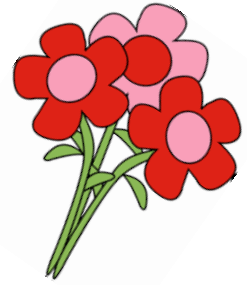


**École
George**

King



**Public
School**

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www.ugdsb.on.ca/kg

Principal: Randy Dewey

**Vice-Principal: Kelley Jones
Wendy Davidson**

Office Coordinator:

février 2020/February 2020

Message from the Principal



Welcome to February! Although we still have lots of winter left to go, it is nice to see that our daylight hours are steadily and noticeably increasing. We sometimes need reminders to look for the good around us. Getting out and enjoying the opportunities that winter has to offer is a great way to stay healthy in mind and body. Monday, February 17th is Family Day. There is no school for students or teachers that day. Hopefully everyone will be able to spend time with families and enjoy the chance to wipe away any winter blahs!

We have two events this month that are sponsored by the School Council: Celebrate Diversity Night is from 6 to 8 pm on Friday, February 7th, and on Tuesday, February 11th, there will be a guest speaker, Kevin Sutton, right after a shortened School Council meeting that starts at 6:30. We hope you are able to make it out to these special nights.

[M. Dewey and Mme Jones](#)

Family Day

Family Day is on Monday, February 17th and our school will be closed. We hope you enjoy this long weekend opportunity with your families!



Term 1 Report Cards

A Message from our Director, Dr. Martha Rogers:

Dear parents/guardians of UGDSB elementary students:

I am writing with an important update on the term one report card for elementary students. Currently, public elementary teachers across Ontario are taking part in a legal strike. This job action includes not writing report card comments and not inputting student marks electronically for the purpose of producing report cards. As a result, the Upper Grand District School Board will not be distributing term one report cards for elementary students. Marks will not be provided to families or students at this time. In addition to the logistical challenges, providing marks without comments and proper context would not be considered fulsome feedback on student achievement of curriculum expectations.

I understand that this is disappointing - and I share that disappointment. At the same time, the report card is not the sole source of assessment data we have for your child. It is a summary of student progress. Our elementary teachers are skilled professionals and I am confident that throughout the school year they have kept you informed on the progress of your child.

As always, if you have any questions about the progress of your child, I encourage you to contact your child's teacher prior to the end of the school year to discuss your child's progress.

Guest Speaker at School Council Meeting

On Tuesday, February 11th, join facilitator Kevin Sutton from Threshold, in exploring how we can have a more fruitful and fulfilling journey towards supportive professional environments that foster inclusion. KG parents are welcome and encouraged to register with Katie Ewald at katiewald@hotmail.com. This will begin at 7 pm, right after the KG Parent Council meeting in the Library. Sponsored by The Guelph Neighbourhood Support Coalition and co-hosted by KG Parent Council, St. George's Park and Two Rivers Neighbourhood Groups

Celebrate Diversity Night

KG families! Come enjoy an amazing evening to celebrate Black History Month, Lunar New Year and Winter Pride with special performances by: Wiji Numgumook Kwe Indigenous Drumming Circle, Afro-Tribal Dance, Panwaves Steel Band, Rainbow Chorus Guelph, Jing Mo Lion Dance Troop.

Potluck - bring some food to share and your own plates, utensils and refillable water bottle

Other suggested donations: School supplies for Sierra Leone or \$5-\$10 for KG diversity murals and theatre education (cash or schoolcashonline)

Winter Walk to School and National Sweater Day

To support our Environmental initiatives at King George and in our quest to remain Gold Medal Eco School, we will be encouraging everyone to take part in these two events. On February 6, we will be turning down the thermostat to save energy. Everyone is reminded to wear a sweater that Thursday! We are also encouraging



everyone who can to take part in the Winter Walk to School Day on February 5th.

Thank you to our Volunteers

We are lucky to have so many parents willing to help us. There are a number of you who help hand out pizza, go on trips with students, run the snack & milk programs, organize the lost and found belongings, work on the Grad committee, contribute to Parent Council and do so many other things around the school. We really want you to know that we appreciate the time you put into King George and that we understand that our school is a better place because of you.

