



Victoria Terrace P.S. News

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Principal's Message

April showers brought snow ploughers and rain showers! With the snow finally gone and sunny, spring weather helping to re-energize us all, it is also a wonderful time to reflect on all of the great things that have happened this school year and all of the exciting events still on the calendar. The annual Victoria Terrace Open House/Art Show/Book Fair will be held next week during Education Week. Jump Rope For Heart and Stroke, Track and Field, Special Olympics, EQAO, and outdoor trips such as the trip to the Groundwater Festival are just a few of the events to look forward to during May. We hope you will join us and your child in some of the many activities between now and the end of the year!

W. Shannon



Education Week

Education Week is fast approaching (May 7th – 11th), and our annual Open House, Art Show and Book Fair is next **Wednesday, May 9th, from 6:00 – 7:00 p.m.** We look forward to seeing all of our families with your child(ren) coming to see their classrooms. Don't forget to also take in the beautiful artwork that has been created by your child(ren) and is on display in the gym, and to browse through the Book Fair, which has some excellent spring deals. This year's Book Fair will also be open on **May 7th, 8th and 9th at first recess only (10:45 – 11:10)** and in the evening of **May 9th**. We're looking forward to seeing you and celebrating your child/ren's learning!

Free dental care for children age 17 and under

If you can't afford dental care, Public Health has free services for your children. At our dental clinics, we help children prevent cavities and disease. We also make sure that children with cavities and other urgent problems get the treatment they need.

For more information about our dental services, call our Dental Line at 1-800-265-7293 ext. 2661 or visit www.wdgpublichealth.ca



Public Speaking Awards

On Saturday, April 7, grade six students Soraya H. and Landen B. competed in the Lions District A-15 Effective Speaking Finals in St. George, Ontario. Soraya spoke on the “Dangers of Mobile Devices” and Landen spoke about interesting facts on “Flatulence.” Both students did a great job and were supportive and encouraging towards their competitors. Soraya received third place in the region for her speech! Congratulations to you both!

Skills Canada Participants

Victoria Terrace’s Lego Mechanics and Lego Robotics teams competed at the UGDSB Regional Skills Canada 2018 Competition on April 6. The Lego Mechanics team, consisting of Rachel B., Dylan V., Sam M, and Quinn S, were tasked with creating an electric-powered car that could move blocks. The Lego Robotics team included Landen B., Austin V., Simon B. and Sam K. This team placed 5th out of 33 teams for their robot and programming/coding skills. Congratulations to both teams for their hard work, commitment and jobs well done!

Changes in Weather Temps



As the warmer weather finally makes it here to stay, it is often difficult to know how to dress appropriately for the changes in temperature throughout the day. During the transition from cool mornings to warm afternoons, we suggest dressing in layers so that your child can be warm in the morning and remove layers if and when the weather warms as the day progresses. Also, please remember to make sure that your child(ren) has a hat, sunscreen, and appropriate clothing for track and field, field trips, and outdoor gym classes.

Remember to put your child’s name on all articles that come to school!

EQAO

This year, the Grade 3 and 6 provincial assessments for Reading, Writing and Mathematics will be administered in all elementary schools in Ontario. The Grade 3 students will write during the first week from May 22nd to May 25th, and the Grade 6 students will write during the second week from May 29th to June 1st, 9:00 – 10:25 each day and 11:15 – 12:45 for two days.

SMART START FOR EQAO:

- * avoid absences to the greatest extent possible
- * re-schedule appointments when possible
- * ensure your child gets lots of sleep
- * provide healthy food and snacks
- * eat a good breakfast
- * give hugs and pats on the back
- * be positive

If You Are Moving ...

Please contact the school if you know that your child(ren) will not be attending Victoria Terrace Public School in September. This will help the process of organizing classes for next year. Thanks!

School Council Needs YOU!

School Council is made up of parents (one is voted in as chair), the principal, a teacher, a non-teaching school employee and a community representative. The majority of the Council must be parents/guardians. Although fundraising is a big part of what our Council does, it also acts as an advisory body that is actively involved in setting school priorities, improving student achievement, promoting meaningful parental and community involvement, actively seeking the views of the school community, and enhancing the accountability of the education system, with the opportunity to participate in the UGDSB Parent Involvement Committee. V.T.'s School Council is an integral part of our school planning, events and direction setting through our monthly meetings.

It has been wonderful to have some new faces around the table this year, and as always, we are very appreciative of the experienced and dedicated members who continue to donate their time to our school and its endeavours. For the School Council to effectively represent the Victoria Terrace P.S. community, we need new members to replace those whose terms are ending and others to sit as members at large to help inspire new ideas and to keep things running. Please consider making a commitment to support our school, staff and students by joining us.

