



Laurelwoods Elementary School Newsletter

Mental Health & Education Week – May 1 to May 5, 2023

“Strive Together” *STRIVE ensemble! Semaine de la santé mentale et de l’éducation 2023!*”

PRINCIPAL NEWS

After a great deal of rain on the weekend we are looking forward to seeing some May flowers! Please make sure that your child is coming to school dressed for the variable spring temperatures; layers are best. Our yard and forest can be muddy. Outdoor shoes are necessary to ensure we are not tracking mud throughout the school. An extra change of clothes tucked in the backpack can come in handy in the event that your child has a slip and fall at recess.

May and June are very busy months. We have lots of events planned. Please take some time to read the school newsletter and classroom memos carefully to ensure you are aware of events and endeavor to make any necessary payments on or before the listed deadlines.

Sincerely,

Lori Shilvock
Principal
Laurelwoods Elementary School

WELLNESS WORKS!

UGDSB’s May theme is Self-Compassion. This month will focus on the benefits of Self- Compassion

Self-Compassion is:

- Treating yourself kindly and with patience during times of perceived failure
- Understanding that imperfections and struggle are a natural part of being human
- Offering oneself acceptance, understanding, and care

EQAO

During May 16th to 19th students in grade three will work on the provincial Education Quality Assurance Office’s (EQAO) annual standardized assessment of mathematics and language skills. Students in grade six June 6th to 9th will work with their teachers on the provincial Education Quality Assurance Office’s (EQAO) annual standardized assessment of mathematics and language skills. Testing will occur during the morning blocks. Please avoid scheduling appointments to allow students the opportunity to participate in this assessment.

Reminder

Just a reminder that there will be no school for students on Monday, May 22nd as we celebrate Victoria Day. Our next P.A. Day will be on Friday, June 2nd, 2023.

Moving?

If you know you will be moving over the summer and not returning to Laurelwoods Elementary School, please inform the office. This helps us to plan classes for the fall.



Parent Council BBQ and Laurelwoods Book Fair

Parent Council is excited for our upcoming Spring Family Night, Thursday, May 18th 4:30 – 7:00 pm. Come join us for a complimentary BBQ, along with classroom Raffle Baskets and buy some books at our Scholastic Book Fair. We look forward to welcoming all families for a fun filled evening and thank you for your continued support of Parent Council Initiatives.

Student Nutrition Program

Our student nutrition program continues to offer healthy foods according to the student nutrition guidelines. Students enjoyed our egg McMuffin day, and we are looking to offer a few more food days in May and June.

News from the LLC

Forest of Reading: OUR VOTES ARE IN!

For the past few months, students and staff have been participating in the Forest of Reading program. Our first-place winners include: “Are You a Cheeseburger” voted by K-2 students; “The Strangest Things in the Sea” voted by Gr.3-4 students; “Swim Team” voted by Gr.5-6 students, and “Eight Days” voted by Gr.7-8 students. Thanks to all who participated in the Canada-wide reading program and thank you once again to our Parent Council for sponsoring the program!

Book Fair:

Our **second** Scholastic Book Fair of the 2022/23 school year will be happening this month! From May 15th to the 19th students can view and purchase a variety of items on sale such as books, posters, and other trinkets! There’s always something for everyone at the sale, including a discount table! Also, do not forget to drop in sometime during our Family Barbeque Night on May 18th. The Book Fair will be open from 5:00-7:00 pm that evening. If you cannot make it to the Fair, you can also purchase books directly from Scholastic during that same week, using our virtual link. This link is open from May 15th-19th. Books ordered online will be delivered to the school for pick-up once the Book Fair is completed.

Virtual Book Fair Link: <https://virtualbookfairs.scholastic.ca/pages/5205616>

Grade 8 Graduation

Graduation night is Monday, June 26th. Since we have so few grads this year (only 25), each graduate can bring up to 6 guests. Our graduation theme is 'Springtime in Paris'. Pictures begin at 6:30 outside, with the ceremony beginning at 7 pm. This will be followed by a reception in the library.

Ice Dawgs

We will be selling Ice Dawgs on cookie day in May and June. These are chocolate chip/ vanilla ice cream sandwiches and are on sale for \$2 each on Wednesdays. Preorder using cash online or send a twoonie with your child.

