

Principal's Message

On behalf of the staff at Parkinson, I would like to wish everyone a warm welcome to the start of 2018.

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 sent home on February 15th. I encourage all of our students to get back into a homework routine and follow the deadlines set out for them by their teachers. **Reading each day and practicing number (math) facts is an expectation for all our students.**

HOW CAN A PARENT/GUARDIAN HELP THEIR CHILD DEVELOP A BETTER BRAIN?

It is very simple: Read to your child (Ages 4-11) each day for even as little as 10 minutes. Choose books that your child would like to read, but is unable to read to him/herself. Go to the public library and explore.

Many of us recall the enjoyment of being read to and sharing reading with our parents. However, recent research has found that many parents stop reading to their children once their children learn to read. Many children are disappointed when the read aloud stopped. Some children have stated:

... they kind of stopped when I knew how to read. I knew how to read, but I just still liked my mum reading it to me. ... when they did read to me when I was younger, I learnt the words; I would like to learn more words in the bigger books and know what they are so I could talk more about them.

Most children whose parents stopped reading to them want them to continue.

But why is it so important for us to keep reading with our children for as long as possible?

Research has typically found that reading to your children helps them by improving **THEIR DEVELOPMENT OF:**

- Listening skills
- Comprehension skills (understanding what is read – the real work of reading)
- Vocabulary development
- Foster positive attitude toward reading
- Strengthens the adult – child bond/relationship
- Excellent bedtime routine.

****Dates to Remember****

January 30	Assembly
February 1	Cross Country Skiing – Firth, Boston
February 6	Intermediate Badminton
February 7	Walk to School Day
February 13	Josiah Henson Project – grade 7 & 8
February 15	Progress Reports go home
February 16	Cross Country Skiing – Ritchie, Hoekstra, van der Wijst, Gammage
February 22	Duntroon Highlands – grade 1



Thank you to our local Metro Grocery store for providing us with \$500 in gift cards for our nutrition program. Many families at the school rely on the food provided through this program. The funds for these gift cards were raised at the store through their annual **Toonies for Tummies** initiative.



Pizza Days

Order deadline for February pizza is January 31. Pizza days are February 14 and 28. Deadline for March pizza orders is February 28; March pizza days are March 7 and March 21. These are available to order online only.

REGISTER FOR CASH ONLINE AT:

UGDSB.SCHOOLCASHONLINE.COM

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

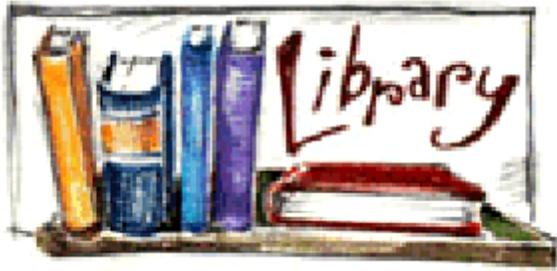
Kindergarten Registration

We're getting ready to welcome our newest group of little learners to the school!

We are now taking registration for Kindergarten for the 2018-19 school year.

New this year: all Junior and Senior Kindergarten students new to the UGDSB must pre-register online. (SK students who are attending an UGDSB school for JK do not need to pre-register online). Pre-registering saves families time by allowing you to fill out important forms and documentation when it is convenient for you.

Once you have pre-registered online, parents/guardians must go into their child's home to drop off documentation and complete their registration.



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. I am running **Blue Spruce- gr.K-2** and **Silver-Birch Express- gr.3&4**. After reading the required number of books, students will vote in April for their favourite book that they think should win the award. Provincial results will be posted in May. This is an enjoyable, educational experience for children with over 100,000 students participating province wide.

Battle of the Books - The **grade 4-6 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 second 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

Help Your Child Succeed at School

Do your children hate homework or struggle in class? You can help them improve their grades and be more successful while increasing their confidence and self-esteem. This workshop will provide practical ways to learn how your child learns and provide strategies to help your child in an effective and enjoyable manner.

When: Wednesday, February 28 from 1:00 to 3:00 p.m.

