



Island Lake Public School



February 2018

<http://www.ugdsb.on.ca/islandlake/>

50 Oak Ridge Drive, Orangeville ON, L9W 5J6 519 941-3292

Fairness, Honesty, Respect, Compassion and Responsibility

Principal and Vice-Principal's Message

Dear Parents and Guardians,
We have had a very busy, productive return to school after the winter break.

Please check our calendar on the school website <http://www.ugdsb.on.ca/islandlake/> for a list of upcoming events.

Our Grade 8 students are hard at work this month selecting courses for their Grade 9 year. Their teachers and high school reps are available if any questions arise.

On February 2nd, we celebrate National Sweater Day. Our very own ECO TEAM has made announcements and posters to promote this eco-friendly activity to remind us that we can turn down the temperature in our houses and at our workplaces, and wear a sweater instead to save energy.

Report Cards are going home on February 15th. Please discuss the results with your child, complete the return portion and send it to the school with the envelope. If there are questions regarding the reports, please feel free to call your child's teacher or contact Mrs. Dampier or Mr. Singh.

Mr. Sean Singh (x223) Mrs. Janice Dampier (x 224)
Principal Vice-Principal

Inclement Weather

We remind families to ensure that students come to school with the proper layers for recesses and footwear – indoor and outdoor.

For bus students, remember to check local stations such as 680 CFTR AM, 1460 CJOY AM or 98.1 CHFI FM if concerned about the weather.

Also check the Transportation website www.stwdsts.ca for bus cancellation information.

Even if buses are not running, we do expect walkers to be at school as we carry on with academic programs on inclement weather days.

A celebration of Black History



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

This celebration exists to recognize the rich contributions within our society from people of African and Caribbean descent, 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 all Canadians to learn about the experiences of Black Canadians in our society, and the vital role this community has played throughout our shared history.

Our Character Crew will be sharing information on the announcements to celebrate these achievements.

A REMINDER FOR ALL VISITORS

Safe School Procedures

To all visitors to our school, **please check in at the office whenever you are visiting the school during instructional time (8:45am to 3:15pm) or when dropping off/picking up students after/before the bell.**

Late students must be signed in at the office before heading to class. It is important that all visitors sign in for both security and safety reasons. Visitors will be given a visitor badge after sign in so that students and staff know you are allowed to be in the school.

Thank you for your cooperation.



The ILPS WEAR PINK day is February 28th. We invite everyone to wear something pink, be it a shirt, hat, scarf or other item that day to show support for Bullying prevention.

Bullying can take many forms:

physical: hitting, shoving, stealing or damaging property

verbal: mocking, name-calling, racist, homophobic comments

sexual: sexist or unwanted comments, rumours, touching

social: exclusion, gossip, spreading rumours, making rude faces or gestures

cyber: the use of technology to harass, threaten, embarrass, or target another person.



Bullying is different from an argument or a conflict because bullying is repeated, targeted and occurs in situations where there is a real or perceived power imbalance.

As parents and guardians, it is important to see bullying as learned behaviour that can be undone.

We want to make sure students understand that they can change their behaviour, which changes the label. The bully can stop bullying; the bystander can take action; the student being bullied can get help, and stop keeping it a secret. Parents can do a great deal if the lines of communication are kept open. Listen carefully, and provide lots of strategies to help your child move through social situations at school.

Seek the school's help by using our on-line **Report Bullying** tool, which students or parents can access on our website, 24/7 to anonymously report concerns. Your message gets sent directly to the principal for follow-up. You may also contact the school directly. Empower your child by encouraging them to pursue their interests and strengths. Building self-esteem helps students develop and accept themselves and the differences of others.

Bell Let's Talk Day—Wednesday January 31st.

<https://letstalk.bell.ca/en/bell-lets-talk-day>

This is a day for Canadians to start the conversation about Mental Health. Island Lake Public School joined the conversation too! This conversation started in our community this Monday with special classroom visits from the Island Lake student Wellness Committee. Students in grades 1-3 had an opportunity to build self-awareness of their own "self-talk"; what they are saying to themselves and others. These conversations build on the power that our own "self-talk" has on ourselves and our relationships.

Students in grades 4-8 engaged in conversations about their own wellness and the wellness of others while exploring ways in which we can defeat the stigma around poor Mental Health. We hope your child will continue this conversation with you at home. All students were asked to complete a small commemoration for Wednesday's Bell Let's Talk day. All commemorations are posted in the school's front foyer. Please come to have a look and join the conversation too!

Thank you to Mr. Byers, Ms. Pesic, Ms. McPherson and our ILPS Student Wellness Crew for organizing the event for Island Lake PS.

Please click on this link to read the article on the UGDSB website about ILPS:

<https://www.ugdsb.ca/blog/island-lake-ps-promoting-conversations-about-mental-health/>

ILPS Dance-a-Thon February 14th!!

Our Dance-a-Thon Fundraiser ensures every student in every class at Island Lake benefits from the Scientists in the School Program.

*Scientists in School was founded on the principle that students learn best when they get to **be** the scientists - doing science instead of just reading or hearing about science.*

The name Scientists in School does not refer to the science experts brought into your child's classroom; rather, it refers to the students themselves. During Scientists in School workshops, your children become scientists in school!!

A Fundraising Competition: Our Goal: \$4,000.00

How it works:

Students have each been given a 'pledge' envelope to seek donations from family and family friends. We do not want students to go door to door!

Prizes:

- The class with the top donations collected in each Division (Primary, Junior and Intermediate) will win a Pizza Party.
- The Top student contributor in each division will win a \$25 Gift Card (McDonalds, Indigo, iTunes, Cineplex)
- The Top Student overall will be Principal for ½ a day and enjoy lunch with Mr. Singh

Parents are welcome to join us to watch their student enjoy the event!

