

PONSONBY PUBLIC SCHOOL

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www.ugdsb.on.ca/Ponsonby



APRIL 2019

PRINCIPAL'S MESSAGE

April is shaping up to be another active month at Ponsonby. Some of the events to highlight include; students will be working with **Scientists in the Classroom**, there are trips planned at the River Run Centre, and staff and students have been excitedly working on our school play, "Did the Butler Do It?." This production will be presented to our community on the dates of April 30th and May 1st at 11:30 am. As a reminder, there is a PA Day Friday, April 5th. Staff will be involved in curriculum planning, professional development, as well as health and safety training on this day.

At this time, the school board is beginning to look at plans for the 2019-2020 school year. As part of our regular planning process, we will begin to create our 2019-2020 tentative classes this coming June. All teachers are involved in this process, as we work together to determine the best learning environment for each child. Should you have any ideas or considerations that you would like to share with regard to your child's learning placement in this process, we ask that you please put these in writing and forward them to the attention of Mrs. Doering by June 4, 2019. Thanks again for your involvement in your children's education.

Mrs. Doering

TERM 3 MILK, PIZZA & COOKIES

Term 3 Milk, Pizza & Cookie orders start on Tues Apr. 1st

JUMP ROPE for HEART

Ponsonby has registered to participate in the Heart and Stroke Foundation's Jump Rope for Heart fundraising program. Jump Rope for Heart encourages children to build healthy habits that reduce their risk of heart disease and stroke later in life by educating them on the importance of physical activity and healthy eating. The Heart and Stroke Foundation is striving to get 1 million kids JUMPing in close to 4,000 schools across Canada. Let's all be part of it!

Kick-off Assembly: Wednesday April 10th- (pledge envelopes will be sent home this date)

Jump Event date: Thursday May 16th (pledge envelopes due back by this date)

Thanks in advance for your amazing support!

GRADE 6 NEWS

The Grade 6's would like to thank everyone who purchased a popcorn this year. Our profits will greatly reduce the cost of our June camping trip.

CLASSROOM GAMES



Many thanks to School Council who supported the purchase of a large collection of Math Games for our school! Teachers spent some time at a Staff Meeting with Evelyn from Jester's in Fergus who introduced us to a number of wonderful games that help students develop mathematical thinking, logical reasoning, number sense and many other important skills and concepts. We were able to select and purchase a number of age-appropriate games for each classroom for use during Math Workshop, small-group instruction and with learning buddies. These games are also highly sought-after for spare time and indoor recesses! Thank you again to our fabulous School Council for funding these great resources for our students!

DIVERSITY DATA SURVEY

The UGDSB is conducting a system-wide survey, to help the board understand the demographic makeup, diversity and ongoing needs of our student population. The **sole purpose** of this survey is to gain a better understanding of the students and families in our communities, so that the board can program effectively and provide the right supports for every student to achieve their full potential.

General info:

- The online survey is voluntary and anonymous
- The survey is open to all UGDSB staff, parents/guardians of students under Grade 4, and students in Grades 4-12+
- A webpage has been set up with additional information and a Q&A at www.ugdsb.ca/diversity-data

Complete the parent survey:

Please complete the parent survey at www.ugdsb.ca/diversity-data between March 22 and April 18, 2019.

FOOD & FRIENDS 2019 LIVE FREE CAMPAIGN

Thank you to everyone who participated in this year's Live Free Campaign, benefiting Ponsonby Public School's Food & Friends Program.

Through this campaign, we gained an appreciation of what it felt like to walk in the shoes of someone who has less than we do, by choosing to give up (to live free from) something for one full day. We worked hard to think of what we would give up, then wrote our ideas on 'promise cards'. The children certainly got creative with their promises, showing a range of fun and clever ideas like going 'unplugged' for the day to giving up the use of a limb!

I wanted to extend my sincere gratitude to those who supported our Live Free challenge. Together we raised over \$200. Food & Friends receives most of its funding through the Children's Foundation, however we do rely on volunteers and community support. This money raised will go directly to purchasing both fresh & healthy snacks and supplies for Ponsonby Public School's Food & Friends program. With your contributions, we are able to ensure that children right here in our school have the proper nutrition they need to learn at their very best!

SCHOOL COUNCIL NEWS

Mark your calendars for upcoming important dates

- * April 15th -next school council meeting is @ 6:30pm - all are welcome!
- * May 29th -Year-end school BBQ 5:00-7:00pm -more info will come home in May

Council will update the page as required with information on upcoming events, links to school calendars, volunteer requests, relevant board news, surveys and more!