Where: Orangeville Public Library, 1 Mill Street





Talking to Children

How many times have you asked your child what they did in school today and they said “nothing”? Do you feel that most of the conversations you have with your children are just about telling them what to do? Many parents feel this way; life is busy.

Giving children opportunities to have conversations is really important for their growth and learning. What to do? Children often ask a lot of questions, especially young children. Parents answer those questions and the conversation often just ends. How do you keep the conversation going? Instead of answering the question what if next time you ask a question instead? Consider these questions: What do you think it is? What do you think about that? What interests you about that? What do you notice? How do you think that works? If you get a one word answer you might make a comment such as, “tell me more”, “I’d like to hear more about that” or ask another question.

Listening carefully is also important when talking to your child. Children respond positively if they know they have been heard and that you are interested in what they have to say. Use comments to encourage your child to keep talking: “Tell me more about that”, “that must have been difficult/interesting”, “it sounds like you had fun”, “you must have felt disappointed/frustrated/angry”. Talk while having dinner together, preparing dinner, going out for a walk, at bedtime, on the way to school or while standing in the grocery line. Think of yourself as a partner in the conversation.

Wellington-Dufferin-Guelph Public Health

WDG Public Health is pleased to provide elementary schools with up-to-date information on health topics for their monthly newsletters and announcements to parents. Please find below an insert you can include in your school newsletter and/or announcements if you wish. If you have any questions please contact us at 1-800-265-7293 ext. 4111 or email schoolhealth@wdgpublichealth.ca

Information from Public Health

In Ontario, the **Immunization of School Pupils Act** requires that all students attending school be fully immunized or have a valid exemption on file. Public Health mailed notices to elementary students with incomplete records at the end of November. If you received a notice that your child’s record is incomplete, the deadline to update your child’s record with Public Health is January 26th at 4PM in order to avoid suspension on January 31st.

If your child requires a vaccine, Public Health will have drop in clinics during the weeks of January 15-19 and January 22-26. For locations and times, please visit: www.wdgpublichealth.ca/news/drop-immunization-clinics-students.

To report vaccines received from your health care provider, please choose one of the following ways:

- Online: www.immunizewdg.ca
- Email: vaccine.records@wdgpublichealth.ca
- Phone: 1-800-265-7293 ext. 4396
- Fax: 519-836-2986



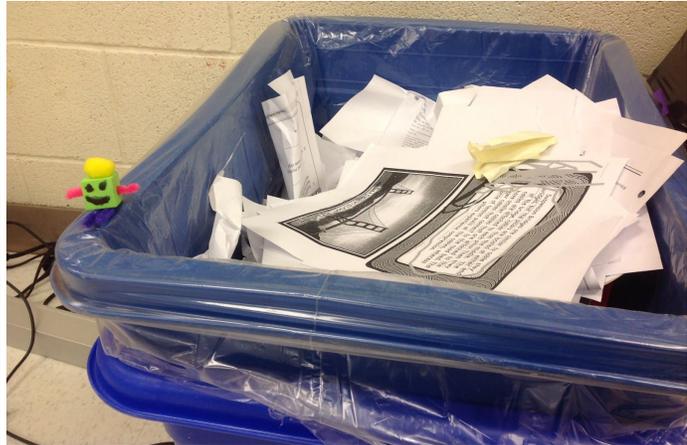
Have questions? Speak with a public health nurse at 1-800-265-7293 ext. 4746

THINK GREEN WITH THE PCPS ECO. TEAM!

The Eco. Team has been busy at PCPS raising awareness about the importance of reducing waste and conserving energy throughout our community.

Here's a preview of what we're working on:

Energy Monsters: These little monsters are friendly and provide us with reminders that we should turn off lights and electronics when they are not in use. They also make sure we sort our recycling, compost, and garbage items effectively.



Litterless Lunches

Mr. Buchan's Grade 4/5 class and Mrs. Firth's Grade 3/4 class won the first two Litterless Lunch Awards for having the least amount of garbage in their classroom bins. Congratulations!



The Eco. Team will continue to hold litterless lunches throughout the school year. (Zero waste is our goal!)

Battery Recycling Program



PCPS will be collecting dead batteries until March Break. Please send batteries to school with your child at any time between now and March 9. Our bin is located in the front foyer.

