

École John McCrae School

NEWSLETTER – MAY 2019

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Principal: Leslie Newman

Vice Principal: Chad Reay

Office Co-ordinator: Kathy Lambkin

PRINCIPAL'S MESSAGE

I hope the saying, "April showers bring May flowers" is true; we had enough rain this past month to make many, many bouquets of flowers! It really seemed that the grass got green overnight and that the buds on the trees popped all of a sudden. It is always so wonderful to welcome the spring weather and the warmth it brings. We have even had one or two students brave enough to wear their shorts!

As always, there is much to look forward to in May and June. Our volunteer breakfast will be held this Thursday, May 2nd, to thank all of the parents and other volunteers who have helped over the past year. Please also join us next week, May 9th, for our spring Open House (5:00-6:00pm) and Night Among the Stars (band and choirs from 6:00-7:00pm). We look forward to seeing many of you. Special Olympics will be held next week. We have three students competing and three students going as student coaches. It should be a great day! On May 23rd we will welcome all of our new kindergarten students for next year at our annual Kindergarten Learning Fair.

We hope that all of you will be able to come and get an ice cream cone at our annual Dairy Queen Fundraiser, Wednesday, May 15th. The staff will be serving from 5-8pm. We hope that you can get dessert and help fundraise for our students who cannot afford to go on the Quebec Trip. It is always a great night.

As always, we will work hard to ensure that the last two months of school are great and that good memories are made.

Leslie Newman and Chad Reay

SCHOOL COUNCIL CORNER

*Our regular School Council Meeting will be held on Tuesday, May 7th from 6:30 to 7:45 p.m. (in the school library). If you require childcare, please contact Mme Newman at leslie.newman@ugdsb.on.ca by Friday, May 3rd.

*If you would like to be on the School Council emailing list, please write to johnmccraeschoolcouncil@gmail.com

*Mark your calendars! This year's **FAMILY FUN NIGHT** will be held on JUNE 6th! Planning is already underway, but we are still looking for parent volunteers, especially for someone to take on planning the silent auction. If you are interested in helping, please contact Brenda MacDonald (brendacmacd@gmail.com)

MOVING IN? MOVING OUT?

IT IS VERY IMPORTANT that if you are planning a move to another school this summer, or know of someone moving into our school area for the 2019-2020 school year, that you notify the office as soon as possible.

Attention current JK families: If you are planning on moving out of area or moving out of FI, please contact the school ASAP as your student's spot could be offered to a child on our current JK waitlist up until August 31, 2019.

VOLUNTEER APPRECIATION BREAKFAST

"We couldn't do it without you!" To say thank you, please join us for breakfast on Thursday, May 2 – 7:45-8:30 a.m. as we celebrate you, our parents, grandparents, community members, for all the ways you help us at JMC through your volunteering.

MORNING SUPERVISION – STUDENT DROP-OFF

Please be reminded that supervision at school does not begin until 8:20 a.m. Students should not be dropped off until after that time (unless they have a specific teacher supervised activity they are attending). If you must drop off your student, please do so after 8:20 a.m. Likewise, all students should leave the school grounds promptly after school end, 3:05 p.m., unless supervised by a parent. Thank you for your cooperation in keeping our students safe.

KINDERGARTEN LEARNING FAIR

As we head into spring at John McCrae, we are already awaiting the arrival of our new junior kindergarten students. To help them and their families get to know us better, and learn about what it is like to go to kindergarten, we will be hosting a Kindergarten Learning Fair. At this evening event, you and your children will have an opportunity to meet our staff, talk to community members who support our students, and have a tour of the school and classrooms. This year our Kindergarten Learning Fair will be held on Thursday, May 23rd and parents and their children can join us anytime during from 5:30-6:30 pm. You will be at the school for approximately half an hour. Be sure and mark the date!

CLASS PLACEMENT REQUESTS

As in past years, **we will not be taking any class placement requests for September 2019**. If your child has some exceptional circumstances that require consideration, please email Mme Newman directly at 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.

