



# Victoria Terrace P.S. News

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## March 2019



### From the Principal's Desk

This month we say au revoir to Mrs. Deb Wilson, our amazing Office Co-ordinator. She is a wonderful person and she will be sadly missed. We welcome Karen Johnson to the office and she is looking forward to joining our school community. She lives here in Centre Wellington and knows many of our students and their families through her involvement in sports and the local community.

This past month we have enjoyed Sweater Week, 100's Day, Valentine's Day, the V.T. Post office, the technology and lego robotics clubs, junior curling, guest speakers about the Grand River, and our Live-Free campaign. It was a great time to build our school community spirit. Soon it will be March Break. Don't forget that March 10<sup>th</sup> is the start of Daylight Savings, so turn your clock ahead one hour before bed on Saturday, March 9<sup>th</sup>. Wednesday, March 20<sup>th</sup> will be the first official day of spring.

As we march ahead into the final term of this school year, we look forward to continuing the momentum with skills development in the areas of literacy and numeracy. To support student growth, please continue to encourage nightly home reading and talk with your child about the activities enjoyed at school. Showing an interest in their educational lives will help them value learning. By showing you care interested in what they are learning about and how they are feeling, you will help them to know how important this part of their life is to you. All students can access ulearning both at home and at school and enjoy our Tumblebooks and other learning resources and programs at their own grade level. Thank you to all parents who continue to support our students and school community – we really appreciate it!

Wishing you all a wonderful March Break with family and friends! The last day of school for students before the Break will be Friday, March 8<sup>th</sup>, and we look forward to seeing you back on Mon., March 18<sup>th</sup>.

Mrs. W. Shannon

### Lost and Not Found?!

Once again, our Lost and Found hooks and bin are filling up with items left in the halls over the winter months. Parents, please check the hooks in the hall by the junior doors and the Lost & Found box when visiting the school, or when you're picking up your children from school. Many classrooms, especially the Kindergarten classes, have a lost and found box in their rooms, so please check with your child's teacher. We try our best to have students look over the items and take them home, but children do not seem to recognize their possessions by sight. We encourage the use of name tags when possible so found items can easily be returned to the correct owners.

Items will be on display until the end of March, and then will be donated to a local charity.

## LIVE FREE DAY - March 1<sup>st</sup> 2019

As a school who receives funding for our snack and lunch program through the Children's Foundation and very generous community sponsors, we are excited to celebrate our Live Free Day on Friday, March 1<sup>st</sup>.

This year we ask that students and staff complete a "Live Free" Promise Card. The promises are as simple as pledging to live free of chocolate, a day and night without the TV, not talking in class, etc. The Promise flower cards will then be hung outside each classroom door. So, please check out our "Live Free" Promise Cards to see what our school community was willing to give up for a day. Also, you received a Live Free postcard in your child's backpack the week of February 25<sup>th</sup>. If you are able, please tape a toonie to the card and return it to the school. All the money we receive goes directly to our Snack/Lunch Program here at Victoria Terrace P.S.

The campaign is officially finished on Friday, March 1st, so if you still want to support this valuable program, please go to [www.livefreewdg.ca](http://www.livefreewdg.ca) and find Victoria Terrace to donate, or send money to the school with your child. You may also donate online directly to the school. Together we can all help kids Live Free from hunger.

Thank you for participating and giving generously!



## Family Vacations During the School Year

Over the next few months, you and your family may decide to take a vacation, which will require children to be away from school for extended periods of instructional learning time. It is important that the office and classroom teacher be informed. When a child is not in class, it is impossible to duplicate the classroom learning experience and for them to complete associated work without first receiving instruction. We know that the experience of a vacation represents a different learning opportunity than what happens in the classroom; however, you may wish for your child to:

- Keep a journal/itinerary of the trip, prepare a presentation for the class upon returning. Journal entries should include; tracking and graphing weather, examination of the place and people visited including social/economic conditions, marketing, types of entertainment, communication. If it is a road trip, tracking the distance traveled and the time travel takes from stop to stop, etc.
- Collect menus, postcards, artifacts or talking pictures. Students can use these items to retell the trip, sequencing settings, people, events, etc.
- Reading: continue to log 'at home' reading while traveling. This can be books taken from home or it can include articles, flight magazines, travel brochures, information booklets about the location(s) visited, visitor information/local newspapers etc.
- If you are able to hook up to the Internet, consider logging into the UGDSB sites available to our students.