Thank you for supporting our waste reduction initiative!

Eco. Tickets:

Every week our Eco. Police Team inspects the classrooms at PCPS for Eco. Crimes! These crimes might include leaving lights on when not in the room and not sorting recyclables properly. Classroom efforts are tracked and recorded to see if improvements are being made from week to week. At the end of the school year, first and second place prizes will be awarded to the two classrooms that have shown consistent improvement in their waste reduction and energy conservation efforts.



Artspllosion - "Trashion Show"



Please join us during this year's Artspllosion Night for a fashion show featuring items created entirely from recycled materials. To make this possible, **we need your help!** In February, the Eco. Team will be sending home a list of items we'll need in order to create inspiring and truly 'one-of-a-kind' 'trashion' items. Stay tuned for more information.



At Home Waste Reduction Tips:

~ Did you know that the big five are actually garbage?

Styrofoam, disposable coffee cups, shredded paper, plastic bags and most shopping bags are often mistakenly put in the Blue Box and cost time, money and valuable resources to sort and process.
(Source: Dufferin County.ca)



The big five.

~ Not sure where it goes? Visit <https://www.dufferincounty.ca/waste> and click on the '**Which Bin?**' button. Type in the name of the item you aren't sure about, and they'll tell you which bin it should go in! Sorting made simple!

Monthly environmental activities to help celebrate our planet



JANUARY is the time to carry out your resolutions!

“There will be more waste plastic in the sea than fish by 2050”

Dame Ellen MacArthur

It’s a brand new year and the perfect time for positive change. For example, let’s end plastic pollution.

Based on the daily news, it’s never been more critical to increase your environmental efforts. This year the *Earth Day Network* is calling to end plastic pollution. Imagine a future free from harmful plastic garbage! Single-use plastics are especially wasteful and many plastics are also not properly recycled and take up precious landfill space or pollute our oceans, killing marine life and washing up on pristine beaches. Plastic garbage ‘islands’ are appearing in seas and oceans all over the world. One of these - the Great Pacific garbage patch, is estimated to be the size of Alberta.

<https://www.nationalgeographic.org/encyclopedia/great-pacific-garbage-patch/>



PLASTIC FREE

www.wuft.org

Tips on how to reduce single-use plastics:

- Extend your use of cloth shopping bags beyond the grocery store. Use them at all other retail stores too. (You can carry purse-sized, reusable folded bags.)
- Avoid buying over-packaged food. The choice is yours. Do you need to buy the carrots that are shrink wrapped on a Styrofoam tray, or can you buy a bundle that is tied together with a simple twist tie?
- Let the restaurants you frequent know that you would them to join the growing movement to ban the use of straws. Restaurants, organizations, institutions and schools worldwide have gotten rid of plastic straws or implemented a 'serve-straws-upon-request' policy.
- Tap water is best. Bottled water can deplete our precious groundwater resources and produce unnecessary green house gas emissions through the production and transport of plastic bottles. Carry a reusable water bottle instead.
- Lug a travel mug to your local coffee shop. (The plastic lining makes coffee cups unrecyclable, and they all end up in the garbage and in our overflowing landfills.)
- Write letters to the government asking them to fix a problem that you are concerned about such as: mandating the reduction of plastic packaging, banning Styrofoam, or promoting research for recyclable coffee cups, etc.



Monthly updates, ideas and resources for elementary and secondary schools from Public Health.

January 2018 - Issue 5

Events

Winter Walk Day

Celebrate Winter Walk Day on February 7 by encouraging your students to walk to school or consider an at-school walk for bussed students.

[Register](#) your school and download free posters, activity sheets and announcements to support your event. This event is promoted by the [WDG Active and Safe Routes to School committee](#) to encourage active transportation and road safety.

Grant Opportunities*

Youth 4 Action Grant Program

[Funding](#) is available from the Canadian Cancer Society to groups of youth (ages 14-24) to carry out prevention, advocacy and fundraising activities for cancer prevention. Online training, guidance and resources are provided. Applications open February 5 and close February 28.

