

JOHN BLACK PUBLIC SCHOOL

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Principal: Kathy Gossling-Spears

Office Coordinator: Sheri MacKenzie

PRINCIPAL'S MESSAGE

The weather this winter has been a little uncooperative and confused this year. We hope the snow stays on the ground for a little while longer so we can enjoy this year's Sled-A-Thon on February 7th. Thank you to School Council for supporting this event as a fundraiser for our school. This is a great event to help us get outdoors and enjoy the winter weather. It's also Winter Walk Day so we can make the best of this day with lots of winter activity. Students are reminded to dress warmly and bring extra clothing, just in case. Please ensure you return the Sled-A-Thon form so your child(ren) can participate. Please pay particular attention to the section on risks and the importance of wearing a helmet for sledding.

Out with the old and in with the new "to you". As a Green Legacy school and as part of our Superhero Mission, we are always looking for new ways to help the environment, as well as continue with our wonderful sense of community. In the spirit of recycling, we held a **freecycling clothing swap** on January 29th in the gym. 100s of "gently worn" clothes were donated and found a new home. It was fantastic to see such enthusiasm when our students picked up a new item to wear and some even proudly put on the new clothes and shared their excitement as they walked down the hall. Thanks to all of our families for their donations and to our staff and students who helped to organize this event.

We continue to work on our various John Black missions and we are currently participating in the Ontario School's Battery Recycling Challenge, along with 200 other schools. Did you know that each AA battery contains enough zinc to save 6 lives? Please send in all your used batteries to the school to help protect our environment, save lives and help Sick Kids Hospital. We are accepting batteries of all kinds which can be dropped off in the office until Earth Day.

We will be starting our staffing process for the 2020-2021 school year next week so it is extremely helpful to have an idea of new students who will be registering at John Black for the fall. If you haven't registered your JK student or know of a family moving into our area, please contact the school.

Kathy Gossling-Spears
Principal



AWARENESS, INCLUSION, EQUITY AND DIVERSITY

On January 27th we hosted a **GET REAL** presentation for Grade 6s and 7s. The engaging workshop focussed on building compassion, dispelling stereotypes, showing that we all have challenges, we can all be kind, and we're a lot more alike than we are different.

February is Black History Month. Every February, Canadians are invited to participate in Black History Month festivities and events that honour the legacy of Black Canadians, past and present.

The 2020 theme for Black History Month is: "Canadians of African Descent: Going forward, guided by the past." This was inspired by the theme of the United Nations' [International Decade for People of African Descent \(2015-2024\)](#).



SCHOOL COUNCIL NEWS

Our next meeting is scheduled for March 10th. We will be meeting in the Learning Commons at 6:30 pm. Everyone is welcome.

UPDATED STUDENT INFORMATION

As we enter a new term, it is a good time to think about informing the school of any changes in student information, such as new medications your child may be taking, changes to daycare arrangements and parental contact information revisions. Please send a note with your child indicating any changes or call Mrs. McKenzie in the office. Thanks for keeping us up to date.

INCLEMENT WEATHER

Announcements will be made on the following radio stations in the event of bus cancellation and school updates:

Our School is part of **Centre Wellington, Blue Card**

1460 AM CJOY – Guelph	106.1 Magic FM - Guelph	Oldies 1090 AM
99.1 FM CBC	105.3 Kool FM	Newstalk 570 AM
96.7 CHYM	Broadcast on CKCO TV	

Wellington Dufferin Student Transportation Services www.stwdsts.ca

Parents can also check the UGDSB Website www.ugdsb.on.ca posted for bus cancellations by clicking on the link in the yellow bus at the top of home page Information will be posted daily on the website by 6:30 a.m.

****Please remember if buses are cancelled in the morning they will not run after school.**

PIZZA ORDERS

Online ordering opens January 30th and closes February 13th. No late orders will be accepted after this date. Pizza orders begin February 21st until April 23rd.

GRADE 8 GRADUATION and SIBLING PHOTO DAY

Grade 8 graduates will have their photos taken on February 18th. As well, sibling photos will take place. If you would like your children to have a picture taken together, please complete the forms that will be sent home and return on photo day. Graduation photo retake day is February 28.

NATIONAL PINK SHIRT DAY February 26th

This year, Pink Shirt Day, or Anti-Bullying Day, is on February 26.

It is a day when people come together by wearing pink shirts to school or work to show they are against bullying.

The focus for 2020 is "lift each other up."

Here's what you can do:

- Proudly wear your pink shirts to show that you stand up against bullying!
- If you see someone being bullied or you're being bullied, talk to a trusted grownup about it.
- When someone is being bullied, in person or online, stand up for them so that they know that they don't deserve to be bullied.
- Don't encourage bullying by participating in bullying behaviour.

