

Mitchell Woods Public School Newsletter

Principal: Mair Ann Gault

Vice Principal: Sarah Garrett

MAY/JUNE 2019



What a wonderfully exciting, very busy time of year! We have so many events taking place at our school before the end of the school year, events that help the provincial curriculum come alive for our students.

Events include:

- School Spirit Days
- School Council Meeting
- Eco Club
- Special Olympics
- Sharks Swimming Program
- Band and Choir Events
- Skills Canada Events
- EQAO
- Outdoor Education
- Class Trips
- Scientist in the Classroom
- Transition Planning for students
- Track and Field
- Youth Empowerment Events
- Patrol training
- Kindergarten Orientation
- Bike and Fire Safety Presentations
- Therapy Dog visits
- EQAO
- Costco Reading Program
- Graduation
- (And I'm sure I've missed many.)

It's a great time of year to celebrate learning and community. It's a great time of year to demonstrate gratitude. It's a great time of year to enjoy the outdoors and make new friends. I welcome all of you to join in on our events, be a

volunteer, have fun and enjoy your community school.

Sincerely,
Mair Ann Gault - Principal

A SPECIAL THANK YOU TO OUR VOLUNTEERS

Giving a helping hand in the classrooms, being part of School Council, organizing teaching materials, listening to children read, supervising on trips and helping on Special Event Days are just some of the things our dedicated volunteers have helped with over the year. The children and staff appreciate all the time and effort that you have made to support and enhance our educational programs and our special events here at Mitchell Woods P.S.



LOST AND FOUND

Please encourage your children to check for lost items in the Lost and Found Box and to take them home. Parents are also welcome to come and take a look after signing in with the office and getting a visitors tag. The bins will be emptied and the items donated the last week of school in June.



SCHOOL COUNCIL MEETING

On Thursday, April 18th the school gym was full of movie loving families; we estimate that 170-180 people were in attendance! It was fun to see the kids snuggle down in their p.j.s, blankets and sleeping bags while parents got comfy in their lawn chairs. Thanks to all who came and supported the event, we hope to have more movie nights in the coming school year. A special thank you to Stephanie Sambells for coordinating the event, Kelly Stronach for setting up the technical parts and the other volunteers who helped with set up, the concession and clean-up.

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:
- June 10

This is our final meeting for the 2018-2019 school calendar year. We will start again in the fall with our first meeting occurring on Monday, September 9th from 6:15-8:00pm in the library.

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

RECORDING SCHOOL EVENTS AND PRIVACY

As we come to the end of the school year, there will be many opportunities to record school events. Please know that personally recording school events and then posting them on social networks such as Facebook or You Tube is not respectful of the privacy rights of all those parents, staff and particularly students whose images are being shared without their knowledge and permission. Please join us for these special events, record them for your memories and respect the privacy rights of all students, parents and staff. Thanks!

EQAO PROVINCIAL TESTING – GRADE 3 AND 6

All Ontario students in Grades 3 and 6 will be participating in EQAO assessments. These will measure the students' knowledge and skills in reading, writing and math. Grade Three and Six students will complete EQAO from May 21- June 3, 2019. If you have any questions, please contact the school. **Please remind your child to do their best and to come to school each day well rested and with healthy snacks.** We use what we learn from these tests to plan and improve. Good luck!

MOVING SCHOOLS

If you are moving houses or schools this year, we would appreciate a call, so that we can staff our school and assign students to classrooms for next year with as much accuracy as possible.

PETS ON SCHOOL PROPERTY

While we have many dog lovers in our school, please understand that during school hours, due to safety reasons, **no pets of any kind are allowed at school without permission.** Teachers may give permission for pets to be brought to school as part of a special display or project, but must be consulted first. Some children are highly



allergic to certain animals, while others are sometimes fearful of them due to prior experiences. While walking your dog or playing in the playground with your children outside of school hours, please encourage all who use our school and city walks and grounds to be sure and scoop whatever is left behind! We appreciate your understanding in this matter.

