

PALMERSTON PUBLIC SCHOOL

530 Prospect Street, Box 430, Palmerston, ON, N0G 2P0 519-343-3520

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

2015-2016

Newsletter #6

February 1, 2016

MESSAGE FROM MRS. SHANNON AND MISS SPIKE

February is here and that means that teachers have been busy writing report cards and updating Individual Education Plans for term 2 for some of our students. Report cards go home on February 11th. Please return the section with your child's and your signatures and comments as soon as possible. You can indicate at the bottom of page 4 in the 'Parent's Comment' section if you would like to discuss the report card with your child's teacher by checking the box.

It's a busy month at P.P.S.:

- Floor hockey intramurals for grades 4 – 6
- Grade 8 Technology classes starting at Norwell D.H.S.
- Glee club and Chess club
- School-wide assembly to introduce “Got-cha” tickets. Staff will be awarding these tickets for good deeds and kind words. Every Friday we will hold a draw. Winners will have their names and kind acts announced over the P.A.
- Kindergarten B is holding a bake sale on February 12th at both nutrition breaks. They are raising money to save the blue whales they have been learning about in class. Yummy treats will be available for only 25 cents each.
- Grad and Sibling pictures will be taken at school on February 19th. More information is available in the flyers that went home on February 3rd.

Please check the school newsletter calendar for more exciting events here at P.P.S.

Due to the unusual temperatures we have had a lot of water and ice on our playground and this has resulted in some hard-top only recesses. Usually, when there is snow, you have snowballs, snow forts, and frigid temperatures. Throwing snowballs and ice is not allowed at school because of the potential safety risk. We have also had to make our snow hills out of bounds because they are so high and packed into hard snow and ice. Students at our school are expected to show respect for themselves, each other, and property, and to treat others as they would like to be treated. We remind students regularly that snow does not belong to any one person. We ask students to respect each other's forts and snowmen. We also remind them to keep their hands to themselves and to not play rough. Consequences may range from missed recess times all the way to school suspensions. Please listen to the weather forecast and have your child dress appropriately for the conditions. Students are outside from their 8:35 arrival until the bell rings to start school at 8:55. They are then outside for two more periods of 20 minutes, so it is important to dress for the weather.

Please ensure that your child has indoor shoes he or she can wear in their classroom and to gym classes. We also respectfully ask our parents to wait for their children outside at their dismissal door and to leave wagons, strollers and sleighs outside the school. This helps our staff to keep their rooms, hallways and the gym clean and safe to use.

We are looking forward to another great month at Palmerston P.S. Enjoy the Family Day holiday on February 15th.

Wilma Shannon

Shannon Spike

KINDERGARTEN 2016-17

If you have a child born in 2012, registration is now open for Junior Kindergarten. If you know anybody in our school area whose children are not in school, please pass this message along to them.

FRENCH IMMERSION KINDERGARTEN REGISTRATION

Just a reminder that parents of our JK students may select to change their child over to the SK French Immersion program for the upcoming school year. It is best if this decision is made in consultation with the JK classroom teacher.

INCLEMENT WEATHER REMINDERS

- 1. The buses will not go home early on days when the weather deteriorates during the day.**
- 2. When the buses do not run the students who have come to school will be dismissed at 3:00 p.m.**
- 3. We use Aizan, the automated messaging service, to notify parents about weather issues. Please ensure that you have a current phone number on file at the office.**
- 4. If the buses do not run on a Tuesday, pizza day will be Wednesday.**
- 5. If the buses do not run on a grilled cheese or hot dog day, they will be rescheduled.**

FAMILY DAY

Just a reminder of the Family Day holiday coming up on Monday, February 15th. All schools in the Upper Grand D.S.B., including Palmerston P.S., will be closed. Enjoy the day with your family.

PIZZA DAY

Pizza orders for the second half of the school year are due on Wednesday, March 9, 2016. The second half is 15 weeks and runs from Tuesday, March 22nd to Tuesday, June 28th.

TRAFFIC AND PARKING

Please be careful as you drop off and pick up your child (children) at school. You are welcome to park your vehicle at the church parking lot and walk your child on the sidewalks on both sides of Prospect Street. Please remember to cross the street at the crossing guard. The Town of Minto has been very good at keeping our sidewalks cleared of snow. They will be installing flashing yellow lights at the corner of Prospect and Toronto Streets.

Monthly Environmental Newsletter Inserts



February's Environmental Theme: ENERGY CONSERVATION

Because many of our energy sources cause pollution and damage our Earth, energy conservation is about finding ways to reduce or eliminate unnecessary energy usage. We all know to turn off the lights when not in the room, turn down the heating or cooling and buy energy efficient appliances. But do you know about Energy Vampires? Energy Vampires are electronics that use energy even when you think they are turned off. Many "Vampires" have LED lights, clocks or digital displays that are powered continually. Cell phone chargers, TVs, DVD players and gaming devices all draw current even when not in use. We can unplug these or plug them into smart power strips that stop idle energy currents.