Dates to Remember

May 1 st to May 5 th	Mental Health and Education Week – <i>Strive Together</i>
May 3 rd	Parent Involvement Meeting – 7:00 pm
May 3 rd	First day of Ice Dawg Sales (every Wed) - \$2.00
May 5 th	Wellness Circuit for Grades 6-8
May 5 th	National Day of Awareness for Missing & Murdered indigenous Women, Girls and Two Spirit people
May 5 th	Green/White/Red day
May 8 th	Fire Presentation – JK/SK
May 9 th	Fire Presentation – Grade 1 – 2
May 9 th	Popcorn Day
May 9 th	Freedom to Achieve Twoonie Day
May 12 th	New JK Meet and Greet – 2:15pm
May 15 th	Class pictures
May 15 th	Scientist in School – Grade 1
May 16 th – 19 th	EQAO – grade 3's
May 17 th	International Day against Homophobia, Transphobia & Biphobia
May 18 th	Family Night BBQ 4:30pm – 7:00pm
May 19 th	Character Day – dress as your favourite character
May 23 rd	Victoria Day Holiday
May 26 th	Comfy Cozy Day
May 28 th	World Hunger Day
May 30 th	Frozen Yogurt Day (preordered online)
May 31 st	Track and Field 1500 m race - ODSS

Laurelwoods Family Night

Please join us
Thursday, May 18th, 2023
4:30 pm – 7:00 pm

Book Fair in the LLC
(Cash or credit payment available)

Complimentary BBQ provided by Parent Council
(One hamburger or hot dog per person. Halal hot dog option available).

**** Classroom Basket Raffle****

1 card - \$10.00 for 25 chances, 3 cards - \$20.00 for 75 changes Do not need to be present for the draw. Winners will be contacted. Proceeds of this Raffle will go towards Family Transition Mental Health and Healthy Relationship Programs

Ice Dawgs (\$2.00)

Available for sale supporting the Graduating Class



We look forward to welcoming our families.



Butterflies

This month in science our primary students will be learning about life raise caterpillars into butterflies! In the library, we are raising Painted Classes are able to explore and connect with nature as they study the life cycle of a butterfly. The caterpillars will take about three weeks to turn into butterflies, and we will be releasing them in our forest. Students are encouraged to observe life evolve and seek out similar experiences in nature!"



systems as they Lady butterflies.

Laurelwoods Parent Information Night

You are warmly invited to attend a parent information evening at Laurelwoods Elementary School on Wednesday May 3rd from 7:00-8:00 PM.

Our speaker for the evening will be Stephen P. Lewis, Professor at the University of Guelph who specializes in clinical child and adolescent psychology. The presentation will be geared towards an adult audience.

The focus of the presentation will be on youth mental health and well being. In 2022 the Upper Grand District School Board communities participated in the WHY Surveys. The Well-being Health and Youth (WHY) Surveys collect information from youth, parents, and school staff about youth health and well-being. The surveys are conducted every two years, allowing us to monitor trends over time. Below you will find a link that reveals the need for conversations about mental health trends within our communities. [2022 Well-Being and Health Youth Survey Dashboard](#)

We sincerely hope you will make the time to join us on May 3rd from 7:00-8:00 PM.

This event is sponsored by the Parent Councils at Laurelwoods, East Garafraxa and Grand Valley Elementary Schools

Laurelwoods is having a Clothing Drive!

Our clothing drive will begin at our LES Family BBQ Night on Thursday, May 18th, 2023. There will be bins set up for your bags of donations to be placed in. We will continue to collect donations until Tuesday, June 13th, 2023. Clothing can be sent with your child to school (if the bag is small enough to carry) or dropped off in labeled bins in the front hall. The Kidney Foundations does provide a small money incentive for every pound of clothing collected. Any funds that we receive from the clothing drive will go towards our ECO initiatives.

Thank you in advance for helping to make our world a better place by eliminating textiles in our landfills!

- The Kidney Foundation will accept clothing, textiles, belts and accessories, shoes and boots, jewelry, bags and purses, bedding, and linens (all considered cloth items). Items do not need to be in perfect condition as the Kidney Foundation works with their partner to ensure that all items donated to us get repurposed.
- 100% of the net proceeds support The Kidney Foundation of Canada to fund kidney research, education, peer support and programs to help ease the burden of kidney disease.



Calling all used books!!!

Laurelwoods is having a book sale! If you have any books at home that you are ready to pass on or get rid of, please consider donating them to our school for a book sale! These books will be for sale for \$1.00 during the Family BBQ night and potentially during the school day after that, depending on the number of books we have available! We are collecting books of all genres! Please send any book donations to Mrs. Rayfield's room leading up to May 18th! Money raised will go towards Parent Council initiatives!

