

École John McCrae School

NEWSLETTER – FEBRUARY 2016

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Principal: Leslie Newman

Vice Principal: Olivier Cutz

Office Co-ordinator: Kathy Lambkin

PRINCIPAL'S MESSAGE

We are nearing the 100th Day of School. Many of our primary students will be counting 100's, grouping 100's and talking about 100's. We have a lot of fun and our students learn about the concept of a hundred things. For the older students (and teachers), it's hard to believe that the school year is almost half over. There is so much to do and learn.

We hope that many of our parents will come out to our Math and Tech Night on February 9th. We have invited two "experts" from our program department who will share information about one of our amazing math programs and some ways to use technology for learning. Forms have gone home and so we hope to get a good crowd out.

In less than two weeks, your child will take home their term one report card. As a parent, it's easy to focus on how many A's, B's, or C's our children receive. I would say though, that it is really important to remember that when a student receives a B, they are achieving the provincial standard. An A means that a student has surpassed the standard and expectations for their grade. Equally important to look at are the learning skills. Students who develop good work habits (e.g. organization / work completion / cooperation) usually find that they are more able to succeed at school. Most teachers will have called home if there many C's on the report card or if there are other concerns. If you have any questions, please give your child's teacher a call. Working together (and letting our students and your children know that we are partners) is really beneficial.

Leslie Newman

TERM 1 REPORT CARDS

Report cards will be sent home on Thursday, February 11th. How you interpret and respond to your child's report card is important. Listed below are some suggestions to help you read, understand and celebrate your child's report card.

1. Read the learning skills on the first page of the document first. Celebrate and acknowledge your child's efforts, improvements and strengths and who they are as a person. Pay particular attention to the comments regarding Strengths, Areas of Need and Next Steps.
2. Pay attention to the section that deals with "days absent" and "times late." Sometimes this is an area that surprises parents and offers insights into why your child may be struggling.
3. Talk about the report card together and seek your child's opinion about their accomplishments.
4. Look at the grades that your child is getting in areas that he/she is interested in; this could suggest some new areas of interests and talents of your child.
5. Set some goals with your child in areas that you both agree would benefit from improvement. Look for key phrases like "organizational skills", "focusing", "non-completion of work", and "lack of preparation" to track down what is going wrong in a particular subject area.
6. Make a plan on how to meet these goals and share in the responsibility of helping support your child achieve these next steps.
7. Request a meeting with your child's teacher if you need clarification, want more information or need ideas and resources to support your child's learning goals.
8. Remember that the term one report card is a checkpoint. There are five more months of work ahead and a lot can change during that time. Hard work and effort do pay off.

If you have questions or want to meet with a teacher, just call or email them.

KINDERGARTEN REGISTRATION

Registration for the 2016-2017 school year will take place from February 1-5, 2016. Children who are 4 by December 31, 2016 may register for Junior Kindergarten. Children who are 5 by December 31st may register for Senior Kindergarten.

Parents should bring the child's birth certificate, immunization record, and proof of address.

SCHOOL COUNCIL CORNER

*School Council meetings are held on the second Tuesday of each month in the school library. The next meeting will take place on Tuesday, February 9th. This month's meeting will begin later than usual, immediately following our special technology information night. Please join us! Also, watch for information going home regarding our upcoming technology night.

If you require childcare during the School Council meeting, please contact Mme Newman at leslie.newman@ugdsb.on.ca by Friday, February 5th. If you would like to be on the School Council mailing list, please write to johnmccraeschoolcouncil@gmail.com

*Thanks to everyone who attended School Council's annual Movie Night! Not only did the event bring us together as a community, but we also raised \$740 for playground improvements and repairs. We wish to extend a big thanks to our hard-working volunteers for all their efforts!

*Family Fun Night – After a resounding success of last year's Family Fun Night, many of us are looking forward to June 2nd for this year's event. Lots of help is needed. Please contact Brenda MacDonald at brendamacd@gmail.com if you can help in any way!

*Pizza Days – As you know, many kids at JMC enjoy a Friday pizza treat. Help is needed on these days to divide and distribute the slices according to what is ordered. Please review our Volunteer Spot site, <http://vols.pt/8AUSKZ> , to sign up for Fridays that you might be able to offer some assistance. Alternatively, you can contact Sheryl Gamble at sherylinguelph@gmail.com.

*Remember to use Volunteer Spot (<http://vols.pt/8AUSKZ>) to volunteer in support of school activities and events.

INCLEMENT WEATHER PROCEDURES

In case of severe winter weather, with poor driving conditions and bus cancellations and delays, please listen for announcements on radio stations 1460 AM CJOY, 106.1 Magic FM, 900 AM CHML, 107.9 FM CJXY (Y108), Oldies 1090 AM, 105.3 Kool FM, News Talk 570 AM, 96.7 FM CHYM, 1150 AM CKOC, 102.9 FM CKLH, 820 AM CHAM and ,CKCO-TV. Announcements for John McCrae PS are included in “**South Wellington and the City of Guelph**.”

Please note: *If buses do not operate in the morning, they will not operate in the afternoon. If you elect to drive your student to school, you must make arrangements for them to be picked up at the end of the day (please communicate the arrangement with your student, or leave a note in their agenda, prior to drop-off). Likewise, if you choose to keep your “walking” student at home on an inclement weather day, you must notify the office (Attendance line #100) of the student's absence, otherwise the office will contact you to confirm your student's absence.*

GRADE 8 GRAD PHOTOS

Get those smiles ready! Lifetouch will be taking our Grade 8 Grad Photos on Monday, February 22nd.

