

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

Principal: Mair Ann Gault

Vice Principal: Sarah Garrett

APRIL 2021



"A candle loses nothing by lighting another candle."

Well. What a year it has been. It was just over a year ago that the school system was shut down for two weeks following the March Break. And here we are. When I look back on this pandemic, one of the overall impressions that I will be left with will be all the people in our school community who took the time to light the candle of another. Whether it was with a kind word, going the extra mile to figure out how to do fun events for students in a Covid-safe manner, or setting up a community food drive, everywhere I looked there were people spreading light. For this kindness, compassion and support, I am eternally grateful.

Keep on keeping on...

Mair Ann Gault - Principal - Mitchell Woods P.S.

MOVING

Planning for the 2021-2022 school year is underway. If you will be moving this summer, or know of someone moving into the school area, please notify the school office as soon as

possible. This will help with the organization of teachers and classrooms at Mitchell Woods.

INFORMATION UPDATES

Have you changed your home phone number or work location recently? This is just a reminder to please inform the office (519 829-3123) of any changes in your information i.e. telephone number, place of work, emergency number, babysitter, etc. It is important that we keep this information up to date so that we are able to contact you if necessary.

JUNIOR KINDERGARTEN

We continue to register children for our September 2021 Kindergarten classes. If you have a child who will turn **4 (Junior Kindergarten)** or **5 (Senior Kindergarten)** on or before December 31st please call the school.

SCHOOL COUNCIL REPORT

Happy Spring!!!! It's so nice to shed the snow pants, toques, and boots and enjoy the sunshine and warmer weather! We hope that you've had a good March and will enjoy the April break with your household.

Council has continued to meet online where we have sought ways to contribute to our community during this challenging year. At our

March meeting we received information about an updated mental health resource for parents and caregivers. Check out the new website at: www.ugdsb.ca/mhugparents. There you will find loads of great information and resources to help you and your family navigate mental health issues that have been compounded by the pandemic.

On April 8th, the Parent Involvement Committee is holding a webinar centered on information about Special Education. There will be 5 sessions, two of which you can attend. Our very own Mrs. Gault will be presenting information about resources. For more information about the evening and how to register please visit: [UGDSB hosting final PIC parent engagement event, focusing on Special Education \(Mitchell Woods Public School\)](#)

Our Mabel's Label's fundraiser continues to run. Visit mabelslabels.ca and click "support a fundraiser" then select "Mitchell Woods Public School (Guelph)". A portion of your purchase will go towards supporting our school.

Also ongoing is our Fundscrip fundraiser. Visit fundscrip.ca and create an account. Gift cards are great gifts for Easter, Mother's Day, birthdays and can be used for regular shopping. This month there are 2 cards offering a higher fundraising percentage: The Ultimate Dining card which includes many local restaurants and The Children's Place. Thank you to those who continue to purchase cards, every purchase helps!

Finally, due to restrictions for gatherings, our monthly meetings will continue to be held on-line. If you are interested in attending those meetings please contact Amanda Dawson at scmittchellwoods@gmail.com and she will make sure you have access. Meetings are held from 7:30-9:15PM. Please note that there is NO meeting in April due to the holidays. Our final two meetings will be held on:

· May 3 - confirmed · June 7

If you have any questions about school council, please contact Amanda at scmittchellwoods@gmail.com.

DISMISSAL

Just a reminder to parents that school dismisses at 3:15 pm. **Students are expected to be picked up by 3:15 pm.** Unfortunately, staff are busy with preparations for the next day, meetings etc. and cannot supervise children after 3:15 pm. Your support with this matter would be greatly appreciated.

SCOOTERS AND BIKES

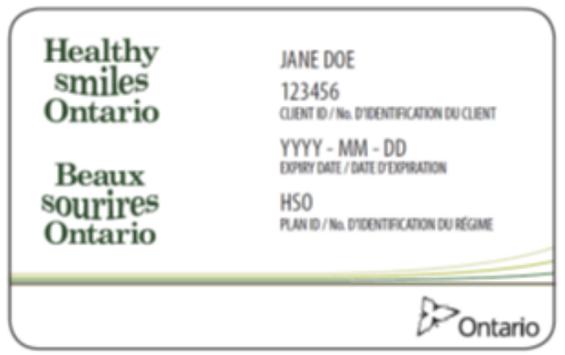
Spring weather is right around the corner and it's wonderful to see so many students riding their bikes and scooters to school. Please remind your child to lock up both at the designated racks to avoid them being taken. And remind your child that all bikes and scooters must remain outside *and be walked once on school property.*

FREE DENTAL CARE FOR CHILDREN

If you can't afford dental care, we have FREE services for your children at Public Health. We provide free basic dental care, including cleanings, x-rays, check-ups and treatment to children and youth.

