



L' École Edward Johnson School
Learning for Life Apprendre pour la vie
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Katherine Wainman: Principal
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March 2019

Lots of exciting activities happening here at Ecole Edward Johnson. Please be sure to check the calendar on the website for important updates:

Important Dates:

- March 1, Gregg LeRock Concert Grades 1 - 5 (busing provided) 12:00pm to 2:00pm
- March 5, Afro-Tribal Dance (rescheduled)
- March 8, Junior Basketball Tournament (W.C. Winegard) Boys morning; Girls afternoon
- March 8, Pajama and Crazy Socks Day
- March 11- 15, March Break
- March 18, Kindie Classes to Mountsberg (full day)
- March 21, Literacy Night 6:00 - 7:30pm (see below for more details)
- March 22, School Council Sponsored Dance-a-thon (more details below)
- March 25, Scientists in the Schools (Grade 5's)
- March 28, RiverRun Concert for Grades 3 and 4 (12:45 - 2:45)



Wishing for everyone an active, safe, and relaxing March Break! Spring is just around the corner or at least we hope!!

Katherine Wainman

School Council March 2019

Dance-A-Thon News

_Get ready to rock out at this years Dance-a-thon! The Dance-a-thon will be held on Friday March 22. Our theme this year is dress as your favourite rock star. Dressing up is optional. Our goal this year is to raise \$5,500.00! The funds that are raised will go toward new school technology, field trips, school buses for trips, classroom programs, the snack program and more! There are many amazing prizes to be won! The pledge forms will be coming home soon. You are welcome to attend and dance with your child; it's a fun time you won't want to miss! School Council will provide a schedule of class dance times the week before the Dance-a-thon. We appreciate your support! If you have any questions you can email us at: ejschoolcouncil@gmail.com



Next School Council Meeting

_Our next School Council meeting will be held on Tuesday April 2nd 2019, from 6:30-7:30 in the Edward Johnson library. All are welcome to attend!

How to Receive School Council and School Information

_If you would like to join the School Council email list for up to date information about the happenings of School Council. You may email ejschoolcouncil@gmail.com to sign up. Did you know School Council also has a Facebook page called "Edward Johnson School Council". We post up to date school information including weekly reminders of what is happening in the school and any up to date information from the school.

Emails from School

Legislation has been passed that requires everyone who sends an email with commercial content to have express consent from the recipient to send that email. You may not think that schools send emails with commercial content, but we do. We remind you that pizza orders are due, ask for a donation to a charity, and so on. As a result, families who wish to receive emails from their child's school must [register here](#). You may unsubscribe at any time by scrolling to the bottom of the message.



Lost and Found

As is often the case by mid-winter, our school's Lost & Found Bin is overflowing with student clothing. As prior to the break, we will again display the items from the bin on tables and students will be encouraged to take a look and gather any clothing that belongs to them. Unfortunately, many clothing items remain unclaimed and we have no other choice than bagging and sending unclaimed clothing to a charitable organization. Please continue to encourage your children to visit the Lost and Found bin when clothing items are missing.



Please be sure to attend our special event (see below). What a great opportunity to learn how to help your child at home



FREE!

Edward Johnson
LITERACY NIGHT!

MARCH 21.19
6PM-7:30PM

FOR PARENTS AND CAREGIVERS OF CHILDREN IN JK/SK AND GRADES 1-3

Come and take part in a hands-on, teacher-led session on how to support your child in reading French and English. Give your child the confidence they need to read both languages efficiently, while providing a positive and rewarding experience.

Topics will included: English and French support at home, home reading ideas/support, literacy games, online support and resources shared. Come with an open mind and leave with a wealth of knowledge.

RSVP BY MARCH 8 TO BOOK YOUR SPOT!
edwardjohnson.ps@ugdsb.on.ca

RSVP FOR CHILD CARE AT EVENT!

To secure child care through the duration of the event, you **MUST RSVP** Katherine Wainman at katherine.wainman@ugdsb.on.ca to secure a spot by **MARCH 8**. Child care can not be provide if you do not RSVP, as we require the correct ratio of child care providers to children.



"Look deep into nature, and then you will understand everything better." - Albert Einstein

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.

Talking About Mental Health: March 2019

Random Acts of Kindness

Did you know that there are scientifically proven benefits of being kind! That's right. Just the act of being kind has been shown to stimulate the same part of the brain as those who receive an act of kindness. The simple act of kindness can:



- Reduce the stress hormone cortisol
- Increase sense of positive mood and satisfaction
- Help with physical health including lowering blood pressure
- Increase sense of happiness
- Increase feelings of “calm”
- Improve the mood of somebody simply witnessing the act of kindness

Kindness is also something that is TEACHABLE. Dr. Ritchie Davidson of the University of Wisconsin states that: “It’s kind of like weight training, we found that people can actually build up their compassion ‘muscle’ and respond to others’ suffering with care and a desire to help.”

As a family, you can:

- Make a conscious effort to recognize and say something kind about each other or someone else
- Give everyone in the family sticky notes to leave kindness notes to each other around the house
- Challenge everyone to do a random act of kindness every day for a week and have dinner time discussion about what everybody did that day
- Make an effort to identify and appreciate kindness that has been received

The weather may not be “playing nice” with us here in Southern Ontario these last weeks but we can still give our brain and our mental health a winter “boost”! So go out and notice kindness, receive kindness and give kindness this month.

Jenny Marino, Mental Health Lead

Follow me on Instagram @ugdsb_mental_health

EQUITY & INCLUSION

Let's celebrate and/or acknowledge customs, traditions and days of significance from all around the world!

If you have a suggestion or idea, please contact your child's teacher, Mr. Hussain or Mrs Woytko. If you are willing to come in and share ideas with us, we would love to hear from you.

Days of Significance March 2019

March 2-20	19 Day Fast	Daha'l
March 4	Maha Shivaratiri	Hindu
March 5	Shrove Tuesday	Christian
March 6	Ash Wednesday	Christian
March 8	International Women's Day	UN
March 17	St. Patrick's Day	Christian
March 20 - 21	Holi	Hindu
March 20	Equinox Journee Internationale de la francophone	
March 21	Purim Norooz New Year Naw-Ruz New Year Lord's Evening Meal World Down Syndrome Day Hola Mohalla Magha Puja Day International Day for the Elimination of Racial Discrimination	Jewish Zoroastrian/Persian Baha'i Jehovah's Witness, Christian Sikh Buddist UN
March 22	World Water Day	
March 26	Epilepsy Day (wear purple)	
March 28	Khordad Sal	Zoroastrian