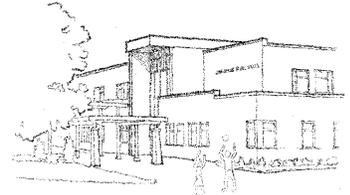


# École John McCrae School

## NEWSLETTER – MARCH 2018

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Principal: Leslie Newman

Vice Principal: Olivier Cutz

Office Co-ordinator: Kathy Lambkin

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### PRINCIPAL'S MESSAGE

In the spirit of change, Principal Newman has asked me to write this month's newsletter address from the JMC administration team. Nineteenth century French novelist and critic, Jean-Baptiste Alphonse Karr, wrote "plus ça change, plus c'est la même chose," which translates into English as "the more things change, the more they stay the same." This is a perfect saying to apply to the month of March here at École John McCrae. Our students and teachers have embarked on new learning adventures well into the beginning part of the second term by now and the weather is changing constantly in unexpected patterns as we transition from winter into spring. The March Break is around the corner and many exciting school curricular and extracurricular activities are in full swing. All these changes and transitions require our students to be flexible, adaptable, and resilient. We will encourage your children to bend with the wind and be brave in the face of change.

Throughout February, our students took part in many enriching activities such as the boy's and girls' basketball practices and tournaments, intermediate band practices, Scientists in the School, River Run performances, Caribou Math Contests, our Character Education assembly, and visits from a world champion martial artist and a First Nations Elder. Coming up in March, our students will have the opportunity to take part in a presentation from Wild Ontario. Our grade 8's will visit the Holocaust Centre. We will have a Character Education assembly focussing on "the truth". Earth Hour is on March 23rd and our very popular **Syrup in the City** collaborative event is on **Saturday, March 24th** from 10am to 1pm. Our magnificent maple bush will be transformed into a sap-filled celebration of the gift of "sweet water" with lots of fun, food, arts, and learning for all. Our students will be learning about tree tapping and sweet water teachings this month with special guest Bill Morrison, facilitated by our school librarian Beth McEwen.

Please save the date of **Tuesday, April 10th at 6:30 pm** for our Parents Reaching Out event. Come out to hear the expert our School Council has invited to come and speak about Technology Use and Healthy Living. Our speaker will offer parents advice in finding a balance between age appropriate screen time and a healthy and happy lifestyle for our children. We look forward to the winds of change this month and we wish you a safe and enjoyable March Break from the 10th to 18th.

Sincerely,  
*Olivier Cutz, Vice Principal*

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### LOST AND FOUND

Our lost and found bins are overflowing once again. Items have been organized and are on display in the front hallway. Please stop by and check for any items that may belong to your student(s). Anything left at the end of the day on Tuesday, March 6<sup>th</sup> will be donated.

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### SCHOOL COUNCIL CORNER

\*Although we did not have one scheduled, we will have a School Council Meeting this month. Please join us on Tuesday, March 20<sup>th</sup> from 6:30-7:45pm in the school library. Please contact Mme Newman if you require childcare ([leslie.newman@ugdsb.on.ca](mailto:leslie.newman@ugdsb.on.ca))

\*For April's meeting, please join us as we hear from a guest speaker on the topic of "Technology Use and Healthy Living." Join us on Tuesday, April 10<sup>th</sup> at 6:30 pm. Everyone is welcome!

\*If you would like to be on the School Council mailing list, please write to [johnmccraeschoolcouncil@gmail.com](mailto:johnmccraeschoolcouncil@gmail.com).

\***Family Fun Night** – We are looking forward to June 5<sup>th</sup> for this year's event. Lots of help is needed! Please contact Brenda MacDonald, [brendacmacd@gmail.com](mailto:brendacmacd@gmail.com), if you can help in any way!

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## **MARCH BREAK**

Please remember that spring break for our students is from Monday, March 12<sup>th</sup> to Friday, March 16<sup>th</sup>.

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## **COLD & FLU SEASON**

Winter is not over and so are the illnesses and contagious bugs that come with it! If your child has flu-like symptoms, cold, cough, sore throat, or a rash, 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.

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## **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 2017-2018 school year, please notify the office as soon as possible.

