

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 #9

May 1, 2016

MESSAGE FROM ADMINISTRATION

Spring is here at long last. Our students and staff are happy to be able to use the playground equipment. Since good weather leads to more activity outdoors, this is a great time to remind our families about our ‘3-Up, 2-Down’ focus. We need to help our students to live a healthy life style by making sure that their basic needs are met so they can benefit from classroom instruction. For example, the breakfast program ensures that students are not hungry and have proper nutrition for learning in class. We appreciate our parents supporting the school by ensuring their children have a good night’s sleep. ‘3-Up’ means we need to work together with our families to increase hours of sleep, eat more fruits and vegetables, and increase the amount of exercise to help our students feel and learn better. This May our students will be practicing for track and field and many students are biking to school. Please ensure your child wears a helmet and remind them about safety rules. Our teachers will also reinforce that message with their students.

‘2-Up’ is about reducing the amount of sugary ‘junk’ food that our students eat and the amount of screen time students have. Screen time refers to activities such as playing video games, watching TV, or using social media. Research shows that many children spend up to 8 hours each day in front of screens. It is a sad but true fact that obesity rates are growing in Canada and the outlook is that this generation of children will not live as long as their parents. If our school can help our students to become healthier, then our families and community will also benefit.

Grade 3 and 6 students will be completing the end of division EQAO assessments during the last week of May and the first week of June. We ask our grade 3 and 6 families to support our students in showing what they know by ensuring their children have a good night’s sleep, a nutritious breakfast and to avoid absences and late arrivals due to appointments during that time, as much as possible. Your cooperation is appreciated.

Wilma Shannon, Principal

Shannon Spike, Vice-Principal

JK NEW PARENT MEETING

We will be holding a new Parent JK meeting for students who will be entering into JK or SK for the first time starting in September 2016. The meeting for parents and students will be held in the library at 6:30 p.m. on Thursday, May 26th. The parents will have an opportunity to learn about our school and some of the routines, to see the classrooms and talk to our Kindergarten teachers. Parents will have an opportunity to ask questions and to seek clarification for any of their concerns. The students will be in the Kindergarten classrooms and will meet the kindergarten teachers.

BUS REQUESTS

Occasionally we receive requests from parents for walkers to ride a bus, or for children to ride a different bus for a variety of reasons (sleepovers, parties, studying, etc.). Our Board transportation policy does not permit such requests. Please make alternate arrangements for special occasions. Your co-operation is very much appreciated.

SAFE ARRIVAL

A big THANK YOU to all the parents that have called in on a regular basis when their child is going to be absent from school. As part of the Ministry of Education's Safe Arrival initiative, we must know where your child is during the school hours. We must have a way to contact either you or a neighbour to verify your child's absence. We appreciate the effort you make to keep us informed and it saves a tremendous amount of secretary time. Thank you for your co-operation.

GRADE 8 GRADUATION

Our Grade 8 Graduation will be held on Tuesday, June 28th. The awards will take place in the gym starting at 6:00 p.m. There will be a dance at the school until 10:00 p.m.

NEW ORLEANS PIZZA SCHOOL FUNDRAISING NIGHTS

On May 2nd, 3rd, and 4th New Orleans Pizza will be donating half of the money you spend to the school of your choice. Forms were sent home. If you did not receive one, there are extras at the office.

PROHIBITED ON SCHOOL GROUNDS AND BUSES

For the safety of all, skateboards, rollerblades, rolling shoes and scooters are not allowed on school property or buses. Please keep these items at home. Thank you for your co-operation.

PARTICIPATION...

It is great to see our students participating in activities and enjoying themselves at recess. You could help by sending your child with his/her own ball, skipping rope or game. Please make sure equipment is safe and that it is clearly marked with your child's name. Soft playground balls, soccer balls, footballs are all popular. Please do not bring hard balls, hard rubber balls, collectibles to trade, or beyblades.

