

PALMERSTON PUBLIC SCHOOL

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*“Be The BEST That You Can Be”
“Fais De Ton Mieux”*

2015-2016

Newsletter #8

April 1, 2016

MESSAGE FROM ADMINISTRATION

The month of April began in a very exciting way with quirky weather, April Fools' Day, Neon Spirit Day, and the annual Grade 6, 7 and 8 dance all happening on the same day. The rest of the month of April is filled with exciting events. Please refer to the newsletter calendar and your child's classroom newsletter to keep informed about upcoming events.

Our Student Council Group at Palmerston Public School is busy raising funds for a “Buddy Bench” to teach students about friendship, equity and inclusion with their fellow peers. This is a wonderful example of student leadership and our strong connection with the local community. Thank you for your support for this initiative, as well as the support that you have provided for student trip fund raising.

With warmer weather arriving, hopefully, the issue of student dress once again needs attention. Please remember this is a school where we learn and are active at recesses and for gym time. We ask our students to wear clothing that shows respect for PPS and for yourself. Remember to check with your parents and ensure your clothing choices are appropriate for school. It is very important to have indoor shoes for your child to wear in the classroom and for gym classes.

Soon students will be riding bikes to school. Please ensure your child has a well-fitted bike helmet and a lock to secure the bicycle in the bike rack. Please review the rules of the road and the best route for your child to use on the way to and from school. Scooters and skateboards are not allowed on school property and are very difficult to lock up at the bike rack. Please have your child enjoy using their scooters and skateboards outside of the school day and off the school property.

Education Week is May 2 to 6 and the theme is “Learn, Lead, Inspire...Together” / “Dirigeons Apprenons et Inspirons...Ensemble.” The official opening will be hosted by Centre Dufferin DHS and Hyland Heights ES at 7:00 p.m. on Monday, May 2nd at Centre Dufferin DHS, 150 Fourth Avenue, Shelburne, Ontario.

Wilma Shannon, Principal

Shannon Spike, Vice-Principal

LUNCH ARRANGEMENTS

Arrangements for students who normally eat lunch at school, but wish to go out for lunch should be made before school starts. Parent notes should be sent with them in the morning.

SAFETY ON THE PLAYGROUND

With the warm weather approaching our students are anxiously waiting for our playground structure to reopen. This is a good time to remind everyone - students, parents, staff and yard supervisors of the rules that help make these structures fun and safe places to play.

Our playground is designed for users aged 12 and under and we do not provide supervision, maintenance and inspections outside of school hours. Board policy determines that the equipment is off limits from November 1st to March 31st, and at other times as determined by the school administration. This includes periods of freezing temperatures, when there is rain, if the ground cover is frozen, or if there is a build up of snow and ice. Due to variable weather, every day we will let students know if the playground is open for them to use.

Rules for Students

- ❖ No pushing
- ❖ No running around play structures
- ❖ No fighting
- ❖ No eating while on the playground equipment
- ❖ No throwing sticks, stones or other objects.

The following are not allowed on the equipment:

Bicycle helmets, skipping ropes, ropes, scarves or loose drawstrings on children's clothing.

Our school has the following rules which apply to our playground:

Rules for the swings

1. Hold onto the swing with both hands.
2. Do not stand on the swing.
3. Only one person on the swing at a time.
4. Do not stand in front or behind the swing when another person is swinging. Wait your turn outside the pea gravel area.
5. No jumping from the swing – remain seated until the swing stops.
6. Do not twist the chains of the swing.
7. Take turns.

Rules for Creative Playground

1. Take turns.
2. Do NOT push, run or fight on the Creative.
3. Do not pick up or throw stones, sticks or other objects.
4. If someone is injured report to the supervisor immediately.
5. Travel down the slides on your seat. No walking up the slide.
6. Sit when sliding.
7. Before sliding down, make sure no one is at the bottom of the slide.
8. Scarves and bike helmets should not be worn on the creative playground.

We know how much the children enjoy our play structure and are looking forward to good spring weather so they can use it again. We make safety at play our major concern, and will be reminding our students and staff on a regular basis about the playground rules. We hope that you will reinforce them at home with your child.

LEMONADE FOR SALE!

Hello Parents and Students,

Mrs. Harwood and Mrs. deSousa-Eccles kindergarten class will be selling regular and pink lemonade on Tuesday April 5th, 2016 for 25 cents per glass. The kindergarten class will be helping to make the lemonade and working with the Me to We group to support their fundraiser. The money we raise from the lemonade will go to countries around the world that need clean water. The kindergartens have been interested in water and thought this would be a great opportunity to get involved with the school's fundraisers. So please send 25 cents with your child on Tuesday April 5th, because a little bit goes a long way.