MEC Access and Activity Grants

A [funding](#) opportunity is available from Mountain Equipment Co-op (MEC) to reduce barriers to participating in outdoor activities and teach responsible outdoor recreation practices. Applications are due March 10.

*Wellington-Dufferin-Guelph Public Health does not endorse any specific listed funders.

Health Resources & Services

100th Day of School

Looking for creative ideas to celebrate the 100th day of school with your students this February? For math problems, physical activities, community givebacks and more, check out these two websites for inspiration:

- [50+ Ideas \(and more\) for the 100th Day of School](#)
- [Celebrate the 100th day in 100 ways](#)



Tips to Reduce the Spread of Cold Viruses in the Classroom

1. Wash Your Hands Often

Wash hands with soap and water for at least 15 seconds after using the washroom, coughing, sneezing, blowing your nose, wiping a child's nose with a tissue and before eating. If soap and water are not available, use an alcohol-based hand sanitizer that contains at least 70% alcohol.

Public Health also has a [video](#) on handwashing appropriate for primary grades.

2. Perform Respiratory Etiquette

- Have an adequate supply of tissues available in the classroom
- Cough and sneeze into a sleeve (not your hands) or cover your mouth and nose with a tissue
- Immediately dispose of the used tissue in a garbage can
- Wash hands with soap and water

3. Avoid Touching the Eyes, Mouth and Nose

Influenza (the flu) is easily spread when respiratory secretions from the mouth and nose of an infected person come in contact with the mouth, nose or eyes of another person. Avoid touching the eyes, mouth and nose to prevent getting sick, and wash hands often with soap and water throughout the day.

School Health Resource Collection

Borrow our **GlitterBug Hand Washing Kit** from a local library to teach students about hand washing in a fun and interactive way! Our kit includes a UV light to show 'simulated' germs on students' hands. Borrow one from:

- [Guelph Public Library](#)
- [Wellington County Library](#)
- [Orangeville Public Library](#)
- [Shelburne Public Library](#)
- [Terry James Resource Centre](#)





Contact us

For information and support with H&PE curriculum topics, resources and school health initiatives contact our:

School Health Curriculum Resource Line

1-800-265-7293 ext. 4111

schoolhealth@wdgpublichealth.ca

Connect with us



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[@LetsTalkParents](https://twitter.com/LetsTalkParents)



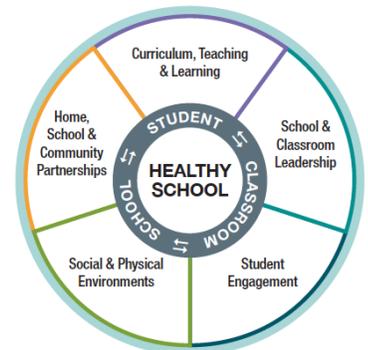
[@LetsTalkParenting](https://www.facebook.com/LetsTalkParenting)

Healthy Schools

Looking for activity ideas to support your healthy school?

Tip #1. Keep it simple.

You don't need to run 20 different activities. Instead, focus your school's efforts on doing five things this school year that relate to the 5 [Foundations for a Healthy School](#) framework. Linking them to the 5 Foundations helps to encourage long-term cultural and environmental changes at your school so that the impacts you make continue into future school years.



Tip #2. Don't know where to start? Pick one or two components of your health topic and focus on them.

E.g., Healthy Eating: eating more fruits and veggies; Mental Health: kindness and relationships; Physical Activity: moving more and sitting less; Sexual Health: consent and healthy relationships.

Below are a few action guides and websites to give your team ideas:

- [Ophea's Ideas for Action: Healthy Eating](#)
- [BrightBites](#)
- [Ophea's Ideas for Action: Mental Health](#)
- [Ophea's Ideas for Action: Physical Activity](#)
- [Action Canada for Sexual Health and Rights](#)

Contact Public Health to learn more and for ideas and support along the way. Call 1-800-265-7293 ext. 4111 or email schoolhealth@wdgpublichealth.ca. Visit our [Healthy School webpage](#) for more information.

Have comments or suggestions for the School Health e-Bulletin? Let us know what you think by emailing schoolhealth@wdgpublichealth.ca.

For more information about Public Health's school services, visit our [For Schools](#) webpage.