



L' École Edward Johnson School
Learning for Life Apprendre pour la vie
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Katherine Wainman: Principal
Jylian Buitendyk: Office Coordinator



January 2019



HAPPY NEW YEAR!!!!

I hope that everyone had a restful, relaxing and fun-filled holiday. Holidays are a great time to reconnect as a family, take a break from routine, and get rested up.

The beginning of the new year, is always a good time to reflect on the year past and set new goals for the future. Teachers will be reviewing goals with students and will be challenging them to achieve their personal best. I, too, like to take the time to think about what we can do differently, and hopefully better, as a school.

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.

Our **2nd Annual Spaghetti Supper** is coming up on very soon on Thursday, January 10, 2019. You may reserve for the 5:00pm or 6:00pm time. Don't be disappointed! Be sure to go onto School Cash On Line (<https://ugdsb.schoolcashonline.com>) before the end of the school day on Tuesday, January 8th, 2019 to book your family's spot!



School Council's Dance-a-thon Fundraiser will take place on Thursday, January 31st all day. This is always a student and teacher favourite. Students are encouraged to get dressed up in their party best! Please let Amanda Gudino (ejschoolcouncil@gmail.com) know if you are able to help out with this great fundraiser!



Looking ahead, January will again be a busy month at Edward Johnson. In addition to the regular academic program.

Katherine Wainman (Principal)

Here are some of the extra events planned:

Important Dates:

- Junior Kindergarten Registration (January 8 - 18, 2019)
- Wednesday, January 9, Guelph Police visiting with Grades 2 and 3 (The Safe Side Presentation)
- Thursday, January 10 Mme Croword/Szabo and Mme Rathbone/Finlay classes to visit John F. Ross
- Thursday, January 10, 2nd Annual Spaghetti supper in the evening
- School Council Meeting (Monday, January 14th from 6:30pm to 7:30pm in the library. All parents welcome!
- Tuesday, January 22, Academic Growth Mindset Challenge (second block 11:15am to 12:45pm)
- Thursday, January 24 Grades 5/6 River Run Centre 12:45 pm - 2:45pm
- Thursday, January 31, School Council Fundraiser Dance-a-thon all day for grades JK to 6 (more information to come)
- Thursday, January 31, Grades 3/4 River Run Centre 12:45 pm - 2:45 pm
- Friday, February 1, PA Day (no school for students)

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. Thanks to all the parents who contributed to the baskets and many thanks for the generous donations to the Food Bank. It looks like all the bins were filled so stay tuned for Mme Wainman and her entourage to lip sync to a song chosen by the students. More details to come in the future.



JK Registration



JK registration is almost here. Children born in 2015 are eligible to begin Junior Kindergarten in September 2019. If you are registering for French Immersion and want to be considered as “on time registration”, you must have your registration complete, including all documentation by 3:30 pm on January 18th, 2019.

Parents can register on-line this year at <https://www.ugdsb.on.ca/kindergarten> or click on the Kindergarten Registration button on our school website. You will still have to come to school to show us the proper documentation. **The registration is only complete after this step.** If you know of anyone in the neighbourhood with Junior Kindergarten aged children, please let them know.

Creative Playground News



Please remember that the creative playground structures have been closed for winter. We will be re-opening them on Monday, April 1, 2019 (weather permitting). This restriction includes before and after school.

Visitors to our School

In the interest of school safety, we ask that each visitor in our building to report to the office, sign in, and pick up a visitor's tag. If you are picking up your child(ren) during the day we will have them called to the office for you. Thank you for helping to make our school a safe place.

Parking Lot

We are asking that you refrain from parking in our school parking lot when the street patrollers are out helping other students cross in front of our school parking lot. Thank you for your cooperation with this.

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**.

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.

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 child(ren)'s 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.



JANUARY is the time to carry out your Eco Resolutions!

“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 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.
- Lug 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.

Talking About Mental Health January 2019 – 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 birdwatching. 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