Library Update



FOREST OF READING

The Forest of Reading program is well underway, and what a success it has been so far! More than 80 students from grades 3-8 have signed up for the club, and are reading books in four different categories. We will continue reading and talking about the books for the next few months, and then students will vote for the winners of each category in April.

The winners will be announced at the Festival of Trees in May.

NEW BOOKS

Thank you so much to all the families who have contributed to the library through the incredibly popular Birthday Books program, the Scholastic Book Fair last June, and through book donations. We have ordered many new French and English books with the money that was made, and the focus has been on growing the Graphic Novel section of the library. The books are being catalogued and will be available for students soon!

Wear Pink

On Wednesday, February 26th, support our anti-bullying messages by wearing pink!

Moving In? Moving Out?

If you are planning a move to another school this summer, or know of someone moving into our school area for the 2020-2021 school year, please notify the office as soon as possible.

Cold and Flu Season

Winter is far from over and so are the illnesses and contagious bugs that come with it! If your child has flu-like symptoms, cold, coughs or rashes, please keep them home to rest and recuperate before returning to school. When our students come to school ill they do not work well and they pass on their illnesses to others. When we are sick, we all feel better at home, in a warm bed with our favourite things.



School Council News

Our next meeting is Tuesday, February 11th, 2020 beginning at 6:30 p.m. in the library. It will be a shortened meeting, ending at 7 pm. This will be followed by guest speaker, Kevin Sutton. Everyone is welcome to attend, and you don't have to be an active member.

News from Continuing Education

Hand Sewing in French! Thursday, Feb 27, 6:30-8pm, 3 Wks

Continuing Education – Upper Grand DSB – 1428 Gordon St Guelph

Explore your creativity with hand sewing while in the environment of the French language! This class is suitable for francophone and French Immersion kids. This is a perfect prelude to our machine sewing class. Learn all the basic hand-sewing techniques; including sewing buttons, variety of stitches, & simple embroidery. Complete manageable projects each week to perfect skills. Visit www.sewkids.ca/cont-ed to see examples. No experience necessary. All supplies are included. Fee: \$75
Giselle Ysidron, founder of Sew Kids! Inc. holds a degree in Fashion Design and has nearly 40 years of sewing experience. She is passionate about helping kids to express their creativity through sewing.

To register: please call 519-836-7280 or online at www.learningforyou.ca

For other children & youth programs please visit: www.ugdsb.ca/kids

Public Health News

Fun facts about vaccines!

- You are 4 times more likely to get hit by a meteorite than to have a serious reaction to a vaccine.
- You have a 0.00013 percent chance of having a serious reaction to a vaccine!
- Vaccination is among the most successful and cost-effective health initiatives; routine immunization is the foundation of the health care system and universal health coverage.
- Vaccines save millions of lives each year.
- Vaccines are for people of all ages; vaccinations are for a lifetime.
- We all have a part to play as advocates, individuals, parents, health care workers and innovators; individuals must drive the vaccine process.
- Health Care Workers have a critical role to play to counteract vaccine hesitancy.

PARENT TIP - Check out this link for tips to help your child cope during immunizations!

<http://www.sickkids.ca/PDFs/Learning/32832->

In Ontario, the *Immunization of School Pupils Act* requires that all students attending school be fully immunized or have a valid exemption on file. Public Health mailed notices to secondary students with incomplete records at the beginning of January. If you received a notice that your child's record is incomplete, the deadline to update your child's record with Public Health is April 6^h at 4PM in order to avoid suspension on April 12th.

If your child requires a vaccine, Public Health will be holding a vaccination clinic at each high school. For clinic dates, visit: www.wdgpUBLICHEALTH.ca/clinics-classes/high-school-vaccination-clinics.

