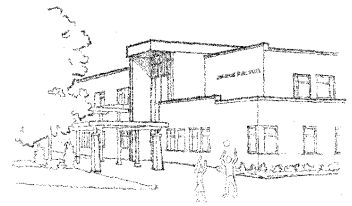


École John McCrae School

NEWSLETTER – JANUARY 2016

189 Water Street, Guelph, Ontario N1G 1B3
Phone: 519-824-0028 Fax: 519-824-7067 Website: www.ugdsb.on.ca/jmc/



Principal: Leslie Newman

Vice Principal: Olivier Cutz

Office Co-ordinator: Kathy Lambkin

PRINCIPAL'S MESSAGE

Happy 2016! Bonne Année! I hope your holiday with family and friends was wonderful. As always, the time goes quickly and we are right into the thick of things again. Although December seems so long ago, I wanted to thank you all. We had full houses for each of our Holiday Concerts, our kindergarten pot-luck was full, our mitten tree was filled to overflowing, and we were able to send a very large amount of money (over \$800) to help Syrian Refugees. Someone asked on the Thursday before the holidays if I was tired. My answer was, "Truthfully yes, but there is no place better than a school the week before Christmas." Our students were excited, but extremely well behaved. Our teachers planned such thoughtful activities for them and had the right balance of academics and fun. It was an absolutely fantastic week.

What I do notice is that somehow, in two weeks, many of our students have come back from holidays a little bit more mature and with an attitude of learning. Many have come back to school more independent and ready to work. January and February will be full speed ahead.

***One important thing I would like to ask is that people do not bring their dogs onto school property.** While most dogs are fantastic, our students move quickly and can scare them. Unfortunately, before the holiday, we did have an adult bitten by a dog. Please, if you do bring your dog when picking up or dropping off a student, stay on the sidewalk and have your child come to you. Thank you for your help with this. Staff will be reminding parents about this.*

Our grade eight students are gearing up to begin filling out their option sheets for high-school. This is quite an exciting time for them as they start thinking about leaving elementary school. If you are a grade eight parent, please have some discussions with your children about options for next year. Some of our students will be attending their home high-school, some will be attending the IB Program at GCVI, and the majority will be moving on to John F Ross for French Immersion. We will be having staff from both Ross and GCVI visit with our grade eights. There are also parent nights for you to attend (John F Ross-Jan. 14 @ 6:15 p.m., G.C.V.I.-Jan. 12 @ 6p.m., and Centennial-Feb. 11 @ 7p.m.). If you have any questions, either contact your child's homeroom teacher or feel free to call me at the school.

Once again, I wish you a very happy new year. I look forward to all of the exciting things happening at John McCrae over the next six months (including the movie night on January 21 which you can read about below).

Leslie Newman

SCHOOL COUNCIL CORNER - Happy New Year from School Council!

School Council meetings are held on the second Tuesday of each month at 6:45 p.m. in the library. The next meeting will take place on **Tuesday, January 12th**. Never attended a School Council meeting before? That's okay. We love seeing new faces! If you need child care during the meeting, please email leslie.newman@ugdsb.on.ca no later than Friday, January 8th. If you would like to be on the School Council mailing list, please write to johnmccraeschoolcouncil@gmail.com

Thanks to everyone who attended the December **Family Skate** at the Sleeman Centre. We had a lot of fun and enjoyed a great game!

Movie Night and Fundraiser – Thursday, January 21, 2016

-Join us for a special screening of "Escape from Planet Earth." The gym doors will open at 5:30 p.m. and the movie will begin at 6:00 p.m. It will be a fun night for the entire family! **Please note that all students must be accompanied by an adult.** We ask that you do not drop off students.

-**Admission is free!** In lieu of admission, donations will be greatly appreciated (suggested amount: \$5.00 per family). All proceeds will go towards the purchase of apples available in the office to all students, as well as other healthy food for students in need. Please also consider supporting our fundraising efforts by purchasing raffle tickets (\$1.00 each). You could win an amazing Movie Night Snack Basket!

-You can pre-order a delicious pizza dinner for your family. Don't forget to order your movie snacks too! Look for a movie night announcement and food order form to come home with students.

-Please also remember that all children must be supervised by an adult.

