

# Newsletter

## January 2017



On behalf of the staff at Parkinson, I would like to wish everyone a warm welcome to the start of 2017.

As the new year begins, we head into the final few weeks of the first term of the school year. Teachers will soon be writing report cards which will be going home on February 16th. I encourage all of our students to get back into the homework routine, and follow the deadlines set out for them by their teachers. Reading each day and practicing number facts is an expectation for all our students. Our dedicated staff is always providing effective and creative programming for our students.

As we have seen during the past few days, winter is in full bloom with extremely low temperatures. Please ensure that your children are dressed appropriately to be outside with boots, snow pants, winter coats, mitts, and a hat. If you need assistance providing any of these items for your children, please contact the office.

Please note that the roundabout in front of the school is a no parking zone. The circular drive is meant for school busses. We would appreciate it if parents could encourage students to walk, and if this is not possible, please park/stop along the road to drop off your child. We want to ensure that busses are able to enter or exit our roundabout. For the safety of all our children please refrain from doing so!

Wednesday, February 1<sup>st</sup> is Winter Walk to School Day across Canada.

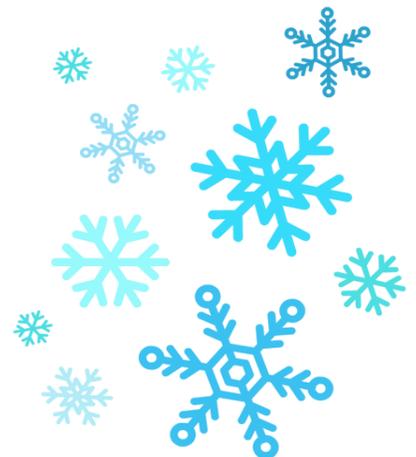
Walk to school or at school for daily physical activity, a healthier environment, safer streets, making friends and....having fun!

Tips for dressing for Winter Walking:

- Keep hands and head covered
- On really cold days, wear a scarf
- Wear warm, waterproof boots
- Wear a warm coat that deflects wind
- Woolen clothing helps to retain the heat
- Wear clothing or carry knapsacks with reflective material
- If possible, change wet clothes at school

So...

IT'S WINTER! DON'T HIBERNATE—WALK TO SCHOOL AND CELEBRATE!



## **What is the Special Education Advisory Committee?**

Every school district is required to have a **Special Education Advisory Committee (SEAC)**.

SEAC is a broad-based, educationally focused committee that meets monthly to engage in a variety of discussions all related to the educational programs for students with special needs. These meetings are open to the public and are held on the second Wednesday of each month throughout the school year. Meetings begin at 7:00 p.m. at the Upper Grand District School Board office in Guelph.

At SEAC meetings, the representative members from different organizations (ABC - Association for Bright Children, Autism Ontario Wellington Chapter, FASD-Fetal Alcohol Spectrum Disorders, Integration Action for Inclusion in Education and Community (Ontario), Learning Disabilities Association of Wellington County, Parents for Children's Mental Health, VOICE for Hearing Impaired Children) share knowledge about their agency programs with the committee. These community members then take back points of information about the Board's educational programs to the agencies that they represent. In addition, SEAC makes recommendations to the board with respect to any matters affecting the establishment, development, and delivery of Special Education programs and services for exceptional students within the board. The SEAC committee also participates in the board's annual review of the Special Education Plan and participates in the board's annual budget process as it relates to Special Education.

For further information about SEAC or Special Education Programs in the Upper Grand District School Board please call the Program Department at 519-941-6191 ext. 254.

## **Immunization Records**

### **Avoid school suspension by keeping immunization records up-to-date!**

Student's immunization records must be provided to Public Health in order to attend school. In the next few weeks, Public Health will be sending notices to students with incomplete immunization records. Anyone who gets a notice should contact their family doctor so they can update their vaccines, and then report their new vaccines to Public Health.

Report every vaccine to Public Health using one of the following methods:

- Online: Fill in the form at [www.immunizewdg.ca](http://www.immunizewdg.ca)
- Email: Send a photo of the immunization record to [vaccine.records@wdgpublichealth.ca](mailto:vaccine.records@wdgpublichealth.ca)
- Call: 1-800-265-7293 ext. 4396

If a student is not getting vaccinated for medical reasons, reasons of conscience or religious beliefs, an exemption form must be submitted to Public Health. The forms are available at [www.wdgpublichealth.ca](http://www.wdgpublichealth.ca).

