

**Mitchell Woods Public School  
670 Willow Road  
Guelph, Ontario**

Principal: Mair Ann Gault

Vice Principal: Sarah Garrett

**MARCH 2019**



Hello Parents and Guardians:

Below is a link to our School Improvement Plan for January, 2019 to December, 2019. The School Improvement Plan is developed by gathering data, including student work, EQAO, School Climate survey, Parent survey, Staff survey, and so on in order to determine next steps for school growth. After a thorough analysis, the staff designs a plan for improvement and throughout the rest of the year pursues the implementation of the plan. The School Improvement Plan was presented to our School Council in January and has been reported to our Superintendent of Education. The left side of the plan focuses on Student Inclusion, Wellbeing and Engagement. The right side focuses on Student Achievement and School Improvement. If you are interested in learning more after reviewing the document, feel free to call me to ask questions.

<https://www.ugdsb.ca/mwoods/our-school/>

(Scroll down the page slightly.)

Sincerely,

Mair Ann Gault © - Principal, Mitchell Woods Public School

**STUDENT SAFETY**



Please note that the staff parking lot is not to be used for parents either dropping off or picking up children at the beginning and end of the school day. Thank you for keeping our children safe.

**KINDERGARTEN REGISTRATION**

If your child will be new to the school and you have not had a chance to register for junior or senior kindergarten as of yet, please do so as soon as possible. In addition, if you have a new neighbour, please pass on this message to them so that they register quickly.



**LOST AND FOUND**

The clothing and sundry items in the overflowing lost



and found boxes will be cleaned out before March Break. Any unclaimed articles will be donated to a local charity during the break.

**MOVING**

Planning for the 2019-2020 school year is already underway. If you will be moving this summer, or know of someone moving into the school area, please notify the office as soon as possible. This will help with the organization of teachers and classrooms at Mitchell Woods P.S.

**COUGHS, COLDS, SORE STOMACHS AND MORE!**

Children who do not feel well do not learn well. If your child is feeling sick, please keep him/her at home for the day.

We do not have the facilities or staff available to supervise children too ill to go outdoors at recess times. If your child becomes sick at school, we will make every attempt to contact you at home or work.



Please keep us informed if your contact phone numbers change.

### EXTRA SOCKS, DRY PANTS AND SHOES



Students are reminded to bring extra socks, pants or rain pants to the school at this time of year as the snow melts and the playground becomes muddy. A pair of indoor shoes is also a must for all students, as the floors are often wet following recess.

### INCLEMENT WEATHER

March is upon us and should bring on very changeable weather, which could include snow, ice and/or fog.

**It is the parent's responsibility to determine whether or not it is safe for his or her child to leave for school in inclement weather.** A parent must be aware of the following:



- When a bus does not travel a route in the morning due to fog, ice or snow conditions, it will not travel that route in the afternoon.
- While we have an excellent transportation system, buses may be delayed in the morning due to traffic, poor road conditions, mechanical breakdowns, etc. To ensure your child is not stranded at his/her pick up point, please make sure they know what to do and where to go if their bus is more than 15 minutes late.
- Remember to listen to CJOY 1460 AM or Magic 106.1 FM in the event of inclement weather.
- They will broadcast bus cancellations or school closures.
- You can also check the Board website: [www.ugdsb.on.ca](http://www.ugdsb.on.ca) or the Transportation website :

<http://www.stwdsts.ca/>  
by 6:30 AM each day.

### SCHOOL COUNCIL

Our Dance-a-thon, held on Valentine's Day was a huge success! Not only did the kids have a fantastic day dancing to the music provided by Mr. Thomson, but they had an opportunity to win spot dance prizes and larger prizes in the draw. Thanks to Stephanie Sambells for organizing such a great event and to all those who donated prizes. From your generosity, \$2015.49 was raised to help purchase technology for classrooms and the concession raised \$558.95 in support of the music program.

We also had a wonderful evening on Thursday, February 28th with many families coming to the gym for Family Games Night. A special thank you to all the volunteers who offered their time and to West Willow Village Neighbourhood Group who helped pull this fun filled evening together.

School Council is a great way for caregivers to get involved in their student's school. Meetings are held monthly from 6:15-8:00pm in the library on the following Mondays:

- There is no meeting in March. Have a wonderful Spring Break! Our next three meetings are: April 1, May 6 and June 10.

