

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 #5

January 1, 2016

MESSAGE FROM MRS. SHANNON AND MS SPIKE

Welcome back to Palmerston P.S. We hope that you had a wonderful holiday with family and friends. We wish you all the best in keeping your New Year resolutions. Perhaps you can choose to use the school motto of “3-Up, 2-Down” to encourage your family to adopt and maintain a focus on making healthy lifestyle choices.

When you drop in at the school you will notice a big change in our main office. We hope the change will improve the working conditions for the office staff and also improve safety and accessibility for our students and their families by improving sight lines for Mrs. Richenback and Mrs. Head. We hope you have noticed the new bilingual signage in our school. We feel this is a better reflection of our dual-track school and our role as the North Wellington centre for French Immersion. It is very exciting that Norwell D.S.S. now will offer sufficient courses for students in French Immersion to receive an FSL graduation diploma.

The New Year has brought some staff changes to Palmerston P.S. We would like to thank Miss Grant and Ms Wood for their valuable contributions to our school community. We welcome back Mrs. Visscher. Mrs. Culp will be filling in for Ms Hendy until further notice. Mrs. Tervit will continue as an E.A. at our school for a period of time.

There are many exciting upcoming events. Grade 8 students will visit Norwell for the Technology Days program. Our grade 8 students will be accessing the Norwell tech shop with Mr. Cox for hands-on learning in a safe and supervised environment. Palmerston School Council will meet on Thursday, January 7th at 6:30 and parents are always welcome to attend.

Have a joyful January. Our door is always open and we welcome your calls if you have any questions or a concern.

Wilma Shannon

Shannon Spike

KINDERGARTEN 2016-17

Kindergarten registration will be held from February 1 to 5, 2016 from 9:00 a.m. to 4:00 p.m.

If you have a child, or know of someone who has a child who was born in 2011 for Senior Kindergarten (who is not presently registered here) or 2012 for Junior Kindergarten, please have them call the school 519-343-3520 as soon as possible. We will be sending out registration packages to those parents who have notified the school.

FRENCH IMMERSION PARENT INFORMATION MEETING

If you know a parent of a child who will be starting school this September and might be interested in enrolling their child in French Immersion, or if you are a present JK parent considering switching your child to the FI program for Senior Kindergarten, then you are invited to a meeting Thursday, January 28th at 6:30 p.m. in the Library.

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.**

SNOWBALLS/SNOWFORTS

It is that time of year again when the snow covers most of our school yard and our children get the opportunity to play in the snow. Please remind your child that our school has a No Snowball rule. Children caught throwing snow may be asked to stand up against the wall of the school for the duration of the recess or given a detention. It is important that we ensure the safety of all of our students. Our children also need to know that No One Owns the Snow, But We Must Respect Other's Work so forts, blocks etc. do not become the focus of our students' attention and protection. It would be appreciated if you could talk to your child about respecting others.

STAY WARM THIS WINTER

As the weather gets colder this month, please consider the following STAY WARM tips:

- * send an extra pair of socks and mitts to school.
- * indoor shoes are required for gym and to keep the feet dry (halls and classroom floors become wet and slippery from the snow).

* snowpants, scarves, boots, warm coats, etc. help keep the children warm and dry. (Students are encouraged to wear the outdoor clothes that parents send to school.)

Each week our Lost and Found box grows with articles of clothing that seldom get claimed. Students are encouraged to look for lost items in the box. Parents are also welcome to have a look for lost items.

P.A. DAY

There is no school for students on Friday, January 22nd because it is a P.A. Day.

SPECIAL EDUCATION AND SPECIAL OLYMPICS

This is an exciting year for Special Olympics!! It is our 15th annual Special Olympics Track and Field Day! This year our track meet will be Wednesday May 18th, raindate Thursday May 19th.

As well, Guelph is hosting the Provincial Special Olympics Spring Games with over 1000 Special Olympic athletes will be attending. In collaboration with Special Olympics Ontario, there will be a PepRally to celebrate the 15th year and build momentum for the Spring Games. Please save Tuesday April 12th for the PepRally at the University of Guelph Fieldhouse! We are inviting all the students who participate in the track and field day and their peer coaches to come to the interactive PepRally! There will be a 'paint the town RED' campaign by Special Olympics Ontario.

Each School in the UGDSB and the WCDSB will be given the chance to 'adopt an athlete' from the Provincial Spring games and add to the 'RED' campaign. Packages will be sent to each school with RED wrist bands for every student with the OPTIONAL suggestion to donate a toonie.

Here is our Special Olympics Timeline

JANUARY: Adopt an athlete and paint the town RED packages will be sent to each school.

APRIL 12th: The interactive PepRally to promote our Track meet and build momentum for the Provincial Spring games will be held at the U of G Fieldhouse. (all track meet athletes and their peer coaches are invited)

MAY 18th (Raindate May 19th): Our annual Special Olympics Track and Field Day

MAY 26 to 28: Provincial Spring games in Guelph

TALKING ABOUT MENTAL HEALTH JANUARY 2016- APPS FOR MENTAL HEALTH

Today it seems like there's an app for almost everything! Apps can be useful for helping us to learn and practice new skills. Interactive apps can help children and youth learn about how to identify feelings, how to relax, and even about navigating social situations. Check out some of the apps below and learn together with your child.

