**JUNE 2018 NEWSLETTER**

# PRINCIPAL’S MESSAGE

A special Thank you this month to all of those involved in planning the Taylor Evans 25th Anniversary Celebration! It was a great way to come together as a community to celebrate our community! Staff, School Council and Community members were involved. Please note that our Anniversary Celebration was in place of Family Fun Night this year.

Our grade 8 class will be travelling to Ottawa and then graduate at the end of the month. Their leadership as positive role models for the school was unparalleled! They stop to help staff, smaller students, and visitors to our building. They have worked hard in their extra-curricular activities and learning, truly demonstrating ***Effort Towards Excellence!***

Thank you to all of our wonderful Parent Volunteers; we couldn’t do it without you!

Mr. Keesmaat and Mr. Gouk

# Special Olympics

MC900411051[1]We could not have asked for better weather on May 16th for the 17th Annual Special Olympics Track and Field meet at St. James Catholic High School. The fields were buzzing with over 600 athletes, 584 peer coaches and 475 school board staff and volunteers. Our athletes did very well in their events, our peer coaches did an awesome job getting the athletes to their events on time and encouraging them as they competed. Special Olympics is a highlight of the school year for many of our students!

# Library Books are Due!

The time of year has arrived to let you know when resources are due back to the library. **All library resources, including student library books, are due June 8th** Thank you for your cooperation.

# NEW Kindergarten Parent Orientation

Parents of NEW kindergarten children are invited to attend our Kindergarten Parent Orientation on Friday, June 8th. The Orientation will take place at two different times. Invitations for this special event have been mailed out. If you have not received your invitation please call the school at 519-766-4544 ext. 0 to set up a session.

# Year-End Assembly

The year-end assembly will be held Thursday, June 28th at 9:00 am.

# Last Day of School

The last day of school for students is **Thursday, June 28th**. Students return to school **Tuesday, September 4th, 2018.**

# medicineMedications

All parents must pick up their child’s medication by the last day of school, **Thursday, June 28th**. Any medications left in the office will be disposed of safely.

# MC900391028[2]Grade 8 Graduation

We will be saying farewell to our Grade 8’s on Wednesday, June 27th at 7:00 pm at our annual Grade 8 Graduation. Please feel free to contact the homeroom teacher if you have any questions.

# Swim to Survive Program

Once again our grade 3 and grade 5 students are enjoying the YMCA-YWCA Swim to Survive program held at the West End Recreation Centre. This program is free of charge to grade 3 and 5 students in Guelph.

# Are you moving?

If you will be moving out of our school area over the summer, please let us know as soon as possible. This will help in determining our new classes for September. If you have new neighbours moving in, please direct them to the school before the end of June to register for September.

# Class Lists

Just a reminder.......Class lists will NOT be posted before school starts, and because of privacy policies, will not be posted on the first day of school.  Similar to last year, students will gather at the back of the school on the first day, where they will meet their teacher. In the event of rain, students will gather in the gymnasium and meet their teacher.

**Wellington-Dufferin-Guelph Public Health**

**June 2018 – Elementary Schools**

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

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Information from Public Health

On Saturday, June 16th, the Balanced Technology Management committee of Wellington, Dufferin and Guelph will be hosting a Power Off and Play event for families of children aged 0-12. Come out to Centennial CVI from 10 am - 2 pm to learn about different ways that you can Power Off and Play as a family! Less screen time means that you and your family can have more time to be active, read, and be creative! This is a FREE event and there will be lots of giveaways and fun activities run by various organizations for children ages 0-12.



For a full list of organizations that will be at the event, please visit: energize.guelph.ca.

**Talking About Mental Health June 2018– Successfully Shifting from School to Summer**

The weather is getting warmer, days are getting longer and summer is just around the corner. It is an exciting time of the year but it can also be a struggle. There is often an increasing restlessness, distractability and anticipation as the end of the school year approaches. 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.

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://www.orangeville.ca/parks-and-recreation

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

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

http://wellington-north.com/government/departments/recreation

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/

Dufferin Child and Family Services (DCAFS):

Tuesday Talk In – 1:00-7:00 pm, 655 Riddell Road, Orangeville.

To access services for Children and Youth in Dufferin: 519 941 1530.

http://dcafs.on.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/

Jenny Marino is the Mental Health and Addiction Lead for Upper Grand District School Board

# Follow me on Instagram @ UGDSB\_Mental\_HealthCelebrate World Environment Day on June 5th 2018!



**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 - *Take action to #BeatPlasticPollution***

*On 5 June, spread the message:”* ***If you can’t reuse it, refuse it!”*** Download the informative poster: [“9 Tips for Living with Less Plastic”](https://lessplastic.co.uk/9-tips-living-less-plastic/) Make sure you are up-to-date on what can be recycled your local community’s blue bin. Better yet, don’t use single-use plastics!

# 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>

Math on the Go!

Card Games to Develop Math Skills For All Ages

Are you looking to help your child to develop his or her math skills at home in a meaningful and engaging way, while spending quality family time together? Why not try some card games! Playing a card game can take as little as 5-10 minutes. Next time you find yourself trying to entertain your child while waiting at the dentist office or at a sports practice, why not bring along a deck of cards and play a couple of card games with your child. This is a great way to connect socially with your child, while practicing math skills. As author Marilyn Burns says in her book, Win-Win Math Games: "Games help to lift math off the textbook pages, and they support students' learning about numbers and operations."

(Retrieved on May 1, 2018 “Acing Math One Deck At A Time, The Positive Engagement Project” <http://www.pepnonprofit.org/uploads/2/7/7/2/2772238/acing_math.pdf> )

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| **Card Sort (Grades K - 3)**  **Players:** Individual or groups of two  **Materials:** Deck of cards  **Skill:** Number recognition and group, sort, or categorize by attribute  **How to Play**: As a group, or individually, have students use the full deck of cards to sort and create groups by attribute. Some sorting possibilities are by color, suit, or number. |  |
| **Reading Multiplication Minds**  **(Grades 3 - 6)**  **Players:** Groups of three (groups of four or five for more advanced)  **Materials:** Deck of cards  **Skill:** Multiplication, product  **How to Play:** In this game for three players, one student is the leader and the other two are the “mind readers”. | The two players each draw a card and, without looking at it, hold it up to their foreheads so that everyone else can see it, but themselves. The leader announces the products of the two cards. Each “mind reader” must figure out which card is on his or her own forehead and say it aloud. When both “mind readers” have figured out their cards, a new leader is chosen and the game continues. With Reading Multiplication Minds, all players get practice with products and factors in every round. |
| **Integer Addition Number Battle (Grades 5 - 8)**  **Players:** Groups of two  **Materials:** Deck of cards, Ace worth 11, Jack worth 12, Queen worth 13, King worth 14, scratch paper  **Skill:** Number recognition, positive integers, negative integers, and addition  **How to Play:** Black cards are positive numbers; red cards are negative numbers. Players split a deck of cards and simultaneously flip over their top two cards. Remember -2 is greater than -7. | If the cards sums have the same value, the cards are placed in a center pile. The next hand is played normally and the winner of the next addition number battle takes the center pile as well. |