Mental Health & Education Week May 1-5, 2023

This year's Mental Health Theme is S.T.R.I.V.E. On Monday staff and students will explore the concept of stigma reduction. Tuesday will focus on truth. Wednesday's theme is all about relationships. Thursday will examine identify affirmation. Friday will be all about vision. Throughout the week students will work with their classroom teacher to learn about the theme.



Monday will focus on Stigma Reduction. We will kick start the week with a presentation by Katie Spears on Monday, May 1st.

•Stigma, Mental Health, and Gambling/ Gaming Addiction Presentation

This presentation will discuss what sort of things are stigmatized and reducing the harm of stigma. The presentation explores different Mental Health issues (briefly), what stigma is relating to MH and why it exists, how to keep and work on building positive mental health, and touches on gambling/ gaming addiction and how it is easy to slip into gambling at school, home, and as they age.

On Friday afternoon students in grades 5-8 will participate in a Mental Wellness Expo! The afternoon will be divided into four 30 minutes sections.

- 12:00pm - 12:30pm
- 12:35pm - 1:05pm
- 1:10pm - 1:55pm Lunch/ Recess
- 2:00pm - 2:30pm
- 2:35pm - 3:05pm

Prior to Friday each student will indicate which sessions they wish to participate in. They will rotate through the centres. A description of the activity and an introduction to the presenter is below.

Station #1 Practicing Self-Care

Meghan Mills is the Youth Engagement Facilitator on the Mental Health Promotion and Education Team at CMHA. Meghan also facilitates YouthTALK which is a youth-led mental health group that promotes positive mental health and wellness, and focuses on educating peers about resiliency building, positive coping, and stigma reduction. She is a University of Waterloo graduate and has experience working with youth and mental health. Meghan has a passion to spread awareness and education about mental health in an educational but exciting and engaging manner.

On this mental health week, Meghan will be running an interactive presentation all about *Practicing Self-Care*. It will discuss why self-care is important; dive into the difference between self-care and coping, as well as how to start a self-care plan for yourself.

Station #2 Art Therapy

Tiffany McCabe is a Registered Social Worker, with the Ontario College of Social Workers and Social Service Workers. Tiffany believes in the healing power of art for people of all ages.

Tiffany enjoys working with adults, teens, and children. She welcomes anyone who is needing support around grief, depression, anxiety, or trauma. Tiffany specifically enjoys working with other professionals in the helping field (nurses, and social workers). She works from a strength-based lens and loves watching clients have "aha" moments, and witnessing people build on their confidence, resources, and strengths.

Session #3 Yoga

Kimberly Van Ryn has been a Child and youth worker (3-year diploma from Humber many moons ago!) for over 20 years, she has her BA in Human Services, and is a certified yoga instructor through the studio she attended at the time and the program was accredited by the Canadian Yoga Association. Since then, she has attended the University of Buffalo to become certified as a Trauma Informed Practitioner and through that work has become a trauma informed yoga teacher. Until its closure last month she was employed to teach at Kala Yoga here in Orangeville and did so for 7 years. Kimberly is the founder of Branching Out Support Services Inc. here in Orangeville. The support service connects and does life with people that have neuro diversities. They serve all ages but are primarily known for group and 1:1 supports for adults with brain differences. They also have a growing education and advocacy service that is training professionals about neuro diversity, trauma, navigating systems and more. BOSS is in its 4th year of service as a social enterprise business. They are developing strong principles about belonging in our community and how neuro diverse people can have a voice and a place.

Her work at Branching Out and with neuro diverse people has allowed her to create yoga classes that truly any person can do. Sometimes, even if the person is paralyzed the yoga is the breathwork and meditation. She can make this experience accessible to anyone. She does not have an accreditation as an "accessible" yoga teacher, but it's in her wheelhouse for sure!

Session #4 POUND Unplugged!

Amrita Baraya teaches a class called Pound Unplugged. This is a class that is 30 minutes in length. 20 minutes of work, 10 minutes of breathing and meditation. It centres around mental and emotional wellness. She is a certified personal trainer, children's fitness coach, healthy eating and weight loss

coach, Pound Pro, Generation Pound Pro and Pound Unplugged Pro. Amrita has been leading Pound classes for the last year and a half.

Session #5 Ukuleles

Lynda McDougall is a former Dufferin teacher like her mom. Lynda comes from a farm family of seven kids who grew up surrounded by music because of her fiddle-playing Dad.