KINDERGARTEN REGISTRATION



If you have not yet had an opportunity to register your child, please do so by visiting the school board website at www.ugdsb.on.ca

FIRE, TORNADO and BOMB 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. While our school has been conducting fire drills, lockdown drills and tornado drills for the last several years, beginning this school year, we are also required to conduct a bomb threat drill. The following number of drills are required each 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.

During our Fire Drills students do not have time to put on shoes. Please make sure they have a pair to wear inside and a pair for outside. During these drills anyone in the school is asked to evacuate the building and follow the same procedures as the students and staff. Staff will be reviewing these procedures with their students so that they feel comfortable and

confident in what is expected of them during these procedures.

APPROPRIATE DRESS

We ask students to dress appropriately at all times. Please go to the link below for details from our updated Dress Code. The information pertaining to appropriate dress is about half way down the page.

[School Code of Conduct](#)

PRIDE FLAG

In keeping with our Equity work at Mitchell Woods Public School, the Equity committee has decided to fly a Pride Flag from May 27-May 31st, 2019. Morning announcements will be made to inform students of the meaning behind the flag.

See link to more information on the Upper Grand District School Board Website:

[Pride Flag](#)

CHILD ABUSE PREVENTION POLICY & PROGRAMS

The Upper Grand District School Board places a high priority on the safety of our students. The Child Abuse Prevention Policy is evidence of our commitment to this priority. The following is a quote from the policy:

Every citizen in the community shares a responsibility for our children. School officials and teachers share this collective community responsibility for creating safe and nurturing environments for children. Under the Child and Family Services Act, this responsibility includes the legal requirement to report to the local Children's Aid Society any suspected child abuse or other situations where a child may be in need of protection. Teachers and other Board employees have a special opportunity to know and understand children during their most influential years of development. They are in a unique position to be able to see early signs of maltreatment, and to know or hear about the

abuse and neglect that is often suffered by children.

As required in the Policy, we will be teaching age-appropriate lessons to help our students identify abuse and protect themselves from abusive situations. The goal is to provide children with the tools they need to keep themselves safe. The lessons cover a broad range of safety issues including bullying, stranger danger and abuse by a known and trusted adult.

These lessons will occur during the month of May or June, for grades one, three and five. The lessons are taught by your child's classroom teacher with support from the school Child and Youth Counselor. There is no formal program in grades two, four and six, although the safety concepts are reviewed by classroom teachers informally.

For more information regarding the Child Abuse Prevention Policy and/or Programs please contact Mrs. Gault, Principal or Amy Fonte, our Child and Youth Counselor

Amy Fonte
Child and Youth Counselor

MORE CHILDREN CAN GET FREE DENTAL CARE

More children have qualified for free dental care as of April 1, 2014 due to changes to the **Healthy Smiles Ontario Program**. The income thresholds have changed and now include the number of children in the family. This affects children and youth up to the age of 18 who are residents of Ontario and have no access to any form of dental coverage.

If you think a child may qualify for **Healthy Smiles Ontario**, contact Public Health at 1-800-265-7293 ext. 2661. We will help you with the application process and answer any questions.



SPECIAL OLYMPICS

Six hundred students from the Upper Grand District School Board and Wellington Catholic District School Board joined together to celebrate sport at the Special Olympics, May 15, 2019. A wonderful time was had by all. Thank you to Mrs. Fanjoy, Mrs. Cutting, Student Coaches and Student Athletes for living out the school motto in our community.

REMINDER

If you or your child wants to attend an event at the school, for which there is a cost, and you or your child requires a support person (one who assists a person with a disability) please know the support person will not be charged to attend with the disabled person. Please know there are also Accessibility Feedback Forms available for anyone who requires them. Come into the office for your copy. Thank you.

