



JEAN LITTLE PUBLIC SCHOOL

MR. C. POPOFSKI, PRINCIPAL

MRS. S. SCHOETTLER, VICE PRINCIPAL

MS. L. ELLIS, OFFICE COORDINATOR

56 YOUNGMAN DRIVE, GUELPH, ONT, N1G 4L2 (519) 837-9582



April 2021 Jean Little Newsletter Principal and Vice Principal's Message

Dear Jean Little Families,

As you have heard, due to rising cases, we will be moving into on-line learning with a pivot day starting tomorrow, Wednesday April 7th. Teachers will be posting asynchronous work for students to work on independently with teacher check-in times. Class timetables will be posted to the Google classroom and students will begin synchronous learning on Thursday April 8th. Teachers will be reviewing next steps with students today to support their transition to on-line learning.

A Google form has been sent out by Mr. Popofski to sign up for chromebooks and we will be sending home chromebooks today with students. Chromebook pick-up will also take place Wednesday for any students who did not receive one and need a device.

Unfortunately due to the shift to remote learning, Grade 8 grad photos will be postponed until a later date given the current circumstances. We will update families with an alternate date when the time comes.

April 12th to 16th is Spring break! We hope all of our students enjoy their break and continue to stay safe during the time off. If you have any questions or concerns, please do not hesitate to contact the school.

Sincerely,

Chris Popofski
Principal

Sarah Schoettler
Vice Principal



School Council Message

For the time being, the School Council will continue to meet virtually. Our next meeting is **Monday, May 3rd at 6:15pm**. If you would like to receive a link to attend the meeting please email: JLPSparentcouncil@gmail.com

Supply Lunchroom Supervisors Needed!

If you are interested in supporting our school community as a lunchroom supervisor please email Mrs. Schoettler sarah.schoettler@ugdsb.on.ca with your resume. Thank you!

School Covid Safety Reminders:

Morning Drop off:

- Students line up in their designated lines with masks on
- Students on the bus are to wear their masks at all times and sit on their designated seat (Students are aware of their seat as a seating plan was established in September)
- Teachers will stagger student entry to ensure that class cohorts remain distanced
- Students who are late are to come to the front entry doors where a staff member will receive them and take down their name for late attendance

Nutrition Breaks:

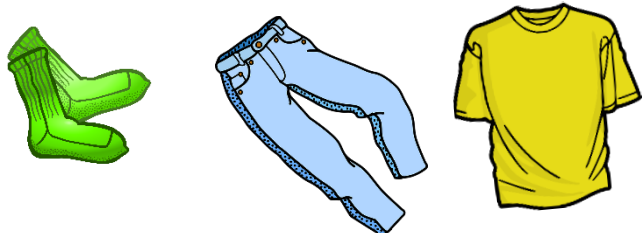
- Students in Kindergarten to Grade 8 will wear masks both indoors and outdoors as 2 metres of distance is often not followed during play.
- We encourage parents to send students with more than one mask to use in the day as they collect moisture when outside.

Afternoon Pick Up:

- Grade 1-8 classes have a staggered dismissal from the school building
- Students in grades 1-3 wait in their lines with masks on for parents to pick up
- Bus students will be supervised and loaded on the bus according to their seating plan
- Students in grade 4-8 are asked to maintain social distance and keep masks on as they leave school property
- Parents picking up are asked to maintain social distance from parents and students and wear a mask

Extra Clothes for Wet Outdoors

With the rainy and wet spring season ahead, it's best for parents to send an extra pair of socks, pants and shirt in a labelled ziplock bag.



April Parent Newsletter “Talking About Mental Health”

Umbrella Theme: Intrinsic Motivation



This month’s Umbrella Theme is Intrinsic Motivation. So what is that? It is when we can do something, enjoy something, complete something – and feel good about ourselves and our accomplishments. It’s about not needing anything external to make you feel better – grades, rewards, incentives, etc. We want our kids to WANT to do well because it feels good not because it is a competition or there is a reward. Don’t get me wrong – there are times for

rewards and competitions for sure! But this month we want to focus on the ways we can foster that sense of internal satisfaction, accomplishment and motivation.

