



L' École Edward Johnson School  
*Learning for Life Apprendre pour la vie*  
397 Stevenson Street North Guelph, Ontario N1E 5C1  
Telephone: 519 - 763-7374 Fax: 519 - 763-6344  
Katherine Wainman: Principal  
Jylian Buitendyk: Office Coordinator



April 2018



### Important Dates:

- Food for Life Program and Scientists in the Classroom in various classes throughout the month of April (please see on-line calendar)
- Tues., April 3, Guelph Police (Foot and Bus Patrol Recruitment in Library)
- Wed., April 4 from 1:30 - 2:00 Character Ed. Assembly (Responsibility) Stolfi and Forbes classes in gymnasium
- Fri., April 6 Skills Canada Competition at Centennial CVI
- Fri., April 6 Kindergarten Field Trip (Rathbone's class) to Mountsberg
- Mon., April 9 Jump Rope for Heart Assembly in Gym 9:00 am
- Mon., April 9 School Council Meeting in Library at 6:30pm
- Tues., April 10 Spring and Sibling Photo Day
- Wed., April 11 International Pink Day (11:15 assembly Kill It With Kindness. We get our Friendship Bench!!)
- Thurs., April 12 River Run Centre for Grades 5 and 6
- Fri., April 13, Fundraising Forms due for Grade 6 Students
- Tues., April 17 River Run Centre for Grade 1's
- Wed., April 18 Open House for Mme Crawford's class (see details from teacher)
- Sun., April 22 Milk and Pizza Orders due on-line
- Tues., April 24 Teamwork Assembly (1:30 - 2:30)
- Tues., April 24 Camp Ki-Wa-Y Parent Information Night in Library (6:00 - 7:00 pm)
- Thurs., April 26 BACKWARDS Day!! (School Spirit Day)
- Thurs., April 26 Sharks Swim Program Grade 3's
- Thurs., April 26 Grades 3 and 4 to River Run Centre
- Thurs., April 26 Parent Involvement Committee Event evening(CWDHS)
- Fri., April 27 PD Day (no school for students)



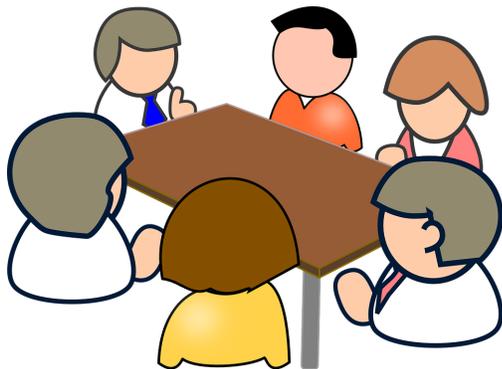
## Principal's Message:

As you can see from our calendar, April is going to be a busy month. We have a number of assemblies organized and teachers are planning their year-end trips. It is important to check these dates and mark them in your calendar!

As you know April weather can be very unpredictable. Students are outside at both nutrition breaks and very rarely stay indoors because of inclement weather. Please be sure that your child has appropriate outdoor clothing for school every day to accommodate these weather changes. We strongly encourage splash pants at this time of year so students can be comfortable in their classrooms with clean, dry clothes after recesses.



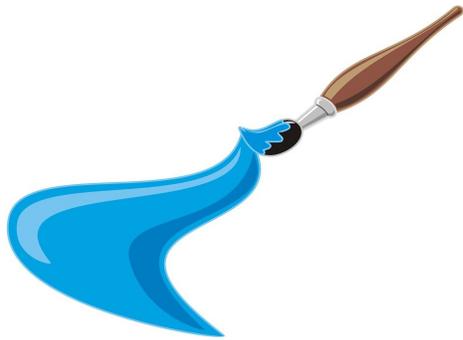
For safety and school cleanliness, please ensure that your child has clean indoor shoes. Running shoes with non-marking soles are required for gym. Flip flops or Croc-style shoes are not safe for gym classes.



## Edward Johnson School Council News April 2018

**School Council Meeting:** Our April School Council meeting is on Monday April 9<sup>th</sup> from 6:30-7:30 in the Edward Johnson library. We will be making decisions on allocating funds towards projects from our five-year plan. All are welcome to attend and hope to see you there.