To report vaccines received from your health care provider, please choose one of the following ways:

- Online: www.immunizewdg.ca
- Email: vaccine.records@wdgpUBLICHEALTH.ca
- Phone: 1-800-265-7293 ext. 4396
- Fax: 519-836-2986

Have questions? Speak with a public health nurse at 1-800-265-7293 ext. 4746

Sexual and Reproductive Health Awareness week is February 10-14.

Learning about sexual and reproductive health can play a key role in shaping a child's views about life, relationships, and healthy development. The Ontario Health and Physical Education curriculum supports healthy growth and development for all children through age-appropriate up-to-date, and accurate education. Dialogue about these important topics is encouraged between parents and children to support a healthy understanding and build the skills necessary to adapt to the physical and emotional changes that occur during puberty. This knowledge helps children develop a positive self-concept and improve their mental health and well-being.

The goal is for children to be able to develop healthy relationships and make informed decisions as they transition into adulthood.

For questions about human development, healthy relationships or sexual health services, visit www.wdgpUBLICHEALTH.ca/clinical

Monthly environmental activities to help celebrate our planet

February 6th is National Sweater Day!

Celebrate National Sweater Day on February 6th!

National Sweater Day is a way to learn about the importance of saving energy and to inspire you to use less energy all winter. Heating accounts for 80% of residential energy use in Canada. If all Canadians lowered their thermostats by just 2 degrees Celsius this winter, it would reduce greenhouse gas emissions by about 4 megatons – that’s equivalent to taking nearly 700,000 cars off the road! http://www.wwf.ca/events/sweater_day/

National Sweater Day is about thinking differently about how we use energy, where our energy comes from and how we can play an important role in fighting climate change by using energy wisely. It is designed to help raise awareness about renewable energy and change behaviours around energy consumption in Canada. assets.wwf.ca/downloads/nsd_2017_en_school_toolkit.pdf

Ideas for your family to celebrate Sweater Day

- Turn down your thermostat and wear a sweater on Feb 6th - and every day this winter!
- Ask your children to brainstorm with you about ways to save energy at home. Make a pledge to implement as many as you can. For extra ideas go to: <https://www.ontario.ca/page/how-use-less-electricity-home>
- Read a children’s book on conservation such as: Why Should I Save Energy? by Jen Green. Encourage lots of questions and find the answers together.
- Learn about Green Energy sources. What types of renewable energy are available in Ontario - Wind? Solar? Geothermal?
- Valentine’s Day is just around the corner - use recycled materials to create your cards this year!

To learn more about how recycling saves energy go to Alliant Energy Kids:
www.alliantenergykids.com/UsingEnergyWisely/SavingEnergyAtHome

TALKING ABOUT MENTAL HEALTH

– February 2020 Tests and Stress

Taking tests is stressful for most students. However, there are lots of ways that your child and youth (and you!) can decrease the stress related to tests.

Anticipate stress and be ready for it.

☐ Practice relaxing activities every day so during stressful times you already know how to cope.

Eat well

☐ Learning and remembering takes a lot of energy. Keep healthy snacks close by so you can refuel easily with what your body needs to feel good and think clearly.

Sleep

☐ During sleep, our brains make connections and consolidate our learning. Research has shown that during sleep, our brain cleans out toxins to allow for more learning to occur the next day.

Drink lots of water

☐ Hydration is very important for good brain function. Cut down on caffeine, which contributes to the stress response and to poor sleep.

Move

☐ Activity increases energy, stimulates brain growth and increases mood. Take regular active breaks; even 5 minutes of walking outdoors can make a difference.

Pause and relax

☒ Take time to relax. Do some deep breathing. Listen to music. Meditate. Go outside. Write in a journal. Do some stretches. Go for a walk. Draw or doodle. <http://youth.anxietybc.com/relaxation> has some great examples of how to relax.

Connect

☒ Talk to your friends.

☒ Talk to your parent or a caring adult about how you are feeling.

☒ At school, you can talk to your teacher, principal or CYC for support.

Laugh!

☒ Laughter is a great release and allows our brains to recharge and reset.

Jenny Marino is the Mental Health Lead for the Upper Grand District School Board.