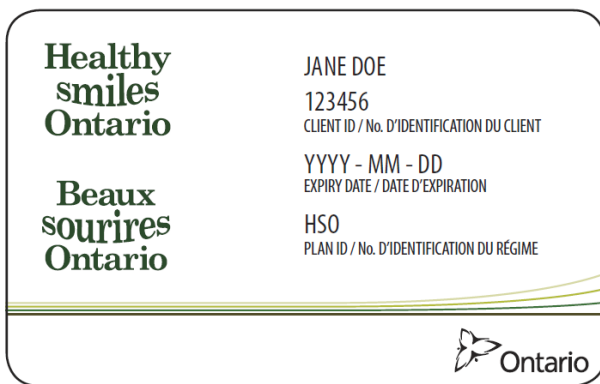
INFORMATION FROM PUBLIC HEALTH

Free dental care for children and youth (17 and younger)

If you can't afford dental care, we have FREE services for your children at Public Health. We provide free basic dental care, including cleanings, x-rays, check-ups and treatment to children and youth.

Our dental hygienists provide preventive services (e.g. cleanings) out of all Public Health locations. Our dentist also provides dental care to children and youth enrolled in the Healthy Smiles Ontario program, and is located in Guelph at our 160 Chancellors Way office.

Have this card? Call Public Health to book an appointment.



For more information about our dental services or to book an appointment, call our Dental Line at 1-800-265-7293 ext. 2661. Visit our website for more information: <https://www.wdgpUBLICHEALTH.ca/your-kids/dental-oral-health>



Monthly environmental activities to help celebrate our planet

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/>



EARTH DAY 2019 THEME: PROTECT OUR SPECIES

All living things have an intrinsic value, and each plays a unique role in the complex web of life. We must work together to protect endangered and threatened species. Go to <https://earthday.org> for some quick facts on the current wave of extinction and additional information about this problem.

IDEAS FOR YOUR FAMILY TO CELEBRATE EARTH DAY:

- **Review last year's Earth Day Theme on ending plastic pollution**, as this important work continues. Make a pledge to always carry a reusable shopping bag, use alternatives to Ziploc bags, buy in bulk, refuse to buy over packaged products and make litter-less lunches. Download your Plastic Pollution Primer to learn more about this problem help **End Plastic Pollution!** <https://www.earthday.org/yourjourney2018/>
- **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.
- **Learn more about the environment and the effects of global warming.** Encourage awareness and promote the **Reduce** (buy less), **Reuse** (repurpose it) and **Recycle** (sort it right!) 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.

TALKING ABOUT MENTAL HEALTH Jumpstart your Brain this Spring

Did you know that you can actually boost your brain power and increase your focus, ability to concentrate and your overall sense of wellbeing? So how do you do this?

Feed Your Brain: Did you know your brain uses up to 20% of the calories that you take into your body? A well-balanced diet can provide your brain with much needed energy and increase your ability to focus and concentrate. Some high-quality brain foods are blueberries, salmon, nuts, avocados and whole grains. As a family you can journal what you are eating and then engage in a conversation and reflect on what you are feeding your brain.

Get Quality Sleep: It is estimated that approximately a third of school aged children in Canada are not getting the required amount of sleep. Sleep actually restores the brain and supports memory, thinking and creativity! Try stopping screen time at least an hour before bed. Don't drink sugary or caffeinated drinks. Is your brain getting enough recharge time?

Get Outside and Move: Even just 20 minutes of walking can increase your brain power. Try and charge your brain with fun, family friendly exercise. Walk around the neighbourhood and try and find all the spring buds and other signs of spring. Try and count your steps for one minute – it's not that easy!! Fresh air, exercise and movement are all fuel for your brain!

Take a Mental Vacation:

Take 3 minutes and close your eyes imagining a place that you love or wish you could see. Focus on the smells, the sounds and sensations. When we visualize something, our brains respond the same way as if we were actually there. Just 3 minutes of a mental vacation can put your brain into “relax” mode.

Be Creative! Creativity can increase focus and sense of calm. Pick a craft or project to do as a family. Make a springtime collage of all things spring: images from magazines, words, drawings, items you find outside, etc. Taking the time to engage your brain creatively will give your brain a boost!

Exercise Your Brain: Exercising your brain is as important as exercising your body! So how do you do this? Do a crossword puzzle or a word search. Anything that gets your brain thinking and being strategic will do! Play a game of chess, make some origami art or even playing hide and seek! These activities may not feel like work, but they are doing great things for your brain!!

And, as always, remember that there are many people who are struggling. Stay kind, be a good listener and talk to someone if you are needing support!

Jenny Marino, Mental Health Lead

Follow me on Instagram @ugdsb_mental_health