DOGS

Please remember to "Stoop and Scoop" and remind your friends who use our playground to do likewise. Thanks for helping keep our playground a great place for our students. Please leave your dogs at home when you pick up and drop off your children at school.

APPROPRIATE DRESS AT PALMERSTON PUBLIC SCHOOL

Dress Code

- ▶ Appropriate dress is defined as student attire that is free from symbols of hate, gang membership or images that portray violence, death, abuse, cigarettes, drugs, alcohol, racial slurs, obscene words, political or sexual statements.
- ▶ Hats are not to be worn inside the school.
- ▶ Both indoor and outdoor footwear is to be used at school.
- ▶ No visible undergarments.
- ▶ Two fingers width strap of the wearer for all sleeveless tops and dresses.
- ▶ No spaghetti straps, muscle shirts, bare midriffs, bare backs and low scooped necklines.
- ▶ Shirts must be "tuckable."
- ▶ Shorts/skirts must be a reasonable length.

In general context beyond the above statements, we expect students to show respect for themselves and others. Styles of clothing will change but students should come to school dressed in clothing that is suitable to their age group and the variety of activities which constitute a school day.

We expect our students to show common sense and good judgment to recognize they are in a public institution which is or maybe different from their personal choices in the community.

We set high standards for our school community. Parents and students can make sound decisions regarding appropriate dress and recognize that clothing can promote a positive learning environment.

ANNUAL SCHOOL BBQ

The Annual School BBQ coordinated by Parent Council will be held on June 2, 2016. Further details will be available at a later date.

CHILD AND YOUTH MENTAL HEALTH WEEK 2016

Mental Health is how people think, act and cope with life and the stressors and challenges that are part of living. Someone's state of mental health can influence the ways in which they look at themselves, their life and others around them. It also strongly influences an individual's ability to learn and achieve their goals. Learning how to take care of and increase our mental health is an important tool in obtaining and maintaining a feeling of well-being.

During Child and Youth Mental Health Week, we will increase our mental health by:

- Promoting an understanding of mental health wellness
- Making the mind/body connection
- Providing approaches to improving mental wellness
- Increasing coping skills
- Developing stress management and relaxation techniques
 - Increasing positive lifestyle behaviors (i.e. physical activity, good sleep hygiene, having a support network)

The **theme** for Child and Youth Mental Health Week at the UGDSB is:

Have a **SUPER** Week!

SUPER stands for the mental health and wellness skills that we will be building each day of the week.

Monday Social Connection

Tuesday Uplifting Emotions

Wednesday Personal health - sleep, nutrition, exercise

Thursday Emotional Calming

Friday Resilient thinking

Palmerston Public School Parent Council invites you
to come for a FREE breakfast

Monday May 9, 2016
Come between 8:30 -10:00 am



155 James Street, Palmerston

Come hear all about Parent Council and what we do. No commitment to join.

Seating might be limited if we have a lot of interest, so please RSVP by May 4 to
Karen Goddard via text or phone at (519) 807-0074

SAFETY

Safety continues to be an emphasis at our school. Please continue to reinforce with your children the importance of:

- ✓ safe play on our school yard; please remind your children of our “Hands Off school policy;
- ✓ be sure to use the sidewalk when walking to and from school;
- ✓ walk your bike on the sidewalk and be sure to cross with the crossing guard; it is not safe to cross the street in front of the school between cars and buses;
- ✓ be sure to walk your bike on school property;
- ✓ be sure to wear a bike helmet when riding your bike; it is the law;
- ✓ bikes must be kept locked in the bike rack at all times;
- ✓ play safely on our creative playground by following our safety rules.

SCHOOL TRACK AND FIELD MEET

We will hold our school Track and Field meet on Thursday, May 19th with the finals on Friday, May 20th for all our Grade 4 to 8 students.