School Council supports the school by donating money to:

- Classroom reading resources/ Birthday books
- Scientists in School classroom presentations
- Our Learning Commons Maker space
- Our naturalized playground and outdoor learning spaces
- Creative playground

If you would be interested in learning more about the important role you could play as a Council member, please do not hesitate to call the school or speak to any of our Council members.

Track and Field

The V.T. Track and Field Day will be held Monday, June 4th, with the weather date on Wednesday, June 6th.

The Centre Wellington Area Track and Field will be held Tuesday, June 12th at J.D. Hogarth P.S. with the weather date on Thursday, June 13th. Children in Grades 4, 5 and 6 should come to school prepared with hats, sunscreen and running shoes on those days. We will need volunteers to help on Tuesday, June 12th. Please call the school 519-843-2720, if you are available to help.



Outdoor Play

Safety and inclusive play are regularly promoted and reinforced by teachers in the classroom and supervision staff on the school yard. Please continue to reinforce with your child(ren) at home, the importance of:

- ✿ Including all those who ask in your fun activity,
- ✿ Being a willing and alert participant,
- ✿ Following the rules of the creative playground -- no toys, skipping ropes or balls brought into the area, no tag or chase games in the area,
- ✿ Staying within the boundaries of our school yard, respecting the spaces designated for larger, active



play/games,

☼ Remembering the NO TOUCHING policy -- keeping hands, feet and body to yourself and using 'gentle', one hand touches for games of tag.

Together we can make our play ground safe and happy!

Appropriate Dress

Victoria Terrace students are expected to dress in an appropriate manner -- showing respect for themselves, their bodies and others. Please help your child(ren) to exercise common sense and good judgement in their choice of clothing, recognizing they are in a public learning environment, which may differ from their personal choices at home and in the community. Please be reminded that muscle shirts, spaghetti straps, bare midriffs, bare backs, and low scoop necks are unacceptable. Shirts must be 'tuckable' and shorts/skirts must be a reasonable length and secured no lower than the hips. Undergarments should not be visible on males or females of any age.

As the sun begins to shine, we encourage students to wear hats and apply sunscreen before going outside. Although sandals and summer footwear are acceptable footwear at school, students are still required to have running shoes to allow for participation in physical education activities.

Earth Week

Students and staff celebrated Earth Week from April 23-26. We all turned our lights out for nutrition breaks. Our ECO Mani-Acts led each class through a taste test and concluded that tap water tastes better than bottled water! Using our re-fillable water bottles instead of plastic recyclable water bottles will help to make the Earth a better place to live. Thank you for your continued support with our Boomerang initiative and litterless lunches – every little bit helps!

Summer Reading and Writing Program

The summer holiday is a great time to relax with a good book. Many of our children would benefit from extra practice reading and writing during the summer months. Please consider our Summer Reading Program for your child. There will be opportunities to choose books at the appropriate level for your child, as well as writing materials. In an effort to foster commitment and interest, a teacher will be there to check the writing and cheer your child on! If you are interested in enrolling your child(ren) in the Summer Reading Program, a form will be going home during the last week of May. This program runs one day a week throughout the summer for a nominal fee. This fee will be used to purchase levelled books which will be distributed to classroom teachers at the end of the summer. The money is also used for incentives for the treasure chest. The children receive a little toy every week for their efforts. Please return the registration form by June 15th so the summer reading kits can be prepared for the children.

Health and Physical Education



The Ontario Health and Physical Education curriculum is implemented in all public schools in Ontario. Included in the curriculum are expectations in the Human Development and Sexual Health component of the curriculum. This education starts with children learning about themselves, their feelings, their bodies and about showing respect for themselves and others in a reliable and accurate way. This learning is most

effective when parents and schools work together. Parents help their children form values about relationships and their behaviours. To support these discussions, we are letting parents know that this unit will be covered in the months of May and June. There are plenty of resources available for parents to support the learning of the curriculum on the Ministry of Education website:

<http://edu.gov.on.ca/eng/curriculum/elementary/health.html>.

What is STEAM and why is it important?

STEM stands for Science, Technology, Engineering, the Arts, and Mathematics. The idea is to offer students tasks that integrate more than one subject area such as thinking about all the angles, measurements and calculations involved in building a structure that could stand up to the elements of our Canadian winters. STEM provides opportunity to focus on one assignment while applying knowledge gained in a number of subjects so knowledge gained in one area can be applied in another. Check out this link for more information (<https://www.youtube.com/watch?v=ALPJ48simeE>)

Special Olympics Event

Students from the Upper Grand District School Board and Wellington Catholic District School Board will be joining together to celebrate sport at the Special Olympics on May 16, 2018. The event will include track and field events as well as adaptive events. Athletes flock to the sports fields for the opening ceremonies at 10:00, and compete in 3 events each throughout the day. Family and friends are welcome to join in the fun and cheer on the athletes. Our students and staff in Room 10, and their peer helpers in the junior grades, look forward to this event every year.

