

# Salem Public School

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June 2017

## PRINCIPAL'S MESSAGE

As I sit down to write this final newsletter for this school year I am feeling so fortunate to be the Principal of this wonderful school. We just finished our Canada 150 Concert a little over a week ago and all I could do was smile throughout the entire concert. As I watched people in the audience and the students on stage I saw them smiling too. The sense of community and love of our country came shining through loud and clear.

Community is what makes Salem Public School such a great school. Our staff has gone above and beyond this year to provide so many learning activities and opportunities for our students. Thanks to our parents, grandparents and volunteers for all they do to enhance the programs and opportunities for our students whether it be as a member of School Council, attending field trips, helping prepare or serve at our monthly salad bar, preparing snacks for EQAO or coming in to read with students.

And let's not forget our students-the reason why we are all here. I have tried something new this year and that has been my One Minute Meetings. I have learned so much about what is important to our students and how they value friendship, relationships, being engaged in their learning and achieving success in so many ways.

I wish everyone a safe and relaxing summer. I look forward to seeing you again in September ready and eager to begin another school year at Salem. For those that are leaving I wish you well and thank you for the great memories.

Kathy Gossling-Spears  
Principal





## TENTATIVE CLASS ORGANIZATIONS FOR THE FALL

As of May 31<sup>st</sup> the Staffing Committee at both the School and Board level has approved the following class organization for the 2017/2018 school year.

- 2 Full Time JK/SK Classes
- 1 Grade 1
- 1 Grade 2
- 1 Grade 3
- 1 Grade 3/4
- 1 Grade 4
- 1 Grade 5/6
- 1 Grade 6

It is important to note that class arrangements can change into the end of September, if enrollment increases or decreases thereby effecting the Upper Grand District School Board's compliance to Ministry of Education class size regulations. It is important to view class organizations as tentative until that time.

## DRESS CODE FOR SPRING AND SUMMER WEATHER

School is a public institution where expectations may differ from personal choices. All students are expected to dress in a manner appropriate for a learning/working environment. Muscle Shirts, spaghetti straps and low scooped necklines, bare midriffs and backs are unacceptable at school. Shirts must be 'tuckable' and not excessively tight. Shorts and skirts must be a reasonable length. Undergarments should not be visible.

## JUNE LIBRARY NEWS



Please return all library books to the library by June 16th. Mrs. Armstrong will be working hard to get our Learning Commons organized for September.

Students who completed the Forest of Reading program will be celebrating their success this month. Thank you to School Council for their support in purchasing the books for this worthwhile reading program.



## SCHOOL COUNCIL NEWS

### YEARBOOK

Council is proud to support the offering of the 2016-17 yearbook. This is not a fundraising effort. Instead the books are being sold at a cost that will just cover the printing. A special thank you to Paul Spears for taking photos of all the clubs, sports teams and graduates as well as Ashley Watson and Alyson Dubler for their efforts in coordinating collection of the yearbook content and designing the layout. The yearbook is a great way to look back and remember school days

gone by. To ensure that we order a sufficient quantity from the printer, please return your order forms to the school by **June 8th**. Order forms were sent home in May. You can also place your order through SchoolCashOnline. Books will be delivered during the last week of school.

### JUNE JAMBOREE

We hope to see you all at our June Jamboree on Thurs. June 8<sup>th</sup> 5:30 to 7:30pm. We have been planning lots of games and activities for all ages. New this year is the Bike Rodeo hosted by the Optimists and OPP. Every child that participates in the bike rodeo will have their name entered into a draw for a new bike. The Bicycle Tailor will be returning again to provide tune-ups and seat adjustments to make sure your bike is ready for the summer. Don't forget to place your food order so we have enough for everyone interested.

### FUNDRAISING COMMITTEE - THANKS FOR YOUR SUPPORT

Thank you to everyone who participated in the School Council fundraisers throughout the year. Council supported many school activities due to your generosity: science programs, family fun events including the Halloween Social & June Jamboree, subsidize the grade 6 camp trip, kindergarten orientation bags and much more.

### SNACK PROGRAM – THANK YOU

What a great year for the snack program. In addition to having snacks available every day, students enjoyed a lunch once a month for the entire school year due to the funding received from Food and Friends. Thank you to everyone who volunteered with the shopping, food prep or service and clean-up. It is your willingness to participate that allows us to continue this amazing program. Our final offering will be a student favourite, Frozen Yogurt bar with fresh fruit, on Wed. June 21<sup>st</sup>.

### DATES OF INTEREST

Thurs. June 8<sup>th</sup> (5:30 – 7:30pm) – June Jamboree

Thurs. June 8<sup>th</sup> – Yearbook orders due

Mon. June 12<sup>th</sup> (6:00pm) – Offsite School Council meeting. Everyone welcome!