-Questions? Contact: Deanna Kruger (deanna@500monsters.com)

Remember to use VolunteerSpot (<http://vols.pt/4ufctZ>) 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.*

KINDERGARTEN REGISTRATION

Junior and Senior Kindergarten registration for the 2015-2016 school year will be held from February 1-5, 2016, during regular office hours. Eligible students must be 4 years of age on or before December 31st, 2016 to register for Junior Kindergarten, and 5 years of age on or before December 31st, 2016 to register for Senior Kindergarten. Required documents: Birth Certificate, Immunization Record, proof of address. Please spread the word to neighbors and friends!

New this year – Kindergarten Evening Registration, 4:30-6:30 p.m.!! The following locations will be open to any family in our Board that cannot attend their home school during the day:

Harris Mill PS – January 18, 2016

Parkinson Centennial PS – January 21, 2016

Arthur PS – January 25, 2016

Westwood PS AND William C. Winegard PS – January 28, 2016

PIZZA & MILK – TERM 2

Pizza and milk order forms for Term 2 will be going home soon. You may also download the order form from our website. For a paperless option (PREFERRED), please purchase the items ONLINE at www.schoolcashionline.com.

TIMELY REMINDERS

A reminder for the New Year 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!

GRADE 8 PARENT NIGHTS

Grade 8 students and their parents are invited to learn more about the great opportunities Upper Grand high schools have to offer – from academics and trades to sports, music and art. Most parent information nights include a special presentation about the high school, its programs and the registration process. Both parents and their Gr. 8 students can also tour the school and ask the principal and teachers more about programs and other opportunities.

J. F. Ross – January 14th, 7:00 p.m. (E.L. Fox Auditorium) *****Special meeting for FI parents at 6:15 in Cafeteria**

Guelph CVI – January 12nd, 7:00 p.m. (Auditorium)

Centennial CVI – February 11th, 7:00 p.m. (Cafeteria)

GRADE 8 GRAD PHOTOS

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

PA DAY

Friday, January 22nd is a Professional Activity Day in the Upper Grand District School Board. Teachers will be engaging in new learning and students will not attend school on this day.

SCHOOL CASH ONLINE

We continue to have more and more families signing up to pay for things online. 82% of our school population is using this convenient and secure online payment method! Way to go, John McCrae!! And there is still time to sign up to use School Cash Online (perhaps for Term 2 pizza and/or milk)! This system will allow you to pay for most school related items online. 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.

HELP STOP THE SPREAD OF GERMS AND STAY WELL



Wash your hands: There are no vaccines to protect us from the common cold or a stomach virus that is easily spread to others. Teaching children to wash their hands properly can reduce the chances of getting sick. **Everyone** should wash their hands before eating, after using the bathroom, coughing and after blowing their nose. Wash your hands before preparing food. Use hand sanitizer when soap and water are not available.

Cover your cough and sneezes: Teach children to cover their cough and sneezes to stop the spread of different illnesses such as colds and the flu. Use a tissue or arm to cover the mouth and nose.

Stay home when you are sick: *When many people are close together as in schools and classrooms it's easy for illnesses to spread. Children should not be in school with a fever, undiagnosed rashes, vomiting or diarrhea. Children should recover completely before returning to school. When children have vomiting and diarrhea they should stay home at least 24 hours following the end of symptoms.*

January's Environmental Theme: "WASTE MINIMIZATION"

In Canada, we create a lot of garbage. We throw away too much paper, plastic bags, food, old toys, electronics and much, much more! The good news is that at our school we have made a really good start to reducing some of our waste. We recycle paper, cardboard and containers made of metal, glass and plastic. We try to photocopy double-sided and use GOOS bins (bins that hold paper that is Good On One Side and can still be used). We do waste audits to see what we are throwing away and it seems we need to try to reduce our food waste as well as our packaging. Start thinking about bringing uneaten food from lunch back home to eat as a snack after school because we find perfectly good apples and other fruit, or even uneaten sandwiches, in the school garbage cans.

The best way to solve the problem of too much waste is to not create it in the first place. We have been talking about reducing the number of things we buy and buying items that can be reused instead of immediately being thrown away and taking up more landfill space. For example: use cloth towels instead of paper towels, borrow most books from the library instead of buying them new, use cloth bags instead of plastic bags, use litterless lunch containers and a metal water bottle that you can refill, and use reusable gift bags instead of wrapping paper. The list goes on and on - there are so many ways you can help to reduce waste!

