

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 #7

March 1, 2016

MESSAGE FROM ADMINISTRATION

This is a great time to look back at what we have accomplished this year and set goals for our learning and well-being for the rest of the school year. Parents and students have received their report cards and if any parents have questions, please contact your child’s teacher to arrange a chat either in person or on the phone. We appreciate you taking the time to sit with your child to complete the goal-setting portion of the report card on the bottom of pages 3 and 4.

We are also fortunate to work with our dedicated School Council. They provide important feedback and they represent the parent community of P.P.S. As you walk into our school, you will notice the School Council bulletin board that informs you about the members and work of this organization. New members are always welcome! The next scheduled School Council meeting is scheduled for April 7, 2016.

Outdoor Recess Play

We are all delighted that the weather has improved so that our children can enjoy recess time outdoors. Activity time outdoors helps us to live by our “3-Up, 2-Down” focus (i.e., more fruits and vegetables, more sleep, more physical activity and less screen time and less sugary junk food and drinks).

We have two paid lunch time supervisors. Teachers and support staff, including Educational Assistants and ECEs, also monitor students’ behaviour when they are eating and playing during recess. We have clear expectations for students at snack and lunch time, as well as when they are playing outside. It is important that we have a safe learning environment for students and everyone else here at Palmerston P.S.

We continue to work together as a team to eliminate rough play by some students on our school yard. Parents, please talk to your child(ren) about our “No body contact” rule. We want students to have the opportunity to benefit from fresh air and exercise, so school and home need to work together to ensure that students do not miss recess because of rough play. Through reminders from their classroom teachers and announcements over the P.A. students receive frequent reminders about our expectations for outside play. We really appreciate your support as parents in reminding our students to have fun, be safe and to treat others as you would like to be treated.

P.P.S. staff also remind students regularly about taking responsibility for their words and actions and **“living above the (responsibility) line”** by making good choices, being accountable for what they say and do, and demonstrating a willingness to resolve conflicts appropriately and work towards positive solutions for social problems and conflicts. Our school teaches children that when they try to deny, justify, blame others for their words and actions or give up, they are living below the responsibility line. That is how students learn from their mistakes and become more responsible classroom citizens. This helps to prepare them for a successful and productive life in our community.

When a student does an inappropriate action, we use a “Progressive Discipline” system to teach him or her to behave and follow school rules. Consequences can range from a simple warning and counselling in the office to a phone call home or an in-school recess detention. If rough play continues parents will be contacted through a phone call or a note. Students may spend time in the office doing related work such as writing out our school rules or completing a Safe Schools letter. If the inappropriate behaviour warrants it, we do use full school suspensions.

“Zero Tolerance” is a misunderstood term; basically, it means that the school will consider and respond to each issue reported. Bill 157 mandates that we must consider mitigating circumstances such as age, provocation, special learning differences, the student’s ability to control or to anticipate consequences of their actions and words, and the age of the student. Every incident is considered individually and we consider consequences very carefully before applying them. We appreciate the support of parents when we call home to explain to them about the incident and they promise to discuss it with their son and daughter. The school team at Palmerston P.S. can help to curb unacceptable and inappropriate behaviour in our school, on the yard and on the buses by working together with our parent community. We appreciate your support.

Walking Safety

Parents are requested to discuss the following expectations with their child(ren):

- * time to be home
- * route to be taken
- * what is acceptable on the way home (e.g., stopping to play, going to a friend’s house)
- * ice/water safety
- * general traffic safety (e.g., look both ways, walk facing traffic, use of sidewalks, cross at the crossing guard or intersection)
- * respecting private property
- * dealing with others (i.e., street smarts)
- * looking out for others

Please remind students to follow school rules as they walk back and forth from school to home. We all want our children to stay safe and behave well.

We are looking forward to another great month at Palmerston PS.

Wilma Shannon
Principal

Shannon Spike
Vice Principal

JUNIOR/SENIOR KINDERGARTEN 2016-17

We are still looking for JK/SK students for September. If you have a child or know someone who has a child born in 2012, please contact the school to register. We need to have an accurate number of students in order to know how many teachers and classrooms we will need for next year.

REMINDERS TO PARENTS

1. Please notify the school if you have changed any of your personal information including your address, phone number, place of employment including phone number and emergency contacts. It is very important that this information is kept up-to-date in our files.
2. Please notify the school if your child is a bus student and not going home on the bus. If we don't have a note from parents or a phone call that they are not on the bus they must get on the bus to go home.

REPORTING ABSENCES

When you call the school to report your child's absence please press 100 to leave a message. Please do not leave a message regarding your child's absence on the teacher's mailbox as they quite often do not retrieve their messages before going to class in the morning.