Students should come to school prepared for the weather. Sunscreen, hats, running shoes that tie up or shoes that do not fall off their feet as well as a water bottle are recommended as items that students should come prepared with as they will be outside for most of the day. Students are expected to be on their best behaviour. Parents are invited to attend and watch these events. The track events will be held at the high school track and the field events here at our school.

TECHNOLOGY

Technology surrounds us and there is little doubt that it has revolutionized the way we work, shop, travel, learn, and play. Like many other things in parenting, thinking ahead of time about how you'll approach technology use with your children can go a long way in setting up good routines and conversations at home.

Here are some tips you might consider when your family uses technology:

1. While our children seem to be very comfortable and agile in their use of technology, they need our help to learn skills in digital literacy. Understanding the validity of information they see on the internet, becoming good digital citizens who respect and protect themselves in online spaces, and learning when and how to communicate using a variety of digital tools is best done with the help of parents and teachers. For more information about Media Literacy, parents and teachers can find many resources at <http://mediasmarts.ca>
2. Technology is no longer only about being a passive watcher or listener to content created by others. Seeking out creative software, games, apps and websites that allow your child to be creative and play with images, music and video can be a great way to make learning fun and engaging. A good place to start for ideas is our Board's website and UG2GO where students can login and access many wonderful digital learning resources.
3. Don't be afraid to learn along with your children as new technologies come into your lives. This is a great opportunity for your children to see you learning something new and taking risks, modeling that open learning stance that they will need in order to manage a future of rapid change.
4. It has always been a good idea to have the family computer in a common area of the house so that parents can monitor their children's use, and this has become a bit trickier since mobile devices have come on the scene. Consider creating a 'parking space' for mobile devices like ipods, ipads, phones and DS handhelds, and defining boundaries around where and when they can be used. Check in frequently with children to see the kinds of activities in which they are taking part. Setting up a routine of 'powering off' before bedtime is a good way to ensure that children aren't up until all hours on their devices.
5. Parents can model a healthy balance by working out acceptable limits for technology use including phones, television, video games and screen time. Remember that your children are watching you, and you can begin to have conversations with them at an early age about how you and your family balance your technology time with other fun and engaging activities like hobbies, playtime and exercise, all of which are extremely important to your child's development.

NEW HEALTH CURRICULUM

This year the new Health and Physical Education curriculum will be implemented in all schools in Ontario. Included in the update are new expectations in the Human Development and Sexual Health component of the curriculum. This education starts with children learning about themselves, their feelings, their bodies and about showing respect for themselves and others in a reliable and accurate way. This learning is most effective when parents and schools work together. Parents help their children form values about relationships and their behaviours. To support these discussions, we are letting parents know that this unit will be covered in the (first two weeks of May/or insert other timeline) by (insert divisions/classes). There are plenty of resources available for parents to support the learning of the curriculum on the Ministry of Education website:
<http://edu.gov.on.ca/eng/curriculum/elementary/health.html>.

WHAT IS STEM AND WHY IS IT IMPORTANT?

STEM stands for Science, Technology, Engineering, and Mathematics. The idea is to offer students tasks that integrate more than one subject area such as thinking about all the angles, measurements and calculations involved in building a structure that could stand up to the elements of our Canadian winters. STEM provides opportunity to focus on one assignment while applying knowledge gained in a number of subjects so knowledge gained in one area can be applied in another. Check out this link for more information (<https://www.youtube.com/watch?v=AIPJ48simtE>)

Think of it like driving a car. We can't just focus on braking or steering by themselves. We need to simultaneously think of acceleration, steering, signaling, braking and road signs all at the same time and ideally we'd like our students to have the same flexibility with their thinking across different subject areas.

Try this activity to promote mathematics, science, engineering and language.

Using popsicle sticks, glue, tape, and elastics, design and build a device that will launch 3 marshmallows as far as possible using elastic bands. The elastic energy may be "loaded" by hand but the device must get all of its launching power from the stored energy in the elastic bands.

Have fun and enjoy!