But what about the future? What types of energy can we use that are renewable energy sources that don't damage the planet? Let's put solar energy to work! When it is sunny outside, let your laundry dry on a clothesline. Or open the curtains in the winter and let the sun heat your home naturally.

Or, let's be Eco-Smart in our choices. Design new houses that are angled to use the maximum warmth and light from the sun's rays in the winter and have a roof overhang designed to decrease sun penetration in the summer. Install lights that only turn on by using a sensor that monitors brightness. Plant trees to strategically provide shade. In your community, ask local governments to support more solar panels and more wind turbines in Ontario. We can use these great ideas ourselves to slow down Global Warming and keep our planet healthy.

Slogan of the month: Conserve our energy - we are using more of it than you think!

PHYSICAL ACTIVITY CAN MAKE YOU SMARTER?

Physical Activity Can Make You Smarter?

Yep! It's true!

We have heard a lot about how exercise is important for children to remain healthy but research from Harvard Medical School (and many other studies) has shown that children do better in school if they get plenty of exercise. As it turns out, exercise has a positive influence on concentration, memory, behaviour, sequencing, and making priorities.

According to one study in the Journal of Pediatrics, "school-age youth should participate daily in 60 minutes or more of moderate to vigorous physical activity that is developmentally appropriate, enjoyable, and involves a variety of activities". But other studies have found that even 20 minutes of activity such as walking can increase brain functioning.

There are so many fun physical activities to do in the winter, tobogganing, skating, snow-shoeing, hockey. Why not build a snow man, a snow fort or make snow angels? Whatever you and your family decide it is important for children to exercise every day, the more, the better.

It's good for the brain and the body!

(Information adapted from Journal of Pediatrics, Edutopia, Everydayhealth.com and Globe and Mail online)

TALKING ABOUT MENTAL HEALTH

Talking About Mental Health – It's February, Let's be Grateful.

Being grateful is a simple thing that we can do every day, but it has a powerful effect on our positive mental health. Being grateful increases positive feelings, makes us more stress resistant and increases our sense of self-worth.

Here are some simple grateful exercises that you can do with your family:

1. Every night at dinner each person in the family says three things they are grateful for that day.
2. Make a February gratitude jar, every day each family member writes down one thing they are grateful for and at the end of the month, open the jar and read all the things you are grateful for.
3. Leave sticky notes for each family member to thank them for something you appreciate about them. Each family member has a different day of the week that they are in charge of making the thank you notes.
4. Think about volunteering and include your children and youth. There are lots of opportunities at your school or in your neighbourhood to help others.
5. Have fun together as a family. Play a game, watch a movie, eat a meal, go for a walk, read a book together. Be grateful for time together and creating new, happy memories.

Wishing everyone a great and grateful February.

*Dr. Lynn Woodford, Psychologist, is the Mental Health and Addiction Lead for Upper Grand District School Board
Follow me on twitter: @drlynnwoodford*

PARTNERING FOR BRIGHT FUTURES SCHOLARSHIP PROGRAM

Family Counselling and Support Services for Guelph Wellington has launched a scholarship pilot program for low to modest income families in Guelph and Wellington County. If accepted to the program, families are asked to save a minimum of \$56 per month for 6 months for a total of \$336 per year to a Registered Education Savings Plan (RESP).

The scholarship donor will double the contribution by providing up to \$667 per year for up to three years. The family will also receive government contributions to the RESP as defined by the Canada Learning Bond and/or Canada Education Savings Grant.

To be eligible for the scholarship program children must be born in 2004 or later and be a resident of Guelph Wellington. The family's gross income must be less than \$50,000 per year, and families must make the required contributions to a RESP.

For more information on the scholarship, and to learn more about eligibility criteria, please email Diane Vert at Family Counselling and Support Services, at DianeVert@familyserviceguelph.on.ca .

INQUIRY

HOW TO SUPPORT INQUIRY AT HOME

Now-a-days "knowing stuff" is no longer enough. Any resourceful student with an iPad could sit in front of the TV and Google all the questions to Alex Trebek's responses on Jeopardy, and get them correct. We are moving away from simply "knowing content," to being able to apply knowledge in interesting, creative, and critical ways. To accomplish this, students and teachers need to ask the right questions. Asking the right questions is what inquiry is all about.

Children are great at asking questions. They are naturally curious, and are constantly asking questions to make sense of their world.



Instead of just telling your child the answer, try one of these strategies. First, you can get them to look up the answer. This will help them develop the ability to solve their own problems. Or, you can ask them "What do you think?" This will give you insight into what they already know, and then you can ask them more questions to guide them to an answer.

