

# Le Nid d'Aigle The Eagle's Nest



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January 2016

2016

HAPPY NEW YEAR

## Principal's Message **HAPPY NEW YEAR!!!**

I hope that everyone had a relaxing and fun-filled holiday with your loved ones. January is a great time to look forward and reflect upon our accomplishments and set goals.

Although we've had a fairly mild start to our winter, I would like to remind our families that students are expected to be outside during recess. As winter temperatures drop, coming to school in appropriate clothing is very important. We monitor the weather carefully. If it is extremely cold outside, recess times will be shortened or students will remain inside.

If you ever have any questions or concerns, please feel free to contact your child's teachers or administration.

Looking ahead, January will again be a busy month at Edward Johnson. In addition to the regular academic program, here are some of the extra events planned:

- Monday, January 11, 2016 –**School Council Meeting** 6:30 – 7:30pm in the Library
- Tuesday, January 12, 2016—**River Run Centre** (Lachmansingh – AM; Caswell - PM)
- Wednesday, January 13, 2016—**VIP Program** Grade 6 (afternoon)
- Friday, January 15, 2016—**Guelph Police Safety Awareness Visit** with grades 2 – 5 (morning)
- Wednesday, January 20, 2016—**Little Jammers** program begins
- Wednesday, January 20, 2016 – **Scientists in School** (Young- PM)
- Thursday, January 21, 2016— **River Run Centre** (Campbell, Owen, Anselmini-Lofton, Roberts, Eddington - PM)
- Thursday, January 21, 2016—**Movie Night at Edward Johnson P.S.** 6:00 – 8:00pm
- Friday, January 22, 2016—**PA Day** (no school for students)

Have a Fantastic 2016!  
Katherine Wainman

## Holiday Celebrations

Many thanks to all who came out for our holiday celebration during the last week of school. A great time was had by all. It was lovely to see parents, grand-parents and siblings participating in classroom activities. The Holiday Basket sales were very brisk and although at this point I don't know the exact figure, I gather it was very successful in raising funds for the school. Thanks to all the parents who contributed to the baskets and as well, many thanks for the generous donations to the Food Bank. We raised at least three thousand pounds of food.

## Buses

Please be advised of the UGDSB Transportation Policy:

It is the responsibility of parents to determine whether or not it is safe for their children to leave for school in inclement or severe weather.

- a) When a bus does not travel a route in the morning due to fog, ice or snow conditions, it will not travel that route in the afternoon.
- b) If parents elect to drive their children to school, they are responsible for their childrens' pick-up at dismissal time.

**A reminder that if the buses are cancelled in the morning, they do not run in the afternoon. If you decide to drive your child to school in the morning, please be sure to pick them up at the end of the day as well.**

## Inclement Weather

A reminder to listen to your local radio station in the event of inclement weather conditions. The following stations will broadcast school closures: CJOY 1460AM, CIMJ 106.1 FM, CKKW 1090 FM, CFCA 105.3 FM and CHYM 570 AM

## Aizan Messaging System

A reminder that École Edward Johnson uses a messaging system for school-wide notifications. This system will be used when information needs to be communicated with our school population in a timely manner (bus cancellations, school closures, emergencies, etc.). When used, this system will place one call per household to communicate information. The system is currently registered to call the home number (if you do not have one, it is set up to call the provided cell number). If you do not answer, it will leave a voice message with the caller ID being the school number (519-763-7374). Please call Mrs. Buitendyk or Mrs. Wainman should you have any questions. (Note: In the event of power failure, we will not be able to access the system.)



## Safe Arrival

Please remember to contact the school before 8:30 am if your child is going to be late or absent. For your convenience, we have an answering machine which allows you to leave messages at any time during the night, over the weekend and early in the morning. The number is **519-763-7374**.

## Kindergarten Registration



There are a few options for Kindergarten registration this year.

1. Evening registration will be available between 4:30 – 6:30pm at the following locations (Open for any family in the Board):
  - Harris Mill (Rockwood) – January 18, 2016
  - Parkinson Centennial (Orangeville) – January 21, 2016
  - Arthur PS (Arthur) – January 25, 2016
  - Westwood AND William Winegard (Guelph) – January 28, 2016
2. Registration at Edward Johnson will be held on: **FEBRUARY 1 - 5, 2016** between the hours of **10am and 2pm**.

Eligible students for the Junior Kindergarten program must be four years of age on or before December 31, 2016 and students must be five years of age on or before December 31, 2015 to register for Senior Kindergarten.