For more information please contact Amanda Dawson at [ilove2bake247@gmail.com](mailto:ilove2bake247@gmail.com) or the school to leave a message for Amanda, who will follow-up with you.



### REMINDER

Please remember to call the school if your child will be absent or late for school. Our answering machine is on 24/7. It can take many phone calls to ensure that one child is at home sick. We are required to make contact with the parents of each child that we have not heard from. Your support in assisting in reducing the

number of calls that are necessary would be greatly appreciated.

### VISITOR/VOLUNTEER REMINDER

If you are volunteering at Mitchell Woods P.S. please enter through the front doors only and go directly to the office to sign the visitor book and obtain a visitor's badge while you are here. Even if you are only in the school for a moment, your tag must be clearly visible. A major goal for staff and students is to minimize class disruptions during the school day. If you need to give your child the rare, forgotten lunch or binder, please drop it off at the office and we would be happy to make sure they receive it. We appreciate your help in keeping our school safe!

### DROPPING STUDENTS AT SCHOOL

Recently, a number of parents have been taking their students to their classroom after the morning bell has run. This is a reminder that parents need to drop late students at the office to report in and get a late slip from the office. *Unless your child has a special education plan requiring that a parent/guardian picks them up or drops them off to their classroom, all children should be picked up and dropped off outside.* If your child is late, she/he can sign into the office and get a late slip and school staff will ensure he/she gets to their classroom. This assists us greatly with our Safe Arrival Program.

### LIVE FREE CAMPAIGN

Student Council, under the supervision of Mrs. Battaglia, will be running our second annual Beach Day for our Live Free campaign on Friday March 8th. We are living free of winter!!

There will be snacks for sale and various paid games. There will also be other carnival style games that students can participate in free of charge.

The collected money will go toward Food and Friends and be put directly back into funding our snack program.

A note from the Food and Friends Program:  
"Thank you to all the volunteers who have helped to make our Food & Friends student

nutrition program such a success this school year. The donation of time that you have given and your ongoing support says so much about your capacity for compassion and generosity. Thank you for "Bringing Healthy Food to Hungry Minds!"

### MARCH BREAK

March break will run from March 11<sup>th</sup> – March 15<sup>h</sup>. Students will return to school on Monday, March 18<sup>th</sup>.

If you are withdrawing your child(ren) before or after the March Break for an extended family vacation, please be sure to inform the school. Have a wonderful March Break with your family!



### NUMBER TALKS BULLETIN FOR PARENTS

Have you ever heard your child talk about Number Talks? Please go to the link below to learn more.

[Number Talks Parent Bulletin](#)

### ENVIRONMENTAL NEWSLETTER

Please go to link below for this month's Environmental Newsletter.

[Environmental Newsletter](#)

## TALKING ABOUT MENTAL HEALTH

### Random Acts of Kindness

Did you know that there are scientifically proven benefits of being kind! That's right. Just the act of being kind has been shown to stimulate the same part of the brain as those who receive an act of kindness. The simple act of kindness can:

- Reduce the stress hormone cortisol
- Increase sense of positive mood and satisfaction
- Help with physical health including lowering blood pressure
- Increase sense of happiness
- Increase feelings of "calm"
- Improve the mood of somebody simply witnessing the act of kindness

Kindness is also something that is TEACHABLE. Dr. Ritchie Davidson of the University of Wisconsin states that: "It's kind of like weight training, we found that people can actually build up their compassion 'muscle' and respond to others' suffering with care and a desire to help." As a family, you can:

- Make a conscious effort to recognize and say something kind about each other or someone else
- Give everyone in the family sticky notes to leave kindness notes to each other around the house
- Challenge everyone to do a random act of kindness every day for a week and have dinner time discussion about what everybody did that day
- Make an effort to identify and appreciate kindness that has been received

The weather may not be "playing nice" with us here in Southern Ontario these last weeks but we can still give our brain and

our mental health a winter "boost"! So go out and notice kindness, receive kindness and give kindness this month.

Jenny Marino, Mental Health Lead  
Follow me on Instagram  
[@ugdsb\\_mental\\_health](https://www.instagram.com/ugdsb_mental_health)