\*contact [salemparentcouncil@hotmail.com](mailto:salemparentcouncil@hotmail.com) for location details

Wed. June 21<sup>st</sup> – send bowl & spoon for Frozen yogurt bar

## Monthly Environmental Activities to help celebrate our planet



**June 5<sup>th</sup> is World Environment Day!**

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

## Celebrate World Environment Day on June 5th!

**A Platform for Action-** *World Environment Day is the United Nations' most important day for encouraging worldwide awareness and action for the protection of our environment and is widely celebrated in over 100 countries.*



<http://worldenvironmentday.global/en>

**This year's theme** - *Reconnecting you to nature!*

*On 5 June, go outside and show us that you're #WithNature. Breathe in the beauty and remember that by keeping our planet healthy, we keep ourselves healthy too.*

**This year Canada is the host country!** *Every World Environment Day has a different global host country, where the official celebrations take place. This year's slogan is: "I'm with Nature". Canada is issuing passes giving everyone free entry to all its National Parks for the whole of 2017 as part of its 150th Anniversary celebrations. Be sure to visit a park this year!*

<http://worldenvironmentday.global/en/about/what-is-it>

### Ideas for your family to celebrate World Environment Day!

- **Create an event for family, friends and neighbours** - *There is no end of ideas that you could take forward for World Environment Day. Surprise yourself! Think about ideas that we can do to help the planet like fixing a problem in your community.*
- **Get out into nature** - *World Environment Day is all about appreciating the beautiful planet we inhabit. Why not spend a day in a park, hiking a trail or appreciating a forest on the weekend before World Environment Day.*
- **Inspire others** – *A great idea will naturally attract others who can take a small idea and make it extraordinary. So, with your powers of persuasion, bring on board the people you think can make your idea awesome. Or ask everyone to make their own personal pledge to change one wasteful or harmful habit for the better. Share what you're doing using the hashtag: #WorldEnvironmentDay*
- **Have fun:** *Make your event for World Environment Day fun, inspiring and interesting. For example, Google events happening locally that you can attend, or check out Pinterest for fun, recycled crafts ideas.*

<http://worldenvironmentday.global/en/toolkits#event-kits>

## Talking About Mental Health June 2017 – Successfully Shifting from School to Summer

It is an exciting time of the year. The weather is getting warmer, days are getting longer and summer is just around the corner. School is wrapping up and it is time to think about how to have a good transition from school routines to summer vacation.

The shift from school year to summer break is easy for some, but more challenging for others, particularly those children and youth who experience anxiety or have difficulty with transitions.

A good transition to summer is important and can lead to a more positive, fun summer experience.

Here are some practical tips to make a smooth transition from school to summer:

Post the summer schedule. Have your child or youth contribute to a family calendar. Be sure to note blocks of unscheduled time as well.

Make a list of places and people to visit when time permits and the mood strikes. Summer is a good time to stop by the library, bike trail, or concert-in-the-park that you can't seem to get to during the school year.

Revamp – but don't eliminate – your child's daily routine. A daily routine gives most kids a sense of structure and security.

Prepare your child for their scheduled activities. If possible, visit the locations where they will be during day camp or day care in advance. Have your child talk to counselors, caregivers, as well as other kids who have enjoyed those same situations and settings.

Get outside and enjoy the summer. Try to limit the amount of time online, watching TV, or playing video games. Be active and get plenty of sleep and exercise. Being outside, such as going for a walk or playing in the park elevates our mood and makes us feel less anxious.

### Looking for Activities To Do:

<http://guelph.ca/living/recreation/recreation-programs/>

<https://www.centrewellington.ca/beactive/Pages/Recreation,%20Parks%20and%20Facilities/Community-Guide.aspx>

Hope you have a wonderful, relaxing, fun summer. However, if you find mental health challenges to be increasing or causing more difficulties over the summer, seek out mental health or addiction supports for your child/youth, you and your family.

### Summer resources for Mental Health and Addiction supports:

Your family physician and family health teams in Guelph, Wellington, and Dufferin are excellent resources.

- Canadian Mental Health Association WWD (CMHAWWD): Tuesday Walk In - 1:30-7:00, 485 Silvercreek Parkway, Guelph.
- To access services for Children, Youth and Adults in Guelph/Wellington: : 1 844 HERE 247 (1 844 437 3247) <http://here247.ca/>
- Family Counselling and Support Services: Walk-in, Wednesday, 1-7, sliding scale, based on ability to pay, but will not turn anyone away. 109 Surrey St E, 519 824-2431. <http://familyserviceguelph.on.ca/>
- KidsHelpPhone 1 800 668 6868. <http://www.kidshelpphone.ca/>

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

Follow me on twitter: @drlynnwoodford