Parents are required to complete the “**STUDENT ADMISSION FORM**” (Version 15) which is found on our website in PDF version - [www.ugdsb.on.ca/admission](http://www.ugdsb.on.ca/admission) and provide the following:

- **Proof of Birth Date** - i.e. Birth Certificate/Canadian Citizenship, Permanent Resident Card (photocopy both sides for school record). *Other accepted proof is listed on Page 2 of the Admissions Form. Reminder that copies are to be kept in the OSR until five years after the last day of attendance.*

Parents should be encouraged to apply for birth certificates as soon as possible as there may be a delay. <http://www.cbs.gov.on.ca/mcbs/english/4U4V5Z.htm> **Parents must provide proof of birth date before a child can legally attend school.**

The following website allows parents to complete their Birth Certificate Application on-line or print off a blank application -

- **Proof of Date of Entry, if born outside Canada:** school official and parent must complete the “Confirmation of Pupil Eligibility for English as a Second Language” form

- stamp in passport
- Citizenship & Immigration Canada documentation
- statement notarized by a Notary Public

- **Proof of and full address** - i.e. driver’s license, purchase/rental agreement, bank statement, hydro bill. **All addresses must be confirmed they are within your school’s 2015-16 boundary.** Once boundary reviews have been completed, new maps will be available on the Board’s website. Please contact the Planning Dept. for any clarification needed.

- **Immunization Record** to be completed by the parent and forwarded to the Wellington-Dufferin-Guelph Public Health Unit. *Do not keep a copy in the O.S.R.* Blank forms are available on our website - “Kindergarten Registration.”

- **Custody Order documentation** (*if applicable*) should be provided and viewed by the Principal/Designate. The memo Joint Custody - Student Registration dated January 2005 is still in effect.

## Student Information

A reminder to please inform the school of any change in address, phone numbers and additional contact information when this changes. Your attention to this will help us keep accurate records and ensure that we are always capable of contacting families when needed. Also, thank you to all parents for calling the school to inform us of your child's absence from school. We appreciate it! For your convenience, our answering machine is accessible 24 hours a day for attendance reporting 519-763-7374.

## Talking About Mental Health January 2016- 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

## 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!*

### Noisy Toys

Parents may think that noise is a problem they need not worry about until their child reaches the teenage years. Not so. Some toys are so loud that they can cause hearing damage in children. Some toy sirens and squeaky rubber toys can emit sounds of 90 dB, as loud as a lawn mower. Workers would have to wear ear protection for similarly noisy sounds on the job.

The danger with noisy toys is greater than the 90-dB level implies. When held directly to the ear, as children often do, a noisy toy actually exposes the ear to as much as 120 dB of sound, the equivalent of a jet plane taking off. Noise at this level is painful and can result in permanent hearing loss.

Toys that pose a noise danger include cap guns, talking dolls, vehicles with horns and sirens, walkie-talkies, musical instruments, and toys with cranks. Parents who have normal hearing need to inspect toys for noise danger.

Before purchasing a new toy, listen to it. If the toy sounds loud, don't buy it.

Examine toys you already have at home. Remove the batteries or discard the toys if they are too noisy and pose a potential danger to hearing. Some parents place heavy duct tape over the speakers on noisy toys.

The Sight and Hearing Association publishes a list of the noisiest toys each November for your information.

## 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, raindate 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 twonie.

Here is our Special Olympics Timeline

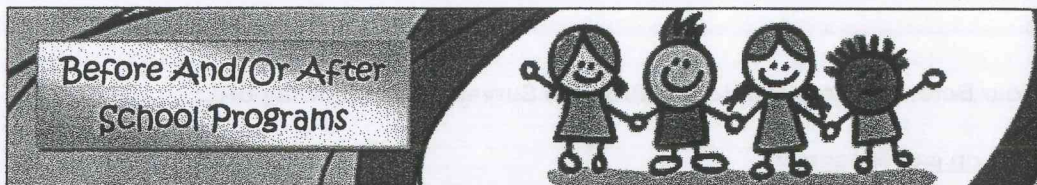
JANUARY: Adopt an athlete and paint the town RED packages will be sent to each school.