Lynda has been playing ukulele since she was twelve years old. She owns one yellow superhero cape, several very cool hats and 20 ukuleles. She knows a ukulele has the power to change the world.

School Safety Drills

As a reminder, each year our school must conduct drills to ensure staff and students are prepared in the event of a real emergency. For the school year:

- Three (3) fire drills in the fall and three (3) fire drills in the spring
- Two (2) lockdown drills
- One (1) tornado drill
- One (1) bomb threat drill

All drills are conducted in a manner that is sensitive to the needs of our students. If you have any questions, please do not hesitate to contact the school office.

School Organization for the 2023-2024 School Year

We are continuing to work through the staffing process with the Board and will soon be able to begin creating next year's class list. A question that often comes up is how does staff decide which class to place my child in?

Answer: When school staff draft class lists, a variety of factors are taken into consideration. Some of them are as follows:

- Total number of students (must meet Ministry and contractual guidelines)
- Balance of female/male students
- Balance of abilities
- Number of students identified with special needs
- Combinations of students (positive and challenging)
- Formation of interactive learning groups
- Teacher experience
- Parent requests

If parents/guardians wish to make a request for a particular class, it must be supported by specific and detailed reasons. Our final deadline for requests to be emailed to the school is Friday, May 26th, 2023, email address: karen.gardhouse@ugdsb.on.ca

The request must specify the reason for the request. *We will make every effort to honour parent requests, but please realize that we cannot guarantee that requests will be met, due to the number of variables involved in student placement.*

Attendance

Just a reminder to guardians when their children are away to call into the office in the morning to let us know. Due to safety protocol, we call each family to check in when a student is away. Guardians calling in ahead of time speeds this process up and allows us to know all our students are safe. Being on time for school and attending school regularly plays a critical role in any child's academic and social success at school.

Calendar 2023 - 2024

The Ministry of Education has a pending approved Upper Grand District School Board school year calendars for the 2023-2024 school year. Students will start the year on Sept. 5. Winter Break will be from December 25, 2023, to January 5, 2024. March Break will be from Monday March 11 to Friday March 15, 2024. The last day of school will fall on June 27 for elementary students. The approved calendars will be posted on the board website under [School Year Calendars](#).

Upper Grand Learning Foundation: “Freedom to Achieve Twoonie Tuesday”

Tuesday May 9th is a Board wide “Freedom to Achieve Twoonie Tuesday” day. Please consider donating a twoonie to support students in our school system in getting access to programs and support and have “Freedom to Achieve” anything. Donations can be done online using School Cash Online (<https://www.schoolcashonline.com/>) the week of May 8th. All donations will be sent to the Upper Grand Learning Foundation.

The Upper Grand Learning Foundation (UGLF) was formed in 1994 with its original formulation as a non-profit, registered charitable organization dedicated to improving educational opportunities for students, families, and their communities in which the Upper Grand District School Board serves.

The UGLF was launched for two main purposes: to spread the word about the great things happening in the public education system and to support the Upper Grand District Public Schools across Wellington and Dufferin Counties. Today, the foundation is here to raise friends and funds to support student success. We know investing in children today means investing in their future, our communities and society.

All twoonies will go towards the “Freedom to Achieve Fund”. The *Freedom to Achieve* fund supports schools with special Equity requests and requests for special equipment or services that are beyond a parent or school budget. So, any support is very welcome We appreciate all contributions. Thank you to all our amazing families.

Dufferin Parent Support Network

The Dufferin Parent Support Network is a network of parents and community agencies who provide education, resources and support for parents. Dufferin Parent Support Network is hosting some amazing *free* parenting workshops in May. These include:

- Peaceful Problem-Solving and Conflict Resolution - May 4. Registration: <https://bit.ly/DPSNprobS23>
- Strengthening Your Stepfamily - May 9. Registration: <https://bit.ly/DPSNstepS23>
- Calming the Storm: Co-Regulation Strategies for Your Intense or Emotional Child - May 11. Registration: <https://bit.ly/DPSNregS23>.
- 519-940-8678 www.dpsn.ca info@dpsn.ca



Pickle Ball

For the last month or two, we have had pickleball intramurals, where students from grade 6-8 played with a partner in our pickleball tournament. Recently, we had our finals played between Rainbow Legacy and The Pickleheads. The Pickleheads came out victorious, and Mr. Johnson and Mr. Gertzbein would like to congratulate them, and all the teams on some fine playing skills! Hopefully, students next year, will want to carry on the tradition of this fun intramural!