An inquiry-based approach is seen throughout the Ontario Curriculum. Students learn best when they are formulating their own questions and working towards solutions through discussion with their peers.

A closed-question:

These are questions with a specific answer. Here are two examples:

Why do some stars twinkle?

What colours mix to make purple?

Closed-questions are great questions for your child to look-up in a book, or google.

An open-question:

These are questions that could be answered in many ways. Here is an example:

How can we best support the Syrian refugees?

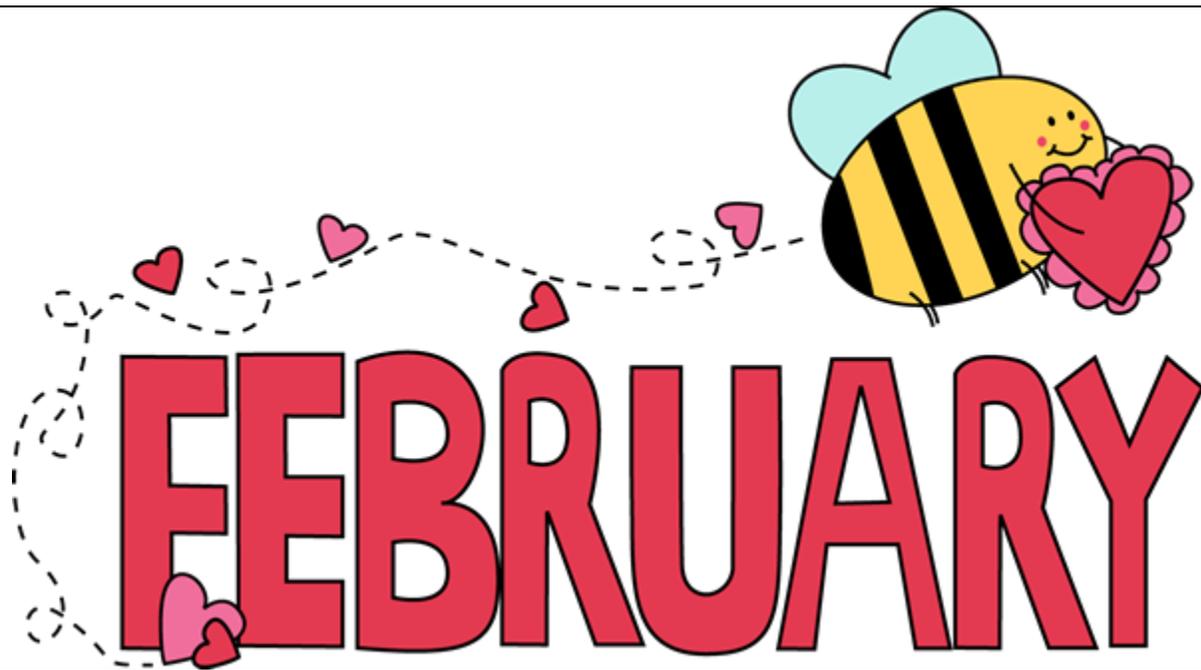
Open-questions are great questions for you to explore with your child. Discuss with them what they already know, and help them form their own answer.

TIPS FOR INQUIRY AT HOME



- Resist providing the answer
- Resist giving a procedure (math)
- Ask questions to clarify their thinking
- Ask your child to explain the reasons behind their answer

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MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
1	Day 1 JK Registration	2	Day 2 Pizza JK Registration	3	Day 3 Grilled Cheese JK Registration	4	Day 4 School Council meeting 6:30 pm JK Registration	5	Day 5 Assembly JK Registration
8	Day 1	9	Day 2 Pizza	10	Day 3	11	Day 4 Report Cards Go Home	12	Day 5 Bake Sale to Save the Blue Whale – KB Wear Pink, Red, and White
15	FAMILY DAY	16	Day 1 Pizza	17	Day 2 Hot Dogs	18	Day 3 Jr. Floor Hockey	19	Day 4 Spring Sibling Pictures Grad Pictures
22	Day 5 Rocks N Rings K-5	23	Day 1 Pizza	24	Day 2 Rocks N Rings K-5	25	Day 3 Author Visit by School Council (Glynnis Belec)	26	Day 4

Public input sought for draft policies

The Upper Grand District School Board has adopted a new approach to the development of policies and procedures, important documents that guide the board, staff and activities of our school system. Our goal is to improve policies and procedures at the draft stage, with your help. By providing an opportunity for input from parents, the community and stakeholders we are aiming for greater openness and transparency in our governance.

The first policy, procedures and guidelines to be posted for public consultation are related to "Equity and Inclusive Education". You are invited to review the draft documents and submit online feedback at www.ugdsb.on.ca/policy. The deadline for public input is April 13, 2016. Persons without internet access may call 519-822-4420 ext. 723 to request a printed copy of the draft documents.