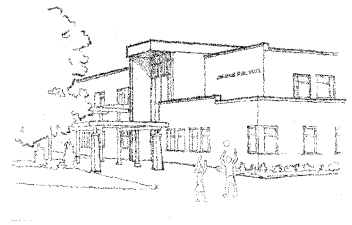


École John McCrae

NEWSLETTER – JANUARY 2017

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Principal: Leslie Newman

Vice Principal: Olivier Cutz

Office Co-ordinator: Kathy Lambkin

PRINCIPAL'S MESSAGE

Bonne Année! I hope that all of you were able to spend some time with your loved ones over the holidays. In talking with our students, it seems that although they enjoyed their holidays, most are happy to be back and in a familiar routine. We always seem to find that January and February are our most settled months and our students are ready to work hard and move forward.

I was so happy with the many things that our students (and parents) did to help others before the holiday. The mittens from our mitten tree went to a Guelph Neighbourhood group in need of warm things for their children and the lost and found clothing went to children who would benefit from the clothing. Our toy sale (merci Mme Beaton) was a great success and we were able to support The Guelph Humane Society as well as families in need. Finally, most of our students made holiday cards which were sent to retirement homes within the city and some even went to the far north. We heard that the residents of those homes greatly appreciated that the students took the time to make cards for them.

Thank you to the many parents who were able to attend one of our holiday concerts. Our students and staff presented many excellent plays, dances and songs. It really was a great week.

Our grade eight students are gearing up to begin filling out their option sheets for high-school. This is both a scary and 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 students during the month of January to help them get as much information about high school as possible. There are also parent nights for you to attend (see below). If you have any questions, either contact your child's homeroom teacher or feel free to call me at the school.

Once again- we would like to wish everyone a Happy New Year. May it be filled with happiness for all of our John McCrae families.

Leslie Newman

SCHOOL COUNCIL CORNER - Happy New Year from School Council!

School Council meetings are held on the second Tuesday of each month at 6:50-7:45 p.m. in the library. The next meeting will take place on **Tuesday, January 10th**. If you have never attended a School Council meeting before, we would love to have you. We love seeing new faces! If you would like to be on the School Council mailing list, please write to johnmccraeschoolcouncil@gmail.com

Movie Night – Don't forget to join us for our annual movie night on January 26th.. Doors will open at 5:30 p.m. and the hit movie Trolls will be shown at 6:00 p.m. Please note that students may only attend with an adult. More information will come home soon.

Please remember our **Healthy Habits Night** which will be held on February 13th. Parents and students are invited and we really think that this will be worthwhile and fun for all. A form will come home within the next few weeks with more information, but we hope you save the date.

Thanks to everyone who attended the December 17th **Guelph Storm Game**. Our choir sang the anthem and many of our families enjoyed a great game. The Guelph Storm even won!

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.*

KINDERGRATEN REGISTRATION is from January 9-26

Kindergarten Registration is from January 9 to 26, 2017 at all elementary schools in the UGDSB. Parents and guardians may register their child at their local school from Monday to Friday during regular school hours (stat holidays excluded).

If you are unable to attend registration during the day, evening sessions will be held from 4:30 to 6:30 p.m. at the following locations:

- January 11, Parkinson Centennial PS (Orangeville)
- January 16, Harris Mill PS (Rockwood)
- January 19, Westwood PS (Guelph)
- January 19, Centennial Hyland ES (Shelburne)
- January 24, Arthur PS (Arthur)
- January 25, William C. Winegard PS (Guelph)

Please bring the following documents to registration:

1. Birth certificate or Immigration papers
2. Immunization Record card
3. Proof of address (e.g. driver’s license)

Anyone wishing to enrol their child in French Immersion (FI) should be aware that the Junior Kindergarten FI registration and selection process has changed. For more information, please visit www.ugdsb.on.ca/jkfi. For more information on Kindergarten Registration in general, please go to www.ugdsb.on.ca/jkregistration.