## Thanks For Your Help With Traffic at Victoria Terrace!

We would like to send out a huge thank you to all of you for your continued support in reducing the traffic on Victoria Terrace. Our drop-off area in between the two driveways and additional parking on the south side of Forfar, as well as no parking on the west side of Victoria Terrace make a considerable difference in keeping students safe. Please continue to consider the following options for getting children to and from school:



- Set your morning alarm 15 minutes earlier and take the opportunity to join your children in a brisk walk to school – the exercise will be great for everyone, in addition to the positive example it sets for children, both from a health perspective, as well as an environmental one!
- Form a “walking bus” with students in your neighbourhood. We have many very responsible Junior students (ages 10-12) who can safely walk younger students to school, and would love the responsibility to do so.
- Drop your child(ren) off on Victoria Terrace **north** of Forfar St., and then our paid adult crossing guard can ensure safe crossing.
- Drop your child(ren) off on Cameron St. **south** of Garafraxa St., and then our other paid adult crossing guard can ensure safe crossing.
- Consider carpooling with other neighbourhood children, and only drop off/pick up in front of the school between the two driveways, travelling **north only** along Victoria Terrace. Please do not park and leave your vehicle if you choose this option. It is a “Kiss and Go” area only.

The parking lot at Victoria Terrace is small and there are few parking spots. While parents and visitors are always welcome at the school, we ask that you leave the parking spaces for staff and Board personnel. We have parents and students with physical differences who need to use our disability parking spot. Cars can be parked on the east side of Victoria Terrace only, north of the school.

Please encourage your children to leave school property immediately following the end of the school day. Staff supervision is only provided from 3:15 p.m. to 3:30 p.m. The adult crossing guards are at their stations until 3:45 p.m.



### Are You Moving?

If you know that you will be moving and that your child(ren) will be attending another school in September, please contact the school at (519)843-2720. This will help us in setting up classes for the new school year.

### Day Care Providers Needed in the Victoria Terrace P.S. Area

If you are a daycare provider and accepting new clients, please feel free to post your name and information on the bulletin board in the community use foyer or call our office at 519 843-2720 and it will be posted for you.

### Please Keep Checking!

We would like to remind parents that it is very important to check your child regularly for head lice. We remind children not to share hats, hairbands, hockey helmets, etc. and we know that you do as well. If you do find head lice, please make sure to contact the school office so that a notice can be sent home to the affected class. Thank you!

## The 2018 Terry Fox School Run was a great success!

39 years ago, determined to make a difference in the lives of those living with cancer, Terry ignited a fundraising movement that cannot be stopped. Today, because of schools like yours, his message of hope echoes loudly in the voices of students and families everywhere.

We are proud to announce that **Victoria Terrace Public School** has generously donated **\$301.80** for cancer research. The Terry Fox Foundation extends a heartfelt thank you for your wonderful generosity to continue Terry's legacy. Be proud and know that together, we are making a difference.

## Engaging Your Child in Mathematics At Home!

As parents we have the wonderful opportunity and responsibility for nurturing our children's growth. Parents play a key role in the physical, emotional, and intellectual development of their child. As parents we can usually find time to read a story to our children, thereby instilling a love of literature, but we are often at a loss as to how to instill a love and appreciation for mathematics.

Like reading, mathematics is a subject that is indeed necessary for functioning adequately in society. More than that, mathematics is a subject that should be more enjoyable than it is perceived to be. Parents' attitudes towards mathematics have an impact on their children's attitudes. Children whose parents show an interest in and enthusiasm for mathematics around the home will be more likely to develop that enthusiasm themselves.

### Activities in the Home

If you have dice, playing cards, and a bit of time....oh the "number sense" fun you can have.

1. Work on Place Value-use a grade appropriate number of dice and use the numbers rolled as digits to "make the biggest number you can, make the smallest number you can, make a number close to 100" etc.
2. Work on Number Sense-use 2 die to add numbers together....to make it harder, you can use the 2 die to subtract, and multiply.
3. War-Use a deck of cards to compare numbers. Each person flips their cards at the same time, the person with the higher number gets both cards.
4. What's my number? Someone holds a card on their forehead and asks the other person questions to try to guess their number (for example, is it greater than 5, is it odd or even).

Give it a go and have fun building number sense fluency together.

## Vision Health

If you suspect that your child is struggling with vision issues, there are several things that you can do. First, book an eye exam with an optometrist. Basic OHIP coverage for eye exams, is available free of charge, for children from birth to age 19. Speak with your child's teacher regarding your concerns and encourage your child to clearly express to the teacher the difficulties they are having (Are they having trouble seeing things on the board? Are they having trouble copying information? Are they having trouble seeing the information in novels/textbooks/notebooks etc.?) There are a number of accommodations that can be made to quickly address potential problems, including seating closer to the board or larger print on computers or photocopies. You can also discuss with the classroom teacher or SERT the possibility of making a referral to one of the Vision Itinerant Teachers who provide support to your school.