Sincerely,

Mrs. Harwood, Mrs. deSousa-Eccles, and Co-op Student Miss. Curran



PUNCTUALITY

School starts at 8:55 a.m. Please ensure that your children are here on time. This would mean your child will be ready to start the day on a positive note.

TO BE OR NOT TO BE ... BALD

A dear friend of mine is challenging Breast Cancer at this time. She has lost her hair due to chemotherapy. As a show of encouragement I am considering shaving my head at the next school-wide assembly. I am inviting the students of Palmerston Public School to vote on whether or not I should shave my head by bringing in coins to vote either yes or no. Whichever bucket contains the most money the day of the assembly will be the answer. All monies collected will be donated to the Canadian Cancer Society. Thank you to all for showing your support!

Sincerely,

Madame Nichole Bullock

CORRECT CHANGE

When sending money with your child for milk, etc. please send in the correct amount of money. We do not always have change to send home.

CONCUSSION AWARENESS

Concussions can have a serious effect on a young, developing brain. Proper recognition and response to concussion can prevent further injury and help with recovery. Children and adolescents are among those at greater risk for concussions due to body trauma at any time.

Although falls and motor vehicle accidents are the leading causes of concussion, physical activity and sports can also cause a concussion.

To address the risk of concussion and to assist parents and students to identify the signs and symptoms of concussion, the Board is presenting free workshops to increase awareness.

Wednesday, April 20 th	7:00 pm - 8:30 pm	Westside SS, Library, 300 Alder St, Orangeville
Tuesday, May 10 th	7:00 pm – 8:30 pm	Norwell DSS, Library, corner of Main and Cumberland St, Palmerston
Wednesday, May 11 th	7:00 pm - 8:00 pm	Centennial CVI, Lecture Room, 289 College Ave W, Guelph

POPCORN SALES

As part of fundraising for Me2We, popcorn is being sold in the foyer on Tuesdays and Thursdays at the first nutrition break. This healthy, pre-packaged popcorn comes in an assortment of 5 flavours (white cheddar; dill pickle, sea salt & vinegar. light salt & butter, and sweet & salty.) The popcorn is sold for \$1.25 a bag. Thanks for your support.

WEEK OF KINDNESS

PPS will be participating in a week of kindness during the week of April 18-22. We will be trying to complete as many acts of kindness as possible during the week. We will be having a kickoff assembly on Monday, April 18 (time to be decided).



DID YOU KNOW...

If the global population of volunteers formed their own country, it would be the eighth largest country in the world.

Me to We would like to challenge students at P.P.S. to think about how they are volunteering time at school and in the community to **bring out the good?**

A huge **THANK YOU** to all students volunteers within the school

- Milk Helpers
- Snack Bin Helpers
- Lunch Helpers
- Kindergarten Yard Friends
- Sign Changers
- Morning Announcers
- AC refs for Jr. Intramural Sports
- Any other volunteers missed

FEEDBACK WELCOME ON DRAFT POLICIES

The Upper Grand District School Board is welcoming public input on draft policies. Currently under review are:

- Accommodation Review #305
- School Boundary Review #319
- Community Planning and Partnerships #320
- Equity and Inclusive Education #504
- Alcohol and Drugs #513
- Smoke-Free Environment #208
- Asthma Friendly Schools #516

You are invited to review the draft documents and submit online feedback at www.ugdsb.on.ca/policy. The deadline for public input for policies 504 and 513 is April 13, 2016. Input on policies 208, 305, 319, 320 and 516 will be accepted until May 11, 2016. Persons without internet access may call 519-822-4420 ext. 723 to request a printed copy of the draft documents.

Monthly Environmental Newsletter Inserts



April Environmental Theme: ECOSYSTEMS



In April we celebrate Earth week and Earth Day so it is fitting that the environmental theme is all about what we are really trying to protect. We are working together to save our Ecosystems. An Ecosystem is a group of plants and animals living in their own environment of soil, water, air and sun. So examples are a garden, or a forest, or a lake, or even a fallen, decomposing log.

As humans on planet Earth we have a responsibility to take care of all Ecosystems. We need to have thoughtful, long-range plans on how many forests to cut down and turn into houses or parking lots or factories. We need to think about the long-term effects of turning good farmland into a subdivision. There are more and more people living on this planet every year and we need to make plans on how to give everyone a place to live without destroying our essential Ecosystems. With good planning this can be done.