Long Term Accommodation Plan Final Report (Draft) - Public Meetings

The Long Term Accommodation Plan (LTAP) Final Report (Draft) is going to be presented at 5 regional public meetings throughout the month of May.

The draft report includes a list of proposed short (1-5 yrs.) and long (6-10 yrs.) accommodation priorities. The report does not include any recommended changes to school programs or boundaries.

We invite you to attend any of the following meetings:

- Wednesday, May 2, 2018, 7-9 pm – Erin PS, gymnasium
- Thursday, May 3, 2018, 7-9 pm – Centennial CVI, cafeteria
- Thursday, May 10, 2018, 7-9 pm – Orangeville DSS, cafeterium
- Wednesday, May 16, 2018, 7-9 pm – Centre Wellington DHS, cafeterium
- Thursday, May 17, 2018, 7-9 pm – Norwell DSS, double gymnasium



Feedback collected in this second phase of engagement will inform staff's work to finalize the LTAP.

Please visit www.ugdsb.ca/ltap for more information and to provide feedback. The LTAP webpage includes all documents including the LTAP Final Report (Draft), an online comment form and an opportunity to sign up to receive updates.

Talking about Mental Health - May 7-11 is Child and Youth Mental Health and Well-being Week!

Child and Youth Mental Health and Well-being Week is about promoting mental wellness, increasing awareness of child and youth mental health, decreasing stigma and understanding that support is available. Let's improve everyone's mental health and well-being!

The theme for Child and Youth Mental Health and Well-being at UGDSB is: Have a **SUPER** Week!

Social Connections

Understanding Emotions

Personal Health

Empathy

Resilience

Each day of the week will focus on a different aspect of Mental Health and Well Being. The schools will be provided with resources and activities related to each day's theme.

As a parent, you can increase the Mental Health and Well-being of your children, youth and family too! Here are some suggestions:

- **Monday May 7 -Social Connection** - ``Don't be shy. Just say hi!``
 - Say Hi to 3 people that you do not know. Perform a random act of kindness.
- **Tuesday May 8 – Understanding Emotions** – “Sad, glad, happy, mad – just be you”
 - Right now, stop and reflect on how you are feeling. Take a couple of moments as a family to do some deep breathing. <http://youth.anxietybc.com/how-do-it> Now, how are you feeling?
- **Wednesday May 9 – Personal Health** - “Healthy Self. Heal-thy self”.
 - **Wear green today to support Mental Health Awareness.**
 - Did you know that how our bodies feel affects how good we are feeling? Three of the best things you can do to improve your mood is to exercise, sleep well and eat well. Go for a walk or play a game, get outside, turn off the devices an hour before bed and eat fresh food! The more you do to help your body feel good, the better you will feel!
- **Thursday May 10 – Empathy** - “Be somebody who makes everybody feel like a somebody”.
 - When in doubt – be kind. Try seeing something from another person's perspective today.
- **Friday May 11 – Resilience** - “If Plan A doesn't work, the alphabet has 25 more letters!”.
 - Mental Health and Well-being means coping with the ups and downs of day to day life. Building more resilient thoughts and skills can really help. Children and youth can also find support by seeking help from caring adults. Take time now to talk with child or youth about who those caring adults are in their lives.

For more information about Mental Health and Well-being and interactive activities with your children and youth:

Mind your Mind (online) www.mindyourmind.ca/Interactives

Fun, interactive options for de-stressing for youth.

Smiling Mind (Free App) smilingmind.com.au/

An app that guides you through simple, calming meditations.

GoNoodle (Free App) <https://www.gonoodle.com/>

Monthly Environmental Activities to help celebrate our planet



May 22nd is International Biodiversity Day!

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

Celebrate Biological Diversity Day on May 22nd!

The United Nations has proclaimed May 22 The International Day for Biological Diversity to increase understanding and awareness of biodiversity issues.

Biodiversity simply means: 'A wide range of life'" Some of the things are harmful, so we need to learn more about how to protect all the different types of life on our planet.



International Day for
Biological Diversity

<https://www.cbd.int/>

we do

Ideas for your family to celebrate Biodiversity Day!

- *Visit farmers markets in your local area to try new types of produce. Whether you incorporate heirloom tomatoes into your cooking, or try one of the rainbow of colors of carrots, biodiversity can bring a great new experience to your table.*
- *View photos of endangered species on the Internet with your child and discuss the reasons why these animals are threatened and why they should be protected.*
- *Join a community group and help to remove invasive plants from your local environment.*
- *Get out into the world and enjoy all the different types of life your local area offers. Even your street or a local park can have an amazing variety of life you've never noticed, from insects, birds, chipmunks, to trees and flowers.*
- *Consider planting a pollinator garden in your yard (or in a flowerpot) to help save the bees and butterflies from declining.*

Adapted from: <https://www.daysoftheyear.com/days/international-day-for-biological-diversity/>

Celebrate the diversity of our natural world every day!