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 track meet athletes and their peer coaches are invited)

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

MAY 26 to 28: Provincial Spring games in Guelph



**IMPORTANT INFORMATION ABOUT POSSIBLE  
BEFORE AND/OR AFTER SCHOOL PROGRAMS AT YOUR SCHOOL**

**Dear Parents/Guardians of children enrolled in JK/SK to Grade 6 in September 2016:**

As you are aware, all schools in our Board offer Full Day Kindergarten. The full day/every day program is a Junior (JK) and Senior (SK) Kindergarten program where children attend school every day, Monday through Friday.

The Upper Grand District School Board is currently seeking proposals from licensed Third Party Child Care Operators to provide Before and/or After School programs, beginning September 2016 (where one does not currently exist), provided there are viable numbers.

The following information will help you decide if you are interested in having your child(ren) attend the Before and/or After School programs if offered at your school.

**At this time, it is important that families keep their current child care arrangements. We cannot guarantee that the programs will be offered at your school. It will be dependent on enough parent interest for viability based on the Board survey results.**

**UPPER GRAND DISTRICT SCHOOL BOARD BEFORE AND/OR AFTER SCHOOL PROGRAMS – 2016/17 SCHOOL YEAR**

1. Since the Board is currently receiving proposals from Third Party Child Care Operators, we do not have a fixed fee at this time. The possible range of program fees for the 2016/17 school year will be as follows:  
**Before School:** Approximately \$7.00 - \$10.00  
**After School:** Approximately \$11.00 - \$17.00  
**Before and After School:** Approximately \$18.00 - \$27.00  
(Proposed fees are subject to change. Fee subsidies may be available through your municipality.)

2. Families may choose to have their child(ren) attend before and/or after school if it is offered at the school.

3. Licensed care for kindergarten children will only be offered if there is a minimum of 20 JK/SK children as determined by the Board survey results for the school.

4. In schools where licensed care is offered to JK/SK children, the Third Party Child Care Operators may choose to also offer care for children ages 6-12 years.

5. The proposed programs would be offered on instructional days. If there is enough interest, the programs may also be offered on non-instructional days (e.g., PA Days, and school breaks).

6. Expected hours of operation for Before and/or After School programs for the 2016/2017 school year would be as follows:

Before School: No earlier than 7:00 a.m. to entry bell

After School: Dismissal bell to no later than 6:00 p.m.

7. At each school offering programming, there would be at least one Registered Early Childhood Educator, or an individual approved by the Ministry of Education under the Child Care and Early Years Act. Additional staff would depend on the ages and number of children attending the programs. This is determined by the Third Party Child Care Operator.
8. Snacks will be provided for children attending the after school portion of the programming offered at the school.
9. Transportation will not be provided for the Before and/or After School programs.

Sincerely,

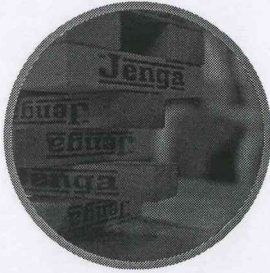
Linda Benallick,  
Early Years Lead for UGDSB

# INQUIRY

## HOW TO SUPPORT INQUIRY AT HOME

Now-a-days "knowing stuff" is no longer enough. Any resourceful student with an iPad could sit in front of the TV and Google all the questions to Alex Trebek's responses on Jeopardy, and get them correct. We are moving away from simply "knowing content," to being able to apply knowledge in interesting, creative, and critical ways. To accomplish this, students and teachers need to ask the right questions. Asking the right questions is what inquiry is all about.

Children are great at asking questions. They are naturally curious, and are constantly asking questions to make sense of their world.



Instead of just telling your child the answer, try one of these strategies. First, you can get them to look up the answer. This will help them develop the ability to solve their own problems. Or, you can ask them "What do you think?" This will give you insight into what they already know, and then you can ask them more questions to guide them to an answer.

An inquiry-based approach is seen throughout the Ontario Curriculum. Students learn best when they are formulating their own questions and working towards solutions through discussion with their peers.

### A closed-question:

These are questions with a specific answer. Here are two examples:

Why do some stars twinkle?

What colours mix to make purple?

Closed-questions are great questions for your child to look-up in a book, or google.

### An open-question:

These are questions that could be answered in many ways. Here is an example:

How can we best support the Syrian refugees?

Open-questions are great questions for you to explore with your child. Discuss with them what they already know, and help them form their own answer.

## TIPS FOR INQUIRY AT HOME



- Resist providing the answer
- Resist giving a procedure (math)
- Ask questions to clarify their thinking
- Ask your child to explain the reasons behind their answer

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