



École King George Public School

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Principal: Randy Dewey

Vice-Principal: Kelley Jones

Office Coordinator: Wendy Davidson

mars 2020/March 2020

Message from the Principal

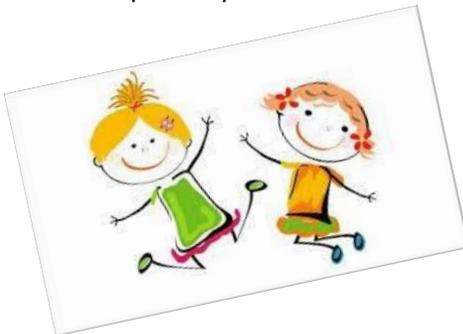
March has come in like a lamb, so let's hope it doesn't leave us like a lion! Warmer temperatures are upon us and Spring is in the air! With that in mind, please remind your children to check the lost and found box for winter clothing, and remind them to pick up their clothes from the yard in case they take off a layer while playing on warmer days.



Many clubs, sports, and activities are on hold while strike conditions are in place. Hopefully we will have a settlement soon that will allow us to get back to our normal busy spring.

We hope everyone has a safe and relaxing March Break between March 16th and 20th.

M. Dewey and Mme Jones



March Break

The March Break begins on Monday, March 16th. Enjoy your holiday and we look forward to your return on Monday, March 23rd.

Intermediate Social Studies

Jan Sherman will be coming to do drumming circles for Grade 7 History (March and April). This is a Board sponsored program. Grade 8s will be finishing their voting session for Model U.N. and presenting their priorities for UNICEF as part of ongoing Human Rights & World Issues learning (Geography - Students have enjoyed the UN sessions).

Class Placement Requests

In the past we have received class placement requests for the coming school year. This can make class building very difficult and sometimes hinder the process significantly. Due to our changing school population and the fact that our Grade 7 and 8 students are on rotary, we will not be taking any class placement requests for September 2020. If your child has some exceptional circumstances that require consideration when doing class placements, please email Mr. Dewey directly, randy.dewey@ugdsb.on.ca. Please know that when placing your child in a class, we consider their ability, personality, friendships, learning style, and behaviour. Class building is a lengthy process that is given a great deal of thought by the staff. Thank you for recognizing that we do our very best for each and every student.

Cold and Flu Season

Winter is not over and so are the illnesses and contagious bugs that come with it! If your child has flu-like symptoms, cold, cough, sore throat, or a rash, 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.

Lockdown Drills

We are required to do 2 lockdown drills every school year. The students talk about the drill with their teachers so they recognize the importance and significance of these drills. We appreciate it, particularly for our younger students if you are able to share the importance of these drills with your child, as it is imperative that they understand the importance of the drill without being fearful.

Live Free Campaign



On March 6th, students and staff will participate in a “Live Free” campaign to help kids live free from hunger. Students and staff are encouraged to make a promise to give up something they take for granted every day—a daily coffee, an extra treat in their lunch box, a car ride to school, computer time, gaming, cell phones and so on. Staff and students filled in a pledge card stating what it was they would do without in order to join the fight against child hunger.

Every dollar raised goes to support Food & Friends nutrition programs in our schools. Thank you for sending in your toonies in support of our “Live Free” campaign. Make a donation prior to March 6th to help the King George snack program. You can also donate via SchoolCash Online!

“SCREENAGERS” - LET'S TALK (NOT TEXT) ABOUT SCREEN TIME

Are screens the new smoking? Parents and students are invited to learn more about the many impacts of screens on our lives and how we might foster a healthier relationship with them. Come and join us Thursday, April 23 from 6:00 to 9:00 pm at the John F. Ross CVI - E.L. Fox Auditorium, 21 Meyer Drive, Guelph. Admission is free, but tickets do need to be secured in advance by visiting <https://screenagersbyugdsb.eventcombo.com>.

This free event will present two documentary films (SCREENAGERS: Growing Up in the Digital Age; and Screenagers and NEXT CHAPTER: Uncovering Skills for Stress Resilience) followed by a discussion moderated by Sylvie Smith, an addictions counselor at Homewood Health Centre.