We also need to let our government know that we don't want all that extra packaging when we buy things. Other countries have already banned all that unnecessary plastic, cardboard and Styrofoam that toys and cosmetics and games and food come covered with. So make a difference - write a persuasive letter to both the Ontario and Canadian Governments to ask them to be tougher on packaging laws. Our garbage dumps are filling up. They need to hear from you to stop all this waste!

Slogan of the month: *Let's reduce our waste - our planet is worth it!*

Talking About Mental Health - Apps for Mental Health

Today it seems like there's an app for almost everything! Apps can be useful for helping us to learn and practice new skills. Interactive apps can help children and youth learn about how to identify feelings, how to relax, and even about navigating social situations. Check out some of the apps below and learn together with your child.

Apps are not a substitute for talking with a professional, so be sure to contact your local mental health agency if you or your child needs support.

Touch and Learn – Emotions (Free)

- Encourages children to look at body language and facial expressions to help them identify feelings
- <https://itunes.apple.com/ca/app/touch-and-learn-emotions/id451685022?mt=8>

Mind Shift (Free)

- An app designed to help youth cope with anxiety
- <http://www.anxietybc.com/resources/mindshift-app>

Smiling Mind (Free)

- An app that guides children and youth through simple, calming meditations
- <http://smilingmind.com.au/>

Relaxing Sounds of Nature (Free)

- Listen to the calming sounds of nature
- <https://itunes.apple.com/ca/app/free-relaxing-sounds-nature/id345747251?mt=8>

Zen Space (Free)

- Relax by raking sand and creating a tranquil space
- <https://itunes.apple.com/ca/app/zen-space/id371463710?mt=8>

Zen View(Free)

- Relax by listening to rain and watching water swirl
- <https://itunes.apple.com/ca/app/zenview/id499881701?mt=8>

3 Minute Mindfulness (One strategy is free. Full app is \$4.59)

- Learn simple deep breathing strategies
- <https://itunes.apple.com/ca/app/3-minute-mindfulness-breathing/id982502810?mt=8>

I Know How You Feel (“Lite” version is free. Full version is \$11.99)

- Children learn how to identify feelings in specific situations
- Children learn about appropriate empathic responses
- <https://itunes.apple.com/us/app/i-know-how-you-feel/id960352272?mt=8>

Kailey Thompson, MSW, Specialized Mental Health Interventionist, compiled and tested out the Apps.

*Dr. Lynn Woodford, Psychologist, is the Mental Health and Addiction Lead for Upper Grand District School Board
Follow me on twitter: @drlynnwoodford*

SPECIAL EDUCATION AND SPECIAL OLYMPICS

This is an exciting year for Special Olympics!! It is our 15th annual Special Olympics Track and Field Day! This year our track meet will be Wednesday, May 18th, raindate Thursday May 19th.

As well, Guelph is hosting the Provincial Special Olympics Spring Games with over 1000 Special Olympic athletes will be attending. In collaboration with Special Olympics Ontario, there will be a PepRally to celebrate the 15th year and build momentum for the Spring Games. Please save Tuesday April 12th for the PepRally at the University of Guelph Fieldhouse! We are inviting all the students who participate in the track and field day and their peer coaches to come to the interactive PepRally! There will be a 'paint the town RED' campaign by Special Olympics Ontario.

Each School in the UGDSB and the WCDSB will be given the chance to 'adopt an athlete' from the Provincial Spring games and add to the 'RED' campaign. Packages will be sent to each school with RED wrist bands for every student with the OPTIONAL suggestion to donate a toonie.

Here is our Special Olympics Timeline:

JANUARY: Adopt an athlete and paint the town RED packages will be sent to each school.

APRIL 12th: The interactive PepRally to promote our Track meet and build momentum for the Provincial Spring games will be held at the U of G Fieldhouse. (all track meet athletes and their peer coaches are invited)

