



L' École Edward Johnson School
Learning for Life Apprendre pour la vie
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Katherine Wainman: Principal
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May 2021



Please note, as important dates approach, I have included them on our Public School Calendar which is on our website. (Please see the direct link below.) Also, I have embedded dates from the Upper Grand 's Inclusion calendar. As we work towards inclusivity and equity, it will be important that we as a school community access this calendar in terms of planning and moving forward. If there is a special day that you feel should be included on this calendar, please let me know.

[Ecole Edward Johnson Calendar](#)



Principal's Message:

Hello to our EJ Community. I know that everyone is working so diligently in order to keep us all safe. We don't know what the future will hold, but we have certainly demonstrated how nimble we are by shifting gears at a moment's notice. Rather than a long message here, I will continue to send updates via email. I have learned over the course of a year (insert "sigh" here), that change

is the only constant. Please know that the easiest way to contact me is through email (katherine.wainman@ugdsb.on.ca) and if there is anything that I can do to help out during these challenging times, I will do my best!

Sincerely,
Katherine Wainman

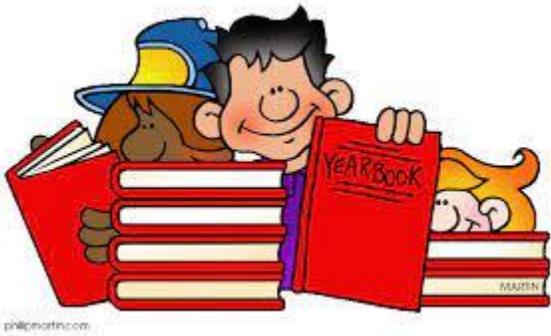
Education Week 2021

#StrongerTogether



Education Week

Every year the Ministry of Education chooses a theme for Education Week. The theme for this year is “Stronger Together”. To celebrate this theme, I am asking that you send photos of your child(ren) working from home. Please send them to me by Wednesday, May 5th (12pm), if possible with “working from home” in the subject line. We will put together a special slide for Friday, May 7th and post it in the Eagles’ Nest. (By the way, please check out the “Form Wear --All Dressed Up” currently posted.)



Yearbook for 2020-21

Yes, we will be having a Yearbook this year. Many, many thanks to Mme Stolfi for all her hard work and guidance. You will be receiving a separate email when everything is ready so that you can order online. We are currently in the process of confirming the cost. Actually, Mme Stolfi is putting together a special page for learning at home and some of the photos you send in next week might just make it onto the page. I know Mme Stolfi wants to capture the whole year and certainly, this is an important part of the year.

School Council Meeting

Don't forget there is an upcoming School Council meeting using Google Meet on **Tuesday, May 11 at 6:30pm**. Please join us. A google meet code will be sent on Monday, May 10th via email.



Talking About Mental Health: May 2021



Let's talk about AUTONOMY

Autonomy, our theme for May, is our ability to make decisions and have a say in the direction of our lives.

Autonomy helps with the development of independence and trust and is an important part of our individual growth and development. As a parent nurturing autonomy, we aim to create a cooperative bond between

ourselves and our children while also paying attention to secure and reasonable boundaries and expectations. Autonomy goes beyond teaching independence and is about supporting our children in a way that allows them a sense of comfort in themselves.

Why is autonomy important?

- Helps to create a sense of mastery – over body, mind and environment
- Supports independent and critical thinking
- Encourages intrinsic motivations
- Inspires confidence
- Allows for individuality and uniqueness to emerge

So what can you do? (adapted from Dr. Shenfield, What is Autonomy Supportive Parenting and How to Practice It, 2019, article)

- Involve your child/ren in household decision making – age appropriately of course!
- Give your child the opportunity to have input in their daily routine when possible

- Help your child to express their own emotions and opinions within safe boundaries
- Keep loving them! Let them know through your actions and words that you love them.
- Respect their preferences and choices when possible. And when they can't be met you can still acknowledge that you heard their preference/choice.
- Really listen to your child and help them label and express their feelings.

Social Justice

You can use this month's focus to look at what your child/family are interested in in terms of the broader community. What is important to each of you? Where do they see that they could make a difference? Be creative and have fun while making a difference.

I think there's great potential for autonomy, but we have to remember that we live in a world where people may have free will but have not invented their circumstances. Thomas Frank

Thanks to Edge Mutual for their support of the Umbrella Project at UGDSB



Monthly Environmental Activities to help celebrate our planet

May 22nd is International Biodiversity
Day!

It is vital to teach our children to respect and take care of the environment.

Celebrate Biological Diversity Day on May 22nd!

The United Nations has proclaimed May 22 The International Day for Biological Diversity to increase understanding and awareness of biodiversity issues. <https://www.un.org/en/events/biodiversityday/>

<https://www.cbd.int/>

Biodiversity simply means: ‘A wide range of life’” Some of the things we do are harmful, so we need to learn more about how to protect all the different types of life on our planet.

Ideas for your family to celebrate Biodiversity Day!

- *Visit farmers markets in your local area to try new types of produce. Whether you incorporate heirloom tomatoes into your cooking, or try one of the rainbow of colors of carrots, biodiversity can bring a great new experience to your table.*
- *View photos of endangered species on the Internet with your child and discuss the reasons why these animals are threatened and why they should be protected.*
- *Join a community group and help to remove invasive plants from your local environment.*
- *Get out into the world and enjoy all the different types of life your local area offers. Even your street or a local park can have an amazing variety of life you’ve never noticed, from insects, birds, chipmunks, to trees and flowers.*
- *Consider planting a pollinator garden in your yard (or in a flowerpot) to help save the bees and butterflies from declining.*

For more ideas on how to increase the biodiversity of your own backyard, go to:

<https://biodivcanada.chm-cbd.net/biodiversity-your-backyard>

Celebrate the diversity of our natural world every day!