Apps are not a substitute for talking with a professional, so be sure to contact your local mental health agency if you or your child needs support.

Touch and Learn – Emotions (Free)

- Encourages children to look at body language and facial expressions to help them identify feelings
- <https://itunes.apple.com/ca/app/touch-and-learn-emotions/id451685022?mt=8>

Mind Shift (Free)

- An app designed to help youth cope with anxiety
- <http://www.anxietybc.com/resources/mindshift-app>

Smiling Mind (Free)

- An app that guides children and youth through simple, calming meditations
- <http://smilingmind.com.au/>

Relaxing Sounds of Nature (Free)

- Listen to the calming sounds of nature
- <https://itunes.apple.com/ca/app/free-relaxing-sounds-nature/id345747251?mt=8>

Zen Space (Free)

- Relax by raking sand and creating a tranquil space
- <https://itunes.apple.com/ca/app/zen-space/id371463710?mt=8>

Zen View (Free)

- Relax by listening to rain and watching water swirl
- <https://itunes.apple.com/ca/app/zenview/id499881701?mt=8>

3 Minute Mindfulness (One strategy is free. Full app is \$4.59)

- Learn simple deep breathing strategies
- <https://itunes.apple.com/ca/app/3-minute-mindfulness-breathing/id982502810?mt=8>

I Know How You Feel (“Lite” version is free. Full version is \$11.99)

- Children learn how to identify feelings in specific situations
- Children learn about appropriate empathic responses
- <https://itunes.apple.com/us/app/i-know-how-you-feel/id960352272?mt=8>

Kailey Thompson, MSW, Specialized Mental Health Interventionist, compiled and tested out the Apps.

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

January's Environmental Theme: WASTE MINIMIZATION



In Canada, we create a lot of garbage. We throw away too much paper, plastic bags, food, old toys, electronics and much, much more! The good news is that at our school we have made a really good start to reducing some of our waste. We recycle paper, cardboard and containers made of metal, glass and plastic. We try to photocopy double-sided and use GOOS bins (bins that hold paper that is Good On One Side and can still be used). We do waste audits to see what we are throwing away and it seems we need to try to reduce our food waste as well as our packaging. Start thinking about bringing uneaten food from lunch back home to eat as a snack after school because we find perfectly good apples and other fruit, or even uneaten sandwiches, in the school garbage cans.

The best way to solve the problem of too much waste is to not create it in the first place. We have been talking about reducing the number of things we buy and buying items that can be reused instead of immediately being thrown away and taking up more landfill space. For example: use cloth towels instead of paper towels, borrow most books from the library instead of buying them new, use cloth bags instead of plastic bags, use litterless lunch containers and a metal water bottle that you can refill, and use reusable gift bags instead of wrapping paper. The list goes on and on - there are so many ways you can help to reduce waste!

We also need to let our government know that we don't want all that extra packaging when we buy things. Other countries have already banned all that unnecessary plastic, cardboard and Styrofoam that toys and cosmetics and games and food come covered with. So make a difference - write a persuasive letter to both the Ontario and Canadian Governments to ask them to be tougher on packaging laws. Our garbage dumps are filling up. They need to hear from you to stop all this waste!

Slogan of the month: *Let's reduce our waste - our planet is worth it!*

NOISY TOYS

Parents may think that noise is a problem they need not worry about until their child reaches the teenage years. Not so. Some toys are so loud that they can cause hearing damage in children. Some toy sirens and squeaky rubber toys can emit sounds of 90 dB, as loud as a lawn mower. Workers would have to wear ear protection for similarly noisy sounds on the job.

The danger with noisy toys is greater than the 90-dB level implies. When held directly to the ear, as children often do, a noisy toy actually exposes the ear to as much as 120 dB of sound, the equivalent of a jet plane taking off. Noise at this level is painful and can result in permanent hearing loss.

Toys that pose a noise danger include cap guns, talking dolls, vehicles with horns and sirens, walkie-talkies, musical instruments, and toys with cranks. Parents who have normal hearing need to inspect toys for noise danger.

Before purchasing a new toy, listen to it. If the toy sounds loud, don't buy it. Examine toys you already have at home. Remove the batteries or discard the toys if they are too noisy and pose a potential danger to hearing. Some parents place heavy duct tape over the speakers on noisy toys. The Sight and Hearing Association publishes a list of the noisiest toys each November for your information.



MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
4	Day 2	5	Day 3	6	Day 4	7	Day 5	8	Day 1
Welcome Back		Pizza		Grilled Cheese Norwell Tech Day for Gr. 8 students		School Council meeting 6:30 pm			
11	Day 2	12	Day 3	13	Day 4	14	Day 5	15	Day 1
		Pizza						Twin Day	
18	Day 2	19	Day 3	20	Day 4	21	Day 5	22	
		Pizza		Hot Dogs		School Council Movie Night		P.A. DAY	
25	Day 1	26	Day 2	27	Day 3	28	Day 4	29	Day 5
		Pizza				Kindergarten French Immersion information meeting for parents 6:30 pm			

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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