STUDENT ABSENCES

It is very important that you contact the school to let us know when your student will be absent from school. The Ministry mandates that we must account for every child’s absence (“Safe Arrival Program”), and if we have not heard from you then we must call all contact numbers until we reach someone who can confirm the absence and subsequent safety of the child. Please help us by leaving a message on the “100” mailbox by 8:30 a.m. to let us know if your student will be absent or late. Your cooperation is much appreciated and will help decrease the number of calls the office has to make every morning.

PIZZA & MILK – TERM 2

Pizza and milk order forms for Term 2 will be going home this week. You will also be able to download the order form from our website. For a paperless option (PREFERRED), please purchase the items ONLINE at www.schoolcashonline.com. Term 2 Pizza starts January 27th, and Milk begins 30th.

TIMELY REMINDERS

This is a reminder for the New Year that our school day begins at 8:35 a.m. **All classroom activities begin before the announcements at 8:45 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!

Also, please help us by choosing to park on the street if you are arriving at the school just before or after the school day. If you choose to park in our parking lot before or after school, **you will not be able to leave the parking lot between 8:20-8:35 a.m. or 3:05-3:20 p.m.** This is for the safety of our students.

Finally, please do not ask your child (or take your child) across the street between the busses. We ask that you please use the crosswalk.

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 12th, 7:00 p.m. (E.L. Fox Auditorium) – this is NOT an F.I. information meeting
Guelph CVI – January 12nd, 6:00 p.m. (Auditorium)
Centennial CVI – February 9th, 7:00 p.m. (Cafeteria)

CELP HIGH SCHOOL OUTDOOR PROGRAM

CELP and Headwaters are four-credit programs at Centennial Collegiate that all local high school aged students are eligible to apply to for a semester of grade 10 or grade 12.

Students build a community of caring peers as they embark on wilderness trips, explore environmental issues, teach an elementary program, and learn critical thinking, leadership and life skills.

Every year we hear from parents and students that they wish they'd heard about the programs earlier so they could better plan their high school experience.

Our graduates say that learning experientially in their community changed their lives and built skills and confidence for post-secondary. Learn more about the CELP and Headwaters adventure at www.celp.info

PUBLIC HEALTH – IMMUNIZATION RECORDS

Avoid school suspension by keeping immunization records up-to-date!

Student's immunization records must be provided to Public Health in order to attend school. In the next few weeks, Public Health will be sending notices to students with incomplete immunization records. Anyone who gets a notice should contact their family doctor so they can update their vaccines, and then report their new vaccines to Public Health.

Report every vaccine to Public Health using one of the following methods:

- Online: Fill in the form at www.immunizewdg.ca
- Email: Send a photo of the immunization record to vaccine.records@wdgpublichealth.ca
- Call: 1-800-265-7293 ext. 4396

If a student is not getting vaccinated for medical reasons, reasons of conscience or religious beliefs, an exemption form must be submitted to Public Health. The forms are available at www.wdgpublichealth.ca.

Public Health is committed to helping students update their vaccination records so they can avoid suspension from school.

PA DAY

Friday, January 27th is a P.A. 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. 86% 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 20th 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, rain date 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 Pep Rally to celebrate the 15th year and build momentum for the Spring Games. Please save Tuesday April 12th for the Pep Rally 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 Pep Rally! 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 Pep Rally to promote our Track meet and build momentum for the Provincial Spring games will be held at the U of G Fieldhouse. (all athletes and their peer coaches are invited)

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

MAY 26 to 28: Provincial Spring games in Guelph

GET READY FOR SCHOOL!

Kindergarten Registration for the 2017-18 school year is from January 9-26 at all UGDSB elementary schools

- Register your child at your local school, which can be found at www.findmyschool.ca
- Register from Monday to Friday during regular school hours
- Please bring the following to registration - birth certificate or immigration papers, immunization record card, proof of address
- Find out about important changes to French Immersion Registration at www.ugdsb.on.ca/jkfi

www.ugdsb.on.ca/jkregistration

Are you interested in Before/After School Care?
Please take our survey by scanning the QR code below