MAY 18th: (Raindate May 19th): Our annual Special Olympics Track and Field Day

MAY 26 to 28: Provincial Spring games in Guelph

CHILDREN & YOUTH WINTER & SPRING PROGRAMS 2016

HELD AT WELLINGTON CENTRE FOR CONTINUING EDUCATION

1428 Gordon St., Guelph

To Register Call: 519-836-7280 OR Online at www.learningforyou.ca

Programs	Age	Dates & Times	Description	Fee	
Arboretum Junior Naturalist	6-12	Mon Jan 25, 4:30-5:30 pm, 6 Wks Mon Apr 11, 4:30-5:30 pm, 6 Wks	Outdoor education program.	\$35	
ART	Art & Beyond	11 +	Thu Jan 28, 8-9:15 pm, 8 Wks Thu Apr 7, 7-8:15 pm, 8 Wks	For the mature artist.	\$80
	Art Attack	4-8	Thu Jan 28, 5-5:50 pm, 8 Wks	For the young artist.	\$60
	Art Medley	7-12	Thu Apr 7, 6-7 pm, 8 Wks	Variety of art medium.	\$60
	Art with Magic	4-8	Thu Apr 7, 5-5:50 pm, 8 Wks	For the young artist.	\$60
	Cartooning & Sculpting	7-12	Thu Jan 28, 6-6:50 pm, 8 Wks	Animated cartoon characters on paper & sculpting.	\$60
	Drawing & Dry Pastels	8-14	Thu Jan 28, 7-8 pm, 8 Wks	Learn techniques with pencil and dry pastels.	\$60
Babysitting	11+	Fri Jan 22, 9-4:30 pm, 1 Day Fri Mar 18, 9-4:30 pm, 1 Day Fri Jun 3, 9-4:30 pm, 1 Day Fri Jul 8, 9-4:30 pm, 1 Day	Red Cross, certificate course. Learn basic skills in order to care for infants & children up to school age.	\$60	
Badminton	9-14	Tue Jan 26, 5-5:50 pm 8 Wks Thu Jan 28, 6-6:50 pm, 8 Wks Tue Apr 5, 5-5:50 pm, 8 Wks Thu Apr 7, 6-6:50 pm, 8 Wks	Learn skills and be prepared to rally.	\$55	
Basketball	10-14	Tue Apr 5, 5-5:50 pm, 8 Wks	Learn the game & skills.	\$55	
Cupcake Decorating	6-11	Wed Mar 23, 5-6:30 pm, 1 night Wed May 4, 5-6:30 pm, 1 night	All supplies included in this hands-on class.	\$40	
Dynamic Dance	5-8	Tue Jan 27, 5-5:50 pm, 8 Wks	Dancing from ballet, contemporary & hip hop. No dance experience required.	\$60	
	5-7	Tue Apr 5, 5-5:50 pm, 8 Wks		\$60	
	6-9	Tue Apr 5, 6-6:50 pm, 8 Wks			
Guitar for Youths	10-15	Mon Jan 18, 5:45-6:30 pm, 8 Wks John F. Ross SS Rm 241	Learn the basics. Tuned guitar needed.	\$80	
Home Alone	10-12	Mon&Wed Mar 7 & 9, 4:30-6:30 pm, 2 Day Mon&Wed May 16 & 18, 4:30-6:30 pm, 2 Day	Canadian Safety Council Home Alone Program.	\$35	
Kiddie Kickers	3 ^{1/2} -5	Thu Jan 28, 5-5:45pm, 8 Wks Thu Apr 7, 5-5:45pm, 8 Wks	Learn basic soccer skills & team cooperation.	\$55	
Kids Only Chocolate Baking	10-15	Thu Apr 21, 6-8:15 pm, 3 Wks	Chef Susan will teach baking with chocolate from scratch.	\$95	
Kids Only Cooking	10-15	Thu Feb 11, 6-8:15 pm, 3 Wks College Heights SS, Rm A103	Chef Susan will teach basics of cooking from scratch.	\$140	
Makeup for Teens	13-17	Tue Mar 22, 6:30-8:30 pm, 2 Wks J.F. Ross SS, Rm 210	Learn techniques from fresh face makeup to evening look.	\$50	
Move with Moe	8-12	Thu Feb 4, 5:30-6:15 pm, 8 Wks Thu Apr 7, 5:30-6:15 pm, 8 Wks Location: Priory Park PS, Gym	An exhilarating, easy to follow movement class geared for this age bracket.	\$70	
Soccer-Indoor	4-8	Tue Jan 26, 6-6:50 pm, 8 Wks	Learn rules and soccer skills.	\$55	
Art Camp Summer	6-9 9-14	Mon-Fri, Jul 11-15, 9-11:45 am, 5 classes Mon-Fri, Jul 11-15, 12:30-3 pm, 5 classes	Led by a talented experienced art teacher Blanca.	\$90	

View Course Guide online at:

www.ugdsb.on.ca/ConEd or www.ugdsb.on.ca/kids

