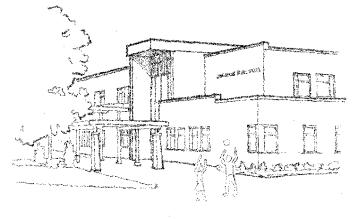


École John McCrae NEWSLETTER – JANUARY 2019

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: Chad Reay

Office Co-ordinator: Kathy Lambkin

PRINCIPAL'S MESSAGE

Bonne Année!!

It's always exciting to be at the end of an old year and at the beginning of a new one and wonder what it will hold for us. There are some pretty big changes at John McCrae. We will said goodbye to some pretty special people in December. Along with some students who are moving schools (and we wish them good luck), Mlle Roussy is retiring after many years of teaching. We hope that she enjoys her retirement and that it includes as much travel as possible. We welcome Mme DeFrancesco who will be taking over the grade one class. Mme Rice will also be leaving us; she has accepted a position as the Office Coordinator at Rockwood Centennial School. Although we will miss her, we know that she will be excellent in this role. Mr. Curran has been at John McCrae for many years but retired at the end of December. We wonder what life will be like without his music in the halls and his happy smile and warm welcome. We wish him a long and happy retirement with his wife Ginnie.

As we begin again in January, we will get right back to work and finish off term one. Term two will begin February 4, 2019 and term one report cards will go home on February 20. Please also remember to keep January 31st open for our annual School Council Movie Night. We don't have a movie picked yet, but it is always a fun night and a great time for families to get together.

We hope you enjoyed a happy holiday and we look forward to what 2019 has to bring.

Leslie Newman and Chad Reay

GRAD PHOTOS

Grade 8 students...mark your calendars! Grad photos will be taken on Wednesday, February 13th.

SCHOOL COUNCIL CORNER

School Council meetings are held on the second Tuesday of each month at 6:30-7:45 p.m. in the library. The next meeting will take place on **Tuesday, February 12**. (January's meeting has been cancelled.) 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 – Mark your calendar for our annual movie night on January 31st. Doors will open at 5:30 p.m. and the movie will be shown at 6:00 p.m. Wear your PJs and bring blankets! Please note that students may only attend with an adult. More information will come home soon.

Thanks to everyone who attended the Family **Guelph Storm Game**. We heard that all of the families who attended enjoyed a great game.

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.*

JUNIOR KINDERGARTEN REGISTRATION – 2019-2020

We're getting ready to welcome our newest group of little learners to the school! Junior Kindergarten registration for the 2019-2020 school year takes place from January 8-18, 2019

All Junior Kindergarten students new to the UGDSB must pre-register online. Families MUST pre-registering online between January 8-21. Once pre-registered, you will bring all supporting documents to the school to complete the registration. A complete registration will include completion of the online Student Admission Form (online pre-registration), and submission to the school of the child's birth certificate, and proof of address (driver's license NOT accepted as proof). JK French Immersion registrations will be considered as ON-TIME if all documentation is received by 4:00 p.m. on Friday, January 18. Please visit www.ugdsb.ca/kindergarten for more details.

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 orders for Term 2 will be available to order soon at www.schoolcashonline.com. Please use this paperless option to order for your students so we can reduce our carbon footprint. (If you cannot order online you'll be able to download an order form from our website.) Term 2 Pizza starts February 8th, and Milk begins February 4th.

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. The parking lot is closed anyone other than staff between **8:20-8:35 a.m. and 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

*GCVI – Thursday, January 17, 2019 – 6:30pm

*Centennial CVI – Thursday, February 7, 2018 – 7pm

FAMILY DAY

The Upper Grand District School Board will be observing Family Day on Monday, February 18th 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.

TALKING ABOUT MENTAL HEALTH – GETTING OUTDOORS

Did you know that taking a 20 minute walk can boost your memory and brain power? Getting outside reduces stress, improves sleep, and creates feelings of liveliness and energy. Even in the cold weather it is important to find time to get outdoors - even if just for brief amounts of time.

If you want your family:

- To be less stressed,
- To be happier,
- To be more resilient,
- To feel better about themselves,
- To have increased attention,
- To have a better ability to learn...

Then GO OUTSIDE! Take your kids outside! Enjoy and be part of nature.

One study showed that even 5 minutes in nature improves our mood. 5 minutes! We all can take 5 minutes (or more if have it) to go outside and enjoy nature. Go for a walk or a ski or a skate or a run. Head for the woods. Go bird watching. Follow tracks in the snow. Watch the sunrise or the sunset. Watch the clouds drift by. Visit a river or lake or pond. Listen for all the sounds of nature. Take in the smells. Notice all the colours and textures. Notice the light as the days get longer.

If you are not sure where to go, check out the links below for lots of great parks in our area.

<http://guelph.ca/living/recreation/parks/>
<http://www.wellington.ca/en/discover/trailsandforests.asp?hdnContent=>
<https://www.grandriver.ca/en/grand-river-parks.aspx>
<http://headwaters.ca/experience/parks-conservation-areas/>
<https://www.uoguelph.ca/arboretum/>

Have a mentally healthy 2019

Jenny Marino is the Mental Health Lead for the Upper Grand District School Board.

Follow me on Instagram #ugdsb_mental_health

ENVIRONMENTAL NEWS

“There will be more waste plastic in the sea than fish by 2050” Dame Ellen MacArthur

It’s a brand new year and the perfect time for positive change. For example, let’s end plastic pollution.

Based on the daily news, it’s never been more critical to increase your environmental efforts. The *Earth Day Network* is calling to end plastic pollution. Imagine a future free from harmful plastic garbage! Single-use plastics are especially wasteful and many plastics are also not properly recycled and take up precious landfill space or pollute our oceans, killing marine life and washing up on pristine beaches. Plastic garbage ‘islands’ are appearing in seas and oceans all over the world.

<https://www.nationalgeographic.org/encyclopedia/great-pacific-garbage-patch/>

Tips on how to reduce single-use plastics:

- Extend your use of cloth shopping bags beyond the grocery store. Use them at all other retail stores too.
- Avoid buying over-packaged food. The choice is yours. Do you need to buy the carrots that are shrink wrapped on a Styrofoam tray?
- Let the restaurants you frequent know that you would like them to join the growing movement to ban the use of straws. Many have implemented a 'serve-straws-upon-request' policy.
- Tap water is best. Bottled water can deplete our precious groundwater resources and produce unnecessary green house gas emissions through the production and transport of plastic bottles. Carry a reusable water bottle instead.
- Bring a travel mug to your local coffee shop. (The plastic lining makes coffee cups unrecyclable, and they all end up in the garbage and in our overflowing landfills.)
- Write letters to the government asking them to fix a problem that you are concerned about such as: mandating the reduction of plastic packaging, banning Styrofoam, or promoting research for recyclable coffee cups or coffee pods, etc.