JUMP ROPE / HOOPS FOR HEART

Jump Rope for Heart (Kindergarten - Grade 6) and Hoops for Heart (Grade 7 - 8) will be taking place on Friday, May 10th. These events promote fitness and fun, and are also a fundraiser for the Heart & Stroke Foundation. Please help us meet our goal of raising \$12 000! Not only will the funds raised help with Heart & Stroke research, 10% of the money we raise will be given back to John McCrae for use within the school. If possible, we prefer that students collect donations online. If you have not already done so, please consider registering online at: http://support.heartandstroke.ca/site/PageServer?pagename=jump18_home If you are collecting cash or cheques, please return the funds with the collection envelope on May 10th. Please ensure your child's name and their teacher's name is written on the envelope. Thanks for helping our school support this worthwhile cause! Feel free to come and help turn ropes or try some jumping yourself!

Here's the schedule for Friday, May 10th:

8:50-10:10	-Grades 1-3
11:30-12:35	-Grades 4-6
1:25-3:05	-Grade 7-8 (Hoops)
1:35-2:25	-Kindergarten

YEARBOOKS

Order your 2018-2019 YEARBOOK NOW at www.schoolcashionline.com. Orders are due by Friday, May 17th. No late orders will be accepted and no extra yearbooks will be ordered.

EMERGENCY DRILLS

Here is some information regarding emergency drills that are conducted during the school year.

The safety and well-being of our students is our highest priority. Although we hope that an incident that requires response from emergency personnel will never occur in our school, we must be prepared to respond quickly and effectively in case it does.

Each year our school must conduct drills to ensure staff and students are prepared in the event of a real emergency. While our school has been conducting fire drills, lockdown drills and tornado drills for the last several years, beginning this school year, we are also required to conduct a bomb threat drill. Each year, we are required to conduct the following drills:

- Three (3) fire drills in the fall and three (3) fire drills in the spring-we have two to do in May.
- Two (2) lockdown drills-we have done our two for the year
- One (1) tornado drill-we will do this in May
- One (1) bomb threat drill-we will do this in May

For each of these drills, there is an education component to explain why they are necessary. All drills are conducted in a manner that is sensitive to the needs of our students. If you have any questions, please do not hesitate to contact the school office.

CHESS CLUB & SKILLS CANADA

On Thursday, April 11th, the John McCrae chess team went to the board-wide tournament in Aberfoyle. The kids were fantastic ambassadors for our school and did a great job. Well done!

Intermediate Team: Maki B., Stella C., Brendan A., Drew M., Kona K. and Liam T.

Junior Team:

On Thursday, April 4th the University of Guelph hosted the 2019 Skills Canada competition for our board. Representing McCrae were: Roman H-M., Asher B., Marissa W., Nikhita S., Sasha A., and Carl R.

Intermediate Design and Build: Ryan D., Kona K., Noah W., Thalia B.

Intermediate Green Energy: Maddy M., Izzy U., Shelby C., Naomi M.

Intermediate Construction: Mason B., Mara S., Isaac M., Connor P.

Intermediate Robotics: Emma M., Bradley M., Daniel K., Faith C.

Intermediate LEGO Mechanics: Kian O., Aidan R., Isaac T. and Elijah W.

Junior LEGO Mechanics: Amelia J., Kaitlyn P., Jake N., Matthew K.

EXTENDED ABSENSES

Please remember that if you are taking an extended vacation that will mean an absence of 15 or more consecutive days, you must contact the school office to ensure the proper paperwork is completed. Thank you for your cooperation.

GRADE 8 GRADUATION

Mark your calendars...Grade 8 graduation is scheduled for Wednesday, June 26th at 6:30 p.m. If you are interested in being a part of the Grad Committee, please join us for our first planning meeting on Monday, April 29th at 4:00 p.m. in the school office, or email Mme. Newman at the school, leslie.newman@ugdsb.on.ca We need lots of parents to make sure that it is a great evening for your children!

SUMMER CLOTHING AT SCHOOL

Hopefully we have seen the last of snow and ice for many months! As the temperature rises, we ask you to remember that students must dress appropriately for school.

