



# Kortright Hills Public School

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**Wendy Donaldson, Principal**

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## Newsletter for April, 2016

### From the Principal's Desk

I hope that all of you enjoyed some time with family and friends over the break and that students are ready for the last section of the year at Kortright. As we head into April, the Parent Council is working on the details to support the Multi-Cultural Celebration during the first week of May as well as develop and design the yard green project based on student, parent and staff feedback. Some very exciting things are in the works.

I would like to formally thank, on behalf the staff and students here at Kortright, our parent community for their generous donations toward the gym sound system fundraiser. The students have told us they had a great time dancing at the Dance-a-thon and the funds raised almost met the mark. The school will work to add the remaining funds to have the sound system up and running very soon.

I hope you all have a nice start to spring!

Wendy Donaldson  
Principal, Kortright Hills P.S.



### Library News

It's almost time to vote for our favourite Forest of Reading books! Students will be invited to the library to vote for their favourite nominated book this month and participate in reading celebrations. Visit our library website to view the books that we have been reading. <http://bit.ly/ForestBooks>

**Blue Spruce Celebrations** (Kindergarten - Grade 2):

Monday, April 11th

- 2B Bowden
- KB Cameron
- KA Phelan

Tuesday, April 12th

- 1A Bechtel
- 1B Collins
- 2/3 Ackroyd
- 2A Di Ilio

**Voting Days for older students:**

Silver Birch Express (Grade 3 & 4)  
Thursday, April 21st

Silver Birch (Grade 5 & 6)  
Tuesday, April 26th

Red Maple (Grade 7 & 8)  
Wednesday, April 27th



In May, 95 students & parents will be attending the Festival of Trees literacy events to meet many of the Forest of Reading nominated authors, participate in educational workshops, and attend one of the program's awards ceremony!



The Book Fair will be arriving April 28th and open for sales April 29th - May 4th. Since this our second book fair of the year Scholastic has offered us the opportunity to earn 70% credit for our library. An amazing fundraiser and a wonderful opportunity to explore new books, promote literacy, and encourage students to read. Further details will come home closer to the date.

Thank you for your continued support of our library programs,  
Sheila Morgan  
Teacher Librarian  
sheila.morgan@ugdsb.on.ca  
[Link]<http://bit.ly/KHPSLibrary>



## EQAO

### Grade 3 and Grade 6 EQAO

The Grade 3 and 6 EQAO testing will be done from May 25<sup>th</sup> to June 2<sup>nd</sup>. The Grade 3 students are writing from May 25-27<sup>th</sup> and the Grade 6 students are writing May 31-June 2<sup>nd</sup>. Each grade level will be given a four day window to write the assessment.

### Smart Start For EQAO:

- \* avoid absences to the greatest extent possible
- \* reschedule appointments
- \* ensure your child gets lots of sleep
- \* provide healthy food and snacks
- \* eat a good breakfast
- \* give hugs and pats on the back
- \* be positive

## What is EQAO

EQAO undertakes research for two main purposes:

- 1) to maintain best-of-class practices and student improvement
- 2) ensure high standards of education quality

Standardized tests provide different information. A standardized test is essentially a snapshot in time using one method of assessment. Teachers assess their students using a broad range of tools. A more

holistic and complete picture of a student's performance can be seen from various types of assessment that the teacher does throughout the year. (tvoparents.tvo.org)

## Tips for Success

There is no need to study. The EQAO assessment does not count towards a child's marks in grades 3 and 6, so there is no need to increase anxiety by cramming. If you are curious about the questions your child will be asked, check out the EQAO site and run through some practice tests yourself so you have some understanding of the structure of the assessment and can better reassure your child.

- **Remember this is practice.** Let your child know that this is a way to show off what he or she knows and to practice test-writing skills so your child can be prepared for tests in later grades.
- **Be supportive.** It is normal and natural to get nervous and this is a big deal for your child. Do not downplay fears or dismiss them as silly. Instead, encourage your child to talk about these fears
- **Talk to the Teacher.** If your child is experiencing severe anxiety, there are things the teacher or school can do to help.
- **Set the alarm.** The best thing you can do for your child the day of the assessments is to make sure your child is well rested, fed and gets to school on time.
- **Read more.** For more on EQAO assessments and what they mean for your child, check out our Parent's Guide to EQAO Assessments.
- **Understand the Test.** Don't use your child's EQAO test scores to measure overall achievement. You're better off relying on regular contact with the teacher who can show you your child's portfolio, which is being updated all year long. You'll have a more clear and accurate picture of your child's progress.

