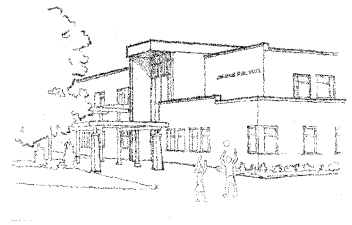


# École John McCrae School

## NEWSLETTER – MARCH 2020

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Principal: Leslie Newman

Vice Principal: Lynn Michelle Fortier

Office Co-ordinator: Kathy Lambkin

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### PRINCIPAL'S MESSAGE

I am always happy when March arrives. I can start to believe that spring is on its way. This has been a strange winter with the snow falling and disappearing again and again. I have noticed that many of our students have had a difficult time knowing how to dress. I also know that on warm days many of our young people go home without their coats or go looking for them outside at the end of the day. They are in the lost and found! If you have a chance to stop by and look for something that may have been misplaced we would appreciate it.

Thank you to everyone for your support of our Stream of Dreams initiative. Our students learned how important the water system is to us and how lucky we are to be so close to a river. They painted the most beautiful and interesting fish for our fence. We will put them up in the spring and we hope that you will ask your children questions about why they are there and allow them to share what they have learned.

Please think of joining us on Tuesday April 14<sup>th</sup> when we have Dr. Lynn Woodford, the board's chief psychologist, presenting at the school on the topic of children's mental health. Dr. Woodford has a wealth of knowledge and experience and this will be a very worthwhile evening. Her presentation will begin at 7pm and is scheduled to finish at 8pm.

Spring Break is just three weeks away. Whether you are going away or staying close to home, we hope you keep safe and that you and your family take time to enjoy yourself. For myself, I will be using the break to get used to the two puppies that will arrive at our house on March 6!

Sincerely,  
*Leslie Newman, Principal*

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### LOST AND FOUND

Our lost and found bins are overflowing again. Items will be organized and 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 Wednesday, March 11<sup>th</sup> will be donated.

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### SCHOOL COUNCIL CORNER

\*School Council Meetings are usually held on the second Tuesday of each month in the school library. The next meeting will take place on **Tuesday, March 10<sup>th</sup> from 6:30-7:45pm**. Please join us! If you would like to be on the School Council mailing list, please write to [johnmccraeschoolcouncil@gmail.com](mailto:johnmccraeschoolcouncil@gmail.com) If you require childcare, please contact [leslie.newman@ugdsb.on.ca](mailto:leslie.newman@ugdsb.on.ca)

\*Family Fun Night – Mark your calendar. Thursday, June 4<sup>th</sup> for this year's event. Lots of help needed! More details to follow.

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### MOVING IN? MOVING OUT?

If you are planning a move to another school before next September, or know of someone moving into our school area for the 2020-2021 school year, please notify the office right away. This greatly assists us in our enrolment projects for the coming school year. Please note: if your student is currently in JK and your family is moving between now and August 31<sup>st</sup>, please contact the school right away. (Your move might create a spot for a JK student on our French Immersion waitlist.)

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### MARCH BREAK

Please remember that spring break for our students is from Monday, March 16<sup>th</sup> to Friday, March 20<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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## DAYLIGHT SAVINGS TIME

Please remember that we turn our clocks forward one hour on Sunday, March 8<sup>th</sup>.

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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 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 2020**. 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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## “SCREENAGERS” – LET’S TALK (NOT TEXT) ABOUT SCREEN TIME

Are screens the new smoking? Parents and students are invited to learn more about the many impacts of screens on our lives and how we might foster a healthier relationship with them. Come and join us Thursday, April 23 from 6:00 to 9:00 pm at the John F. Ross CVI - E.L. Fox Auditorium, 21 Meyer Drive, Guelph. Admission is free, but tickets do need to be secured in advance by visiting <https://screenagersbyugdsb.eventcombo.com>.

This free event will present two documentary films (SCREENAGERS: Growing Up in the Digital Age; and Screenagers and NEXT CHAPTER: Uncovering Skills for Stress Resilience) followed by a discussion moderated by Sylvie Smith, an addictions counselor at Homewood Health Centre.

### ABOUT THE SCREENAGERS FILMS:

Physician and filmmaker Delaney Ruston was compelled to make a movie when she found herself constantly struggling with her two kids about screen time. Ruston felt guilty and confused, not sure what limits were best, especially around mobile phones, social media, gaming, and how to monitor online homework. Hearing repeatedly how other parents were equally overwhelmed, she realized this is one of the biggest, unexplored parenting issues of our time.

SCREENAGERS: Growing up in the Digital Age (2016) was the first feature documentary to explore the impact of screen technology on kids and offer parents and families proven solutions to help youth and their families find their way in a world with instant access to screen time. In Next Chapter: Uncovering Skills for Stress Resilience (2019, 69 minutes), the filmmaker finds herself at a loss on how to help her own teens as they struggle with their emotional well-being. She sets out to understand these challenges in the context of our current screen-filled society. In particular she explores the issue of how as parents and educators we can empower teens to overcome challenges and build emotional agility, communication savvy, and stress resilience.

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## ENVIRONMENTAL NEWS – EARTH HOUR IS MARCH 28

Join the global movement! Celebrate Earth Hour on March 28 at 8:30pm. Earth Hour’s mission is uniting people to protect the planet by raising awareness of about climate change and encouraging positive action.

Earth Hour was famously started as a lights-off event in Sydney, Australia in 2007. Since then it has grown to engage more than 172 countries and territories worldwide. 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.

Click [here](#) to see a short video clip of Earth Hour’s story around the world; click [here](#) for the Earth Hour 2020 official video.

Earth Hour belongs to you. Celebrate your commitment to the planet with your friends, family, community, or at work - in your own way. A simple event can be just turning off all non-essential lights on March 25<sup>th</sup> from 8:30-9:30 pm. 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*

The possibilities are endless!