



# **PARKINSON CENTENNIAL APRIL NEWSLETTER**



PAOLA ARGENTINO, PRINCIPAL • KAYE MARTIN, VICE PRINCIPAL • ATTENDANCE (519) 941-2461 EXT. 100

## ***Administrator's Message:***

April showers bring May flowers? Although it is technically Spring, it sure feels like Winter. As we transition from one season to another, our winter sports have come to an end. Big congratulations to our curling team, who won the Dufferin area schools bonspiel. It was a very close game, but our students showed resiliency and grit to come out on top. A big thank you to Ms Salfi for coaching our Parkinson curlers.



Physical activity is important as it helps improve strength and endurance, helps build healthy bones, and muscles, helps control weight, reduces anxiety and stress, increases self-esteem, and may improve blood pressure and cholesterol levels. It has also been known to improve academics and attention. To help promote our students being active, Parkinson has signed up to be recognized as a healthy school. For the month of April and May, we are looking for some 'heroes at play'. These heroes are individuals who are active on a daily basis, inspire others to live healthy, active lifestyles, and embody the Olympic values of excellence, friendship and respect. Our school will also be entered into the **Hero at Play** contest. If we are lucky, we might have a visit from an Olympic athlete!

As we come to the last three months of our school year, Parkinson continues to bustle with activity. Grade 7 and 8 basketball team members are practising their skills, and playing basketball games, the Grade 1s are venturing to the maple sugar bush, art is being collected for the Dufferin Youth Arts Festival on April 27<sup>th</sup> to the 29<sup>th</sup>, as well as for our Arts night happening on May 26<sup>th</sup>, and Scientist in the Schools are visiting various classrooms. These are just a few of the activities taking place. Make sure to check for information on upcoming events in which your child might be involved.

Mark your calendars! Following central collective agreements reached in the fall, an additional Professional Activity Day has been added to this school year calendar. In the Upper Grand District School Board, this PA Day will be on

**Monday, April 25, 2016**

Elementary teachers will spend the extra day on occupational health and safety training and professional development.

Thank you for your continued support and being a part of our Parkinson family!

P. Argentino & K. Martin

# DUFFERIN PARENT SUPPORT NETWORK

presents

## Collaborative & Proactive Solutions Kids Do Well If They Can



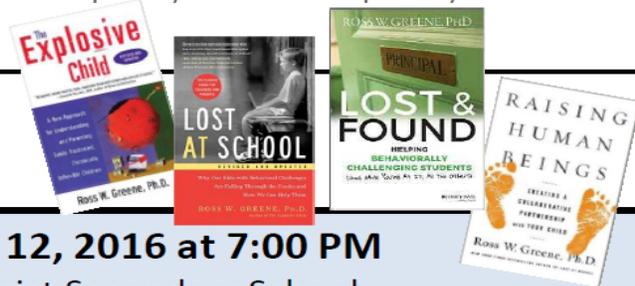
Ross W. Greene, PhD is the originator of the innovative, research-based model known as Collaborative & Proactive Solutions (CPS) as described in his influential books *The Explosive Child* and *Lost at School* and the forthcoming books *Lost and Found* and *Raising Human Beings*. He is also the founding director of the non-profit *Lives in the Balance* ([www.livesinthebalance.org](http://www.livesinthebalance.org)).

Learn the basics of Collaborative & Proactive Solutions, a mindful, empathetic and empowering way of parenting and teaching kids.

Behaviour, like spelling or tying shoe laces, is a skill. Challenging behaviour is a sign of lagging skills or unsolved problems, not lagging motivation or poor parenting.

This presentation will help you:

- Learn clear and practical strategies for problem-solving with your children.
- Reduce challenging behaviours through understanding and improved communication.
- Improve your relationship with your children.



**Thursday, May 12, 2016 at 7:00 PM**

Orangeville District Secondary School  
22 Faulkner Street, Orangeville

### Drop-In Parenting Groups

Do you have concerns about communication, discipline, sibling rivalry, rebellion, or substance use? Drop in to one of our parenting groups where YOU get to choose the topics. Three times and locations:

**Monday daytime (Orangeville):**

April 4–May 16, from 10:00 to 11:30 AM  
Centre Fellowship Church, 375 Hansen Boulevard, Orangeville

**Tuesday evenings (Shelburne)**

April 5–May 17, from 7:00 to 8:30 PM  
Centre Dufferin District High School, 150 Fourth Avenue, Shelburne