CELEBRATE BIOLOGICAL DIVERSITY DAY

The United Nations has proclaimed May 22 The International Day for Biological Diversity to increase understanding and awareness of biodiversity issues. <https://www.un.org/en/events/biodiversityday/>

Biodiversity simply means: 'A wide range of life'" Some of the things we do are harmful, so we need to learn more about how to protect all the different types of life on our planet.

Ideas for your family to celebrate Biodiversity Day!

- Visit farmers markets in your local area to try new types of produce. Whether you incorporate heirloom tomatoes into your cooking, or try one of the rainbow of colors of carrots, biodiversity can bring a great new experience to your table.

- View photos of endangered species on the Internet with your child and discuss the reasons why these animals are threatened and why they should be protected.
- Join a community group and help to remove invasive plants from your local environment.
- Get out into the world and enjoy all the different types of life your local area offers. Even your street or a local park can have an amazing variety of life you've never noticed, from insects, birds, chipmunks, to trees and flowers.
- Consider planting a pollinator garden in your yard (or in a flowerpot) to help save the bees and butterflies from declining.

For more ideas on how to increase the biodiversity of your own backyard, go to: <https://biodivcanada.chm-cbd.net/biodiversity-your-backyard>

Celebrate the diversity of our natural world every day!

TALKING ABOUT MENTAL HEALTH WEEK WAS CELEBRATED MAY 6-10

Child and Youth Mental Health and Well-being Week is about promoting mental wellness, increasing awareness of child and youth mental health, decreasing stigma and understanding that support is available. Let's improve everyone's mental health and well-being!

The theme for Child and Youth Mental Health and Well-being at UGDSB is: Have a **SUPER** Week!

Social Connections

Understanding Emotions

Personal Health

Empathy

Resilience

Each day of the week focused on a different aspect of Mental Health and Well Being. The schools were provided with resources and activities related to each day's theme.

As a parent, you can increase the Mental Health and Well-being of your children, youth and family too! Here are some suggestions:

Monday May 6-Social Connection - ``Don't be shy. Just say hi!``

Say Hi to 3 people that you do not know. Perform a random act of kindness.

Tuesday May 7- Understanding Emotions – “Sad, glad, happy, mad – just be you”

Right now, stop and reflect on how you are feeling. Take a couple of moments as a family to do some deep breathing.

<http://youth.anxietybc.com/how-do-it>

Now, how are you feeling?

On Wednesday, wear GREEN to support Mental Health Awareness.

Wednesday May 8 – Personal Health - “Healthy Self. Heal-thy self”. Wear green today to support Mental Health Awareness.

Did you know that how our bodies feel affects how good we are feeling? Three of the best things you can do to improve your mood is to exercise, sleep well and eat well. Go for a walk or play a game, get outside, turn off the devices an hour before bed and eat fresh food! The more you do to help your body feel good, the better you will feel!

Thursday May 9 – Empathy - “Be somebody who makes everybody feel like a somebody”.
When in doubt – be kind. Try seeing something from another person's perspective today.

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

Friday May 10 – Resilience - “If Plan A doesn't work, the alphabet has 25 more letters!”.

Mental Health and Well-being means coping with the ups and downs of day to day life. Building more resilient thoughts and skills can really help. Children and youth can also find support by seeking help from caring adults. Take time now to talk with your child or youth about who those caring adults are in their lives.

For more information about Mental Health and Well-being and interactive activities with your children and youth:

CMHA Get Loud! A comprehensive resource and tool kits. <https://mentalhealthweek.ca/>

Mind your Mind (online)
www.mindyourmind.ca/Interactives

Fun, interactive options for de-stressing for youth.

Smiling Mind (Free App) smilingmind.com.au/

An app that guides you through simple, calming meditations.

GoNoodle (Free App)
<https://www.gonoodle.com/>

Fun interactive body and mind breaks for kids.

At the end of the week, talk with your child/youth about the things that made them feel more connected, emotionally aware, healthy, empowered and resilient and continue to do those things every day!

Most of all... have a SUPER week!