Please call the school on "no bus" days if your child is not a bus student and is not coming to school. Your child is expected to attend unless you feel it is unsafe or have let us know that you have made the choice as a parent to keep your child at home on 'no-bus' days.

There are no "attendance optional" days. It is still a regular school day on the days that some students are going on a trip or to a sports tournament. Please call the school on those days if your child is not going on the trip or playing in the tournament and is not coming to school. It is expected that your child attend school on those days.

BUS LOADING ZONE

We still have some safety issues around our bus times. Some parents still drop off their children in the bus loading zones in front of the school. When you stop your car to drop off your children in the bus loading zone you are putting the safety of your children as well as other children in jeopardy. Please be considerate and drop off and pick up your children in the appropriate areas. You are asked to park your vehicle at the church parking lot on Prospect Street when you drop off and/or pick up your child. We have a new sidewalk so you and your child(ren) are able to walk safely along Prospect Street to the school. If you are picking up your children at the end of the day remind them to cross the street with our adult crossing guard.

MARCH BREAK

Have a great March Break. March Break starts Monday, March 14th and students return to school on Monday, March 21st.

YARD SUPERVISION

Yard Supervision begins at 8:35 a.m. each morning. Please do not have children on school property prior to 8:30 a.m. each day.

PET FREE ZONE

Drop off and pick-up times are busy and there are many children on the hard top at those times. For safety reasons, we ask that our parents and caretakers leave their pets at home when they drop off or pick up their children at school. Your co-operation to ensure everyone's safety is appreciated.

STAFF CHANGES

We would like to send Mrs. Fairbrother well wishes as she begins her maternity leave. We welcome Ms. MacKenzie to Mrs. Fairbrother's Grade 2 classroom.

As well we would like to welcome two co-op students. Miss Palmer will be working with Mrs. Pratt's Grade 2/3 class and Miss Curran will be working in Mrs. Harwood's JK/SK classroom.

One last update; Mrs. Head will be working fulltime as Office Coordinator during Mrs. Richenback's indefinite leave. Joining Mrs. Head as Administrative Office Assistant is Ms. Noble.

TIME 2 READ

Time 2 Read is a five week program that is designed to equip parents of SK, Gr. 1 and Gr. 2 students with skills and strategies to support your child's reading at home. You will discover ways to connect with the school literacy programs, tips to encourage your child's reading comprehension and ways for you to fit learning moments into your busy schedule.

This unique program, sponsored by our school board, invites you to bring your Senior Kindergarten, Grade One or Grade Two child with you. The children will have their own program including crafts, snacks, songs and stories. They will also spend part of the evening with you reading and practising the skills and strategies you will learn in our workshops. The children will receive their own **Time 2 Read** T-Shirt as well.

Our program will run for five Wednesday evenings:

- Wednesday, March 30th to Wednesday, April 27th
- 6:00 p.m. – 7:30 p.m.
- Palmerston Public School Library

You will enjoy this special time with your child, connecting with other parents and discovering ways to help your child become a fluent reader with a love of reading!

Please register by return the form sent home the first week of March or by phoning or by phone Mrs. Harwood, 519-343-3520, mailbox 431.

MORNING MEAL PROGRAM

Dear Parents:

The Morning Meal Program at Palmerston Public School is looking for a Student Nutrition Program Co-ordinator.

This Co-ordinator will be responsible for the day-to-day operations and supervision of the program. This is a paid position that offers flexible time of approximately 10 hours per week. The individual will be responsible for picking up grocery orders, meal prep, and monthly reporting to the district program manager. The appropriate candidate should be self-motivated, able to work independently and be well organized.

If you are interested in this position or would like further information, contact Bobbi Turner, Student Nutrition Program Manager at Food and Friends, (226)-820-6162 or contact me directly at (519) 807-0074.

Sincerely,
Karen Goddard
Nutrition Program Co-ordinator

Bobbi Turner

Student Nutrition Program Manager
Food and Friends
Children's Foundation of Guelph and Wellington
87 Waterloo Ave, Guelph, ON. N1H 3H6
Cell - 226-820-6162
www.childrensfoundation.org



DIGITAL SATURDAY

[UGDSB invites parents to learn about classroom technology at 'Digital Saturday](#)

The Upper Grand District School Board is hosting an open house featuring displays and workshops on how students are using technology to learn. "Digital Saturday" takes place on March 5, 2016, from 9 a.m. to 12:30 p.m. at Westminster Woods Public School in Guelph.

