



Island Lake Public School

March 2015 Newsletter

March Break



Celebrating Our Students

Congratulations to Sarah G., a Grade 7 student at Island Lake Public School. Recently Sarah won two bronze medals at the Canada Winter Games held in Prince George BC. Sarah won her medals in the Giant Slalom and Slalom. Way to go Sarah!



Emma, Olivia and Malcolm raised over \$700.00 in support of the OSPCA, National Cupcake Day. Although the day was delayed due to the closure of the school, the students of Island Lake generously supported the day on Tuesday and Wednesday. The students were thrilled that they had surpassed their goal of \$400.00. They would like to thank all of the parents and staff who supported the cause by baking cupcakes.

On Friday, February 27th, 20 of our "Me to We" students, Mrs. Clark, Ms. Fletcher, Mrs. Scheel and Mrs. Sandford delivered "Random Acts of Kindness" to the merchants and shoppers in the downtown area. They handed out treats and warmly greeted people. The response was overwhelmingly positive.



School Council

Our next School Council meeting is on **Tuesday, March 10th at 7:00 pm**. All parents are invited to attend the meeting to see what events are planned for the upcoming months. Please let Mrs. Dickson know if you require babysitting. We look forward to seeing you there.

Just think, Spring is right around the corner! To get everyone excited about the warmer weather, we're taking a "blooming" approach to fundraising this Spring.

During 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 23 and are also available in the ILPS website under School Council.

We wish all our families a safe and enjoyable March Break.



March Break—March 16th—20th

Meal Days

Meal days can now be paid for on-line. Pita Pit, Booster, Pizza and Pasta Day are all posted. Parents still need to submit the paper/envelope order forms so that orders can be placed. We hope to have the ordering and payment on-line by next fall. There will be one final order form for Pita Pit coming home prior to the end of the year.



THINK SPRING!

News from the Library

Have you heard of “The Seven Series” books? Seven authors have collaborated on this series as well as “The Seven Sequels.”

Eric Walters, the author who came up with the idea for the series, will be coming to our school on Tuesday, April 7 to talk to our grade 6, 7, and 8 students! Most of the series authors will be at Credit Meadows E.S. that evening at 7:00. The teacher-librarians of Dufferin county are excited to be hosting these events!

Students will be able to have questions answered, and books autographed at both events. If you would like to purchase a book, and/or think you'll attend the evening event with your child, please let me know, as Credit Meadows needs an idea of the number of guests, and Booklore needs to know approximately how many books to bring.

If you have any questions about the afternoon or evening authors and/or series, please feel free to call me at the school.

Kathy Wray

March Environmental & Character Education Theme



Walk and bike more – be SELF-DISCIPLINED

The climate is changing, and the impacts on the planet could be substantial. Due to burning fossil fuels such as coal, gas and oil we have dramatically increased the amount of carbon dioxide in the Earth's atmosphere and the temperatures are rising. When we burn fossil fuels, we create two main kinds of pollution: greenhouse gases and smog-causing pollutants. Smog has been linked to many health problems, from respiratory diseases to cancer. We need fewer cars on the road. So what is the answer? What can you do about it? You can walk or bike to school, or your friend's house or the store. It is good for the environment and it is good for you too. There are plenty of great reasons to walk to school — less traffic, safer streets, cleaner air — but one of the best is that you will be healthier. Lack of physical activity is a major cause of chronic illness and fatigue. Being fit helps you feel better, and a morning walk helps you to be more alert and more ready to learn at school. So find a friend and ask them to walk to school with you too.

If every Canadian left their car at home just one day a week, we would save about 3.8 million tonnes of greenhouse gas emissions each year – the equivalent of taking about 800,000 cars off the road.

The I CAN WALK pledge (found online at icanwalk.ca) asks you to identify locations in your community that you could easily and safely walk or bike to, then pledge to use active transportation instead of driving. You'll save one pound of carbon dioxide for every kilometer you don't drive!

Stop pollution, we've got the solution – walk to school! Let's go green, everyone!

Important Information from Wellington-Dufferin-Guelph Public Health: Your Child's Immunization During a Disease Outbreak

For school attendance, parents are required by law to provide proof of their child's immunization to Public Health. To find out what vaccines are required and if your child's immunization records are up-to-date, please call 1-800-265-7293 ext. 4396. You can also book an appointment for your child's immunization at any Wellington-Dufferin-Guelph Public Health location.

If you've chosen not to immunize your child, you must have a notarized statement of medical exemption or a statement of conscious or religious belief on file with Public Health. Please contact Public Health at 1-800-265-7293 ext. 4396 to arrange for your child's exemption to be on file if you have not already done so.