## Your Child's Hearing is Important!

Seventy-five percent of a child's day is spent listening; listening to complex language, directions and instructions which need to be comprehended. Being able to hear peers is important for developing social skills and friendships. That is why it is important that any hearing difficulty be discovered as soon as possible because even mild hearing loss can put a child at risk for academic and communication difficulties.

**Audiologists** are experts who assess hearing sensitivity and functioning that provides a window into the language/listening parts of the brain. Since listening is a critical learning skill, test results can be helpful in planning a program of intervention. Students who wear hearing aids, cochlear implants, or use personal FM systems should routinely visit an Audiologist to have their equipment checked. If you suspect your child has difficulty with hearing or attention it is recommended that you have your child tested by an **Audiologist**. To find an Audiologist in your community, visit the website of the College of Audiologists and Speech Language Pathologists of Ontario ([www.CASLPO.com](http://www.CASLPO.com)) and click on "Find an Audiologist" and search for Private Practice. At UGDSB you can call 519-941-6191 ext. 231 for information.

## Information from Public Health

March is Nutrition Month! Starting from a young age, inspiring children to shop, cook and prepare food can set them up for a lifetime of healthy eating. A great way to teach kids about food is to let them shop and cook with you. Kids are also much more likely to eat what they make, so cooking at home is a great tip if you have picky eaters.

Here are four tips to get your kids involved in cooking:

- 1. Pick a recipe together:** Children need to be part of the plan from the beginning, and it helps if they prepare something that they love to eat. Shop for groceries together too!
- 2. Keep it fun!** Imaginative play helps kids get deeply involved. Make a theme night or turn your kitchen into a restaurant or reality cooking show.
- 3. Be a role model:** If you're excited, they will be too. Try a new food, describe the flavour and be adventurous to inspire your eaters to do the same. Get other members of the family involved.
- 4. Be cool about the mess:** Spills and accidental messes happen, and it's important to remain calm about little mishaps. Keep kitchen towels handy for cleaning up spills.

## Monthly environmental activities to help celebrate our planet



### March 29th is Earth Hour!

*This Earth Hour, help shine a light on climate change*

*Switch off your light and switch on your social power!*

Join the global Movement! Celebrate Earth Hour on March 29<sup>th</sup> at 8:30pm.

Earth Hour's mission is uniting people to protect the planet by raising awareness of about climate change and encouraging positive action.

Earth Hour is more than an event. It is a movement that has achieved massive environmental impact, including legislation changes by harnessing the power of the crowd.

### Ideas for your family to do for Earth Hour!

A simple event can be just turning off all non-essential lights on March 29<sup>th</sup> from 8:30-9:30 pm. For one hour, focus on your commitment to our planet. To celebrate, you can:

- prepare a candle lit dinner
- talk to your neighbours, or invite people over
- stargaze, or go camping in your backyard
- play board games, or charades
- host a concert, or a sing-a-long
- create or join your own community event
- have an Earth Hour every month!

The possibilities are endless!

(Select information taken from: [www.earthhour.org](http://www.earthhour.org))



## March's Environmental Theme: Reduce, Reuse, Recycle

The environmental theme for this month is not a new one. We are talking about Reduce, Reuse, Recycle. These are the 3 R's of environmental stewardship and by practicing them we will help planet Earth. Did you know all of them are not created equal? The best one of the three is: Reduce.

Reduce means to use less of something. This is the best of the 3 R's because we don't even use our natural resources to begin with! What could we use less of? There are many things you can think of. Use less water, or use less paper, or – very important - buy less 'stuff'.

Recycle is critical if we want to keep things out of the landfill. More and more items are starting to be recycled, so be responsible and put them in the proper containers provided. If you don't, they end up in the regular garbage and harm nature by forcing us to create more garbage dumps that pollute our planet. We also need to make sure toxic items like paint and batteries don't end up in the garbage, but are brought to the hazardous waste depot. And never throw out your old smart phone. Take it back to your cell phone company for recycling. It contains minerals that are being mined in areas that are destroying precious habitats.

The Möbius loop is the universally recognized recycling symbol. It consists of those 3 circular arrows. We can put compostable items into our organic bins, like food scraps including fruit & vegetables, dairy, meat, breads, as well as paper tissues and paper towels. We can recycle containers including plastics, glass, metals and tetra paks and milk cartons. And we can also recycle paper, boxboard like Kleenex boxes, and cardboard. So DO NOT throw these items into the garbage at home or the garbage containers here at school. Find the right recycling bin. Let these items be turned into something new again!

