



# Ottawa Crescent Public School

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[www.ugdsb.on.ca/ottawacres](http://www.ugdsb.on.ca/ottawacres)



## February 2016

With the 100th day of school just around the corner, we are certainly right into the heart of the curriculum at Ottawa Crescent. The students have been working hard throughout all subject areas and are demonstrating their wonderful knowledge and ideas. It is great to see all of the excitement as our students learn new things, make connections and take pride in all of their accomplishments!

With such drastic weather patterns, we continue to remind students to wear appropriate clothing when coming and going from school, and during recesses. As a suggestion, please send an extra pair of socks to school so your child will have a dry pair.

February looks to be an exciting month with Kindergarten Registration, Pizza Days, Sub Days, Dance-a-Thon, Forest of Reading Program, Scientists in the School and much more. Please be sure to refer to Ottawa Crescent's monthly calendar for further important dates.

Allison Stoffman  
Principal

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### Playground Supervision

Please do not send your child to school too early or drop them off before 8:40 a.m. as playground supervision does not begin until that time. At 3:15 p.m. students are to go straight home. After-school supervision ends at 3:25 p.m.

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### Kindergarten Registration

Please contact the office if you have a child or know of a child who will be turning 4 on or before December 31, 2016 (junior kindergarten) or 5 on or before December 31, 2016. Kindergarten registration will be held the week of February 1 – 5, 2016. If you are not able to come to the school during this time, please call Mrs. Hambleton to make other arrangements. Please bring your child's birth certificate, immunization records and proof of address. Student and Parent Orientation will take place later this school year.

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### Trips, Pizza and Milk, Subs

Please submit all money for trips, pizza/milk and subs as *separate payments for each of your children and for each of the items you are paying for*. By keeping payments separate, the time-consuming task of organizing the orders is kept to a minimum. Also, please hand all orders in on time to the classroom teacher. Thank you for your cooperation.

## Safety Precaution

As a safety precaution, we ask all parents and older siblings who are coming to the school to pick up students to please meet at an outside location. Students are asked to independently enter and exit through their assigned doors, not the front doors. Congested hallways at both entrance and exit times leads to confusion and presents safety risks for all students. Students are not to use the front doors for entry/exit.

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### The Acting Center – Believe In Your Imagination

Artistic Directors Zoe Heath and Jake Simmons will be leading two days of acting workshops on February 9 and 10 followed by an evening workshop from 6:00 – 7:30 p.m. on February 10 with students and parents.

The focus of these workshops will be acting exercises and games which strive to bolster confidence and communication skills while exploring creativity in the performing arts. Further information was sent home January 25.

Please remember to R.S.V.P.



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## Report Cards

On February 11 all SK-6 students will receive their first term report cards. This is an excellent opportunity to talk to your child about their learning skills and academics. It's also a great time to set some goals for term two.

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## School Closures and Transportation Changes – Inclement Weather

In the event of, or possibility of, inclement weather please be sure to listen to CJOY AM (1460) or MAGIC FM (106.1) for announcements regarding school closures, bus/taxi delays or cancellations. Please listen for “Division 1, Yellow Card” or “South Wellington and the City of Guelph’ to determine if buses have been cancelled.

You can also go to the Upper Grand District School Board’s website at <http://ugdsb.on.ca> to check for closures and changes. If there is no bus/taxi service in the morning, there is also no pickup in the afternoon, and parents are responsible for their child’s transportation.

All students other than those bussed are expected to be at school on bus cancellation days. If you choose to keep your child home due to inclement weather, please call the school to let us know.

## Library News

The Ontario Library Association (OLA) Forest of Reading Program has begun at Ottawa Crescent Public School. This fantastic program involves students reading books that Ontario librarians consider the best Canadian books published for children. It aims to get readers engaging in conversation around books, and encourages them to use critical thinking while reading. At the end of the program, students who read at least 5 to 10 nominated books from their grade-appropriate program may participate in province-wide voting to choose their favourite books for the particular age range. These are truly student-choice awards. Students love the fact that their vote really counts.

### **The Forest of Reading Program – view the nominated books at the links below**

Silver Birch Express – Grade 3 and 4      <http://goo.gl/F4RXEO>

Silver Birch Fiction – Grade 5 and 6      <http://goo.gl/pUEOYv>

Silver Birch Non-Fiction – Grade 5 and 6      <http://goo.gl/a7cTln>

As well as reading the books, students are invited to participate in the Silver Birch Forest Café, where students have the opportunity at recess in the library/Learning Commons to chat about the books they are reading, complete blogs about their books, conference with teachers and our Principal who have read the books as well as just find a quiet spot to read the book and complete a blog on one of the two computers in the library dedicated to Forest of Reading. The Forest Café encourages students to reflect on and celebrate their reading success.