**Wednesday evenings (Orangeville) for parents of teens and preteens**

April 6–May 18, from 7:00 to 8:30 PM  
Westside Secondary School, 300 Alder Street, Orangeville

*Registration is NOT required. Refreshments will be provided.*



With thanks to the generous support of a  
Ministry of Education  
Parents Reaching Out Grant



## Library News



**Forest of Reading**<sup>®</sup>  
by the Ontario Library Association



**Forest of Reading Clubs** - Blue Spruce, Silver Birch Express, Silver Birch and Red Maple clubs are just about finished. Students need to finish reading their books in order to qualify to vote. **Students are encouraged to wear their reading club colour on voting day.** Photos will be taken! Keep on reading everyone!

Blue Spruce Voting Day - Wed. April 20th  
Silver Birch, Express & Red Maple - Wed. April 27th

**Battle of the Books**- Our Battle of the Books team is going to Battle on Friday, May 6th. They will be competing against other schools. For the last few months the grade 4-6 team has been reading a list of books and answering questions based on the content of the novels. Keep up the great work team! Read on!!

We are collecting Schneider's Lunch Mate product packages to raise money for our Student Nutrition Program!



Each specially marked package of Schneiders Lunchmate<sup>®</sup> products have a 16 character code included with the each package (either printed on the inside of, or inserted into, the package). Each PIN code has a Lunchmate Buck<sup>®</sup> value and we are collecting bucks so we can sell the rewards we've earned to staff for cash. The money we get will go towards purchasing food for our Parkinson Student Nutrition Programs.

**Students can drop off their Lunch Mate packages in the bin in the front foyer!**

# CONCUSSIONS



Concussions can have a serious effect on a young, developing brain. Proper recognition and response to concussion can prevent further injury and help with recovery. Children and adolescents are among those at greater risk for concussions due to body trauma at any time.

Although falls and motor vehicle accidents are the leading causes of concussion, physical activity and sports can also cause a concussion.

To address the risk of concussion and to assist parents and students to identify the signs and symptoms of concussion, the Board is presenting free workshops to increase awareness.

**This presentation will take place on April 20<sup>th</sup> at Westside Secondary School at 7 p.m. in the Library.**

---

## Light it up BLUE! - World Autism Awareness Day

The eighth annual World Autism Awareness Day is April 2, 2016. Every year autism organizations around the world celebrate the day with unique fundraising and awareness raising events. This year, global landmarks will light up blue to raise awareness. In Canada the CN Tower will participate by shining blue to shine a light on autism and turn awareness into action. Please join Upper Grand District School Board in our effort to inspire compassion, empowerment and hope by wearing BLUE on Saturday April 2nd 2016. Use #LIUB to share your experience across social media and help light the world up blue this April!



<https://www.autismspeaks.org/liub>

[Autism Ontario](#)

[Kerry's Place Autism Services](#)



We are pleased to announce that Parkinson will be holding a clothing collection on May 2<sup>nd</sup>, with Bag2School to raise funds for the school.

By getting involved with this clothing collection you have an opportunity to help raise funds for your school as well as helping the environment by diverting unwanted textiles away from land fill sites. In addition, it will help raise the students' awareness of the benefits of the 3 "R's"—Reuse, Recycle and Reduce.

Please donate any unwanted clothing - hats, belts, purses, footwear (tied in pairs please) - and soft/stuffed toys. If your donation bag is not big enough for all of your items, you can use any other type of bag(s) as well.

To help raise the maximum funds for your school, please ask your relatives, neighbours and friends to go through their closets too – a team effort makes all the difference! More information will be coming home with your child. Look for the blue bag!

## What is RESILIENCY?

**Resilience** is the process of adapting well in the face of adversity, trauma, tragedy, threats, or even significant sources of stress — such as family and relationship problems, serious health problems, or workplace and financial stressors. It means “bouncing back” from difficult experiences. ~ Bonnie Bernard

According to **The Canadian Mental Health Association (CMHA)** RESILIENCE is, being in good health means more than feeling physically well; it also means feeling mentally well. Today, we are more aware of how our mental and physical health affect each other. Setting aside time to focus on mental health is important – to you and those who care about you. Life is full of change, risks and challenges. Good mental or emotional health helps us find our balance and stay in control, even during turbulent time.