If the Medical Officer of Health declares an outbreak of a disease in your child's school and his/her immunization record is not up-to-date with Public Health, or you have an exemption on file, your child will not be allowed to attend school for the entire duration of the outbreak.

The **Big Crunch** is happening on March 12th!



The **Big Crunch** is a healthy eating event that encourages everyone in the school to eat an apple at the same time. Apples will be provided by Headwaters Food and Farmers Alliance. This event is sponsored by Food & Friends. They support nutrition programs in our Board and have been a great partner in promoting local, healthy food for children and families. We are planning our **BIG Crunch** for 2:30 PM.

Hockey at Island Lake Public School

- Another great hockey season is coming to a close at the March Break. It is our practice at Island Lake Public School to encourage active play during Nutrition Breaks. Our students in grades 1 through 8 were provided with the opportunity to exercise by playing hockey at both nutrition breaks to help maintain healthy bodies, and develop problem-solving skills as well. Thank you to our students who participated in hockey this season.



2014-2015 Yearbooks

Yearbooks will go on sale on March 23, for delivery in June. Don't forget to order yours.



Help Your Child to be More Resilient

Life can be stressful for both children and their parents. When children learn how to handle challenging situations in positive ways and to bounce back after a negative experience they become more resilient. Resilient people are happier, healthier and more successful in life. Children learn resiliency skills from the adults in their lives. Here are some ideas to help you to build resilience in your child:

Build a caring and trusting relationship: listen to your child and talk about their day, share cuddles or hugs, play or do activities together.

Think positive: each evening ask your child to share a positive thing that happened during their day. You could share something positive that happened in your day too!

Gently challenge your child's negative thinking: If your child has had a stressful experience, acknowledge their feelings and help your child see that experience as only one of many things that happened that day: "It sounds as if Max really hurt your feelings by not inviting you to play hockey. Did you play with him at another time? Did you play with some of your other friends?"

Build confidence: allow your child to do things independently as often as possible; such as getting dressed, helping to make dinner, wrapping a birthday gift, helping with a chore. Only give guidance if absolutely necessary.

Allow your child to feel that he or she has control over his or her life: allow your child to make age-appropriate decisions, such as what to wear, a choice of what to have in their lunch ("would you like a banana or yogurt?"), what book to read before bedtime, what movie to watch on the weekend.

Model and practice calming: When you are dealing with a difficult situation show your child how you calm yourself down. Practice calming with your child (deep breathing, counting to 10, going to a quiet place).

Model coping: when you have a problem, talk to your child about how you solved the problem calmly. What did you think about as you were solving your problem?

Build your child's coping strategies: Help your child think through a challenge. Help your child to know that the issue is just temporary and that he or she can solve the problem. Support your child in coming up with a solution.

In supporting your child in building resiliency skills you are developing a positive outlook that will last a lifetime. For more information on resiliency please go to the website below.

Source: Reaching In, Reaching out Website: <http://www.reachinginreachingout.com/resources-parents.htm>

Dufferin Wellington Special Needs Strategy



Your Input Can Change the Future!

This is an exciting time in Ontario as we work together to develop a new system of services and supports for children and youth with special needs and their families.

We would like to hear from
parents, caregivers and service providers
who support children and youth

as we develop a new system in our area that includes:

- **coordinated services** for children with multiple or complex needs
- making **occupational therapy, physiotherapy and speech and language therapy services** more integrated from birth through the school years.

How? Visit our **website below** for information on:



- **Focus groups March 2 – 10, 2015** - how to register, locations and times
- If you can't attend a focus group, how to complete our **survey between March 6 – 22, 2015**

<http://dufferinwellingtonspecialneedsstrategy.weebly.com/>

or call **1-888-372-2259 ext 1588**

Talking About Mental Health – Anger and Calm March 2015

When one of my children was about 8 years old, he had a lot of anger in him. He would shout, slam things, throw things, break things and stomp about. When he got very angry, it was upsetting for all of us, but particularly for him. He did not like the way he felt when was angry, but it seemed to come on so fast. He would quickly feel out of control and then feel upset afterward about what had happened. So, when he was calm, we talked about his anger. We drew pictures and read stories about dealing with anger. And he told me “Mom, when I am angry, don’t talk to me, just let me go to my room and be angry, when I feel less angry I will talk to you”. So the next time, he was angry and started yelling, I started to say “What is making you so angry?”, but he stopped me and said “Mom, you promised you wouldn’t talk to me when I am angry and would let me just go to my room”. It was hard not to try to solve the problem, but I let him just go to his room and yell and throw things. After about 30 minutes, he came down and we talked about what was up. He knew he did not like being angry and needed to gain some more skills to be able to deal with his anger. He decided he wanted to do meditation to help with his anger, which he did, and over time, it helped a lot.

