MESSAGE FROM ADMINISTRATION

Happy Spring! Hopefully our warm weather is just around the corner.

We’ve had a lovely March here at PPS. Our Primary classes celebrated Saint Patrick’s Day with a variety of themed activities throughout the school. Many of our classes went skating right before March Break – thank you to Mr. Walls for coordinating that for us and thank you to all of the parents who volunteered to come with us and help us tie skates and support our students on the ice! Derek Moore from Drayton School of Music has continued to work with our Grade 8 Rock Band group during recesses with Mrs. Langeraap – they are sounding really good. Our Junior and Intermediate classes took part in ‘We Are Silent’ where the classes challenged themselves to not talk in order to raise awareness for young people fighting for human rights. If you visit our primary classrooms you will see trays of tree seedlings that we are growing for the Green Legacy Program. A big ‘Congratulations!’ to our Intermediate Basketball teams for a great start to their season and I know our Grade 2’s had a “sweet” trip to a local maple syrup farm.

Thank you so much to all of our families who filled out our Climate Survey last month. This data is so helpful for us and we really appreciate you taking the time to respond. We’d also like to thank all of the parents who are volunteering to help with our Grade 6, 7, and 8 fundraising initiatives - thank you for helping to make our trips more affordable for our students. Our Hot Lunch program and Snack Bin programs continue to be a huge success. Thank you so much to all of the parents who help us with these invaluable programs and to all of the families who have donated to our Snack Bin Program through School Cash Online.

We have many exciting things coming up in April – stay tuned!

Tracy Baker, Principal

Heather Dyer, 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. Please note that students may only leave school property for lunch during the second nutrition break, unless accompanied by a Guardian.

SAFETY ON THE PLAYGROUND

We are excited to announce that our playground structure has been repaired and it is open for students to use! 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 buildup of snow and ice. If there is a reason for us to close the play structures, we will announce that to the school.

We want to keep all students safe, while having fun and benefitting from physical, outdoor play.

Yard Expectations for Students

- Safe hands
- Collaborative Problem Solving
- Eat all food inside
- Keep technology inside
- No throwing sticks or stones
- If someone is hurt or needs help, tell a yard supervisor immediately

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. Stay seated on the swing
3. Only one person on the swing at a time
4. Wait for your turn on the swing outside the pea gravel area, so that you don’t get hit by someone swinging
5. Stay seated until the swing stops
6. Make sure everyone gets a turn
Rules for Creative Playground

1. Take turns
2. Safe hands
3. Sit when sliding. No walking up the slide.
4. Before sliding down, make sure no one is at the bottom of the slide.

We know how much the children enjoy our play structure and are looking forward to good spring weather so they can play on it a lot. 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.

PUNCTUALITY

School starts at 8:55 a.m. Please ensure that your children are here on time. This often helps students to start the day on a positive note. Thank you for your cooperation dropping students off at their designated doors or the front office. We really appreciate your help with this.

ITEMS WANTED FOR KINDERGARTEN

Kindergarten classrooms are looking for any outdoor trucks, pails and shovels for use in the sandbox area. (used is just fine). Also, if you have any snow pants or mitts that your child (ren) have outgrown; donating these to the school or a Kindergarten classroom is always appreciated.

FOOD AND FRIENDS

Thank you very much to everyone who donated to the Live Free campaign. The total raised towards our Snack Bin Program was $439.74. Thank you to Madame Spruyt’s class who did morning announcements and in-class reminders throughout the week of the Campaign. All of the support received is truly appreciated.

FEEDBACK WELCOME ON DRAFT BOARD POLICIES

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

Policy 214 – Accessibility Standards
Policy 518 – Students with Life-Threatening Medical Conditions

These policies are important to students, parents, staff, school councils, community partners and members of the local community because ensuring people with disabilities have access to services through the accommodation of their disability-related needs and supporting a student with a life-threatening medical condition in the school requires the cooperation of the entire school community.

You are invited to review the draft documents and submit online feedback at www.ugdsb.ca/board/policy. The deadline for public input is April 26, 2018 at 4 p.m. EST. Persons without internet access may call 519-822-4420 (or toll-free 1-800-321-4025) ext. 723 to request a printed copy of the draft documents.
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**Note:** Day 1 and Day 2 are interspersed throughout the weeks.
Talking About Mental Health –
April 2018 Spring Clean Your Mental Health!