Monthly Environmental Newsletter Inserts



May Environmental Theme: CLIMATE CHANGE

Climate Change refers to any changes in long-term weather patterns (temperature, precipitation, wind, storms) that have been caused by humans polluting the atmosphere with too many greenhouse gases like methane and carbon dioxide. We need to act now, because who can argue with reducing pollution? Pollution can't possibly be good for us!

The world is tracking climate change. Weather and temperature has been changing too quickly over the past few decades, which seems to be caused by the industrial revolution here on Earth. We are sending too much pollution (from cars, trucks, factories, and power plants using coal) into our atmosphere. Over the past hundred years the temperature of the Earth has risen and this has caused many changes in nature. For example, species of plants and animals are either migrating or becoming extinct. Some seaside cities may soon be underwater from rising sea levels. We are having more severe weather patterns like tornadoes and hurricanes and ice storms. Drinkable water sources are drying up.

What can you do to help be part of the solution? Well, all of the things we have been talking about this year can help. If you buy less and reduce, then less energy will be used and less pollution will be sent into our atmosphere. If you don't waste electricity you help out too. If you walk or bike to school or carpool you are doing your part. If you buy locally you reduce the greenhouse gases emitted through shipping and this helps planet Earth too.

You can Google: "*Top 10 ways you can stop Climate Change*" to get more ideas on how you can help.

And finally, eat a fresh, local apple - Not only is it good for you, but greenhouse gases were not created in the processing, canning, freezing, packaging or long distance transportation, so local apples are good for the planet too!

Slogan of the month: Climate Change is not cool!



WOW Palmerston Public School

Thank you so much for your encouragement and your donations to the Canadian Cancer Society. Together we raised \$506.68!

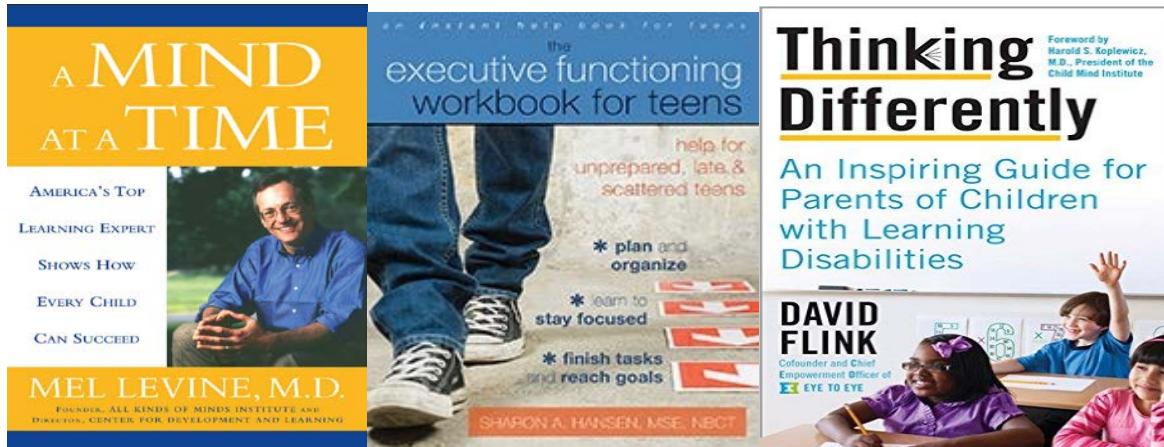
I know that there are few families that have not been impacted by cancer. There are even families that are struggling with it right now. The money you raised will help people currently fighting cancer and will also go toward research to prevent cancer, and to help treat it more effectively. The students, their families, and the staff of P.P.S. have shown themselves to be kind and generous. I also got a summer haircut into the bargain.