***Slogan of the month: Don't trash our future! Recycle!***

## Transition Plans

While it may feel like it is early in the year to think about moving on to the next school year, plans are underway to ensure that students have a successful transition in September. For students that are changing schools, visits will be arranged. Specific transition plans are particularly important for students with an Individual Education Plan and therefore are a required component of any IEP. For many students, the support provided to the whole class is all they need to have a successful transition; however, other students may need more specific goals and support to help them deal with a variety of changes throughout the day.

### **Common transitions that can be addressed on a transition plan include:**

- entry to school
- move to a new school or new grade/teacher
- transition to post-secondary: workplace, apprenticeship, college, university, community etc.
- in school transitions could include: starting/stopping activities, leaving the classroom, going to recess/gym, going on field trips

### **As a parent, you can play an important role in transition planning for your child by:**

- working together with school staff to discuss the transition goals
- providing visits to the new school
- talking about the transition in a positive way
- looking at pictures of the new teachers and school building
- reading social stories to give your child the reassurance they need

***Preparation is crucial for transitions to be successful, and a team approach between home and school is key.***

# Talking About Mental Health

## Kids Do Well If They Can - Collaborative Proactive Solutions

In our schools we use a positive supportive approach with all our students. One such approach that we follow in our schools is Collaborative Proactive Solutions (CPS). This is a very effective way to help children and youth who are struggling by working with them to building skills and resources.

Dr. Ross Greene, who developed Collaborative Proactive Solutions, believes that **Kids Do Well If They Can**. If they are not doing well it is because they're lacking the skills not to be challenging. If they had the skills, they wouldn't be challenging. Dr. Greene also stresses that **Doing well is always preferable to not doing well** (*if a kid has the skills to do well in the first place*).

When children and youth are faced with challenges that are too much for their skills and resources, they often engage in challenging behaviour because they do not have the skills to engage in positive behaviour.

Challenging behavior in children and youth is best understood as the result of lagging skills (in the terms of flexibility/adaptability, frustration tolerance, and problem solving) rather than as the result of lack of motivation on the child/youth's part. And second, the best way to reduce challenging behaviour is by working together with the child/youth – collaborating – to solve the problems setting them in motion in the first place.

Dr. Greene's Collaborative Proactive Solutions is a very successful approach for children and youth presenting with a variety of challenging behaviours, which is why we use this approach in our schools.

Dr. Greene also has many tips for parents, so they can use Collaborative Proactive Solutions at home. If you are interested in learning more, please see his website:

<http://www.livesinthebalance.org/parents-families>

Information for this article has been taken from Dr. Ross Greene's website.

## Diversity Survey

This winter, the UGDSB is conducting a system-wide survey, to help the board understand the demographic makeup, diversity and ongoing needs of our student population. We are asking for your assistance in helping promote the survey to your staff, students, parents and school councils.

### General info:

- 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
- 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+
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### Survey info:

- The survey will be live from March 4 to April 4, 2019
- Survey participants can access the survey at [www.ugdsb.ca/diversity-data](http://www.ugdsb.ca/diversity-data)

## Talking About Mental Health: March 2019: Random Acts of Kindness

Did you know that there are scientifically proven benefits of being kind! That's right. Just the act of being kind has been shown to stimulate the same part of the brain as those who receive an act of kindness. The simple act of kindness can:

- Reduce the stress hormone cortisol
- Increase sense of positive mood and satisfaction
- Help with physical health including lowering blood pressure
- Increase sense of happiness
- Increase feelings of "calm"
- Improve the mood of somebody simply witnessing the act of kindness

Kindness is also something that is TEACHABLE. Dr. Ritchie Davidson of the University of Wisconsin states that: "It's kind of like weight training, we found that people can actually build up their compassion 'muscle' and respond to others' suffering with care and a desire to help."

As a family, you can:

Make a conscious effort to recognize and say something kind about each other or someone else

- Give everyone in the family sticky notes to leave kindness notes to each other around the house
- Challenge everyone to do a random act of kindness every day for a week and have dinner time discussion about what everybody did that day
- Make an effort to identify and appreciate kindness that has been received

The weather may not be "playing nice" with us here in Southern Ontario these last weeks but we can still give our brain and our mental health a winter "boost"! So go out and notice kindness, receive kindness and give kindness this month.

Jenny Marino, Mental Health Lead  
Follow me on Instagram @ugdsb\_mental\_health



### Tap Water Tuesdays

Tap Water Tuesdays is starting again in March until the end of April. If you have any old, gently used and unused water bottles at home, please bring them in so that we can sell them to students who don't have one. This year, there is a \$20 gift certificate that we are giving as a prize at the end of the each month.

Participants' names will go into a draw and one name will be drawn for each month.

Thanks for your support for Tap Water!