ABOUT THE SCREENAGERS FILMS:

Physician and filmmaker Delaney Ruston was compelled to make a movie when she found herself constantly struggling with her two kids about screen time. Ruston felt guilty and confused, not sure what limits were best, especially around mobile phones, social media, gaming, and how to monitor online homework. Hearing repeatedly how other parents were equally overwhelmed, she realized this is one of the biggest, unexplored parenting issues of our time.

SCREENAGERS: Growing up in the Digital Age (2016) was the first feature documentary to explore the impact of screen technology on kids and offer parents and families proven solutions to help youth and their families find their way in a world with instant access to screen time. In Next Chapter: Uncovering Skills for Stress Resilience (2019, 69 minutes), the filmmaker finds herself at a loss on how to help her own teens as they struggle with their emotional well-being. She sets out to understand these challenges in the context of our current screen-filled society. In particular she explores the issue of how as parents and educators we can empower teens to overcome challenges and build emotional agility, communication savvy, and stress resilience.

DAYLIGHT SAVINGS TIME

Please remember that Daylight Savings time begins on March 8th. Another sign of Spring on its way as we move clocks ahead one hour!

Moving in or 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.

School Council Corner

Our next meeting is Wednesday, March 11th, 2020 beginning at 6:30 p.m. in the library. Everyone is welcome to attend.

Family Fun Fair - Believe it or not, it's that time of year again - time to get started on organizing this year's event! If you'd like to help out - we'd love to have you join us! Please send an email to kgcouncilchair@gmail.com. Thanks for your consideration! 2020 Family Fun Night Organizing Committee.

Please save the date: Annual Craft Fair Day: Saturday, May 2nd, 2020

Caribou Math Contest

Our school is taking part in the International Caribou Math Contests that occur 6 times a year. In our latest contest, we had very exciting results and a first for at least our school: Sophie in Mme Smith's Grade 4/5 class, came first in the Grade 3/4 division, not only in our school, but also in the Board, in the province, in Canada, and IN THE WORLD! There were 6183 students who wrote it throughout the world and Sophie came first! Congratulations Sophie! Our other winners were Violet in Grade 2 who came in first in our school and the Board; Amy in the 5/6 division who came first in our school (out of 99) and 2nd in our Board (out of 210) and Anissa in the Grade 7/8 division who came first in our school (out of 154) and first in our Board (out of 225). Congratulations to all our winners and those who took part.

Preparing your Child for Grade 3 English Instruction

Thanks to Mme Turner, one of our Grade 3 teachers, for sharing some tips for success to French Immersion parents as their children work toward English language instruction for the first time in Grade 3. Studies clearly and consistently show that within two years, French Immersion students are working at the same level as their peers in the English program.

What can you do to help at home?

- Encourage your child, and provide opportunities for your child, to read in English
- Appreciate their beginning attempts at reading in English and remark on their progress.
- Don't discourage them by being critical of mistakes, but rather make them comfortable with taking risks.

- It's also very important to continue to read to your child each day, and to discuss and enjoy these stories together. Run your finger along the sentences as you read them, so that they can follow with their eyes and begin to recognize some words.
- As they begin to express an interest in tackling English reading, try reading aloud in unison. Sit side by side with a book of their choosing. Match your reading speed and the volume of your voice with theirs as you read along together (it'll take a little practice). Have a prearranged signal for them to let you know when they want to try a passage on their own, then have you join in with them again. As they develop confidence with simple books, use this technique with more challenging materials. The idea being that as they build confidence, they will be comfortable reading to you on their own.
- Your child should also be encouraged to write grocery lists, notes, cards, to-do lists, short stories, etc.

Engaging Your Child in Mathematics At Home!

As parents we have the wonderful opportunity and responsibility for nurturing our children's growth. Parents play a key role in the physical, emotional, and intellectual development of their child. As parents we can usually find time to read a story to our children, thereby instilling a love of literature, but we are often at a loss as to how to instill a love and appreciation for mathematics.