Public Health is committed to helping students update their vaccination records so they can avoid suspension from school.

### **Upcoming Dates**

- January 9 - 26 – JK registration (during school hours)
- January 11 - JK registration (4:30 - 6:30)
- January 10 - Gr. 6 Fur Trade Island Lake Outdoor Ed.
- January 12 & 13 – Jr/Int Cross Country Skiing - Monora Park (check your child's permission form for exact date)
- January 27 – PA Day
- January 30 – Joint School Council - 7:00 pm in the Learning Commons – volunteers needed
- January 31 – Deadline to order pizza for February



Kernels popcorn will be on sale first break on January 17 and 18.

\$2.00/bag – proceeds going to our nutrition program

## Pizza Days - February 8 & 22

To place your order you must register for School Cash Online. Orders are due **January 31**.

Once you have registered, you will receive an email for upcoming pizza days, field trips, and other items or events for your child.



## ONLINE PAYMENTS NOW AVAILABLE!

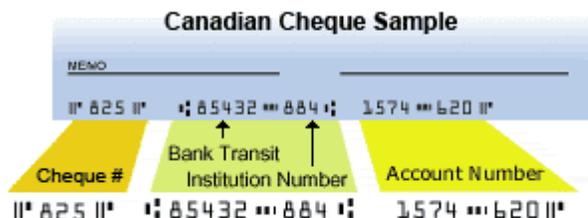
For safety and efficiency reasons, we want to reduce the amount of cash and cheques coming into our school. School related expenses such as pizza days, field trips, spirit wear, yearbooks, etc. will be available for online purchase. Please take a few minutes to register so you can enjoy the convenience of online shopping.

### *Here's how to register:*

- Step 1:** Go to this website: [ugdsb.schoolcashionline.com](http://ugdsb.schoolcashionline.com)
- Step 2:** Register by selecting "Get Started Now" and following the steps.
- Step 3:** Respond to the confirmation email, select the 'click here' option, sign in and add each of your children to your household account.

## IF YOU DO NOT HAVE A CREDIT CARD, YOU CAN STILL SIGN UP FOR CASH ONLINE

- Create an account following the instructions above.
- Click on the "My Wallet" tab where you can add funds directly from your bank account. You will need the following information available on a blank cheque or from your bank:



- Once there are funds in "My Wallet" you can add items to your cart and make payment

## Creative Thinking

The Ministry of Education recently released a document entitled *21st Century Competencies* that outlines four key competencies. They include critical thinking, communication, collaboration, and **creativity and innovation**. The document outlines how these key competencies impact learning in the classroom, in the world, and later in life in careers. Looking for some ideas to inspire creativity at home? Consider these invitations to create and innovate:

1. Read picture books that promote creative thinking with everyday materials such as *Not a Box* or *Not a Stick* by Antoinette Portis. Then collect some sticks or a few boxes and let your child's imagination run wild!
2. Explore the idea of provocations at home. A provocation is simply putting materials or items together that provoke thinking and curiosity. It could be as simple as a basket of unusual household items (old vinyl records, a variety of nuts and bolts, open-ended building materials, some paper and writing materials, etc.) and asking your child what they might be able to do with these items. Offering similar materials over a period of time allows children to challenge themselves to come up with even more creative ideas using the same things.
3. Offer your child a variety of open-ended art materials (markers, watercolours, plasticine, buttons and loose parts, etc.) to allow them to do the creative thinking and planning instead of pre-planned crafts.
4. Together create a dance routine to a current song, or even better, use an oldie but a goodie. Inspire your child to create dance moves for the verses, and then change up the moves in the chorus. Engaged in the fun of being innovative; your child will be creating *dance phrases* and exploring *musical form* by doing this!
5. Re-purpose containers or small boxes and create a scavenger hunt outside in the snow. Place found objects in the containers/boxes as clues that your child needs to piece together. By placing the containers/boxes ahead of time as a scavenger hunt, you will have created a large scale "provocation" that can lead to imaginative play afterwards. Use the idea of discovering artifacts in the outside environment as an invitation to create a map of your backyard, or a forested area near your house. Build on this idea...and make new scavenger hunts and maps as an inquisitive way to learn about your home and local environment together.