We need to get outside and learn more about all of the many different Ecosystems on planet Earth and do everything we can to protect them. When we pollute, or destroy habitats, the plants and animals can no longer live there and species become endangered or extinct. When we buy too many things we don't need, or don't buy locally, or use the car too often instead of biking or walking, Climate Change speeds up and Ecosystems can't survive the new temperature changes or flooding or drought. So all the suggestions we have been talking about all year - including turning off the lights, or not wasting water when you brush your teeth, using cloth bags instead of plastic, and reducing, reusing and recycling are really very important. Together we can make a difference!

Slogan of the month: *Go outside and explore an Ecosystem today!*

WHAT IS RESILIENCY?

Resilience is the process of adapting well in the face of adversity, trauma, tragedy, threats, or even significant sources of stress — such as family and relationship problems, serious health problems, or workplace and financial stressors. It means “bouncing back” from difficult experiences.

~ Bonnie Bernard

According to **The Canadian Mental Health Association (CMHA)** RESILIENCE is, being in good health means more than feeling physically well; it also means feeling mentally well. Today, we are more aware of how our mental and physical health affect each other. Setting aside time to focus on mental health is important – to you and those who care about you. Life is full of change, risks and challenges. Good mental or emotional health helps us find our balance and stay in control, even during turbulent time

With the ability to communicate across the world in an instant, and electronic entertainment coming from every direction, life in today's world is fast-paced and full-on. Anything seems possible, and with so many options and devices at our disposal, parents can be tempted to make their kids' lives very easy. **Want that \$2 toy? Okay, you got it. (Better to avoid a meltdown, right?)** However if we want our children to stand up to the inevitable challenges they will face in the future and keep going despite disappointment or frustration, we need to help our children develop **resilience. This means they need to practice coping skills, and therefore need some challenges to practice these skills with.** After all, life is not about figuring out how to turn off a thunderstorm or switch on the sun – no matter how much we would like this to be possible. Our children will learn to be much happier, more resilient people, when they can enjoy the sunshine when it is around and dance in the rain when there is no other choice.

The list below is not your typical “do and don't” list but rather a set of prompts to begin reflecting on ways we can teach children resilience through simple interactions every day.

- Give your child independence to try new things they initiate, such as climbing at the playground or opening a container, even if you think it is “too hard” for them.
- Encourage your child to serve others or let others go first when sharing food.
- Give your child the opportunity to wait patiently when it is required (such as in a restaurant or during a car ride); do not always provide entertainment
- Show your child that it is worth making a good decision for the long run even if it's not the easiest, such as choosing healthy foods over junk foods even if they take longer to prepare
- Teach your child the difference between needs and wants
- Teach your child that they do not need every single material thing they desire (toys, food, designer clothes, technology devices, etc) even if “everyone else has it.”
- Enable your child to give toys and clothes away regularly to charity, and teach them that material possessions are simply tools and not answers to happiness.
- Give your child opportunities to help others younger than them, starting with simple ways such as showing the other child pictures in a book.

When we foster resiliency in our children we promote the development of positive mental health because we enable them to develop coping strategies to get through the toughest parts of life, regardless of their social and economic environment they are living in.

<http://creativewithkids.com/25-ideas-for-teaching-your-kids-resilience>



LIGHT IT UP BLUE! – WORLD AUTISM AWARENESS DAY

The eighth annual World Autism Awareness Day is April 2, 2016. Every year autism organizations around the world celebrate the day with unique fundraising and awareness raising events. This year, global landmarks will light up blue to raise awareness. In Canada the CN Tower will participate by shining blue to shine a light on autism and turn awareness into action. Please join Upper Grand District School Board in our effort to inspire compassion, empowerment and hope by wearing BLUE on Saturday April 2nd 2016. Use #LIUB to share your experience across social media and help light the world up blue this April!

<https://www.autismspeaks.org/liub>

[Autism Ontario](#)

[Kerry's Place Autism Services](#)



MENTAL HEALTH AWARENESS

Talking about Mental Health - May 1-7 is Child and Youth Mental Health Week!

Child and Youth Mental Health Week is about promoting mental wellness, increasing awareness of the child and youth mental health, decreasing stigma and understanding that support is available.

The theme for Child and Youth Mental Health Week at the Upper Grand District School Board is:

Have a **SUPER** Week! Let's increase everyone's mental health and well being!