MOVING IN? MOVING OUT?

If you are planning a move to another school this summer, or know of someone moving into our school area for the 2016-2017 school year, please notify the office as soon as possible.

COLD & FLU SEASON

Winter is far from over and so are the illnesses and contagious bugs that come with it! If your child has flu-like symptoms, cold, coughs, or rashes, please keep them home to rest and recuperate before returning to school. When our students come to school ill they do not work well and they pass on their illnesses to others. When we are sick, we all feel better at home in a warm bed with our favorite things.

TIMELY REMINDERS

A reminder that our school day begins at 8:50 a.m. Classroom activities begin before the announcements at 8:55 a.m. and teachers need to have everyone in class promptly. Thank you for your help in having your children arrive on time. This one small detail makes a great deal of difference to starting the day off right!

SCHOOL CASH ONLINE

Thank you, John McCrae families, for signing up – 82% of our school population is registered to use this convenient and secure online payment method! However, we believe we can do better! Let's see more than 90% of John McCrae families signing up and USING this method of payment for school items, trip, and more! You will receive email notifications when items are available to purchase, and reminder emails before an item expires. Please visit www.ugdsb.on.ca/jmc and follow the prompts through the following link to sign up:



FAMILY DAY

The Upper Grand District School Board will be observing Family Day on Monday, February 15th and our school will be closed. We hope you enjoy the day with your family.

CONGRATULATIONS SOCIAL JUSTICE CLUB

A huge thanks goes out to the John McCrae Public School community for generously purchasing candy cane grams by the hundreds in December! The Social Justice Club's Candy Cane Fundraiser raised \$665 to help support a Syrian refugee family starting a new life here in Guelph. Evan S, a member of the Social Justice Club, presented the Unitarian Congregation of Guelph with a cheque on Monday, January 18th. Thanks JMC!

FEBRUARY HEALTH CORNER

Healthy School Committee helping your family eat well, move well, and think well!!

Having trouble keeping the family healthy this winter?

According to the National Sleep Foundation, newborns should sleep **12 to 18 hours** out of every 24 hours (every new parent hopes), with a gradual reduction to **12 to 14 hours** for toddlers ages 1 to 3; **11 to 13 hours** for preschoolers 3 to 5; and YES, **10 to 11 hours** for school-age children ages 5 to 12.

A full night's sleep:

- enhances memory and mental clarity = increases focus in class
- improves athletic performance = supporting Physical Literacy
- boosts mood and overall energy = reduces end-of-day meltdowns
- improves immune function = fewer colds and sick days
- increases stress tolerance = better able to handle day-to-day ups & downs

Tips:

- Blue light from devices, tablets, laptops, and desktops can impair sleep. Reduce use of such devices in the evening.
- Keep lights dim in the bathroom, bedroom, and hall areas when getting ready for bed to promote melatonin (sleep hormone) production so your child can fall asleep sooner.
- Cool, dark, and quiet environments are ideal for improving sleep quality. Bon nuit!

Recipe of the month – An early evening (before bed), light snack if your child is hungry:

Cucumber Stacks:

*Slice some cucumbers and lay one each on top of a rice cracker. Add a small dollop of Greek yogurt to the top of each cucumber. Add in a small slice of white cheddar cheese (optional) to the stack if so desired.

We would love to hear from anyone interested in sharing or contributing in any way to the Healthy School Committee. Please reach out to: Sarah Thomas sarahthomas@guelph.org or Dan Vitale dr.vitale@gmail.com

YOUR CHILD'S IMMUNIZATION DURING A DISEASE OUTBREAK



For school attendance, parents are required by law to provide proof of their child's immunization to Public Health. To find out what vaccines are required and if your child's immunization records are up-to-date, please call 1-800-265-7293, ext. 4396. You can also book an appointment for your child's immunization at any Wellington-Dufferin-Guelph Public Health location.

If you've chosen not to immunize your child, you must have a notarized statement of medical exemption or a statement of conscious or religious belief on file with Public Health. Please contact Public Health at 1-800-265-7293, ext. 4396 to arrange for your child's exemption to be on file if you have not already done so.

If the Medical Office of Health declares an outbreak of a disease in your child's school and his/her immunization record is not up-to-date with Public Health, or you have an exemption on file, your child will not be allowed to attend school for the entire duration of the outbreak.

KERRY'S PLACE – Grade 8 High School Transitioning

Kerry's Place Autism Services is pleased to announce a new pilot program funded by RBC Royal Bank intended for Grade 8 students transitioning into high school! This group will help students who have a diagnosis of ASD prepare themselves for Grade 9. The program will run weekly starting in January 2016 and will run until the end of the school year. Some of the topics that will be addressed (but are not limited to) include bullying, hygiene, healthy relationships, friendship, and cyber safety. Snacks and drinks will be provided. The hope is to make the program informative yet really fun! To register, please contact Jaime Edge: 519-763-5812, ext. 33; Jaime.edge@kerrysplace.org Program is FREE!

Group #1

Mondays until June 6

3:30-5:00pm

Jean Little Public School Library

56 Youngman Drive

Group #2

Wednesdays until June 8

3:30-5:00pm

Waverley Drive PS School Library

140 Waverley Drive