*"Awareness of one's inner feelings and thoughts is a prerequisite to making art. Inspiration and innovative thinking spring from this awareness and provide us with new answers and solutions, and new questions to pursue"* (The Ontario Curriculum, Grades 1-8: The Arts, p.19).

## Library News

**Book Fair** - A big **thank-you** to everyone who bought something from the Book Fair; by doing this, you helped support our library! New books were purchased with the profits.

**Reading Clubs** - The Forest of Reading program begins this month. It is a provincial reading program sponsored by the Ontario Library Association. It promotes enjoyment of reading and makes students aware of great Canadian books, authors and illustrators. Students read or listen to 10 nominated books in fiction and/or non-fiction categories. There are four different groups:

- Blue Spruce- Kindergarten to Grade 2
- Silver-Birch Express- Grade 3 and 4
- Silver Birch- Grade 5 and 6
- Red Maple-Grade 7 and 8.

After reading the required number of books, students will vote for their favourite book that they think should win the award in April. Provincial results will be posted in May. This is an enjoyable, educational experience for children who love to read. I look forward to reading the books and discussing them with the students!

**Battle of the Books** - The **Grade 4 to 6 team** has already started reading the required books. There are 25 selected books that the students share the load of reading. They must read carefully, and know the book well in order to answer questions and quotes from them. The team will practice over the next few months until the Big Battle which will be held the first week of May. This program is sponsored by the Orangeville Public Library. The **Grade 7 and 8 team** has begun as well. They have 15 selected books and have their Big Battle in mid-April.

**Family Literacy Day** - It is coming up on **January 27th**. It is a national awareness initiative created by Life Literacy in Canada that started in 1999. It is to raise awareness of the importance of reading and engaging in literacy-related activities as a family. On **January 27th** spend some time with your child reading a book to each other, working with words, doing an online word activity or game, word puzzles, etc. You may enjoy it so much that you do this on a regular basis. Show your child that you value Literacy!

**Mrs. Rea**

### *Talking About Mental Health January 2017 – Nature and Mental Health*

Getting outside makes such a difference to how we all are doing inside. Spending time in nature improves our mental health and well-being. It is a simple way to add some much needed down time from screens. Adding some time in nature is having some much deserved peace and quiet in our busy lives.

If you want your family:

- To be less stressed
- To be happier
- To be more resilient
- To feel better about themselves
- To have increased attention
- To have a better ability to learn

Then GO OUTSIDE! Take your kids outside! Enjoy and be part of nature. One study showed that even 5 minutes in nature improves our mood. 5 minutes! We all can take 5 minutes (or more if have it) to go outside and enjoy nature.

Go for a walk or a ski or a skate or a run. Head for the woods. Go birdwatching. Follow tracks in the snow. Watch the sunrise or the sunset. Watch the clouds drift by. Visit a river or lake or pond. Listen for all the sounds of nature. Take in the smells. Notice all the colours and textures. Notice the light as the days get longer.

If you are not sure where to go, check out the links below for lots of great parks in our area.

<http://guelph.ca/living/recreation/parks/>

<http://www.wellington.ca/en/discover/trailsandforests.asp?hdnContent=>

<https://www.grandriver.ca/en/grand-river-parks.aspx>

<http://headwaters.ca/experience/parks-conservation-areas/>

<https://www.uoguelph.ca/arboretum/>

Have a mentally healthy 2017!

*Dr. Lynn Woodford is the Mental Health Lead for the Upper Grand District School Board.*

*Follow me on Twitter @drlynnwoodford.*



# GET READY FOR SCHOOL!

Kindergarten Registration for the 2017-18 school year is from January 9-26 at all UGDSB elementary schools

- Register your child at your local school, which can be found at [www.findmyschool.ca](http://www.findmyschool.ca)
- Register from Monday to Friday during regular school hours
- Please bring the following to registration - birth certificate or immigration papers, immunization record card, proof of address
- Find out about important changes to French Immersion Registration at [www.ugdsb.on.ca/jkfi](http://www.ugdsb.on.ca/jkfi)

[www.ugdsb.on.ca/jkregistration](http://www.ugdsb.on.ca/jkregistration)

**Are you interested in Before/After School Care?**  
Please take our survey by scanning the QR code below

