

Paisley Road Public School

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Newsletter for April, 2023

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! We have had a great few weeks after March Break! We welcome the milder spring temperatures. As the ground thaws and becomes muddy, please consider packing an extra pair of pants and socks in your child's school bag. As a reminder to parents, the school is closed on Friday, April 7th for Good Friday and Monday, April 10th for Easter Monday.

I want to extend a personal thank you to School Council for organizing another very successful Dance-A-Thon. The entire student population enjoyed a day of fun dancing in the gym while socializing with their peers. I also wish to extend a big thank you to the entire school community for its generous donations provided for the Dance-A-Thon.

K. Runciman
Principal

World Autism Day – April 2, 2023

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.

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

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 12th, 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.

Ramadan Mubarak To All of Those Families Observing!

March 22nd marked 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. 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 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.

PRPS Food Drive

Led by the Grade 5/6 Junior Jedi Class, Paisley Road Public School donated more than 500 items and 268 kilograms (590 lbs) of food to the Guelph Food Bank! During the Food Drive, students learned about healthy eating and engaged in conversations about the rising prices of groceries. The students decided it is important to de-stigmatize using the Food Bank and recognize it as an important community alternative to the grocery store. Students organized the entire drive from promotion, collection, data analysis and even loading the truck. Way to go Paisley Panthers!

Wheelchair Basketball

During the last week of March, as part of the UGDSB's inclusive and accessibility initiative, PRPS was granted access to the Wheelchair Basketball Program. The school was given a class set of wheelchairs for everyone to use in the gym during their Phys. Ed classes. The purpose of the Wheelchair Basketball Program is for students to have fun and gain an understanding that all games can be modified to make them inclusive.

School Council Updates

1. Dance-A-Thon: What an amazing day!! The students and teachers enjoyed dancing the day away. School Council raised more than \$7,000 for music and reading resources. Thank you to the PRPS community for making this fundraiser an overwhelming success. The lead fundraiser brought in \$400 and was treated to a McDonald's lunch with Mr. Runciman. Celebratory popcorn/movie parties are also coming up for three class.

2. Native Seed Fundraiser: The final School Council fundraiser this year will raise money for decodable readers. Wondering what decodables are? These are updated reading resources that the school needs to fully implement the updated Language curriculum. If you want to learn more about why there are changes to the Language curriculum and the provincial government's response, visit this link; <https://www.ohrc.on.ca/sites/default/files/Right%20to%20Read%20Min%20of%20Ed%20%20Response%20ENG.pdf>

3. Final Pizza Day Cycle: The current Pizza Day cycle will be extended to April 13th to make up for a snow day in February. The final pizza session of the year will run from April 20th - June 22nd for 10 weeks (no pizza the last week of school). Orders are due by April 14th. There will once again be the option to pay cash for anyone unable to access SchoolCashOnline. The pre-order "pay as you go" option will also be available. **No late orders will be accepted.**

Council is always interested in welcoming new members. Being involved in Council does not have to be a major commitment. Here are some ways you can support council:

- Volunteer to help during Pizza Day
- Perhaps attend a Council meeting(s) (once/month in the evening @ 6:30 p.m.)
- Volunteer to help at a school event (like the Craft Sale)
- Lead a fundraiser
- Send us suggestions

If you are interested in helping with Council or want to learn more, please send us an email at paisleyroadparentcouncil@gmail.com. That will get you on our email list.

Talking About Mental Health: Intrinsic Motivation – April, 2023

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



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 2023 Theme: The Earth Day 2023 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.