Like reading, mathematics is a subject that is indeed necessary for functioning adequately in society. More than that, mathematics is a subject that should be more enjoyable than it is perceived to be. Parent's attitudes towards mathematics have an impact on their children's attitudes. Children whose parents show an interest in and enthusiasm for mathematics around the home will be more likely to develop that enthusiasm themselves.

Activities in the Home

If you have dice, playing cards, and a bit of time....oh the "number sense" fun you can have.

1. Work on Place Value-use a grade appropriate number of dice and use the numbers rolled as digits to "make the biggest number you can, make the smallest number you can, make a number close to 100" etc.
2. Work on Number Sense-use 2 die to add numbers together....to make it harder, you can use the 2 die to subtract, and multiply.
3. War-Use a deck of cards to compare numbers. Each person flips their cards at the same time, the person with the higher number gets both cards.
4. What's my number? Someone holds a card on their forehead and asks the other person questions to try to guess their number (for example, is it greater than 5, is it odd or even).

Give it a go and have fun building number sense fluency together.

March 28th is Earth Hour!

Switch off your lights for an hour on Saturday, March 28, 2020 at 8:30 pm your local time.

Join the global Movement! Celebrate Earth Hour on March 28th at 8:30pm.

Earth Hour's mission is uniting people to protect the planet by raising awareness of about climate change and encouraging positive action.

Earth Hour is more than an event. It is a movement that has achieved massive environmental impact, including legislation changes by harnessing the power of the crowd.



Click [here](#) to see a short video clip of Earth Hour's story around the world and click [here](#) for the Earth Hour 2020 official video

Ideas for your family to do for Earth Hour!

A simple event can be just turning off all non-essential lights on March 24th from 8:30-9:30 pm. For one hour, focus on your commitment to our planet. To celebrate, you can:

- prepare a candle lit dinner
- talk to your neighbours, or invite people over
- stargaze, or go camping in your backyard
- play board games, or charades
- host a concert, or a sing-a-long
- create or join your own community event
- have an Earth Hour every month!

The possibilities are endless!

Visit www.earthhour.org for more information

News from Public Health

March 2020

March is Nutrition Month and dietitians across Canada are talking about how healthy eating is about so much more than food! Cooking together as a family is a great way to help kids learn food skills, put math into action, develop confidence, and have fun. Starting at age 2 kids can help in the kitchen with [age appropriate tasks](#). As kids get older involve them in all stages of the process - planning, shopping, food preparation and clean up. Can you imagine a time when they can make you dinner? In the meantime extra help in the kitchen is always welcome and it is a great way to connect with your kids at the end of the school day. Make a plan to cook and

eat together this month. Check out these [Family Friendly Cookbooks](#) developed by the Guelph Family Health Study. Bon appetite!

Visual health is an important part of overall health and wellbeing. The Ontario Association of Optometrists recommends that children have their first eye exam at 6 months-old, again at 3 years old, yearly after that, or as recommended by an eye doctor. In Ontario, children and youth 0-19 are eligible for a FREE comprehensive eye exam every 12 months through OHIP.

Parents may be the first to identify a potential vision issue. If you notice your child showing any of these signs, book a comprehensive eye exam with an eye doctor.

- Headaches or irritability
- Avoiding near or distance work
- Covering or rubbing the eyes
- Tilting of the head or having unusual posture
- Using a finger to maintain place while reading
- Losing place while reading
- Leaving words out or confusing words when reading
- Not doing as well as they could in school

Information for Junior Kindergarten

If required, children in JK qualify for one pair of free glasses through the Eye See...Eye Learn® program. Children born in 2015 are eligible for the Eye See...Eye Learn® program until June 30, 2020. [CLICK HERE](#) for more information.

Information for Senior Kindergarten

Wellington-Dufferin-Guelph Public Health offers free school-based vision screening for SK students. Vision screening does not replace the need for a full exam by an eye doctor on a yearly basis or whenever there is a concern. [CLICK HERE](#) for more information.

If you need help finding an eye doctor, you may search for one at www.findaneyedoctor.ca or call our Let's Talk Parenting line at 1-800-265-7293 ext. 3616 for help.