**Spring Thaw Art Show:** We will be holding the Spring Thaw Art Show this year on May 2 2018 from 6:30-7:30. Come out for a fun event where we transform the school into a gallery of our students' artwork. This year we will be featuring a Maker Space, where your children can attend and create with various materials we will offer in our "Maker Centres". Look forward to seeing everyone at the show!



### **Upcoming School Council Dates:**

1. April 9 2018 School Council Meeting 6:30-7:30 EJ Library
2. April 20 2018 School Council Community Event( More information to come)
3. May 2 2018 6:30-7:30 Spring Thaw Art Show
4. May 7 2018 School Council Meeting 6:30-8 (Decision on 2018/19 School Fundraisers)
5. June 7 2018 5:00-7:00 Family Fun Night and BBQ

**If you would like to know more about School Council or how to get involved in the School, please email [ejschoolcouncil@gmail.com](mailto:ejschoolcouncil@gmail.com) or join us on The Official School and School Council page on Facebook at "Edward Johnson School Council".**

## **Emergency Drills**

Fire drills, severe weather or tornado drills, lockdown/hold and secure drills and school evacuations are all important components of our school emergency procedures. These events are practiced periodically to reinforce our safety measures.

If you have any questions or concerns about our emergency procedures please contact Mme Wainman.

## **Class Placements for 2018**

During the months of May and early June, we start to create our classes for the following school year. A great deal of thought and discussion goes into these placements. When creating our class lists we want to have balanced classes with learning needs, emotional needs, girls and boys and we want students to have at least one friend with them in their class. I

If you have a consideration, please put it in writing and send it by email (if possible) to Mme Wainman by the end of April. I will look at considerations, but they will be just one factor that will be considered. The final decision will be made by the Principal and will be based on a variety of factors.

## **Moving?**

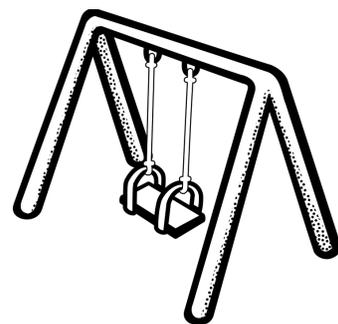
If you know that you will be moving out of our school area before the end of June, or during the summer months, please call us at 519-763-7374.. This information helps us with our school organization and classroom planning for September, 2018. Thank you!

## **Yearbooks!!!**

The Yearbook Club, along with Mme Motto and dedicated parent volunteers, are working hard to put together a yearbook full of colourful memories from your child's year at Edward Johnson. The quality of this year's yearbook promises to be fantastic. More details to come in the near future.

## **Playground Equipment**

Our students are anxiously waiting for our playground structures to re-open. Board policy determines that the equipment is off limits from November 1 to March 31, and at other times as determined by the school administration. This includes periods of freezing temperatures, when there is



freezing rain, if the ground cover is frozen, or if there is a buildup of snow and ice. It looks like we are good to go on Monday, April 3!!

This is a good time to remind everyone of the rules that help make these structures fun and safe places to play. Our playground is designed for users aged 12 and under and we do not provide supervision, maintenance and inspections outside of school hours. Skipping ropes, ropes, scarves or loose drawstrings on children's clothing and bicycle helmets are not allowed on play structures. In the event of an injury, students and staff are reminded that the injured person should not be moved, and a supervisor must be notified immediately.

We know how much the children enjoy our play structures and are looking forward to the spring weather so they can use them again. Safety on the playground is a top priority, and once the play structures open again we will be reminding our students of playground rules.



## **Vision Health**

If you suspect that your child is struggling with vision issues, there are several things that you can do. First, book an eye exam with an optometrist. Basic OHIP coverage for eye exams, is available free of charge, for children from birth to age 19. Speak with your child's teacher regarding your concerns and encourage your child to clearly express to the teacher the difficulties they are having (Are they having trouble seeing things on the board? Are they having trouble copying information? Are they having trouble seeing the information in novels/textbooks/notebooks etc.?) There are a number of accommodations that can be made to quickly address potential problems, including seating closer to the board or larger print on computers or photocopies. You can also discuss with

the classroom teacher or SERT the possibility of making a referral to one of the Vision Itinerant Teachers who provide support to your school.

## **Healthy Aquatic Recreation for Kids (SHARK)**

The YMCA-YWCA of Guelph SHARKs swim program is an innovative and exciting swim program provided to all Grade 3 and 5 students in the city of Guelph. SHARKs has grown from the humble beginnings of 6 schools and 250 Grade 3 students in 2004, to over 2300 Grade 3 and 5 students at all schools in Guelph. It is the only program of its kind, including all Public, Private and Catholic Elementary schools.