Here's a cool tool to help you **THINK** before you say something or post any comments online that could hurt someone:



<https://www.cbc.ca/kidscbc2/the-feed/what-is-pink-shirt-day>

Talking About Mental Health –Tests and Stress

Taking tests is stressful for most students. However, there are lots of ways that your child and youth (and you!) can decrease the stress related to tests.

Anticipate stress and be ready for it.

- ✓ Practice relaxing activities every day so during stressful times you already know how to cope.

Eat well

- ✓ Learning and remembering takes a lot of energy. Keep healthy snacks close by so you can refuel easily with what your body needs to feel good and think clearly.

Sleep

- ✓ During sleep, our brains make connections and consolidate our learning. Research has shown that during sleep, our brain cleans out toxins to allow for more learning to occur the next day.

Drink lots of water

- ✓ Hydration is very important for good brain function. Cut down on caffeine, which contributes to the stress response and to poor sleep.

Move

- ✓ Activity increases energy, stimulates brain growth and increases mood. Take regular active breaks; even 5 minutes of walking outdoors can make a difference.

Pause and relax

- ✓ Take time to relax. Do some deep breathing. Listen to music. Meditate. Go outside. Write in a journal. Do some stretches. Go for a walk. Draw or doodle. <http://youth.anxietybc.com/relaxation> has some great examples of how to relax.

Connect

- ✓ Talk to your friends.
- ✓ Talk to your parent or a caring adult about how you are feeling.
- ✓ At school, you can talk to your teacher, principal or CYC for support.

Laugh!

- ✓ Laughter is a great release and allows our brains to recharge and reset.

Jenny Marino is the Mental Health Lead for the Upper Grand District School Board.

Information from Public Health:

Fun facts about vaccines!

- You are 4 times more likely to get hit by a meteorite than to have a serious reaction to a vaccine.
- You have a 0.00013 percent chance of having a serious reaction to a vaccine!
- Vaccination is among the **most successful** and cost-effective health initiatives; routine immunization is the foundation of the health care system and universal health coverage.
- Vaccines save millions of lives each year.
- Vaccines are for people of all ages; vaccinations are for a lifetime.
- We all have a part to play as advocates, individuals, parents, health care workers and innovators; individuals must drive the vaccine process.

- Health Care Workers have a critical role to play to counteract vaccine hesitancy.

PARENT TIP - Check out this link for tips to help your child cope during immunizations!

<http://www.sickkids.ca/PDFs/Learning/32832-CMAJ%20HELPinKIDS%202010%20Appendix%201%20parent%20tool.pdf>

February 6th is National Sweater Day!

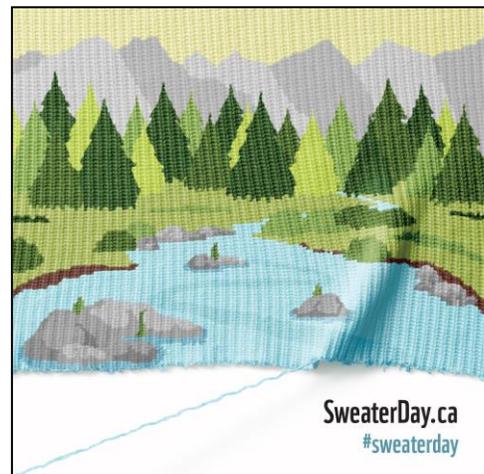
Make the Earth better by wearing a sweater

Celebrate National Sweater Day on February 6th!

National Sweater Day is a way to learn about the importance of saving energy and to inspire you to use less energy all winter. Heating accounts for 80% of residential energy use in Canada. 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 taking nearly 700,000 cars off the road!

http://www.wwf.ca/events/sweater_day/

National Sweater Day is about thinking differently about how we use energy, where our energy comes from and how we can play an important role in fighting climate change by using energy wisely. It is designed to help raise awareness about renewable energy and change behaviours around energy consumption in Canada. assets.wwf.ca/downloads/nsd_2017_en_school_toolkit.pdf



Ideas for your family to celebrate Sweater Day

- Turn down your thermostat and wear a sweater on Feb 6th - and every day this winter!
- Ask your children to brainstorm with you about ways to save energy at home. Make a pledge to implement as many as you can. For extra ideas go to: <https://www.ontario.ca/page/how-use-less-electricity-home>
- Read a children’s book on conservation such as: *Why Should I Save Energy?* by Jen Green. Encourage lots of questions and find the answers together.
- Learn about Green Energy sources. What types of renewable energy are available in Ontario - Wind? Solar? Geothermal?
- Valentine’s Day is just around the corner - use recycled materials to create your cards this year! To learn more about how recycling saves energy go to Alliant Energy Kids: www.alliantenergykids.com/UsingEnergyWisely/SavingEnergyAtHome