

# JOHN BLACK PUBLIC SCHOOL

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**Principal: Kathy Gossling-Spears**

**Office Coordinator: Sheri MacKenzie**



Let's hope that Spring is finally here. It's been a long winter and I know our students are looking forward to using the playground equipment after a long winter. We have many extra-curricular and academic activities coming up this month. We are pleased to be part of the Education Week

Open House at Centre Wellington DHS on May 6<sup>th</sup>. We are sending several groups to participate in the opening ceremonies for Education Week. It is also Mental Health Week at the same time. We started early with our Mental Health and Well-Being Day and Evening events on April 25<sup>th</sup>. We now have a new Buddy Bench which will be finding a home on the yard in our Primary area. Thanks to our amazing presenters, UnLearn, Ryan Martin, Get in Touch for Hutch, Officer Jen, Sheri Ongena, Jesse Cowperthwaite, Sarah Schleen and many high school students for sharing their important messages focusing on being mentally well and healthy. This day wouldn't have been possible without the support of our School Council and staff organizers, Shari Roberts and Nia Pommier.

This year our Grade 3 and 6 students will be writing EQAO between May 23<sup>rd</sup> and May 28th. Our Grade 3s will be writing Wednesday, May 22 to Friday May 24 and our Grade 6s from Friday, May 24 to Tuesday, May 28. We kindly ask that you do not schedule trips or appointments during those days.

As always the last two months of school are very busy, both curricular and extra-curricular as teachers finish up this year's expectations. Plans are underway for many special in school and out of school learning experiences for our students with their classes, divisions and the school as a whole. Please check the calendar on our school website or get updates on our parent Facebook page.

Enjoy the months of spring ahead. Please contact the school if you have any questions or concerns.

Kathy Gossling-Spears  
Principal



**EQAO May 23-28**



Listed below are some easy tips to help your child do their best on the E.Q.A.O. tests.

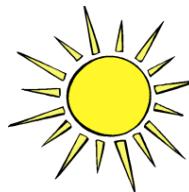
1. Make sure your child gets a good night's sleep before every test.
2. Provide a light, healthy breakfast on test day.
3. Have your child dress comfortably and arrive at school on time.
4. Send your child off to school with confidence-building words of praise and support. You'll do great! Believe in yourself! I love you!
5. Suggest that your child breathe deeply to relax before and during the test.
6. Remind your child to read directions carefully and look at all the answers before choosing one.
7. Tell your child to check his or her answers before turning in the test.
8. Do not schedule trips, dental or medical appointments, or early pickups for testing days.
9. Research demonstrates that giving children three days free of "screen time" prior to an important test is correlated to improved results on the test; Something to consider.

### **DRESS CODE FOR SPRING AND SUMMER WEATHER**

School is a public institution where expectations may differ from personal choices. All students are expected to dress in a manner appropriate for a learning/working environment. We have a dress code in place that has been shared with our School Council, staff and students.

### **SPECIAL OLYMPICS**

600 students from the Upper Grand District School Board and Wellington Catholic District School Board will be joining together to celebrate sport at the Special Olympics, May 13, 2019. The event will be held at St. James sports fields, and includes track and field events as well as adaptive events. We are proud to be sending 6 athletes and their peer coaches to this wonderful event. Family and friends are welcome to join in the fun and cheer on the athletes. Opening ceremonies begin at 10:00 am.



### **SCHOOL COUNCIL NEWS**

#### **DATES OF INTEREST**

Wednesday, May 28<sup>th</sup> – School Council meeting

Thursday, June 6 – Fete (stay tuned for more information about this exciting annual event)

#### **TALKING ABOUT MENTAL HEALTH**

**Talking about Mental Health - May 6-10 is Child and Youth Mental Health and Well-being Week!**

**Participate! Have Fun! Increase Awareness! Increase Well-being!**

# HAVE A SUPER WEEK!

**SOCIAL CONNECTIONS** ➔  
“BE THE REASON SOMEONE SMILES TODAY.”

 **U NDERSTANDING EMOTIONS**  
“UNDERSTANDING EMOTIONS CREATES POSITIVE ACTIONS.”

**P ERSONAL HEALTH** ➔  
“MOVE, SLEEP, EAT, REPEAT. KEEP YOURSELF HEALTHY EVERYDAY.”

 **E MPOWERMENT**  
“CHANGE YOUR THOUGHTS, CHANGE YOUR WORLD.”

**R ESILIENCE** ➔  
“EVERY CHALLENGE IS A LEARNING EXPERIENCE.”



**MENTAL HEALTH AND WELL-BEING WEEK**



## JUNIOR PLAY

We are all anticipating the junior play this year. Staff and students have been hard at work practicing and working on the set. The play will be on Thursday, May 9 at 6:30. The play is called “Back to the Summer” by Wade Bradford. There will be a dress rehearsal for the whole school at 11:20 am - parents are welcome.

## PHYSICAL EDUCATION CURRICULUM

This school year, the Ministry of Education has requested that the Human Development and Sexual Health expectations from the 2010 Physical Education curriculum be taught to students. This education starts with children learning about themselves, their feelings, their bodies and about showing respect for themselves and others in a reliable and accurate way. This learning is most effective when parents and schools work together. Parents help their children form values about relationships and their behaviours. To support these discussions, we are letting parents know that this unit will be covered in May and June. There are plenty of resources available for parents to support the learning of the curriculum on the Ministry of Education website:  
<http://edu.gov.on.ca/eng/curriculum/elementary/health.html>.