The SHARKs program teaches the Lifesaving Society's "Swim to Survive" curriculum of surviving a sudden and unexpected fall into deep water. With SHARKs training, the students of Guelph learn how to:

- recover from a fall into the water
- tread water until rescuers arrive
- swim to safety

The YMCA – YWCA of Guelph has partnered with the City of Guelph and the University of Guelph to bring this program to 100% of Grade 3 and 5 students in Guelph, FREE OF COST! The goal of the YMCA-YWCA of Guelph and the City of Guelph is, by 2019, to have 100 percent of students graduate from Grade 8, being able to achieve the Swim to Survive Standard. SHARKs is an important and vital step to reaching this goal, and the YMCA-YWCA of Guelph looks forward to ensuring the aquatic safety of the students in Guelph both now, and in the future.

# Talking About Mental Health – April 2018 Spring Clean Your Mental Health!

It's Spring! Flowers blooming, birds chirping, sun shining. There is nothing quite like it. Often we Spring Clean our homes – tuck winter away, clean out the cobwebs and get ready for summer. Spring is a time of renewal. Why not use this momentum for a mental health renewal?

## ***Let the sun shine in ...***

Try and 'spring clean' your emotional and mental spaces this month. Get rid of emotional debris that is no longer serving you. Here are some ideas to help get you started on your mental health Spring Clean. Focus on things that make you happy and give you a clear, fresh state of mind

**Start a Journal** Writing can help articulate your thoughts, clear your emotional space and help put things into perspective. Try having a family journal time where once a week everyone journals/records their thoughts and feelings. This can help clear your mind of clutter and also get things out of your mind and onto paper. Don't worry about punctuation or spelling – it's just for you.

**Be Aware of Your Thoughts** Sometimes we don't even notice the negative things we say to ourselves. Try to notice your thoughts and reframe thoughts into kindness. Instead of "We never have time to sit down as a family for dinner" try "When we sit down as a family for dinner it is such a treat". We are careful of how we speak to others but often not so careful about how we speak to ourselves. Practice your own self compassion this month.

**Enhance Your Physical Health** Physical wellness is a big part of maintaining mental well-being. Exercise, sleep and eating well all contribute to positive well-being. Try replacing soda or coffee with herbal tea. Try going for a nature walk or scavenger hunt with the family. Yoga, Pilates and mediation can also enhance both your emotional and physical well-being.

Remember, each day is fresh start – just like Spring. Have a great April!

Jenny Marino, Mental Health and Addictions Lead  
Upper Grand District School Board



## **Celebrate Earth Day on April 22nd!**

Founded in 1990, Earth Day Canada inspires people of all ages across the country to connect with nature and build resilient communities as well as foster an intrinsically motivated, enduring commitment to stewardship and conservation. <https://earthday.ca/about/>

## **Earth Day 2018 Theme: End Plastic Pollution**

From poisoning and injuring marine life to disrupting human hormones, from littering our beaches and landscapes to clogging our waste streams and landfills, the exponential growth of plastics is now threatening the survival of our planet. Earth Day 2018 is dedicated to providing the information and

inspiration needed to fundamentally change human attitude and behavior about plastics.  
<https://earthday.org>

# Ideas for your family to celebrate Earth Day:

- **Get involved with Earth Day 2018's Theme** <https://www.earthday.org/yourjourney2018/>

Download your Plastic Pollution Primer to learn more about this problem and act to help **End Plastic Pollution!**

- **Spend a day outside.** In the garden with your family, plant vegetables, trees or native flowers and attract native animals and pollinators. Or join a local community event to help clean your neighbourhood or restore local plant life.
- **Make commitments to cut down on your energy usage as well as waste.** Turn lights off, power down electrical devices, turn down your thermostat and only do full loads of laundry and dishes. Always bring cloth bags when shopping, refuse to buy over packaged products, and lug a mug instead of using non-recyclable coffee cups.
- **Learn more about the environment and the effects of global warming.** Encourage awareness and promote the Reduce, Reuse and Recycle way of life.

Remember that every day is Earth Day! Don't restrict yourself to just one day a year. Make environmental actions and caring about the planet a habit - on Earth Day and every day.