



April Newsletter



Administrator's Message:

April showers bring May flowers – a welcome to long-awaited spring! Our focus is on resiliency.

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

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.** 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.

Encourage your child 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
- serve others or let others go first when sharing food
- wait patiently when it is required (such as in a restaurant or during a car ride); do not always provide entertainment
- make 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
- understand the difference between needs and wants
- understand that he/she does not need every single material thing they desire (toys, food, designer clothes, technology devices, etc.) even if “everyone else has it.”
- 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.

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

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 for the second year in a row! Our students showed resiliency and grit to come out on top. We owe a big thank you to Ms. Salfi for coaching our Parkinson curlers.

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 24 and for our second annual arts night, Artspllosion happening on May 25th; and Scientists in the School are visiting various classrooms. These are just a few of the activities taking place. During the last week in April, our gym will be transformed into a climbing facility. April 13th at 11:20 will be our Character Assembly in the gymnasium. Parents and guardians are invited to attend. Find out when your child has physical education as you are invited to come and watch your child participate. Make sure to check for information on upcoming events in which your child might be involved.

Mark your calendars; there will be a Professional Activity Day on April 28th. Teachers will be sharing their inquiry projects, examining our school improvement plans and ensuring that your child has the best learning experience possible.

P. Argentino, and W. Peeters

Upcoming Dates

April 3	Grade 1's Maple Syrup Trip – Island Lake Conservation
April 12	Intermediate Battle of the Books
April 13	Character Education Assembly – 11:20 am
April 21	Voting Day – Forest of Reading
April 24	Dufferin Youth Festival of the Arts
April 24 – May 1	Escarpment Wall Climbing – all grades
April 28	PA Day

Pizza Days - May 3, May 17, May 31



To place your order you must register for School Cash Online. Orders are due **April 28**.

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

Register for Cash Online at: ugdsb.schoolcashionline.com

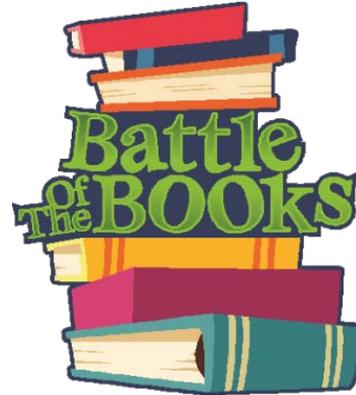
(If you need assistance with Cash Online, please contact the school office)

April Library News



Forest of Reading Clubs - Blue Spruce and Silver Birch Express clubs are just about finished. Ask your child to tell you about their favourite book. Our school's voting day for both clubs will be on **Friday, April 21st**. **Students are encouraged to wear their reading club colour on voting day**. Photos will be taken! Results will be on the announcements and in next month's school newsletter.

Battle of the Books - Our Battle of the Books teams are working hard. This year we have an Intermediate team (gr. 7 & 8) as well as a Junior team (gr. 4-6). For the last few months both teams have been reading a list of books and answering questions based on the content of the novels. They will be competing against other schools. The **Intermediate Battle is on Wednesday, April 12** and the **Junior Battle is on Friday, May 5**. Keep up the great work teams! Read on!!



Salvage Operation



Parkinson Centennial Public School's Maker Club is requesting donations of broken electrical devices that we can salvage useful components from, such as switches, gears, pulleys, wires, speakers, LEDs, and low-voltage electric motors.

Broken items that might have usable parts we can salvage include:

- Cassette players and tape decks
- Old tape-based answering machines and voice recorders
- Old cd-players and disk drives
- Old printers
- Old motorized toys (small)
- Old vibrating toothbrushes
- Dead brick cell phones
- Broken VCR/DVD players
- Disused video game controllers

The **Maker Club** is currently limited to grade 4 and 5 students due to limited resources. It is our long-term goal to expand the number of children who can attend the club and learn about technology through DIY projects, tinkering, and creative exploration.

Parkinson Centennial students apply for grant to improve accessibility

March 8, 2017

ORANGEVILLE, Ontario – Grade 6 students at Parkinson Centennial Public School are hoping to create a new outdoor playground and classroom.

The students were given the challenge of applying for an Access4All grant through the Rick Hansen Foundation.

The Foundation works to break down physical barriers for people with disabilities, while empowering youth to create more inclusive communities.

With support from the Government of Canada, the Foundation is granting \$1.7 million to schools and community organizations across the country to allow them to take on projects in their hometowns. Staff and students at Parkinson Centennial have been conducting research and surveys, and have been meeting with professionals to determine what the needs are at the school. They are also working with the school's parent council to design the outdoor space.

The goal of the Access4All initiative is to create real and lasting change for Canadians with disabilities by breaking down physical barriers across the country. Resources are also made available to educators to help teach students about disability and inclusion and to identify barriers in their communities.