Dance-a-Thon Schedule

| Grade | Dance Time |
|-------|---------------|
| JK/SK | 8:50 – 9:35 |
| 1 – 2 | 9:35 – 10:25 |
| 3 – 4 | 11:10 – 12:00 |
| 5 – 6 | 12:00 - 12:50 |
| 7 – 8 | 1:35 – 3:15 |

Island Lake's Amazing December Food Drive Results

Congratulations Lakers! You made our December food drive the most successful one yet at Island Lake PS. Each item you bought in made a difference for individuals and families in need in our community. In total, we raised over 1000 kg (2200 lbs) of food (that's more than a ton of donations)! Mrs. Dickson and Mr. Broderick each wrote generous personal cheques to accompany our donated items. Ms. Gillis matched her students donation-for-donation (over 100 items). A BIG THANK YOU goes out to all of our students, parents, and staff for their generosity.



FEBRUARY 7TH IS WINTER WALK DAY!

Lots of UGDSB schools participated in Walk to School Day in October. Did you know that there is also a walk to school day in February? Let's keep the momentum going! February 7th is Winter Walk Day across Canada. It's the perfect opportunity for parents and kids to get outside together and stretch those legs! Walk to school or at school for daily physical activity, a healthier environment, safer streets, making friends and...having fun! Walking helps kids get those 60 minutes of daily physical activity they need. It's also a great cure for those winter blues and helps students concentrate better in class.

As a parent you can help your child learn about walking or riding to school safely:

- Be a good role model. Demonstrate road safety rules with your child (e.g. looking both ways when crossing the street).
- Plan a walking or riding route. Assess potential hazards with your child. Encourage your child to stick to the route.
- Remind your child about personal safety. Point out the houses of people you know where they can go for help if needed.
- Adopt a buddy system. Walk with a "walking buddy" – a sibling or a friend.
- Ask that electronics like iPods and cellphones be put in their bag while walking to school. Pedestrian safety is compromised by texting, earphones and cellphone conversation.
- Talk about the rules of the road and pedestrian safety.

Visit www.saferoutestoschool.ca for more information and resources on active school travel.

GrandPals needed for Grade 8!

We're looking for seniors who'd be interested in participating in a GrandPals program with the grade 8 students. The purpose of this intergenerational program is to foster cooperation, understanding and friendship between the generations. The program impacts the youth's attitudes towards aging and understanding the past. It also promotes feelings of life-satisfaction and self-worth for the older adult. Here are some more concrete details of the program:

Location: ILPS

When: every Tuesday in April and the first three Wednesdays in May from 11:10 - 12:50

Number of students: 53 grade 8 students so we're hoping to have 15 - 20 GrandPals giving us a ratio of 1 GrandPal : 3 students

Please contact Stacey Manzerolle (stacey.manzerolle@ugdsb.on.ca) or Mardell Miller (mardell.miller@ugdsb.on.ca) if you know any seniors who might be interested in this amazing program.

NATIONAL SWEATER DAY FEBRUARY 2, 2018 THANK YOU FOR BUNDLING UP WITH ILPS



Since 2010, over a million Canadians have participated in National Sweater Day at their schools, workplaces and homes.

National Sweater Day is a fun way to learn about the importance of saving energy and to inspire you to use less heat all winter. Heating accounts for 80% of residential energy use in Canada and is a significant source of emissions. If all Canadians lowered their thermostats by just 2 degrees Celsius this winter, it would reduce greenhouse gas emissions by about 4 megatons – that's equivalent to shutting down a 600 mega watt coal-fired power station or taking nearly 700,000 cars off the road!

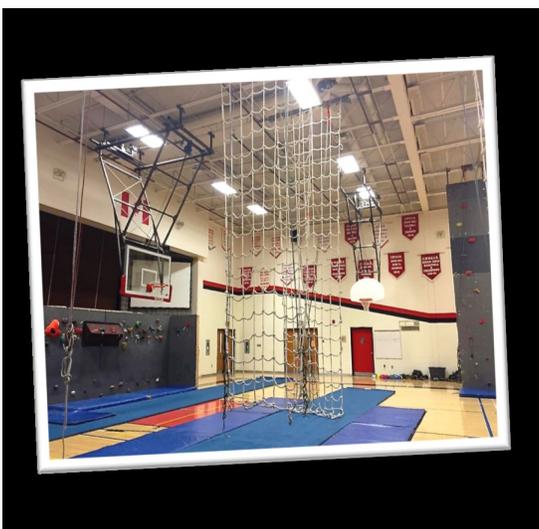
Island Lake PS will be participating by turning down our thermostat by 2 degrees on Feb 2nd. Bundle up and put on a warm cozy sweater to help the environment!!!

CHALLENGE COURSE AT ILPS Mar 19-March 23

Dear Parents and Guardians,

Escarpment Outdoor Adventures is coming back to Island Lake to turn our Gym into a CHALLENGE COURSE for all of our students from JK to Gr 8. This year, our School Council has paid for half the cost of the program for our students. This reduces the cost to participate in the program to \$7 per student. Information and forms will be coming home later this month. This opportunity will allow students to participate in the activities during their Gym periods for the week of March 19-23.

Teachers of Phys Ed will accompany their classes into the gym at their normal gym time. In addition to the EOA staff, there will be some older student helpers available to help with harnesses etc.



Escarpment Outdoor Adventures has been safely providing programs for the past twenty years to schools across Ontario. Challenge activities are being used across the province as an educational tool to promote healthy active living and to help students develop teamwork skills, mental focus and group dynamics. These activities find a venue for non-traditional athletes to excel, and for all participants to set and achieve personal goals.

We thank the School Council for supporting this program and helping to provide this opportunity for all students K-8.