## EQAO resources

<http://tvoparents.tvo.org/article/understanding-standardized-testing>  
[www.eqao.com](http://www.eqao.com)

## Earth Day 2016

Earth Day is just around the corner! **April 22<sup>nd</sup>** has been recognized as Earth Day since the early 1970's and was originally created to highlight the need for all of us to be involved with environmental protection. Although many of our communities



organize neighbourhood clean-ups and earth friendly activities for us to participate in on Earth Day, more and more schools are trying to make the environment a focus in the day to day lives of students and staff. One way is through the participation in Ontario EcoSchools.

## April Environmental & Character Education Theme

### Celebrate the Earth!

#### BE CREATIVE AND ENTHUSIASTIC



Earth Day is a day that is intended to inspire awareness and appreciation for the Earth's natural environment. Earth day was a day founded as an environmental teach-in first held on April 22, 1970. While this first Earth Day was focused on the United States, an organization took it international in 1990 and organized events in 141 nations. Earth Day activities in 1990 shone a spotlight on important environmental issues like species extinction, water and energy conservation and pollution on the worldwide stage. Earth Day is now coordinated globally by the Earth Day Network, and is celebrated in more than 180 countries every year. Numerous communities also celebrate Earth Week, an entire week of activities focused on environmental initiatives.

Earth day is a very special day that allows us to participate with millions of other people all over the world in reflecting on the importance of protecting our planet. We can show our creativity for this event by coming up with posters to promote Earth day or by writing a reflection in our journal about what Earth day means to us personally. We can write a poem about our favourite thing in nature or we could write a letter to the government asking for better environmental laws. We could come up with more creative ways to conserve energy, or reduce, reuse or recycle items we personally use. We can show our enthusiasm for our planet by researching topics that interest us and coming up with new ideas on how to spread the word about the environmental issues that we are passionate about.

*Make Earth Day last all year! - Let's go green, everyone!*

### Heart and Stroke

We will be doing our annual Heart and Stroke event on Friday May 20<sup>th</sup>, 2016. More information will be coming out about this event but

wanted you to be able to add it to your calendar. Our goal this year is to reach \$6,000.

### Safety on the Playground

With the warm weather arriving soon and the opening of our playground structures, this is a good time to remind everyone - students, parents, staff and yard supervisors - of the rules that help make these structures fun and safe places to play.

Our playground is designed for users aged 13 and

under and we do not provide supervision, maintenance and inspections outside of school hours.

Board policy determines that the equipment is off limits from November 1<sup>st</sup> to March 31<sup>st</sup>, and at other times as determined by the school administration. This includes periods of freezing temperatures, when there is freezing rain, if the ground cover is frozen, or if there is a build up of snow and ice.

#### Rules for students:

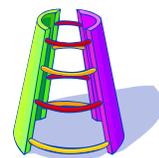
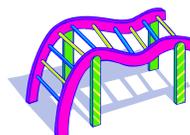
- No pushing
- No running on play structures
- No fighting
- No eating while on the playground equipment
- No throwing sticks, stones or other objects

The following are not allowed on the equipment: skipping ropes, ropes, scarves or loose drawstrings on children's clothing. We have also been advised by our insurance company that children should not wear bicycle helmets on the play structures. You should also know that in the event of an injury, students and staff are reminded that the injured person should not be moved, and a supervisor must be notified immediately.

We make safety at play our major concern, and will be reminding our students and staff on a regular basis about the playground rules. We hope that you will reinforce them at home with your child.

### Safety, Safety, Safety!

The two parking lots at the school are not to be used as drop off points for our students, nor is the driveway to be used as an opportunity to do a u-turn. This area of the school is to be used only by staff and visitors to the school during busy times of the day, between 8:30 a.m. and 8:50 a.m., and 3:15 p.m. and 3:30 p.m. As well, please do not park along the end of neighboring driveways while dropping off your children. We have had community members call the school to voice their



displeasure with respect to trying to get out of their homes in the morning, but are being blocked in by cars along the end of their driveway. Please be respectful of our community members.

## Information Changes for September

To assist us with enrolment projections for



September, please inform the office if you plan to move **out** of the Kortright Hills attendance area. Should you know of any families moving **into** our area and who are planning to attend school here in September, please ask them to call the school at (519) 827-1601.

## Valuables / Electronic Devices

As our society becomes more and more technologically advanced, we are noticing that many students are bringing valuable items to school. Students are highly encouraged to leave iPods, game boys and MP3 players at home for safe keeping. These items are attractive and we cannot be responsible for theft or loss of such items. Parents, you should also check and hear what your child is recording to determine whether language and content is appropriate. We recommend that parents make informed decisions with their child(ren) whether expensive items should be brought to school.