- We would hope that students understand that they should dress in a manner appropriate for the learning/working environment.
- Appropriate dress is free from symbols of hate, gang membership, violence, rebellion, death, abuse, cigarettes, drugs, alcohol, racism or discrimination, obscenities, put downs, political or sexual messages, or anything detracting from a positive learning environment.
- School is a public institution where expectations may differ from personal choices. We would ask that students not wear muscle shirts, spaghetti straps, low-scooped necklines, bare midriffs or backs. Shorts and shirts should be a reasonable length. Undergarments should not be visible.
- Jewelry or apparel (such as large chains, spiked bracelets) that present a safety hazard or distraction should be avoided.
- Baseball caps (or any hats) need to be removed upon entering the school.
- Fashion trends change over time. Any decision regarding clothing will be considered by school staff.

We will be reviewing the dress code policy this spring. If you are interested in being a part of the committee, please email Mme Newman at the school (leslie.newman@ugdsb.on.ca).

SPECIAL OLYMPICS

600 students from the Upper Grand District School Board and Wellington Catholic District School Board will be joining together to celebrate sport at the Special Olympics, Monday, May 13, 2019. The rain date is May 15. The event will be held at St. James Sports Fields, and includes track and field events as well as adaptive events. Athletes flock to the sports fields for the opening ceremonies at 10:00, and compete in 3 events each throughout the day. Family and friends are welcome to join in the fun and cheer on the athletes. Good luck to our three athletes and to their student helpers. We will be cheering you on!

TALKING ABOUT MENTAL HEALTH - Child and Youth Mental Health and Well-being Week! May 6-10

Child and Youth Mental Health and Well-being Week is about promoting mental wellness, increasing awareness of child and youth mental health, decreasing stigma and understanding that support is available. Let's improve everyone's mental health and well-being! The theme for Child and Youth Mental Health and Well-being at UGDSB is: Have a **SUPER** Week!

Social Connections

Understanding Emotions

Personal Health

Empathy

Resilience

Each day of the week will focus on a different aspect of Mental Health and Well Being. The schools will be provided with resources and activities related to each day's theme. As a parent, you can increase the Mental Health and Well-being of your children, youth and family too! Here are some suggestions:

Monday May 6-Social Connection - ``Don't be shy. Just say hi!``

Say Hi to 3 people that you do not know. Perform a random act of kindness.

Tuesday May 7- Understanding Emotions – “Sad, glad, happy, mad – just be you”

Right now, stop and reflect on how you are feeling. Take a couple of moments as a family to do some deep breathing.

<http://youth.anxietybc.com/how-do-it> Now, how are you feeling?

On Wednesday, wear GREEN to support Mental Health Awareness.

Wednesday May 8 – Personal Health - “Healthy Self. Heal-thy self”. Wear green today to support Mental Health Awareness.

Did you know that how our bodies feel affects how good we are feeling? Three of the best things you can do to improve your mood is to exercise, sleep well and eat well. Go for a walk or play a game, get outside, turn off the devices an hour before bed and eat fresh food! The more you do to help your body feel good, the better you will feel!

Thursday May 9 – Empathy - “Be somebody who makes everybody feel like a somebody”.

When in doubt – be kind. Try seeing something from another person's perspective today.

Friday May 10 – Resilience - “If Plan A doesn't work, the alphabet has 25 more letters!”.

Mental Health and Well-being means coping with the ups and downs of day to day life. Building more resilient thoughts and skills can really help. Children and youth can also find support by seeking help from caring adults. Take time now to talk with child or youth about who those caring adults are in their lives.

For more information about Mental Health and Well-being and interactive activities with your children and youth:

CMHA Get Loud! A comprehensive resource and tool kits. <https://mentalhealthweek.ca/>

Mind your Mind (online) www.mindyourmind.ca/Interactives

Fun, interactive options for de-stressing for youth.

Smiling Mind (Free App) smilingmind.com.au/

An app that guides you through simple, calming meditations.

GoNoodle (Free App) <https://www.gonoodle.com/>

Fun interactive body and mind breaks for kids.

At the end of the week, talk with your child/youth about the things that made them feel more connected, emotionally aware, healthy, empowered and resilient and continue to do those things every day! Most of all... have a SUPER week!

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