**Reminder:** Students are asked to return their books as soon as they have finished reading them so that other students have a chance to read the book too! Thank you.

### **Festival of Trees Trip to Toronto**

Students who have completed the reading requirements of the program are invited to attend the Forest of Reading Festival of Trees that is held in Toronto. This year the Silver Birch awards will be held on Wednesday, May 18, 2016. The Awards Ceremonies are a fabulous opportunity for students to hear from each of the nominated authors, participate in seminars/workshops with and/or about the authors and their books, and to have their books signed by the authors. It is a fantastic event that truly celebrates reading and writing and the students' achievements in the program. (Please note that students can participate in the Forest of Reading program even if they do not plan to attend the Festival.)

Thank you for your support and promoting reading in your home!

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## Safety Patrol Duty

At minus 25 celsius (including the wind chill factor), safety patrol duty is reduced to the last 5 minutes of the morning scheduled time and the first five minutes of the afternoon scheduled time. Parents and patrols should check the local radio stations or internet weather reports for temperature readings.

## Home Communication

Once again we will be using Aizan Messaging System to communicate to our families. The message will include either Mrs. Hambleton's or Mrs. Stoffman's name and will state the reason for calling. Please do not call back. We trust that this system will be another form of effective communication between school and Ottawa Crescent homes. Please be sure to contact the office if you experience any difficulties.

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### Head Lice

Parents are kindly reminded to regularly check your child's head for head lice. Be sure to pay careful attention to the areas behind the ears, at the back of the neck, and on top of the head. Should you need to treat your child's head, your pharmacist can help you choose the best product. And please contact the school to let us know that lice were found.

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### Happy Valentine's from "Free to Achieve"

Charities like Free the Children, have transformed how students view themselves, their community and the world. Our students feel empowered to make a difference both locally and globally. In fact our schools have been raising money for the Upper Grand Learning Foundation (UGLF) "Free to Achieve" - a fund that benefits students in our community with basic needs, like winter clothing, school trips and hearing aids. This Valentine's Day we would like to thank you for your generous donations to "Free to Achieve". Want to make a donation or start a "Free to Achieve" campaign? Visit the UGLF website for more information at [www.uppergrandlearningfoundation.com](http://www.uppergrandlearningfoundation.com)

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### Lost and Found

Our Lost and Found is overflowing! Please drop in to see if any of the items that have accumulated over the past few months belong to someone in your family.

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### New P.A. Day

An additional Professional Activity Day has been added to this school year calendar. In the Upper Grand District School Board, this PA. Day will be on April 25, 2016.

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### Public Input Sought for Draft Policies

The Upper Grand District School Board has adopted a new approach to the development of policies and procedures, important documents that guide the board, staff and activities of the school system. Our goal is to improve policies and procedures at the draft stage, with your help. By providing an opportunity for input from parents, the community and stakeholders we are aiming for greater openness and transparency in our governance.

The first policy, procedures and guidelines to be posted for public consultation are related to "Equity and Inclusive Education". 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 is April 13, 2016. Persons without internet access may call 519-822-4420 ext. 723 to request a printed copy of the draft documents.


## February 12 is School Crossing Guard Appreciation Day!

Remember to thank crossing guards in your community for helping our students arrive and leave school safely. Crossing guards ensure elementary school children cross safely at designated school crossing locations in the City of Guelph.



# February 2015



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 Kindergarten Registration Week Forest of Reading Program Begins	2 Volleyball Tournament at Ken Danby P.S.	3 Sub Day Kindergarten Vision Screening	4	5 Pizza Day Dance-A-Thon	6
7	8	9 The Acting Centre Visits O.C.P.S.	10 Sub Day The Acting Centre Visits O.C.P.S./6:00 pm Presentation For Families	11 Milk/Pizza Orders Due Police Visit O.C.P.S. Reports Go Home	12 Pizza Day	13
14 Valentine's Day	15 Family Day Holiday	16	17 Sub Day	18 3/4B + 4/5C - Outdoor Education Trip	19 Pizza Day 5/6A + 6B - Outdoor Education Trip	20
	22	23	24 Sub Day Canadian Pink Shirt Day	25	26 Pizza Day Dance-a-Thon Neon Colours Day	27
28	29					