With the ability to communicate across the world in an instant and electronic entertainment coming from every direction, life in today’s world is fast-paced and full-on. Anything seems possible, and with so many options and devices at our disposal, parents can be tempted to make their kids’ lives very easy. **Want that \$2 toy? Okay, you got it. (Better to avoid a meltdown, right?)** However if we want our children to stand up to the inevitable challenges they will face in the future and keep going despite disappointment or frustration, we need to help our children develop **resilience**. **This means they need to practice coping skills, and therefore need some challenges to practice these skills with.** After all, life is not about figuring out how to turn off a thunderstorm or switch on the sun – no matter how much we would like this to be possible. Our children will learn to be much happier, more resilient people, when they can enjoy the sunshine when it is around and dance in the rain when there is no other choice.

The list below is not your typical “do and don’t” list but rather a set of prompts to begin reflecting on ways we can teach children resilience through simple interactions every day.

- Give your child independence to try new things they initiate, such as climbing at the playground or opening a container, even if you think it is “too hard” for them
- Encourage your child to serve others or let others go first when sharing food
- Give your child the opportunity to wait patiently when it is required (such as in a restaurant or during a car ride); do not always provide entertainment
- Show your child that it is worth making a good decision for the long run even if it’s not the easiest, such as choosing healthy foods over junk foods even if they take longer to prepare
- Teach your child the difference between needs and wants
- Teach your child that they do not need every single material thing they desire (toys, food, designer clothes, technology devices, etc.) even if “everyone else has it.”
- Enable your child to give toys and clothes away regularly to charity, and teach them that material possessions are simply tools and not answers to happiness.
- Give your child opportunities to help others younger than them, starting with simple ways such as showing the other child pictures in a book



When we foster resiliency in our children we promote the development of positive mental health because we enable them to develop coping strategies to get through the toughest parts of life, regardless of their social and economic environment they are living in.

<http://creativewithkids.com/25-ideas-for-teaching-your-kids-resilience>

---

## Paperless Newsletters

In an effort to reduce the amount of paper used by the school, we no longer send home copies of the monthly newsletters. Newsletters will be posted on the school's website

<http://www.ugdsb.on.ca/parkinson> the first week of each month. If you would like to receive an email notification log on to <https://webapps.ugdsb.on.ca/casl> to register to receive notifications from the school. If you have previously registered to receive these notifications but do not receive them, please log onto this site and ensure that your correct email address has been registered.

## Dufferin Centre for Continuing Education

### Babysitting Bootcamp - \$50.00

The Kidproof Babysitter's Training Course is packed full of advice, guides, tips, and information based on real life experiences. This course has tons of activities and hands-on practice to increase student confidence and provide skills needed to be the best babysitter possible. Each student receives a Babysitter's Handbook and wallet card upon successful completion. Please bring a nut free lunch, pen/paper, and doll or stuffed animal.



#### Shelburne

Glenbrook ES – Library  
Kim McClelland  
2 classes

Mon & Tue April 18 & 19  
4:30-8 pm

#### Orangeville

Dufferin Centre for Con-Ed  
Desarai Rivard  
1 class

Fri June 3  
8:30 am – 4pm

### Home Alone - \$27.00

This Canada Safety Council program is designed to provide skills and knowledge to be safe and responsible when home alone for short periods of time. They will learn how to prevent problems, handle real-life situations, and keep them safe and constructively occupied. Small group discussion, problem solving, role-playing, and instructor-led demonstration with a student reference book will allow participants to actively participate in class assignments. The child will receive a certificate upon successfully completing the program. Fee includes student reference book.

#### Shelburne

Glenbrook ES– Library  
Kim McClelland  
1 class

Tue May 17  
4:30-7:15pm

#### Orangeville

Princess Elizabeth – Library  
Kim McClelland  
1 class

Mon May 16  
4:30-7:15pm

#### Orangeville

Island Lake – Library  
Kim McClelland  
1 class

Wed May 18  
4:30-7:15pm



Upper Grand District School Board

Waste Audit & Reduction System



Each year the schools within the Upper Grand District School Board conduct a waste audit. Visit the link below to view the results.

<https://webapps.ugdsb.on.ca/wam/>



Grade 6 students will be writing their EQAO test on May 25, 26, and 27 and Grade 3 students will be writing on May 30, 31, and June 1. Please try to avoid scheduling any appointments from 8:40 – 12:40 on these dates.

**We are looking for scribes for these dates. If you are able to volunteer your time for this, please contact Kaye Martin, VP, 519-941-2461, extension 224.**