones of Regulation by Leah M. Kuypers
- Zones of Regulation <http://andersoncarla.blogspot.ca/2014/08/zones-of-regulation.html>
- Relaxation Techniques http://visuals.autism.net/main.php?q2_itemId=138
- Today's Parent: Easy Ways to Teach Your Child to Self-Regulate <http://www.todaysparent.com/kids/preschool/easy-ways-to-teach-your-child-to-self-regulate/>
- Responsive Classroom: Teaching Self-Calming Skills <https://www.responsiveclassroom.org/blog/teaching-self-calming-skills>
- Video: A story: Staying Calm When Angry <https://www.youtube.com/watch?v=DnmFfxWjsvs>
- Self-Regulation <http://andersoncarla.blogspot.ca/2013/12/self-regulation.html>

Keeping Our Children and Youth Safe Online

Over the last few years, there has been a significant increase in the number of reported cases of young people involved in self/peer exploitation. This is generally defined as youth creating, sending or sharing sexual images and/or videos with peers via the Internet and/or electronic device. The Board recently purchased a resource for every elementary and secondary school called Self/Peer Exploitation, School and Family Approaches to Intervention and Prevention. The resource was created by the Canadian Centre for Child Protection, which is a non-profit charitable organization dedicated to promoting safety of all children. Principals and Vice Principals also received an in-service on the guide.

The following two links may assist youth and families who have been impacted by child sexual exploitation:

Cybertip.ca may be used to report child sexual exploitation

NeedHelpNow.ca is a website that offers find some practical information for youth on how to deal with this (for example, how to get pictures removed from the internet, how to deal with peers, how to talk with someone, etc.).

February 10, 2015 is international Safer Internet Day. Please consider using this day to talk to your child(ren) about internet safety. The Canadian Centre for Child Protection also produces several useful resources for parents that may be found using the following links:

https://www.cybertip.ca/pdfs/C3P_SafetySheet_SelfPeerExploitation_en.pdf

https://www.cybertip.ca/pdfs/C3P_SafetySheet_Cyberbullying_en.pdf

Talking about Art with Your Child

The gallery on your refrigerator:

The refrigerator is the mini art gallery in many homes where student art is the featured exhibit. How wonderful for students to have their work honoured in their home and for them to be supported by their family! Also, we know that when the family is involved in a student's learning, the student's confidence, positive attitude and achievement grow.

Show your child that you value their judgement as well as their art. Each week or so when the "exhibit" changes, let your child select the work to be displayed. Ask: "Which work are you most proud of - why?" or "Which work show your learning best - why?". Research shows that when students assess and reflect on their own work their critical thinking skills develop.

Before or after the art makes it to the fridge, reinforce creativity, risk-taking and the ability to communicate with some open questions ... think questions with no "right" answer. Ask these questions or turn them into prompts for your comments about artwork:

- What can you tell me about your art?
- Tell me the story of your art.
- How did you make this?
- How would you describe your art to someone who hasn't seen it?
- What I notice is (name what you see in their art). What I wonder is (ask a questions about it).
- What I like the most about your (name the type of art) is (name what you like in their art).
- How do you hope people will feel when they look at your art?
- If someone could walk into your art, where should they walk in? Would it be easy or hard for them to get in? Tell me more about that.
- What title would you give your art? Explain ...

The gallery in your community:

Taking your child to an art gallery to view and discuss art gives them a place to apply their thinking and learning. Using the same questions/prompts you use at home will help your child make connections between their work at school and the wider world.

Walk through a room in the gallery, survey the art then return to discuss and spend more time at the work(s) that capture your interest. Try some gallery games to build critical thinking and discussion. In any room play: National Gallery: Choose (or make up) a country. Select 5 works that will hang in the welcome room at the airport where you enter the country. Explain what each piece of art reveals about the country.

Ping Pong: Choose any piece of art and call it a Ping. Choose another and call it a Pong. Don't explain why or how you made your choices. Then, thinking about your choices, your family classifies other pieces in the room as Ping or Pong. They explain how they made their decisions while guessing what your criteria was.

Statue: Each person chooses a figure or object in a piece of art and creates a pose that represents it. The rest of the family tries to guess which piece of art.

To view contemporary and historical art, visit the MacDonald Stewart Art Center in Guelph (free), the Dufferin County Museum and Archives in Orangeville and the Wellington County Museum and Archive between Fergus and Elora (free).