

Paisley Road Public School

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Newsletter for April, 2022

From the Principal's Desk

It is hard to believe that April is already upon us. The weather is improving and baseball season is here! Let's Go Blue Jays! Our students continue to demonstrate their resilience as well as their dedication to doing their best work during an atypical school year. In just a few short months your summer vacation will be here, and hopefully opportunities to re-engage with your entire social network. You are an amazing group of students!

K. Runciman
Principal

World Autism Day – April 2, 2022

Aside from wearing blue, what can you do to support World Autism Awareness Day?

Educate yourself about Autism;

Read books, magazine articles and blog posts about autism.

Talk to parents of children with autism to find out what their life is really like. Attend an information session or seminar on autism.

Visit the websites of local or national autism organizations.

- o Autism Ontario – Wellington Chapter <http://www.autismontario.com/Client/ASO/AO.nsf/Wellington/WellingtonHome>
- o Geneva Centre for Autism www.autism.net/
- o Kerry's Place Autism Services <http://www.kerrysplace.org/Public/Central-West-Region>

Talking About Mental Health: Intrinsic Motivation – April, 2022

Intrinsic motivation is when we can do something, enjoy something, complete something, which makes us 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 to them, 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 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 purchases 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 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

Ramadan Mubarak To All of Those Families Observing!

April 2nd marks the beginning of Ramadan. Many students, families and staff in the UGDSB and worldwide are observing Ramadan, during this 9th month of the Islamic calendar.

- o A multifaith prayer space will be available for students at Paisley Road Public School. The location of the prayer space is the conference room in the main office. The location of the prayer space is indicated with signage in the Primary and Junior hallways.
- o The prayer space will be equipped with carpets to aid in comfort.


During Ramadan, the school will also be providing the library as a quiet space for students to visit during eating times. During eating times, students can visit the library to read, play a quiet game or complete puzzles.

As a reminder students and families who require religious or creed-based accommodations as supported by the Ontario Human Rights Code can make those requests by contacting Kirk Runciman, Principal, at 519-822-0675 extension 223.

The International Day of Pink

Discrimination takes many shapes, whether it’s based on race, age, disabilities, gender or sexuality. The 2SLGBTQIA+ community is no stranger to the bullying and violence that stems from hateful beliefs. While progress has been made towards removing these social barriers from our society, discrimination still persists. So, every year, on the second Wednesday of April, we urge people around the world to put on a pink shirt and stand in solidarity with the 2SLGBTQIA+ community to continue fighting for equality and acceptance” ~ Day of Pink

This April 13th, Paisley Road PS will be standing in solidarity with the 2SLGBTQIA+ community to fight for equality and acceptance. Although kindness is incredibly important, it isn’t enough to stop bullying. On this day, we focus on speaking out and taking action when 2SLGBTQIA+ injustices happen.



Monthly environmental activities to help celebrate our planet

April 22nd is Earth Day!

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

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



Earth Day 2022 Theme: The Earth Day 2022 Theme is Invest In Our Planet.

The theme is based on the idea that a green future is a prosperous future. We need to act (boldly), innovate (broadly), and implement (equitably). It’s going to take all of us. All in. Businesses, governments, and citizens — everyone accounted for, and everyone accountable. A partnership for the planet.

Ideas for your family to celebrate Earth Day:

- **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.