Social Connections

Uplifting Emotions

Personal Health

Emootional Calming

Resilient Thinking

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. Some schools will also have their own Mental Health Week activities that are specific to their school.

As a parent, you can increase the Mental Health and Well-being of your children and family too! Here are some suggestions:

Monday May 2 - **S**ocial Connection

Perform Random Acts of Kindness for someone in your family or neighbourhood.

Tuesday May 3 – **U**plifting Emotions

Say 3 things each day that you are grateful for.

Wednesday May 4 – **P**ersonal Health – Eating Well, Sleeping Well and Being Active

Eat a good nutritious breakfast. Focus on fruits and veggies for snacks. Walk with your child to school or go for walk after work/school. An hour before bed, start winding down. No screens. Read a book or listen to calming music. Prepare for a good night's sleep.

Thursday May 7 – **E**motional Calming

Just breathe. Start the day with a few deep, calm breaths at breakfast. Take three deep breaths every time you walk through a doorway.

Friday May 8 – **R**esilient Thinking

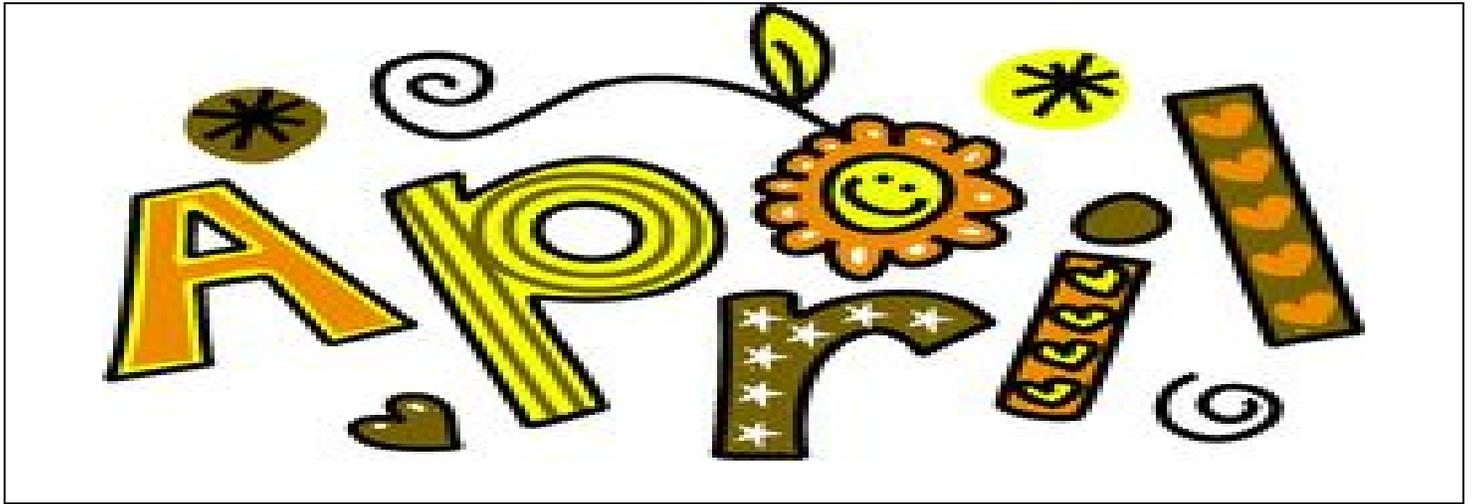
Have each family member name one positive thing about themselves and one positive thing about each other.

At the end of the week, think about the things that made you or your child feel more positive, more resilient and continue to use them every day!

Most of all... have a SUPER week!

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

Follow me on twitter: @drlynnwoodford



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Day 2
4 Day 3	5 Pizza Day 4	6 Grilled Cheese Day 5	7 Parent Council Meeting Day 1	8 Day 2
11 Day 3	12 Pizza Day 4	13 Day 5	14 Junior Basketball Tournament – Vic. Cross Harriston Packers/Elmira Meat Pick up Gr 6/7/8 Day 1	15 Hat, Tie & Sunglasses Day Day 2
18 Day 3	19 Pizza Dream of Kindness (Pajama Day) Day 4	20 Team Kindness (Sports Attire) Day 5	21 Salad Day Tied Together by Kindness (Wear a Tie) Day 1	22 Peace, Love and Kindness (Hippie Day) Day 2
25 PA DAY NO SCHOOL	26 Pizza Day 3	27 Day 4	28 Intermediate Basketball Tournament – Wellington Heights Day 5	29 Day 1