

# Ottawa Crescent Public School

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## April 2016

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Spring-like weather is hopefully just around the corner and we are certainly looking forward to it at Ottawa Crescent. We have many things to look forward to in the upcoming months including Bike Safety Assemblies, Jump Rope for Heart, the Sharks Swimming Program, Earth Day, River Run Trips, Grade 6 Overnight Camp, and so much more.

In the classrooms, the teachers and students are working hard and continue to learn and grow together. Units on Electricity, Soil, Geometry, Canada's Links to the World, Money, and Medieval Times are just some of the exciting topics our students are pursuing. We continue, as a school, to focus on learning math through problem-solving, making challenging concepts more relatable to our students' lives. Parents can help with this by asking questions about everyday situations including time, money and measurement. Almost anything you can think of will likely have math involved! This is a great way for your children to understand why math is so important to us every day.

Be sure to check out all of the useful information included in this month's newsletter!

Allison Stoffman  
Principal

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## Next School Council Meeting

Monday, May 16/6:30 p.m.  
Everyone Welcome!

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## School and Student Safety

Continuing with past practices, late students must visit the office in order to get a late slip before entering class. Parents are reminded to visit the office when entering the school. Thank you for your co-operation in keeping Ottawa Crescent P.S. a safe environment for our students.

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## Dogs on the Playground

To be respectful of others, we ask that you not bring your dog onto school property. Small children are often frightened by dogs. This can be very upsetting for both parents and children. Thank you for your cooperation.



## Save the Date!

Family Fun Night  
Thursday, June 2  
5:00 pm. to 7:00 p.m.

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## E.Q.A.O. Dates

E.Q.A.O. testing for grade three and six students will take place May 25 – June 7. Parents of grade three and six students are asked to arrange to have appointments and outside of school activities take place before or after these dates.

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## Earth Day 2016

Celebrate the Earth on April 22!

Earth Day is a day that is intended to inspire awareness and appreciation for the Earth's natural environment. Earth Day was founded on April 22, 1970. Earth Day is now celebrated in more than 180 countries every year. This year we want to focus on more 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 environmental issues that we are passionate about.

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## SHARK – Swim to Survive Program

Once again, the grade three and five students at Ottawa Crescent will participate in the SHARKS program. The SHARKS Swim to Survive Program is part of a larger vision to see that all children in Guelph learn to swim. Further information regarding dates and times will be sent home soon.

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## Drop-Off/Pick-Up and Playground Supervision

Parents are reminded to please drop off and pick up their children at the appropriate entry/exit doors. The front hallway is becoming too congested for the safe entry and or exit of our bus/taxi students. Also, parents are reminded that playground supervision before school begins at 8:40 a.m. Supervision after dismissal time ends at 3:25 p.m. Students are encouraged to not arrive at school before 8:40 a.m. and to depart for home immediately following dismissal. Thank you for your cooperation.

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## World Autism Awareness Day

The eighth annual World Autism Awareness Day is Saturday, April 2. At O.C.P.S. we will recognize this on April 1. Students are asked to bring in a toonie if possible. Every year autism organizations around the world celebrate the day with unique fundraising and awareness raising events. By bringing together autism organizations all around the world, we will give a voice to the millions of individuals worldwide who are undiagnosed, misunderstood and looking for help. Please join Upper Grand District School Board in our effort to inspire compassion, empowerment and hope by wearing BLUE on Friday, April 1.



## Scholastic Book Fair Library Fundraiser

Scholastic Book Fair will be returning to Ottawa Crescent Public School this spring. Books will be on sale in the library starting April 29 until May 6. The Book Fair will be open from 9 a.m. to 4 p.m. daily and 9 a.m. to 7 p.m. on Thursday, May 5. The library benefits from all purchases by receiving new books for the school. Come and purchase your summer reading materials and support the library at Ottawa Crescent Public School.

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### Head Lice

Head lice continue to be an ongoing nuisance. The best protection against head lice is to check your child's head on a regular basis, paying careful attention to the areas behind the ears, at the back of the neck, and on top of the head. Teach your children how head lice are spread and how to avoid them: keep long hair tied back, do not share headgear such as hats, scarves, helmets, hairbrushes, and notify friends and other community contacts when head lice are found.