It’s Spring! Flowers blooming, birds chirping, sun shining. There is nothing quite like it. Often we Spring Clean our homes – tuck winter away, clean out the cobwebs and get ready for summer. Spring is a time of renewal. Why not use this momentum for a mental health renewal?

Let the sun shine in ...
Try and ‘spring clean” your emotional and mental spaces this month. Get rid of emotional debris that is no longer serving you. Here are some ideas to help get you started on your mental health Spring Clean. Focus on things that make you happy and give you a clear, fresh state of mind

Start a Journal Writing can help articulate your thoughts, clear your emotional space and help put things into perspective. Try having a family journal time where once a week everyone journals/records their thoughts and feelings. This can help clear your mind of clutter and also get things out of your mind and onto paper. Don’t worry about punctuation or spelling – it’s just for you.

Be Aware of Your Thoughts Sometimes we don’t even notice the negative things we say to ourselves. Try to notice your thoughts and reframe thoughts into kindness. Instead of “We never have time to sit down as a family for dinner” try “When we sit down as a family for dinner it is such a treat”. We are careful of how we speak to others but often not so careful about how we speak to ourselves. Practice your own self compassion this month.

Enhance Your Physical Health Physical wellness is a big part of maintaining mental well-being. Exercise, sleep and eating well all contribute to positive well-being. Try replacing soda or coffee with herbal tea. Try going for a nature walk or scavenger hunt with the family. Yoga, Pilates and mediation can also enhance both your emotional and physical well-being.

Remember, each day is fresh start – just like Spring. Have a great April!

Jenny Marino, Mental Health and Addictions Lead
Upper Grand District School Board
Les Petites Pommes offers camps to help students learn and have fun in French in a warm, friendly and encouraging environment!

Camp days are fully structured with a balance of indoor and outdoor activity and a curriculum developed by current French teachers. Through games, crafts and reading, writing and speaking activities, students will practice their French in a fun environment while improving their confidence and developing their skills!

Whether your child has experience in French or if they are just beginning their journey, we welcome students of all abilities. While many of our students attend French Immersion schools, it is not a requirement to be currently enrolled in FI. We love sharing the gift of language learning and our goal is to provide students with a positive experience en français!

Location: 130 Main St E, CNRA Club House (Lion's Den), Palmerston, Ontario

August 13th-17th 2018

Camp runs from 8:45am- 3:45pm
Extended care available from 8:00am-5:00pm
Ages 5-12 (no experience required)

To Register visit: www.lespetitespommes.ca

contact@lespetitespommes.ca 905-975-6279  www.lespetitespommes.ca
April 22nd is Earth Day!

“Look deep into nature, and then you will understand everything better.” - Albert Einstein

Celebrate Earth Day on April 22nd!

Founded in 1990, Earth Day Canada inspires people of all ages across the country to connect with nature and build resilient communities as well as foster an intrinsically motivated, enduring commitment to stewardship and conservation. [https://earthday.ca/about/](https://earthday.ca/about/)

Earth Day 2018 Theme: End Plastic Pollution

From poisoning and injuring marine life to disrupting human hormones, from littering our beaches and landscapes to clogging our waste streams and landfills, the exponential growth of plastics is now threatening the survival of our planet. Earth Day 2018 is dedicated to providing the information and inspiration needed to fundamentally change human attitude and behavior about plastics. [https://earthday.org](https://earthday.org)

Ideas for your family to celebrate Earth Day:

- **Get involved with Earth Day 2018’s Theme** [https://www.earthday.org/yourjourney2018/](https://www.earthday.org/yourjourney2018/) Download your Plastic Pollution Primer to learn more about this problem and act to help End Plastic Pollution!

- **Spend a day outside.** In the garden with your family, plant vegetables, trees or native flowers and attract native animals and pollinators. Or join a local community event to help clean your neighbourhood or restore local plant life.

- **Make commitments to cut down on your energy usage as well as waste.** Turn lights off, power down electrical devices, turn down your thermostat and only do full loads of laundry and dishes. Always bring cloth bags when shopping, refuse to buy over packaged products, and lug a mug instead of using non-recyclable coffee cups.

- **Learn more about the environment and the effects of global warming.** Encourage awareness and promote the Reduce, Reuse and Recycle way of life. Remember that every day is Earth Day! Don't restrict yourself to just one day a year. Make environmental actions and caring about the planet a habit - on Earth Day and every day.