"In the last few years there has been exponential growth in the use of technological tools and resources in Upper Grand schools," said Brent McDonald, Superintendent of Education responsible for Information Technology. "Students don't stop using what they're learning as soon as the bell rings at the end of the day. A good number of these resources are available 24/7, so they're used at home and school."

A presentation on technology in the classroom to the board's Parent Involvement Committee was the inspiration for the idea of hosting a technology open house for all parents.

"We thought a Saturday morning would be the best time for both parents to come out and see what we're doing," said McDonald. "Students can come too."

Digital Saturday will be an opportunity to explore and learn about:

- New technologies in the classroom like Chromebooks, UGCloud
- Assistive technologies to support all learners including Kurzweil and Read&Write for Google
- Robotics and coding and virtual reality in the classroom demonstrations
- Online digital resources for assisting student learning such as UG2GO, UGCloud and Homework Help

There will be lots of opportunities for interaction and co-learning. Older children (8 and up) may find the display tables and workshops informative and engaging.

We hope to see you there as partners in education!

Event details:

- **DATE:** Saturday March 5, 2016
- **TIME:** 9 a.m. to 12:30 p.m. Open house closes at 12 p.m.
- **LOCATION:** Westminster Woods Public School, 140 Goodwin Drive, Guelph

For more information:

Heather Loney, Communications and Community Engagement Officer

519-822-4420 ext.725

heather.loney@ugdsb.on.ca

Engaging Your Child in Mathematics at Home!

As parents we have the wonderful opportunity and responsibility for nurturing our children's growth. Parents play a key role in the physical, emotional, and intellectual development of their child. As parents we can usually find time to read a story to our children, thereby instilling a love of literature, but we are often at a loss as to how to instill a love and appreciation for mathematics.

Like reading, mathematics is a subject that is indeed necessary for functioning adequately in society. More than that, mathematics is a subject that should be more enjoyable than it is perceived to be. Parents' attitudes towards mathematics has an impact on their children's attitudes. Children whose parents show an interest in and enthusiasm for mathematics around the home will be more likely to develop that enthusiasm themselves.

Activities in the Home

If you have dice, playing cards, and a bit of time....oh the "number sense" fun you can have.

1. Work on Place Value-use a grade appropriate number of dice and use the numbers rolled as digits to "make the biggest number you can, make the smallest number you can, make a number close to 100" etc.
2. Work on Number Sense-use 2 die to add numbers together....to make it harder, you can use the 2 die to subtract, and multiply.
3. War-Use a deck of cards to compare numbers. Each person flips their cards at the same time, the person with the higher number gets both cards.
4. What's my number? Someone holds a card on their forehead and asks the other person questions to try to guess their number (for example, is it greater than 5, is it odd or even).

Give it a go and have fun building number sense fluency together.



March's Environmental Theme: REDUCE, REUSE, RECYCLE

The environmental theme for this month is not a new one. We are talking about Reduce, Reuse, Recycle. These are the 3 R's of environmental stewardship and by practicing them we will help planet Earth. Did you know all of them are not created equal? The best one of the three is: Reduce.

Reduce means to use less of something. This is the best of the 3 R's because we don't even use our natural resources to begin with! What could we use less of? There are many things you can think of. Use less water, or use less paper, or – very important - buy less 'stuff'.

Recycle is critical if we want to keep things out of the landfill. More and more items are starting to be recycled, so be responsible and put them in the proper containers provided. If you don't, they end up in the regular garbage and harm nature by forcing us to create more garbage dumps that pollute our planet. We also need to make sure toxic items like paint and batteries don't end up in the garbage, but are brought to the hazardous waste depot. And never throw our your old smart phone. Take it back to your cell phone company for recycling. It contains minerals that are being mined in areas that are destroying precious habitats.

The Möbius loop is the universally recognized recycling symbol. It consists of those 3 circular arrows. We can put compostable items into our organic bins, like food scraps including fruit & vegetables, dairy, meat, breads, as well as paper tissues and paper towels. We can recycle containers including plastics, glass, metals and tetra paks and milk cartons. And we can also recycle paper, boxboard like Kleenex boxes, and cardboard. So DO NOT throw these items into the garbage at home or the garbage containers here at school. Find the right recycling bin. Let these items be turned into something new again!

Slogan of the month: Don't trash our future! Recycle!



TRANSITION PLANS

While it may feel like it is early in the year to think about moving on to the next school year, plans are underway to ensure that students have a successful transition in September. For students that are changing schools, visits may have already begun. Specific transition plans are often particularly important for students with an Individual Education Plan and therefore are a required component of any IEP. For many students, the support provided to the whole class is all they need to have a successful transition, however other students may need more specific goals and support to help them deal with a variety of changes throughout the day.