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### Library News

Students are busy each day at recess getting ready to participate and compete against all of the schools in Upper Grand District School Board for a spot on the Skills Canada Team. This year we are taking two teams to compete in LEGO Robotics and LEGO Mechanics. This will be our first year participating in the LEGO Robotics competition and we are practicing our emerging coding skills. Further updates and pictures to follow.

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### Chapter's

We are excited about the new books that were purchased, at Chapter's over the March Break, for the Library Learning Commons with the \$5,000.00 we were gifted by Chapter's, Guelph. We are very grateful for this support and look forward to more new books arriving in the library during April.

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### Waste Audit

On March 11, 2016 students in the Environmental Green Team participated in the school wide waste audit. More information will follow on how we did.

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### School Cash Online

The Upper Grand District School Board is pleased to be offering soon to all Ottawa Crescent parents and guardians School Cash Online, which is an online service that allows parents to purchase items and pay for optional student fees (eg. pizza, milk, field trips, etc.) online, and at their own convenience. The new School Cash Online initiative will save time, reduce paper within our schools and will provide a secure payment option for parents. Further information will be sent home soon.



## Feedback Welcome on Draft Policies

The Upper Grand District School Board is welcoming public input on draft policies. Currently under review are:

- Accommodation Review #305
- School Boundary Review #319
- Community Planning and Partnerships #320
- Equity and Inclusive Education #504
- Alcohol and Drugs #513
- Smoke-Free Environment #208
- Asthma Friendly School #516

You are invited to review the draft documents and submit online feedback at [www.ugdsb.on.ca/policy](http://www.ugdsb.on.ca/policy). The deadline for public input for policies 504 and 513 is April 13, 2016. Input on policies 208, 305, 319, 320 and 516 will be accepted until May 11, 2016. Persons without internet access may call 1-800-321-4015 ext. 723 to request a printed copy of the draft documents.

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## Lockdown Drill

In the interest of student safety, the Upper Grand District School Board has directed all schools to conduct two lockdown drills this school year. A lockdown is used when it is suspected that an intruder has entered the school and poses a threat to the safety of our students and staff. Detailed procedures have been developed in conjunction with our local police services and provided to all school in the district.

During the week of April 4, we will conduct a lockdown. Teachers will explain to students before the drill that a lockdown drill is like any emergency drill such as a fire drill. After the drill, teachers de-brief students.

When a lockdown drill is announced, students are directed to go into the nearest classroom. All classroom doors are locked and curtains are closed. Please note that during this drill no one will be allowed to enter or leave the building. In the event of a real lockdown, only emergency responders (police, etc.) will be allowed to enter the building. The end of the drill will be announced over the p.a. system.

Lockdown drills are just one more way, along with regular fire and tornado drills, of continuing to ensure the safety of our students and staff. If you have any questions, please contact us.

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## Concussions

Concussions can have a serious effect on a young, developing brain. Proper recognition and response to a 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 a 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 a concussion, the Board is presenting free workshops to increase awareness.

Wednesday, April 20 7:00 – 8:30 p.m.

Westside S.S., Library, 300 Alder St., Orangeville

Tuesday, May 10 7:00 – 8:30 p.m.

Norwell D.S.S., Library, corner of Main/Cumberland St., Palmerston

Wednesday, May 11 7:00 – 8:30 p.m.

Centennial C.V.I., Lecture Room, 289 College Ave W., Guelph







# April 2016

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 Pizza Day Autism Awareness Day at O.C.	2 World Autism Awareness Day
3	4	5 Rooms 2/14 to River Run	6 Sub Day	7	8 Pizza Day LEGO Robotics and Mechanics Competition at CCVI Lockdown Drill	9
10	11 	12 Humane Society Visit	13 Sub Day Humane Society Visit	14	15 Pizza Day Tornado Drill	16
17	18	19 Rooms 8/9/13 to River Run	20 Sub Day	21 Fire Safety Visits	22 Pizza Day 	23
24	25 P.D. Day – no school for students	26	27 Sub Day	28	29 Pizza Day Scholastic Book Fair Begins Sports Team Day	30

Scholastic Book Fair  
Friday, April 29 to Friday, May 6, 2016

School Council Meeting  
May 16/6:30 p.m. – Everyone is Welcome!





