

PAISLEY ROAD PUBLIC SCHOOL –MAY NEWSLETTER 2019

Proud Responsible, Striving for Excellent



Fier, Responsible Viser l'Excellence

May Dates to Remember

May 12th – Mother's Day

May 13th – Special Olympics

May 15th – Junior Track and Field

May 20th – Victoria Day – No School

Talking about Mental Health - May 6-10 is Child and Youth Mental Health and Well-being Week!

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 will focus on a different aspect of Mental Health and Well Being. The schools will be 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.

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 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!

Celebrate Biological Diversity Day on May 22nd!

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!

MINISTRY OF EDUCATION

This school year, the Ministry of Education has requested that the Human Development and Sexual Health expectations from the 2010 Physical Education curriculum be taught to students. This education starts with children learning about themselves, their feelings, their bodies and about showing respect for themselves and others in a reliable and accurate way. This learning is most effective when parents and schools work together. Parents help their children form values about relationships and their behaviours. To support these discussions, we are letting parents know that this unit will be covered in the (first two weeks of May). There are plenty of resources available for parents to support the learning of the curriculum on the Ministry of Education website: <http://edu.gov.on.ca/eng/curriculum/elementary/health.html>.

FOREST OF READING EVENTS

Blue Spruce and Le Prix Peuplier:

Kindergarten and Primary students have cast their ballots choosing which Blue Spruce book they think was the best. Our Paisley and Provincial results will be shared with the students during our blue parties on May 14th in the gym. Wear BLUE and show your school spirit and love of books! The Le Prix Peuplier Party will also be held on May 14th in the gym. Students are invited to wear purple. I can't wait to get some great pictures of kids! We will celebrate the winning book and author together! May the best book win!

Silver Birch and Le Prix Tamarac:

Our students participated in 3 different Silver Birch clubs and Le Prix Tamarac. For each club students read the minimum of 5 books they were able to vote and cast a ballot. Those eligible students will also be invited to attend a special walking trip on June 5th to the Boathouse Restaurant for complimentary ice cream and to take part in games and activities at the park (weather permitting- date will be rescheduled in the event of poor weather conditions- June 14th).

FOREST OF READING TREE OF FAME!

These are our students who read over 10 books as part of the Forest of Reading Programme. Great way to show initiative Panthers!

Mandy 20 Depesh 14 Achal 10 Molly 11 Jasmine 20 Duncan 18

Tamarah 15 Dichhen 25 Neya 10 Alaa 17 Colin 31 Thia 10

Ryan M. 10 Option 15 Aaryan 13 Lena 10 Dibyanka 10

FAMILY FUN NIGHT – VOLUNTEERS NEEDED

On June 19th Paisley Road Public School will be holding its annual Family Fun Night from 5-8 p.m. at the school.

Are you able to volunteer??? We are in need of volunteers to help with running events, planning, set up and clean up at the end of the night. The school is also in need of donations for the wonderful evening of fun, play dough, small prizes and baked sale items.

If you are interested in helping please email paisleyfunnight2018@gmail.com.

Your help is greatly appreciated.