Common transitions that can be addressed on a transition plan include:

- entry to school
- move to a new school or new grade/teacher
- transition to post-secondary: workplace, apprenticeship, college, university, community etc.
- in school transitions could include: starting/stopping activities, leaving the classroom, going to recess/gym, going on field trips

As a parent, you can play an important role in transition planning for your child by:

- working together with school staff to discuss the transition goals
- providing visits to the new school
- talking about the transition in a positive way
- looking at pictures of the new teachers and school building
- reading social stories to give your child the reassurance they need

Preparation is crucial for transitions to be successful, and a team approach between home and school is key.

Talking About Mental Health – March 2016

Kids Do Well If They Can - Collaborative Proactive Solutions

In our schools we use a positive supportive approach with all our students. One such approach that we follow in our schools is Collaborative Proactive Solutions (CPS). This is a very effective way to help children and youth who are struggling by working with them to building skills and resources.

Dr. Ross Greene, who developed Collaborative Proactive Solutions, believes that **Kids Do Well If They Can**. If they are not doing well it is because they're lacking the skills not to be challenging. If they had the skills, they wouldn't be challenging. Dr. Greene also stresses that **Doing well is always preferable to not doing well** (*if a kid has the skills to do well in the first place*).

When children and youth are faced with challenges that are too much for their skills and resources, they often engage in challenging behaviour because they do not have the skills to engage in positive behaviour.

Challenging behavior in children and youth is best understood as the result of lagging skills (in the terms of flexibility/adaptability, frustration tolerance, and problem solving) rather than as the result of lack of motivation on the child/youth's part. And second, the best way to reduce challenging behaviour is by working together with the child/youth – collaborating – to solve the problems setting them in motion in the first place.

Dr. Greene's Collaborative Proactive Solutions is a very successful approach for children and youth presenting with a variety of challenging behaviours, which is why we use this approach in our schools.

Dr. Greene also has many tips for parents, so they can use Collaborative Proactive Solutions at home. If you are interested in learning more, please see his website:

<http://www.livesinthebalance.org/parents-families>

Information for this article has been taken from Dr. Ross Greene's website.

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

Follow me on twitter: @drlynnwoodford



Big change always starts with small change—your small change, actually. For the month of **March**, Me to We is challenging PPS to bring in their spare change to help fill out Piggy banks. The goal is to help change the life of a family in a developing community.

Help us collect coins for sustainable overseas.

This year our donations will be divided pillars

- Education
- Clean Water and Sanitation
- Health
- Agriculture and Food Security
- Alternative Income and

Donations start March 1st and will run



development projects

between Free the Children's 5

Livelihood

until the 31st



| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|---|--|--|
| | 1 Day 1 Pizza Lunch | 2 Day 2 Grilled Cheese | 3 Day 3 French Review Mtg. @ Wellington Heights S.S. (Mt. Forest) 7:00-9:00 | 4 Day 4 Chocolate Bar Campaign starts for Grade 8 students Live Free From Hunger "Toonies 4 Tummies" |
| 7 Day 5 Dental Screening JK/SK/Gr2 Mansfield Outdoor Ctre | 8 Day 1 Pizza Lunch | 9 Day 2 McMillan's Pick Up Gr. 6/7/8 Fundraiser | 10 Day 3 Little Caesar's Pick Up Gr. 6/7/8 Fundraiser | 11 Day 4 |
| 14 MARCH BREAK | 15 | 16 | 17 | 18 |
| 21 Day 5 | 22 Day 1 Pizza Lunch Aquarium Field Trip Mme Pipe & Mme Bullock | 23 Day 2 Hot Dogs | 24 Day 3 School Council Movie Night- 6:30 p.m. | 25 GOOD FRIDAY |
| 28 EASTER MONDAY | 29 Day 4 Pizza Lunch Green Legacy Seeds Assembly Gr. 1 – 3 | 30 Day 5 | 31 Day 1 Writing Rocks 6:30 p.m. School Library | |

**PPS PARENT COUNCIL
MOVIE NIGHT
THURS. MARCH 24, 2016**



THE PEANUTS MOVIE

7:00 PM START

DOOR OPENS 6:30 PM

ADMISSION BY DONATION

NORGAN THEATRE ~PALMERSTON



OPTIMIST EASTER EGG HUNT

SATURDAY MARCH 26, 2016

9 A.M. CLIFFORD PARK

10 A.M. HARRISTON BALL DIAMOND

11 A.M. PALMERSTON LAWRENCE PARK.

ALL CHILDREN AGE 8 AND UNDER WELCOMED.