## April Environmental Theme: ECOSYSTEMS

In April we celebrate Earth week and Earth Day so it is fitting that the environmental theme is all about what we are really trying to protect. We are working together to save our Ecosystems. An Ecosystem is a group of plants and animals living in their own environment of soil, water, air and sun. So examples are a garden, or a forest, or a lake, or even a fallen, decomposing log.

As humans on planet Earth we have a responsibility to take care of all Ecosystems. We need to have thoughtful, long-range plans on how many forests to cut down and turn into houses or parking lots or factories. We need to think about the long-term effects of turning good farmland into a subdivision. There are more and more people living on this planet every year and we need to make plans on how to give everyone a place to live without destroying our essential Ecosystems. With good planning this can be done.

We need to get outside and learn more about all of the many different Ecosystems on planet Earth and do everything we can to protect them. When we pollute, or destroy habitats, the plants and animals can no longer live there and species become endangered or extinct. When we buy too many things we don't need, or don't buy locally, or use the car too often instead of biking or walking, Climate Change speeds up and Ecosystems can't survive the new temperature changes or flooding or drought. So all the suggestions we have been talking about all year - including turning off the lights, or not wasting water when you brush your teeth, using cloth bags instead of plastic, and reducing, reusing and recycling are really very important. Together we can make a difference!

***Slogan of the month: Go outside and explore an Ecosystem today!***

## **What is RESILIENCY?**

**Resilience** is the process of adapting well in the face of adversity, trauma, tragedy, threats, or even significant sources of stress — such as family and relationship problems, serious health problems, or workplace and financial stressors. It means “bouncing back” from difficult experiences.

~ Bonnie Bernard

According to **The Canadian Mental Health Association (CMHA)** RESILIENCE is, being in good health means more than feeling physically well; it also means feeling mentally well. Today, we are more aware of how our mental and physical health affect each other. Setting aside time to focus on mental health is important – to you and those who care about you. Life is full of change, risks and challenges. Good mental or emotional health helps us find our balance and stay in control, even during turbulent time

With the ability to communicate across the world in an instant, and electronic entertainment coming from every direction, life in today’s world is fast-paced and full-on. Anything seems possible, and with so many options and devices at our disposal, parents can be tempted to make their kids’ lives very easy. **Want that \$2 toy? Okay, you got it. (Better to avoid a meltdown, right?)** However if we want our children to stand up to the inevitable challenges they will face in the future and keep going despite disappointment or frustration, we need to help our children develop **resilience. This means they need to practice coping skills, and therefore need some challenges to practice these skills with.** After all, life is not about figuring out how to turn off a thunderstorm or switch on the sun – no matter how much we would like this to be possible. Our children will learn to be much happier, more resilient people, when they can enjoy the sunshine when it is around and dance in the rain when there is no other choice.

The list below is not your typical “do and don’t” list but rather a set of prompts to begin reflecting on ways we can teach children resilience through simple interactions every day.

- Give your child independence to try new things they initiate, such as climbing at the playground or opening a container, even if you think it is “too hard” for them.
- Encourage your child to serve others or let others go first when sharing food.
- Give your child the opportunity to wait patiently when it is required (such as in a restaurant or during a car ride); do not always provide entertainment
- Show your child that it is worth making a good decision for the long run even if it’s not the easiest, such as choosing healthy foods over junk foods even if they take longer to prepare
- Teach your child the difference between needs and wants
- Teach your child that they do not need every single material thing they desire (toys, food, designer clothes, technology devices, etc) even if “everyone else has it.”
- Enable your child to give toys and clothes away regularly to charity, and teach them that material possessions are simply tools and not answers to happiness.
- Give your child opportunities to help others younger than them, starting with simple ways such as showing the other child pictures in a book.



**When we foster resiliency in our children we promote the development of positive mental health because we enable them to develop coping strategies to get through the toughest parts of life, regardless of their social and economic environment they are living in.**

**<http://creativewithkids.com/25-ideas-for-teaching-your-kids-resilience>**