Thank you so much!
In appreciation,
Madame Nichole

RESOURCES FOR PARENTS

Does your child have an LD, ADD/ADHD or both? Here are some great resources to help you:

1. Work with your child to understand how they think and learn
2. Develop some strategies with your child to help them advocate for what they need to learn (technology, accommodations to the environment or learning tasks)



Other great online resources include:

The Learning Disabilities Association of Ontario, which has lots of good information on LD and ADD/ADHD issues, including topics about how to understand the IPRC and IEP, how to advocate for your child and topics related to specific LDs.

<http://www.ldao.ca/introduction-to-ldsadhd/what-are-lds/>

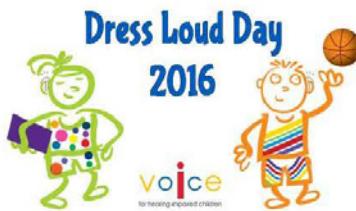
The Learning Disabilities Association of Wellington County connects to the Ontario chapter, but provides links and information about workshops and activities that are being held in Wellington.
<http://www.ldawc.ca/>

Our school board has also worked hard to address the needs of LD and ADD/ADHD students by providing SEA equipment, Google Read and Write training and targeted reading programs to help LD students access the curriculum and develop key academic skills.

Connect with your child's teacher to discuss all the supports that are available to your child!



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Day 2 Junior Nursery Visit	3 Day 3 Pizza Junior Nursery Visit HepB & HPV	4 Day 4 Grilled Cheese	5 Day 5 Parent Council Meeting	6 Day 1
9 Day 2	10 Day 3 Pizza Buss Patrollers MCPS	11 Day 4 Grade 8's to Conestoga College Grade 6/7's Sound of Music (Norwell)	12 Day 5 Grade 8's Sound of Music (Norwell)	13 Day 1 Earthkeepers Cross Country Safe Kids Program Arena
16 Day 2 Earthkeepers Wanakita	17 Day 3 Pizza Wanakita Norwell Link Leaders visit Grade 8's	18 Day 4 Wanakita	19 Day 5 Salad Day JR-INT Track & Field	20 Day 1 Wild Hair Day – Spirit Day JR-INT Track & Field
23 VICTORIA DAY NO SCHOOL	24 Day 2 Pizza	25 Day 3 GR3 EQAO	26 Day 4 GR3 EQAO JK Parent Info Night 6:30	27 Day 5 GR3 EQAO
30 Day 1 GR3 EQAO	31 Day 2 Pizza GR6 EQAO	1 Day 3 GR6 EQAO	2 Day 4 GR6 EQAO	



School Participation Instructions

Thanks for getting involved! We are pleased to have you participate in **Dress Loud Day 2016**.

Pick a date

Officially **Dress Loud Day** is Friday, May 6th, 2016 – but if this day doesn't work for you, pick any day during May to coincide with Speech and Hearing Month!

Tell your students

Display the Dress Loud posters in your school near the office, main doors, library, or in an area where it will get noticed! Include this event on your school website, calendar and in your monthly newsletter. Students can also make their own posters to spread the word.

Tell your families

Notify parents and caregivers when Dress Loud is happening. This is a great opportunity to increase awareness and understanding of the needs of students with hearing loss in your school. You can check VOICE's website resources to send home.

Tips for teachers & classroom activity

Talk about hearing loss! Check your participation package for tip sheets and resources on running in class activities. Alternately, you can also check out the VOICE website:

<http://www.voicefordeafkids.com/Resources/Teachers-and-Parents.aspx>

Collect donations

Participants make a donation to wear their **wackiest**, **loudest** and **wildest** shirts, socks, hats, etc. Have fun with this and get creative!

Take lots of pictures

Make sure you share your fun pictures with us!

Return donations & tell us how many people participated

Contributions can be returned to VOICE by cheque (made payable to VOICE for Hearing Impaired Children). **Make sure you let us know that this money is from Dress Loud Day and how many people GOT LOUD!**

Want more information? Contact Cody Barevich at cody@voicefordeafkids.com

Thank you for giving children who are deaf a VOICE for life!