Our dental hygienists provide preventive services (e.g. cleanings) out of all Public Health locations. Our dentist also provides dental care to children and youth enrolled in the Healthy Smiles Ontario program, and is located in Guelph at our 160 Chancellors Way office.

Have this card? Call Public Health to book an appointment.



For more information about our dental services or to book an appointment, call our Dental Line at 1-800-265-7293 ext. 2661. Visit our website for more information: <https://www.wdgpUBLICHEALTH.ca/your-kids/dental-oral-health>

April 22nd is Earth Day!
Monthly environmental activities to help celebrate our planet

"Look deep into nature, and then you will understand everything better." - Albert Einstein



Founded in 1990, Earth Day Canada inspires people of all ages across the country to connect with nature and build resilient communities as well as foster an intrinsically motivated, enduring commitment to stewardship and conservation. <https://earthday.ca/about/>

Earth Day 2021 Theme: Restore Our Earth

The theme is based on the emerging concept that rejects the idea that our only options to save the planet are to mitigate or adapt to the impacts of climate change and other environmental damage. Go to <https://earthday.org> for some quick facts

and additional information about this problem.

Ideas for your family to celebrate Earth Day:

- **Review previous Earth Day Themes. For example there is an ongoing focus on ending plastic pollution.** Make a pledge to always carry a reusable shopping bag, use alternatives to Ziploc bags, buy in bulk, refuse to buy over-packaged products and make litter-less lunches. Download your Plastic Pollution Primer to learn more about this problem. **Help End Plastic Pollution!**
- **Spend a day outside.** In the garden with your family, plant vegetables, trees or native flowers and attract native animals and pollinators. Or join a local community event to help clean your neighbourhood or restore local plant life.
- **Make commitments to cut down on your energy usage as well as waste.** Turn lights off, power down electrical devices, turn down your thermostat and only do full loads of laundry and dishes.
- **Learn more about the environment and the effects of global warming.** Encourage awareness and promote the **Reduce** (buy less), **Reuse**



(repurpose it) **and Recycle** (sort it right!) way of life.

Remember that every day is Earth Day! Don't restrict yourself to just one day a year. Make environmental actions and caring about the planet a habit - on Earth Day and every day.

Talking About Mental Health: Intrinsic Motivation April 2021

This month's Umbrella Theme is Intrinsic Motivation. So what is that? It is when we can do something, enjoy something, complete something – and feel good about ourselves and our accomplishments. It's about not needing anything external to make you feel better – grades, rewards, incentives, etc. We want our kids to WANT to do well because it feels good not because it is a competition or there is a reward.

Don't get me wrong – there are times for rewards and competitions for sure! But this month we want to focus on the ways we can foster that sense of internal satisfaction, accomplishment and motivation.

Consider your child is studying for a test. They are working hard and using some solid strategies for studying. Then they bring home a grade that they don't feel great about. That can be very disappointing. Or the child who creates all sorts of creative pieces for the school holiday bazaar but hardly anyone purchased anything. Thoughts can quickly move to: I guess my stuff wasn't that great or Why did I even try, etc. Our children need to know that not getting the grade, not making sales, etc. is okay. Try to help them see failure, frustration, disappointment, etc. as a

beginning rather than an end point. If we help our children to recognize the joy and accomplishment they feel when they are "doing" then the outcome is less of a negative impact. This is because the joy, the sense of accomplishment, the sense of success is in the process – not the product. Focusing on this area can increase confidence, school engagement, development of coping strategies, positive mood and our ability to stick to tasks longer.

**"If parents want to give their children a gift, the best thing they can do is to teach their children to love challenges, be intrigued by mistakes, enjoy effort, and keep on learning. ... They will have a lifelong way to build and repair their own confidence" Carol S. Dweck,
Developmental Psychologist**

Here are some tips:

- Make room for mistakes – encourage to keep trying
- Recognize hard work as much as outcomes – this is less about praise and more about helping your child reflect on their own feelings when they work hard on something
- Break down big goals into smaller steps – focus on process and recognize progress
- Celebrate successes – enjoy and share your child's successes which is the ultimate "reward"
- Foster gratitude – even on your child's worst days, what are they thankful for?

Remember, as parents we can also benefit from these same strategies! Have fun this month exploring and learning more about intrinsic motivation! - Jenny Marino-Mental Health Lead, UGDSB