

PAISLEY ROAD PUBLIC SCHOOL – MARCH 2019 NEWSLETTER

Proud Responsible, Striving for Excellent

Feir, Responsible Viser l'Excellence



PUNCTUALITY

I am including this quotation on punctuality because being on time is an important life-skill. Every family will have appointments or “off” mornings throughout the year that will result in being late for school. These are to be expected. Chronic lateness is what we would like to address. Recently we have had 26 students report to school late. Being late disrupts the learning of your child and of his or her peers. It adds work for our office staff that is required to call home to ensure students are safe, and who must change registers to confirm accuracy.

Celebrate Earth Day on April 22nd!

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 fosters an intrinsically motivated, enduring commitment to stewardship and conservation. <https://earthday.ca/about/>

Earth Day 2018 Theme: End Plastic Pollution

From poisoning and injuring marine life to disrupting human hormones, from littering our beaches and landscapes to clogging our waste streams and landfills, the exponential growth of plastics is now threatening the survival of our planet. Earth Day 2018 is dedicated to providing the information and inspiration needed to fundamentally change human attitude and behavior about plastics. <https://earthday.org>

Ideas for your family to celebrate Earth Day:

- Get involved with Earth Day 2018’s Theme <https://www.earthday.org/yourjourney2018/>
Download your Plastic Pollution Primer to learn more about this problem and act to 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. Always bring cloth bags when shopping, refuse to buy over packaged products, and lug a mug instead of using non-recyclable coffee cups.
- Learn more about the environment and the effects of global warming. Encourage awareness and promote the Reduce, Reuse and Recycle 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: March 2019

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.

From the Library

The library has been a very busy place this February! Our Kindergarten and Primary classes have begun reading Blue Spruce and Le Prix Peuplier. They are preparing their passports to vote for their favourite book at the end of April and join in on a celebration in May. Students in our Junior Forest of Reading clubs (Le Prix Tamarack, Silver Birch Fiction, Non-Fiction or Express) are off to the races reading books in the various clubs.

The Forest of Reading also has opportunities for students this year:

Please explore the link to learn more about it. http://accessola2.com/forest/ParentToolkit/story_html5.html

Thanks to the Parent Council for their long term support of the Forest of Reading Program!

Paisley Choir this March and April

We have some incredible opportunities to perform. Our choir will be able to perform a couple songs for the UGEMTA festival during the afternoon of March 19th. We will meet every Day 2 and Day 4, First recess to prepare to perform some music together. For our first choir practice we have planted milkweed seeds. The milkweed plants will join us for each choir practice. As we sing about growing we will see the pollinators grow. If you have a place to plant some milkweed for pollinators and wish to take some home in the spring contact Ms. Richer.

Grade 2 Animation Club with M. Woolfrey and Ms. Richer

In March and April Grade 2 students will have the opportunity to learn about animation. The club will explore traditional animation and then create computer animations together. We look forward to seeing their creative come to life through the process! Animation Club will meet every Day 1 second recess beginning after the March break.

Thank you to volunteers!

A big thank you to our Library volunteers Leah and Marion for their long term support of helping in the library. Thank you to the student library pages who come in to shelve books as needed.

Languages Club

It has been amazing seeing students and community come together to learn languages! The students have been so engaged in the learning! We will have a special celebration on March 21st to wrap up our club as we share cultural foods together and try to speak words in the languages we have been exploring. Thank you to the volunteers and our Immigration Settlement worker Anshu Khurhana who have worked with our school to bring this idea to life!

Ukulele Club

It has been great strumming and picking together playing songs on the ukuleles. The ukulele club will be performing at Music Friday on March 22nd. Music Friday begins at 1:50 pm if you wish to join us.