



Principal: Natasha Skerritt
Vice Principal: Kathy Soule

Office Co-ordinator: Diane Tyszka
Office Assistant: Jennifer Campagnolo

APRIL 2018

A Message from the Office

Spring has arrived at SIB. Already the students are enjoying every chance they get to be outside enjoying the weather. With spring comes a yard that is very muddy. Although at times we will have a "hard top recess", meaning the students will play on the tarmac, there are times when students will venture out onto the grassy areas and end up getting muddy. Therefore, it is always a great idea to keep an extra set of clothes in younger students' backpacks.



We would like to take a moment to appreciate all staff for their ongoing dedication and professionalism to provide a safe and inclusive learning environment. As well, many staff extend their commitment to education by volunteering to offer the many extra-curricular activities, teams and clubs that are in place for our SIB Knights. The extra time and commitment is very much appreciated.

Safety at SIB is always of the utmost importance. We ask that all visitors to SIB sign in at the office and wear a visitors badge while in the building. During the spring months we will have many practice drills to ensure our students know what to do in the case of an emergency. Over the next few months we will have 3 fire drills, 1 bomb threat drill, 1 tornado drill and 1 lockdown drill. Students are already well prepared for all of these drills and we expect them to run smoothly.

Over the next three months there will be many exciting events happening at SIB. Please take a moment to have a look at the school calendar on our website for more information.

Happy Spring,

Natasha Skerritt and Kathy Soule



SCHOOL COUNCIL

Preparations are underway for this year's Family Fun Night. Family Fun Night will take place on June 7th. Donations are now being accepted for the silent auction. If you are able to make a donation please feel free to drop it off at the school.

Please join us for our next meeting on Tuesday April 17th at 6:45 pm in the Library. Childcare is provided.

OFFICE CHECK-IN

Please remember to check in at the school office when visiting the school, picking up your child, dropping off something, or volunteering in a classroom. Upon arriving at the school you need to sign in with your name, date and time. You also need to pick up a visitor's badge before heading off to the classroom. Thank you for helping us follow this very necessary safety precaution.

MONTESORI SCHOOL OF WELLINGTON – BEFORE AND AFTER SCHOOL

The Montessori School of Wellington provides before and after programs to children JK to Grade 6 at Sir Isaac Brock Public School. We offer a stimulating and productive extension of your child's day which allows the children to be actively involved in planning and organizing activities that enhance and challenge their individual growth. **We currently have spaces available in our JK/SK Before and After School program and our School Age Before School program only;** however, we would gladly will put your child on the waitlist for our School Age After School program. If you have any questions, or would like more information, please contact: Montessori School of Wellington and ask for Sherry Baris – **519 821 5876**

Moving In - Moving Out

If you are planning a move to another school this summer, or know of someone moving into our school area for the 2018- 2019 school year, please notify the office as soon as possible.

Class Requests

Each year we receive class placement requests for the coming school year. If your child has some exceptional circumstances, please contact Ms. Skerritt directly in writing so that she may take this into consideration when working with staff to create classes. Please know that when placing your child in a class, we consider their academic strengths and needs, personality, friendships, learning style and behaviour. Class building is a lengthy process that is given a great deal of thought by the staff. Thank you for recognizing that we do our very best for each and every student. Requests do need to be in to Ms Skerritt by May 1st.

Please join us for our Spring Musical put on
by our very own Grade 1, 2, and 3 students!

“The Green Machine”

April 11, 2018
7:00 pm in the School Gymnasium

Feedback welcome on draft board policies

**The Upper Grand District School Board is welcoming public input on
draft policies. Currently under review are:**

Policy 214 – Accessibility Standards

Policy 518 – Students with Life-Threatening Medical Conditions

These policies are important to students, parents, staff, school councils, community partners and members of the local community because ensuring people with disabilities have access to services through the accommodation of their disability-related needs and supporting a student with a life-threatening medical condition in the school requires the cooperation of the entire school community.

You are invited to review the draft documents and submit online feedback at www.ugdsb.ca/board/policy. The deadline for public input is April 26, 2018 at 4 p.m. EST. Persons without internet access may call 519-822-4420 (or toll-free 1-800-321-4025) ext. 723 to request a printed copy of the draft documents.

Talking About Mental Health – April 2018 Spring Clean Your Mental Health!

It's Spring! Flowers blooming, birds chirping, sun shining. There is nothing quite like it. Often we Spring Clean our homes – tuck winter away, clean out the cobwebs and get ready for summer. Spring is a time of renewal. Why not use this momentum for a mental health renewal?

Let the sun shine in ...

Try and ‘spring clean’ your emotional and mental spaces this month. Get rid of emotional debris that is no longer serving you. Here are some ideas to help get you started on your mental health Spring Clean. Focus on things that make you happy and give you a clear, fresh state of mind

Start a Journal Writing can help articulate your thoughts, clear your emotional space and help put things into perspective. Try having a family journal time where once a week everyone journals/records their thoughts and feelings. This can help clear your mind of clutter and also get things out of your mind and onto paper. Don’t worry about punctuation or spelling – it’s just for you.

Be Aware of Your Thoughts Sometimes we don’t even notice the negative things we say to ourselves. Try to notice your thoughts and reframe thoughts into kindness. Instead of “We never have time to sit down as a family for dinner” try “When we sit down as a family for dinner it is such a treat”. We are careful of how we speak to others but often not so careful about how we speak to ourselves. Practice your own self compassion this month.

Enhance Your Physical Health Physical wellness is a big part of maintaining mental well-being. Exercise, sleep and eating well all contribute to positive well-being. Try replacing soda or coffee with herbal tea. Try going for a nature walk or scavenger hunt with the family. Yoga, Pilates and mediation can also enhance both your emotional and physical well-being.

Remember, each day is fresh start – just like Spring. Have a great April!

Jenny Marino, Mental Health and Addictions Lead
Upper Grand District School Board

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 2018 Theme: End Plastic Pollution



waystogogreenblog.com

From poisoning and injuring marine life to disrupting human hormones, from littering our beaches and landscapes to clogging our waste streams and landfills, the exponential growth of plastics is now threatening the survival of our planet. Earth Day 2018 is dedicated to providing the information and inspiration needed to fundamentally change human attitude and behavior about plastics. <https://earthday.org>

Ideas for your family to celebrate Earth Day:

- **Get involved with Earth Day 2018's Theme** <https://www.earthday.org/yourjourney2018/>
Download your Plastic Pollution Primer to learn more about this problem and act to help **End Plastic Pollution!**
- **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.

CELEBRATE DIVERSITY

Celebrating customs and traditions from all around the world is what we love to do!

If you would like to help us celebrate these events or have a day of significance to add, please contact your child's teacher, Ms Skerritt or Mrs. Soule. We welcome any suggestions, it would be great to hear from you!

DAYS OF SIGNIFICANCE

April

April		Faith
1	Easter Sunday	Christianity
2	Easter Monday	Christianity
2	World Autism Day	
7	World Health Day	
11	International Day of Pink	
12	Yom HaShoah	Judaism
13	Vaisakhi (Sikhism)	Sikhism
21	First day of Ridvan	Baha'i
22	Earth Day	United Nations
24	Armenian Genocide Memorial Day	
27	International Day of Silence	
28	National Day of Mourning	
29	Ninth Day of Ridvan	Baha'i