We all get angry. Different things set off different people. We all have our pet peeves and our easy triggers. Often our child/youth know how easy some of our buttons are to push. When our child/youth gets angry, it is hard not to get upset and respond in anger. But we all know that does not usually result in the best outcome. Here are some tips for dealing with anger in your child/youth and yourself.

1. Don’t respond to anger with anger. It is hard not to, but yelling at our child/youth when they get angry makes everyone feel out of control and increases the anger. No one likes the feeling of being out of control. The best thing you can do is remain calm and not feed the fire of the anger. Have compassion for your child and how they are feeling.
2. Don’t try to reason with an angry person. When someone is angry, they are not able to process what you are saying. Their brain space and energy is taken up by the anger and they don’t have much space left to think, process and reason. Instead, wait to have the conversation until you have both calmed down.
3. Pay attention to how you are reacting. When dealing with someone who is angry, often our heart rate increases and the adrenaline begins to pump. The trick is for you to have already practiced how to stay calm, so when you are in these challenging situations, you know how to calm yourself. By staying calm, you are not engaging in a power struggle, which escalates the anger.
4. Allow your child/youth time to be angry. Allow them a safe place to let off steam. So long as they are not hurting themselves or others, let them be angry and safely calm down. It also teaches them that feeling angry is OK and we can learn how to process our anger in a safe way.
5. Give consequences for the behaviour, not the emotion. Teach your child/youth that whatever they feel is OK and it is OK to feel frustrated and angry. However, there are still rules and consequences. Don’t negotiate or change the rules when trying to get an angry child to calm down. In the moment, the focus is on calming strategies. After the child is calm, then a have a discussion of safe ways to express anger.
6. Take a break. For most of us, we need a break from the person and situation, so allow your child to take a break. This helps our kids to calm down and also allows ourselves to calm down as well.
7. Make a plan. When everyone is calm, talk with your child/youth about what helps them stay calm and what calms them down when they are upset. Create a plan of what things the child/youth finds calming and empower them to use those strategies. It could be music, breathing exercises, relaxation exercises, physical activity, drawing or just being on their own for a bit. Whatever works for them is included in the plan. Calming strategies that a child/youth will use when angry need to be taught and practiced regularly, so they can be used when the situation arises. Include strategies to keep calm and decrease frustration and then what to do when they feels really angry. Having a plan makes you and your child/youth feel like you have some control over the anger. The child/youth knows that the anger does not control them, because they know what to do when it happens.
8. Role model appropriate responses to anger. Show your child/youth how you deal with anger. You can say things such as “I am getting frustrated, so I am going to take a break” or “I can’t talk to you right now, because I am upset. I am going to calm down then we can talk”. Admitting that you are angry and need to calm down is not a weakness. It takes strength to talk about your feelings. You are teaching your children the lesson that it is good to talk about your feelings and that we can manage our anger by using our coping skills.

Here is a link to a great video of kids explaining what it feels like to be angry and how breathing helps:

Just Breathe. by Julie Bayer Salzman & Josh Salzman

<https://www.youtube.com/watch?v=RVA2N6tX2cg>

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

Upcoming Special Education Workshops for Students and Parents

Here are some upcoming dates for both Wellington County and the surrounding area for families looking for opportunities and information about Special Education.

Some upcoming dates for Wellington County:

Indoor Playground Family Event with Autism Ontario - Wellington Chapter

Time: March 1st, 9:00am-10:00am Location: Funmazing Play Centre (Imperial Rd. N., Guelph)
Registration: Visit <http://goo.gl/rdZ6sg> Contact: Jennifer Dent, jennifer@autismontario.com or (226) 748-3372

Families are invited to come out and enjoy Funmazing Play Centre in Guelph. We will have full, exclusive use including play structure, arcade games, Piñata pit, and a car track! Don't forget to bring socks (Caregivers included). Registration is required. This event is open to children with ASD, their siblings and caregivers only. Spaces are limited.

Some upcoming dates for the surrounding area:

Understanding the Impacts of Learning Disabilities

March 25, 2015, 7:00 – 8:30 p.m. Learning Disabilities Association Toronto District ,121 Willowdale Avenue, Suite 100, Toronto, Ontario M2N 6A3

This workshop will focus on understanding the impacts of LD on children and their families and will offer strategies for how to help children cope at home, school and play.