## Extra Socks, Dry Pants and Shoes

 Students are reminded to bring extra socks, mitts, rubber boots and rain pants to school at this time of year. Although we always encourage our students to stay out of the water, and sometimes even change our play areas to accommodate this need, the mud puddles are just too inviting for some of our little ones. A pair of indoor shoes is also a necessity for all students, as the floors are often wet following recess.

## Concussions

Concussions can have a serious effect on a young, developing brain. Proper recognition and response to concussion can prevent further injury and help with recovery. Children and adolescents are among those at greater risk for concussions due to body trauma at any time.

Although falls and motor vehicle accidents are the leading causes of concussion, physical activity and sports can also cause a concussion.

To address the risk of concussion and to assist parents and students to identify the signs and

symptoms of concussion, the Board is presenting free workshops to increase awareness.

Wednesday April 20<sup>th</sup> 7-830 pm Westside SS, Library, 300 Alder St, Orangeville

Tuesday May 10<sup>th</sup> 7- 830pm Norwell DSS, Library, corner of Main and Cumberland St, Palmerston

Wednesday May 11<sup>th</sup> 7-830 pm Centennial CVI, Lecture Room, 289 College Ave W, Guelph

## Bicycle Safety

Now that the warmer weather is approaching, please remember if your child rides his/her bike to school a **helmet** and a **lock** are necessary. Students **must** walk their bikes on school property.



## Morning Attendance

Please help your child to be at school when the bell rings at 8:50. This minimizes disruption for classrooms during learning time, and it places the value of time management on students - a life-long skill. Please also remember to have your child check in at the office, if he/she is late. If the announcements are on, he/she will need to wait quietly in the front foyer until announcements are finished to check in and receive a late pass.



## Kindergarten Registration

If you have a child who will be four years old on or before December 31<sup>st</sup>, 2016 please come into our office to register. For Senior Kindergarten (or if your child is new to our school) he/she must be five years old on or before December 31<sup>st</sup>, 2016.



## Class Disruptions

A major goal for staff is not to disrupt classes during the day. To assist them in this goal, the office will keep interruptions to a minimum. If parents are bringing in something for their child(ren), please bring these items to the office with their name and grade on it or complete the drop-off form provided in the office. These items will be distributed at recess breaks throughout the day. Parents picking up students are asked to come to the office and wait for their children to meet them.



## Lunch Options

Tired of preparing lunches? The Grade Eight class is selling subs and pitas as a way to help with their fundraising for their Quebec trip. Orders can be placed online at [www.lunchboxorders.com](http://www.lunchboxorders.com).



**Swiss Chalet & the Shed Market (alternating Tuesdays).**

**Subs** (from Subway) are available on Wednesdays for a cost of \$4.10 (4 inch) or \$4.45 (6 inch).

**Choices:** ham, turkey, turkey and ham, veggie.



## Fluid and Kids! - What you need to know Amy Skeoch, MHSc, RD

Spring and summer are just around the corner, so it's important to remind ourselves that with warmer weather comes an increased risk of becoming dehydrated. Getting enough fluid is important for our bodies because it helps to:

- Move nutrients and waste through the body
- Maintain proper blood pressure and body temperature
- Protect and cushion joints and organs

### How much fluid do kids need?

Age	Cups per day (approximate amount; 1 cup = 250 mL)*
0-12 months	3
1-3 years	3½
4-8 years	5
9-13 years (girls)	6½
9-13 years (boys)	7

\*Dietary reference intakes for fluid

### What counts as fluid?

Milk, 100% real juice and water. But remember to also count items your child may have as meals, such as soups, or milk on cereal - these all count toward your child's fluid intake.

### Tips to meet fluid needs:

- Keep a pitcher of water in the fridge at home so it's cold and ready to go.

- Ensure your child has one cup of fluid with each meal.
- Freeze 100% juice in Popsicle forms for a cool treat between meals.

### How do I know if they are getting enough?

One of the best indicators of fluid status is urine colour. If your child's urine is dark yellow and has a strong smell, they may need more fluid. Urine that is light yellow or clear in colour usually means they are well-hydrated. Thirst is, of course, another indicator - encourage your children to listen to their bodies and drink when they are thirsty.

#### **Did You Know!**

Fruits and vegetables are also high in fluid (watermelon is 92% water!), so now you have another reason to eat those fruits and veggies with meals and snacks.