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## **GRAD PHOTO RE-TAKES**

Grade 8 graduation photos were taken on February 14<sup>th</sup> and photo proofs were sent home on February 26<sup>th</sup>. Please submit your order no later than March 7<sup>th</sup>. Likewise, you may place your picture order directly at [www.mylifetouch.ca](http://www.mylifetouch.ca). If you wish to have the photo re-taken, you must call Lifetouch directly and schedule an appointment for a re-take in their Kitchener office on Tuesday, March 20<sup>th</sup>. Photo re-takes are not done at the school. Please call Lifetouch: (519) 744-1146, ext. 2

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## **DAYLIGHT SAVINGS TIME**

Please remember that we turn our clocks forward one hour on Sunday, March 11<sup>th</sup>.

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## **SWEET WATER TEACHINGS**

This year the McCrae maple bush programme has invited Bill Morrison, Cree-Metis Elder, to participate in the opening, collection, and harvesting of the “sweet water,” a traditional medicine of Metis and First Nation people of the area. The maple “sweet water” is a very nutritious liquid (sap) commonly consumed in the spring. These teachings will enhance our understanding of the importance and assist in developing our respect for the maple bush which we so proudly enjoy.

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## **CLASS PLACEMENT REQUESTS**

In the past, we have received a number of class placement requests for the coming school year. This can make class building very difficult and sometimes hinder the process significantly. Due to our ever changing school population and the fact that our grade 7 and 8 students are on rotary, **we will not be taking any class placement requests for September 2018**. If your child has some exceptional circumstances that require consideration when doing class placements, please email Mme Newman directly, [leslie.newman@ugdsb.on.ca](mailto:leslie.newman@ugdsb.on.ca). Please know that when placing your child in a class, we consider their ability, personality, friendships, learning style, and behaviour. Class building is a lengthy process that is given a great deal of thought by the staff. Thank you for recognizing that we do our very best for each and every student.

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## **SYRUP IN THE CITY**

Come to John McCrae’s second annual maple syrup festival - Syrup in the City - experiential fun for the whole family! Saturday, March 24, 10 am – 1 pm. Hosted by John McCrae with the support of TRANSITION GUELPH’s Urban Sugaring project & the CELP Headwaters Program. Come see a tree tapping and sap boiling demonstration, try pioneer log sawing, taste some sap, dance a sap dance, watch a puppet show, play animal hide & seek BINGO, see performances by our band, rock band, and the Funky Mamas, take a selfie with Flappy the flapjack, and enjoy a pancake breakfast.

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## **ENVIRONMENTAL NEWS – EARTH HOURS, MARCH 24**

This Earth Hour, help shine a light on climate change. Switch off your light and switch on your social power! Join the global movement! Celebrate Earth Hour on March 24<sup>th</sup> at 8:30 pm.

Earth Hour’s mission is uniting people to protect the planet by raising awareness about climate change and encouraging positive action. Earth Hour is more than an event. It is a movement that has achieved massive environmental impact, including legislation changes by harnessing the power of the crowd.

Ideas for your family:

A simple event can be just turning off all non-essential lights on March 24<sup>th</sup> from 8:30-9:30pm. For one hour, focus on your commitment to our planet. To celebrate, you can:

- prepare a candle lit dinner
- talk to your neighbours, or invite people over
- stargaze, or go camping in your backyard

- play board games, or charades
- host a concert, or a sing-a-long
- create or join your own community event
- have an Earth Hour every month!

[www.earthhour.org](http://www.earthhour.org)

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## **PUBLIC HEALTH NEWS – NUTRITION MONTH**

March is Nutrition Month! Starting from a young age, inspiring children to shop, cook, and prepare food can set them up for a lifetime of healthy eating. A great way to teach kids about food is to let them shop and cook with you. Kids are also much more likely to eat what they make, so cooking at home is a great tip if you have picky eaters.

Here are some tips to get your kids involved in cooking:

**Pick a recipe together:** Children need to be part of the plan from the beginning, and it helps if they prepare something that they love to eat. Shop for groceries together too!

**Keep it fun!** Imaginative play helps kids get deeply involved. Make a theme night or turn your kitchen into a restaurant or reality cooking show.

**Be a role model:** If you're excited, they will be too. Try a new food, describe the flavour and be adventurous to inspire your eaters to do the same. Get other members of the family involved.

**Be cool about the mess:** Spills and accidental messes happen, and it's important to remain calm about little mishaps. Keep kitchen towels handy for cleaning up spills.

For more information and fun healthy recipes, visit [www.nutritionmonth2018.ca](http://www.nutritionmonth2018.ca).