Fee: Members: \$10, Non Members: \$15, Registration at the Door: \$20

Solutions for Learning - Minds That Matter Conference (March 26, 2015)The Learning Disabilities Association of Halton hosts their 4th annual Solutions for Learning Conference, Thursday March 26th, 2015 at the Holiday Inn Burlington Hotel and Conference Centre Parents, educators and associated para professionals will gather together for this full day of sharing and learning about learning disabilities and/or ADHD. Multiple speakers and breakout sessions offers something for everyone. Breakfast and lunch included. Complete registration details, program description and information about hotel accommodations can be found on the website: www.ldahalton.ca.

Learning Disabilities Association of Toronto Understanding the Impacts of Learning Disabilities

March 25, 2015, 7-8:30pm Learning Disabilities Association Toronto District, 121 Willowdale Avenue, Suite 100, Toronto

This workshop will focus on understanding the impacts of LD on children and their families and will offer strategies for how to help children cope at home, school and play. Fee: Members: \$10, Non Members: \$15, Registration at the Door: \$20

The Autism Compass: Your resource roadmap to help you navigate your ASD journey

Sunday, March 29th from 11am -3pm at The Abilities Centre, Whitby

Feeling lost and unclear as to what Autism is and means for your child? No clue what is available for them? Want to understand what they're entitled to? Look no further! This FREE Event is here to help you on your Autism Journey! Offered by Autism's Angels and Autism Ontario-Durham Region.

Learning Disabilities Association of Toronto Education Law for Parents of Children with Learning Disabilities

April 8, 2015, 7-8:30pm Learning Disabilities Association Toronto District, 121 Willowdale Avenue, Suite 100, Toronto

Anne Irwin is a lawyer who focuses her practice on representing children in the area of education law. She is dedicated to informing parents about education law to enable them to better advocate on behalf of their children in the school system. In this workshop parents will learn about various aspects of education law, including the rights of “exceptional” children under the Education Act, and how the Human Rights Code protects students with disabilities. Fee: Members: \$10, Non Members: \$15, Registration at the Door: \$20

Learning Disabilities Association of Toronto Bullying Prevention

April 22, 2015, 7-8:30pm Learning Disabilities Association Toronto District, 121 Willowdale Avenue, Suite 100, Toronto

It is important for parents to recognize the signs of bullying and take action to ensure kids are protected. This workshop will help parents understand bullying from a child’s perspective, present the warning signs to look out for, provide strategies to improve communication with their children and discuss proactive steps parents can take to keep kids safe. Fee: Members: \$10, Non Members: \$15, Registration at the Door: \$20

Kids Ability Sleep Solutions for Tired Parents

May 20, 2015 Kids Ability, 500 Hallmark Drive, Waterloo

This workshop will focus on understanding anxiety and sharing strategies to support you and your child in managing circumstances that are challenging for your child Free <http://www.kidsability.ca/en/EventArchive>

Learning Disabilities Association of Toronto Successful Transitioning

May 22, 2015, 7-8:30pm Learning Disabilities Association Toronto District, 121 Willowdale Avenue, Suite 100, Toronto

Mitchell Curci has worked in the area of special education for over 35 years. He currently supports LDATD as a Community Outreach & Education Advocacy specialist. This presentation is designed to help parents better understand the transition process of students with exceptionalities as they move from elementary to high school and then on to post-secondary. Fee: Members: \$10, Non Members: \$15, Registration at the Door: \$20

TEEN RANCH

March Break Camps



Weekend Camps - ONLY \$99-

2 nights, 5 amazing meals... & a TON OF CAMP FUN including Trail Rides (weather permitting), Skating, Games, Campfire, and much more.

Junior WKD Ages 8-11 Fri Mar 13 - Sun Mar 15

Senior WKD Ages 12-16 Fri Mar 20 - Sun Mar 22

March Break Day Camps-\$250/wk*

Hockey Day Camp Option Available!

Ages 5-12

Dates Mar 16 - 20, 8:30am - 5:00pm

Includes Activities, Lunch, 2 Snacks

Pony Rides, Crafts, Games, Story Time, Skating, Tubing & many more adventures!

*Prices do not include GST. Daycamp is \$60/day if you just want to come for a day.

519-941-4501
www.teenranch.on.ca

TEEN RANCH

Summer Camps



Western Riding Camp
 English Riding Camp
 Hockey Camp
 Extreme Camp
 Soccer Camp
 BMX Camp
 Day Camp
 Ultimate Day Camp

519-941-4501
www.teenranch.on.ca

Lost & Found

If you are in the school prior to March Break, please stop by the Lost and Found and look for any items that may have disappeared from your house over the winter. All items will be cleaned and donated to a charity after March Break. The box is overflowing with jackets, mitts, hats and hoodies.

