



James McQueen PS

Together, Making A Difference...One Student At A Time

April Newsletter

From The Principal's Desk

Dear Parents/Guardians,

It looks like our long winter has finally let go! We will be keeping the students off of the grass area in an effort to allow the grass to grow and to keep the kids from coming home covered in mud!

April promises to be a busy month, with Scientists in the school, Mad Science, and Eco club initiatives continuing to take place. We will also be celebrating International Pink Shirt day on April 11th to mark our efforts to develop positive citizenship. We have our Jump Rope for Heart assembly kick-off on April 18th, which also happens to be our 1980s dress-up day.

The most important event of April is our fabulous, annual, Bunny Breakfast!!!! This year, the Bunny Breakfast will be held from 9:00-11:00 on Saturday, April 13th. Please join us for yummy food, face painting, and lots of awesome prizes at our silent auction. We hope you are able to join us!

Sincerely, Mr. Creighton

Please Keep Checking!

Please remember that it is very important to check your child regularly for head lice and report it to the school office if found.



Milk Orders Online!

Milk will now be available to order online on a monthly basis. You will have the option of white or chocolate on a daily basis for the entire month. May milk sales open on **April 8th** and close on **April 22nd**, 2019. Milk tickets will still be available to purchase at the office.



Pizza Orders

Pizza orders for May will be due to your child's teacher by **Monday, April 29th**. Please remember that we cannot accept late orders. You may pay by cash, cheque or online but you **MUST SEND AN ORDER FORM WITH YOUR CHILD** no matter how you pay! If you wish to pay by cheque, please make payable to: James McQueen PS. You may also include more than one child on your cheque but you **MUST** send an order form for each **child to their teacher**.

Any profits from pizza days go towards supporting the current students in our school. Some examples of this include the purchase of iPads for every classroom, the building of the second sand pit in the school yard, reducing bus costs for class trips, supporting school council in the cost for scientists in the school, the purchase of equipment for the yard, supporting school council in greening and playground projects such as creating the storefronts, the planting of trees, and the longer term project of maintaining and enhancing our green space.

PA Day Reminder

Friday April 5th is a PA day.



Mr. Ogilvie is always looking for volunteers to assist in the James McQueen Library. As a K-3 primary school, it is often difficult to find students that are able to help in the Library as is often the case at many K-6 and K-8 schools. Mr. Ogilvie is not looking for a large time commitment, perhaps only once a week to assist with general tidying of the Library and shelving of books.

If you are able to offer your help at any point during the school day, on any given day of the week, Mr. Ogilvie is quite flexible and training is provided! 😊



Food and Friends Needs Your Help!

We are currently in need of volunteers for Mon/Wed mornings, times can be flexible as long as bins are delivered 10 AM. Please see Mme Billings or leave a message in the office if you are available.

School Newsletter Insert from Wellington-Dufferin-Guelph Public Health
April 2019 – Elementary & Secondary Schools

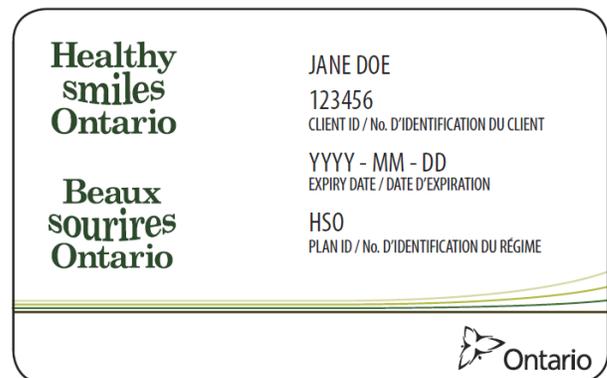
Information from Public Health:

Free dental care for children and youth (17 and younger)

If you can't afford dental care, we have FREE services for your children at Public Health. We provide free basic dental care, including cleanings, x-rays, check-ups and treatment to children and youth.

Our dental hygienists provide preventive services (e.g. cleanings) out of all Public Health locations. Our dentist also provides dental care to children and youth enrolled in the Healthy Smiles Ontario program, and is located in Guelph at our 160 Chancellors Way office.

Have this card? Call Public Health to book an appointment.



For more information about our dental services or to book an appointment, call our Dental Line at 1-800-265-7293 ext. 2661. Visit our website for more information: <https://www.wdgppublichealth.ca/your-kids/dental-oral-health>

Dates To Remember...