Consider your child is studying for a test. They are working hard and using some solid strategies for studying. Then they bring home a grade that they don’t feel great about. That can be very disappointing. Or the child who creates all sorts of creative pieces for the school holiday bazaar but hardly anyone purchases anything. Thoughts can quickly move to: I guess my stuff wasn’t that great or Why did I even try, etc. Our children need to know that not getting the grade, not making sales, etc. is okay. Try to help them see failure, frustration, disappointment, etc. as a beginning rather than an end point. If we help our children to recognize the joy and accomplishment they feel when they are “doing” then the outcome is less of a negative impact. This is because the joy, the sense of accomplishment, the sense of success is in the process – not the product. Focusing on this area can increase confidence, school engagement, development of coping strategies, positive mood and our ability to stick to tasks longer.

“If parents want to give their children a gift, the best thing they can do is to teach their children to love challenges, be intrigued by mistakes, enjoy effort, and keep on learning. ... They will have a lifelong way to build and repair their own confidence” Carol S. Dweck, Developmental Psychologist

Here are some tips:

- Make room for mistakes – encourage to keep trying
- Recognize hard work as much as outcomes – this is less about praise and more about helping your child reflect on their own feelings when they work hard on something
- Break down big goals into smaller steps – focus on process and recognize progress
- Celebrate successes – enjoy and share your child’s successes which is the ultimate “reward”
- Foster gratitude – even on your child’s worst days, what are they thankful for?



Remember, as parents we can also benefit from these same strategies! Have fun this month exploring and learning more about intrinsic motivation!

Thanks to Edge Mutual for sponsoring the Umbrella Project at UGDSB!

Jenny Marino

Mental Health Lead for Upper Grand District School Board

If you are in crisis and live in Wellington you can call Here247 at 1-844-437-3247 (HERE247)

If you are in Dufferin and are in crisis you can call Dufferin Child & Family Services at 519-941-1530

Kids Help Phone 1-800-668-6868 or text CONNECT to 686868



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/>



Earth Day 2021 Theme: Restore Our Earth

The theme is based on the emerging concept that rejects the idea that our only options to save the planet are to mitigate or adapt to the impacts of climate change and other environmental damage. Go to <https://earthday.org> for some quick facts and additional information about this problem.

Ideas for your family to celebrate Earth Day:

- **Review previous Earth Day Themes.** For example there is a ongoing focus on ending **plastic pollution**. Make a pledge to always carry a reusable shopping bag, use alternates to Ziploc bags, buy in bulk, refuse to buy over packaged products and make litter-less lunches. Download your Plastic Pollution Primer to learn more about this problem 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.
- **Learn more about the environment and the effects of global warming.** Encourage awareness and promote the **Reduce** (buy less), **Reuse** (repurpose it) and **Recycle** (sort it right!) 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.

Bus Cancellations due to Weather Conditions

What happens when my child's bus is cancelled? Elementary schools in Division 1 (Yellow - South Wellington/Guelph/Puslinch) **will remain open to both staff and students on bus cancellation days**. If parents are not able to drive their child to school, they can access their child's Google Classroom for tasks posted by the classroom teacher.



School Closures

On the rare occasions when schools and board sites are closed to staff and students (power outages, weather closures etc.), students and teachers will pivot to remote learning. This means that students will participate in Google Classrooms (asynchronous) or engaging in some synchronous learning activities with their classroom teacher.

Drop off and Pick up at School

The Kiss 'n Ride located at the front of the school at the boulevard is our designated drop off and pick up zone. There are no parking zones along the street and parents are asked to adhere to signs as cars may be ticketed. We also ask that cars are not parked or waiting in front of neighbourhood driveways as it poses a safety concern for our Jean Little students.



Back to school means labelling...everything! Support Jean Little Public School when you purchase labels through Mabel's Labels! <https://mabelslabels.com/support-a-fundraiser/>

Jean Little On-line Calendar Please visit the Jean Little online calendar for upcoming events and important dates. Visit: <https://www.ugdsb.ca/JeanLittle/>



Twitter Please follow us [@JeanLittlePS](https://twitter.com/JeanLittlePS).