Grade 6 students will be writing their EQAO test on **May 24, 25 and 26** and **Grade 3** students will be writing on **May 31, June 1 and 2**. Please try to avoid scheduling any appointments from 8:40 – 1:20 on these dates.

We are looking for scribes for these dates. If you are able to volunteer your time for this, please contact Wayne Peeters, VP, 519-941-2461, extension 224. Testing time will run from 9-10:40 then 11:30 to 1:20 each day.



COUNTY CHAMPIONS!!!

Congratulations to another strong season by the Parkinson Curling Team. On Wednesday, March 22nd, the team participated in the County bonspiel. They won their last two games of the season, putting them in the lead as this year's champions, once again, in the Dufferin County Elementary Schools' league.

**Seen clockwise from left are: Kristian L., Robbie R., Joshua B. and Isaac .*

Wanted: Kindergarten Students

If you know of any families living in the Parkinson Centennial PS area that have not yet registered their child for kindergarten, please encourage them to do so as soon as possible. Staffing and class organization are based on registrations received at this time of the year. Late registrations could result in classroom reorganization and staffing shortages.



Are you picking your child up early?



If you need to pick your child up before the end of the day, please ensure to arrive at the school early enough to have your child called down once you arrive. We will not be calling students to the office until a parent arrives to sign them out.

Monthly Environmental Activities to help celebrate our planet



April 22nd is Earth Day!

It is vital to teach our children to respect and take care of the environment.

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/>



waystogreenblog.com

Why is it so important to connect kids with nature?

Kids who don't get outside, who aren't stimulated by their environment, won't grow up with the motivation to protect our planet. Kids who don't connect to their inner nature through creative play won't be as resilient as generations before them.”

<https://earthday.ca/ed2017/everyone/>

Ideas for your family to celebrate Earth Day:

- **Get involved with Earth Day's EarthPlay** <https://earthday.ca/ed2017/schools/> . You can download an activity tool kit and enjoy the many suggestions to promote outdoor activities and learning for kids.
- **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.

HEALTHY EATING FOR BUSY FAMILIES



Eating healthy can be challenging and overwhelming, especially when trying to balance work, family needs, and a social life. While it might seem easier to go to the nearest drive-through or buy packaged and pre-made foods, these types of food are often filled with added sugars and trans-fats. However, there are some easy lifestyle adjustments that can make healthy meals and snacks just as easy of an option.

Pick your recipes first

Pick one day of the week or every other week, when you know you will have a few hours free to choose recipes to make, go grocery shopping, and then “meal-prep”. Start by selecting three or four recipes that are simple and will last the week; this should take no more than 15 minutes.

When choosing recipes, try and pick those that have at least two vegetables included. Pinterest and Foodgawker.com are excellent resources for finding recipes. There are thousands of different recipes available and the search function makes it easy to find options to suit all dietary needs.

Here are a few easy meal and snack ideas that can get you started:

- Slow cooker soup, stews, chili
- One pan roasted vegetables and protein (chicken or fish)
- Hard boiled eggs
- Stir-fry
- Vegetables and hummus

Once you have the recipes, it can be beneficial to write out your weekly meals using a planner.

Shop for your ingredients next

Based on the recipes chosen, make a list of groceries you will need and head to the store. Having a grocery list will ensure you only buy what you need, and prevent you from wasting time aimlessly wandering. This will save you money and time. A good rule of thumb when grocery shopping is to shop the perimeter of the store. The perimeter is where you will find fresh fruits and vegetables, meat, fish, and eggs are located. To help speed up your meal preparation at home, you might want to opt for pre-cut fruits and vegetables. Most grocery stores have produce such as squash, sweet potatoes, parsnips, broccoli, cauliflower and melons already chopped. Some stores also carry peeled garlic, riced cauliflower, microwave ready green beans, and frozen chopped onions. Stocking your freezer with frozen fruits and vegetables can also be a time saver for those weeks when you don't have the time to get to the grocery store.

Time to cook!

Now, you can begin preparing the foods you will need to make your recipes. Chop any fruits and vegetables that were not pre-cut, steam or roast these, and cook grains like rice or quinoa. This will speed up the cooking process when you want to make meals for your family. Consider doubling the recipe so that you will have leftovers, which can then be packed for lunch or eaten as dinner another day of the week.

Read the ingredient list

For those times when you will not be able to meal plan for the week, make sure you read the ingredient list on pre-prepared products. You should be able to pronounce everything on the list, and have a general idea of what each ingredient is. Try and avoid added sugars and steer clear of anything with trans-fats.

Make it a family affair

Making healthy choices for you and your family requires some time and planning, but involving the whole family can make the process less daunting. Get creative with the meals, have your kids help pick the recipes and get them involved in the grocery shopping and cooking process. This way it can become a fun family activity!

Looking for additional support? Your Employee and Family Assistance Program (EFAP) can help. You can receive support through a variety of resources. Call your EFAP at 1 800 387-4765 or visit workhealthlife.com.