Wednesday, April 3	School Council Meeting 6:30 PM
Friday, April 5	PA Day
Wednesday, April 10	Scientists in School-Pearson
Thursday, April 11	Pink Shirt Day!
Saturday, April 13	Bunny Breakfast -9AM-11AM
Thursday, April 18	Jump Rope for Heart- <i>kick-off assembly</i> 1980's Day
Friday, April 19	Good Friday
Monday, April 22	Easter Monday May Milk Orders Due
Tuesday, April 23	Scientists in School-Zamora
Friday, April 26	Comfy Cozy Day KDGN Trip to the U of G Arboretum -Gray/Dawson & McGregor/McCarroll
Monday, April 29	May Pizza Orders Due
Wednesday, May 1	Gr 1 trip to Wellington County Museum -Bennett & Dean-AM -Schieck, Pearson & Zamora-PM
Thursday, May 2	Class Photos
Friday, May 3	KDGN Trip to the U of G Arboretum -Boys/Billings, Ecclestone/Readyhough & Walker/Heyden/Kroeker



Monthly environmental activities to help celebrate our planet

April 22nd is Earth Day!

“Look deep into nature, and then you will understand everything better.” - Albert Einstein

Celebrate Earth Day on April 22nd!

Founded in 1990, Earth Day Canada inspires people of all ages across the country to connect with nature and build resilient communities as well as foster an intrinsically motivated, enduring commitment to stewardship and conservation.

<https://earthday.ca/about/>



waystogogreenblog.com

Earth Day 2018 Theme: End Plastic Pollution

From poisoning and injuring marine life to disrupting human hormones, from littering our beaches and landscapes to clogging our waste streams and landfills, the exponential growth of plastics is now threatening the survival of our planet. Earth Day 2018 is dedicated to providing the information and inspiration needed to fundamentally change human attitude and behavior about plastics. <https://earthday.org>

Ideas for your family to celebrate Earth Day:

- **Get involved with Earth Day 2018's Theme** <https://www.earthday.org/yourjourney2018/>
Download your Plastic Pollution Primer to learn more about this problem and act to help **End Plastic Pollution!**
- **Spend a day outside.** In the garden with your family, plant vegetables, trees or native flowers and attract native animals and pollinators. Or join a local community event to help clean your neighbourhood or restore local plant life.
- **Make commitments to cut down on your energy usage as well as waste.** Turn lights off, power down electrical devices, turn down your thermostat and only do full loads of laundry and dishes. Always bring cloth bags when shopping, refuse to buy over packaged products, and lug a mug instead of using non-recyclable coffee cups.
- **Learn more about the environment and the effects of global warming.** Encourage awareness and promote the Reduce, Reuse and Recycle way of life.

Remember that every day is Earth Day! Don't restrict yourself to just one day a year. Make environmental actions and caring about the planet a habit - on Earth Day and every day.

Talking About Mental Health: April 2019

Jumpstart your Brain this Spring

Did you know that you can actually boost your brain power and increase your focus, ability to concentrate and your overall sense of wellbeing? So how do you do this?

Feed Your Brain: Did you know your brain uses up to 20% of the calories that you take into your body? A well-balanced diet can provide your brain with much needed energy and increase your ability to focus and concentrate. Some high-quality brain foods are blueberries, salmon, nuts, avocados and whole grains. As a family you can journal what you are eating and then engage in a conversation and reflect on what you are feeding your brain.

Get Quality Sleep: It is estimated that approximately a third of school aged children in Canada are not getting the required amount of sleep. Sleep actually restores the brain and supports memory, thinking and creativity! Try stopping screen time at least an hour before bed. Don't drink sugary or caffeinated drinks. Is your brain getting enough recharge time?

Get Outside and Move: Even just 20 minutes of walking can increase your brain power. Try and charge your brain with fun, family friendly exercise. Walk around the neighbourhood and try and find all the spring buds and other signs of spring. Try and count your steps for one minute – it's not that easy!! Fresh air, exercise and movement are all fuel for your brain!

Take a Mental Vacation:

Take 3 minutes and close your eyes imagining a place that you love or wish you could see. Focus on the smells, the sounds and sensations. When we visualize something, our brains respond the same way as if we were actually there. Just 3 minutes of a mental vacation can put your brain into "relax" mode.

Be Creative! Creativity can increase focus and sense of calm. Pick a craft or project to do as a family. Make a springtime collage of all things spring: images from magazines, words, drawings, items you find outside, etc. Taking the time to engage your brain creatively will give your brain a boost!

Exercise Your Brain: Exercising your brain is as important as exercising your body! So how do you do this? Do a crossword puzzle or a word search. Anything that gets your brain thinking and being strategic will do! Play a game of chess, make some origami art or even playing hide and seek! These activities may not feel like work, but they are doing great things for your brain!!

And, as always, remember that there are many people who are struggling. Stay kind, be a good listener and talk to someone if you are needing support!

Jenny Marino, Mental Health Lead
Follow me on Instagram @ugdsb_mental_health