### References:

<http://www.eatrightontario.ca/en/Articles/Water/Facts-on-Fluids---How-to-stay-hydrated>  
American College of Sports Medicine, Sawka MN, Burke LM, et al. American College of Sports Medicine position stand. Exercise and fluid replacement. Med Sci Sports Exerc. 2007  
Naughton GA, Carlson JS. Reducing the risk of heat-related decrements to physical activity in young people. J Sci Med Sport. 2008 [cited 2008 11 Aug];11(1):58-65.  
<http://www2.ca.uky.edu/enri/pubs/enri129.pdf>

## From School Council

School Council would like to thank all students, parents and staff for their tremendous support in making KHPS Beach Dance-a-thon a huge success! Through your contributions, we were able to raise enough funds to purchase new sound equipment for the gymnasium (\$3100). A special thank you to Ms. Andrews and Mrs. Fulton's class for creating the beach themed decorations. Mrs. Phalen's class won the pizza/ice cream party. New sound equipment will be installed in the coming months.

School Council is once again holding a Multicultural Event on Tuesday May 3<sup>rd</sup> at the school. Please stay tuned for further information on the event. We hope you can join us for this fun evening!

School Council is also busy planning another fantastic Ice Cream Social for Thursday June 2nd. Make sure

you mark your calendars for this popular and fun event. If you are interested in helping organize the event or can volunteer on the day of the event, please contact a member of the School Council.

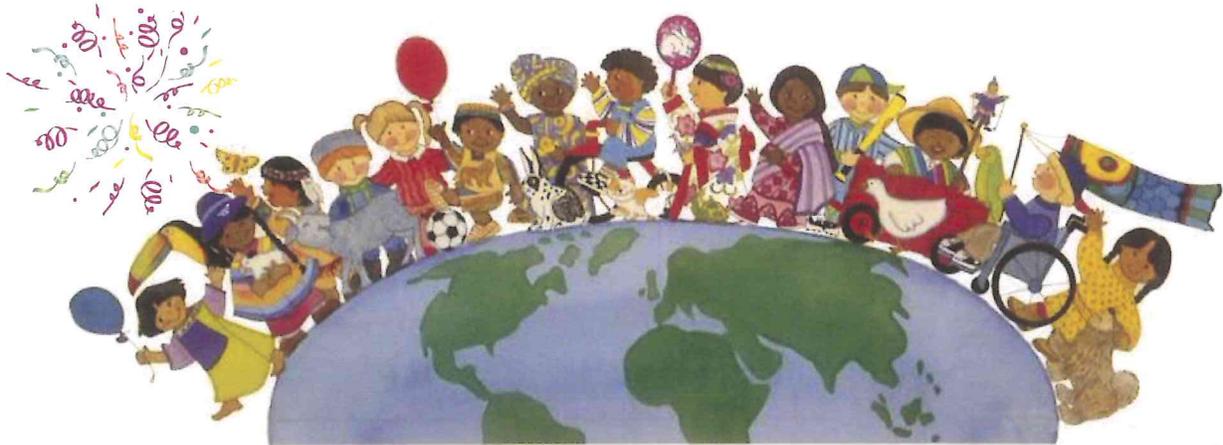
The next meeting of the School Council is on Monday April 18<sup>th</sup> at 7pm in the school library. All are welcome to attend.

# April 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Day 2  <b>APRIL FOOL'S DAY</b>	2  <b>WORLD AUTISM AWARENESS DAY WEAR BLUE</b>
3	4 Day 3	5 Day 4	6 Day 5	7 Day 1  Gr 3 & 4 to River Run	8 Day 2	9
10	11 Day 3  Blue Spruce Voting & Parties	12 Day 4  Blue Spruce Voting & Parties	13 Day 5  <b>INTERNATIONAL DAY OF PINK</b>	14 Day 1  Gr 7 Boys & Girls HepB #2 Gr 8 Girls HPV #3	15 Day 2	16
17	18 Day 3  7:00pm School Council Meeting	19 Day 4  1pm Silver Birch Voting	20 Day 5	21 Day 1  Silver Birch Express Voting Gr 1 & 2 River Run	22 Day 2  <b>Earth Day</b>	23
24	25  <b>P.D. DAY NO CLASSES</b>	26 Day 3 Gr 6 VIP Gr 7 Police Pres. Tech Safety Silver Birch Voting	27 Day 4  Red Maple Voting	28 Day 5  Book Fair Arrives	29 Day 1  Book Fair Previews	30

# Kortright Hills Public School

## 2016 Multicultural Evening



**Tuesday May 3rd - 6:30 to 8 PM**

Join us for a **fun family evening** of  
music, dance, and stories!

Have a cup of coffee and a cookie



Travel around the world with your very own passport  
Enjoy live performances  
Learn about the amazing things Guelph has to offer

Interested in representing a particular group or community? Drop  
us a line at [avalois@rogers.com](mailto:avalois@rogers.com) to secure a table or time for a  
performance.



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23 Ptarmigan Dr., Guelph, ON N1C 1B5

**FIESTA**