March Break  
March 14 ~ 18

# Monthly Environmental Newsletter Inserts



## February's Environmental Theme: ENERGY CONSERVATION

Because many of our energy sources cause pollution and damage our Earth, energy conservation is about finding ways to reduce or eliminate unnecessary energy usage. We all know to turn off the lights when not in the room, turn down the heating or cooling and buy energy efficient appliances. But do you know about Energy Vampires? Energy Vampires are electronics that use energy even when you think they are turned off. Many "Vampires" have LED lights, clocks or digital displays that are powered continually. Cell phone chargers, TVs, DVD players and gaming devices all draw current even when not in use. We can unplug these or plug them into smart power strips that stop idle energy currents.

But what about the future? What types of energy can we use that are renewable energy sources that don't damage the planet? Let's put solar energy to work! When it is sunny outside, let your laundry dry on a clothesline. Or open the curtains in the winter and let the sun heat your home naturally.

Or, let's be Eco-Smart in our choices. Design new houses that are angled to use the maximum warmth and light from the sun's rays in the winter and have a roof overhang designed to decrease sun penetration in the summer. Install lights that only turn on by using a sensor that monitors brightness. Plant trees to strategically provide shade. In your community, ask local governments to support more solar panels and more wind turbines in Ontario. We can use these great ideas ourselves to slow down Global Warming and keep our planet healthy.

***Slogan of the month:*** Conserve our energy - we are using more of it than you think!

## Partnering for Bright Futures Scholarship Program

A new scholarship is hoping to help families save for their child's education through a shared savings program.

Family Counselling and Support Services for Guelph-Wellington has launched a scholarship pilot program for low to modest income families in Guelph and Wellington County.

If accepted to the program, families are asked to save a minimum of \$56 per month for 6 months for a total of \$336 per year to a Registered Education Savings Plan (RESP). The scholarship donor will double the contribution by providing up to \$667 per year for up to three years. The family will also receive government contributions to the RESP as defined by the Canada Learning Bond and/or Canada Education Savings Grant.

To be eligible for the scholarship program children must be born in 2004 or later and be a resident of Guelph-Wellington. The family's gross income must be less than \$50,000 per year, and families must make the required contributions to a RESP.

For more information on the scholarship, and to learn more about eligibility criteria, please email Diane Vert at Family Counselling and Support Services, at [DianeVert@familyserviceguelph.on.ca](mailto:DianeVert@familyserviceguelph.on.ca).



## Physical Activity Can Make You Smarter?

Yep! It's true!

We have heard a lot about how exercise is important for children to remain healthy but research from Harvard Medical School (and many other studies) has shown that children do better in school if they get plenty of exercise. As it turns out, exercise has a positive influence on concentration, memory, behaviour, sequencing, and making priorities.

According to one study in the Journal of Pediatrics, "school-age youth should participate daily in 60 minutes or more of moderate to vigorous physical activity that is developmentally appropriate, enjoyable, and involves a variety of activities". But other studies have found that even 20 minutes of activity such as walking can increase brain functioning.

There are so many fun physical activities to do in the winter, tobogganing, skating, snow-shoeing, hockey. Why not build a snow man, a snow fort or make snow angels? Whatever you and your family decide it is important for children to exercise every day, the more, the better.

It's good for the brain and the body!

(Information adapted from Journal of Pediatrics, Edutopia, Everydayhealth.com and Globe and Mail online)

## Talking About Mental Health – It's February, Let's be Grateful.

Being grateful is a simple thing that we can do every day, but it has a powerful effect on our positive mental health. Being grateful increases positive feelings, makes us more stress resistant and increases our sense of self-worth.

Here are some simple grateful exercises that you can do with your family:

1. Every night at dinner each person in the family says three things they are grateful for that day.
2. Make a February gratitude jar, every day each family member writes down one thing they are grateful for and at the end of the month, open the jar and read all the things you are grateful for.
3. Leave sticky notes for each family member to thank them for something you appreciate about them. Each family member has a different day of the week that they are in charge of making the thank you notes.
4. Think about volunteering and include your children and youth. There are lots of opportunities at your school or in your neighbourhood to help others.
5. Have fun together as a family. Play a game, watch a movie, eat a meal, go for a walk, read a book together. Be grateful for time together and creating new, happy memories.

Wishing everyone a great and grateful February.

*Dr. Lynn Woodford, Psychologist, is the Mental Health and Addiction Lead for Upper Grand District School Board  
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