



Victoria Terrace P.S. News

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APRIL 2019

From the Principal's Desk

I hope you all had a wonderful March Break! We can look forward to warmer temperatures, more sunshine, and many exciting learning experiences that are being planned for the last three months of the school year.

This is an early reminder that Grade 3 and 6 students will once again be writing the Primary and Junior annual EQAO Provincial Assessment of Reading, Writing and Mathematics. The test will be administered by the classroom teachers between Tuesday, May 21st and Monday, June 3rd. We ask parents of Grade 3 and 6 students to make every effort to avoid having their child(ren) miss school during this time, and please avoid scheduling any appointments on these days if at all possible. Your child's teacher will provide you with specific times and dates for the EQAO assessment. If you have any questions, please contact your child's teacher or the office.

Mrs. W. Shannon

Dress for the Weather!

As the weather improves and spring blossoms, we are sure to experience rainy days and more variable weather. Please ensure your child is properly prepared for school with appropriate clothing and footwear. An extra pair of socks is always handy to have, and please remember that even in the nicer weather, we still require students to have indoor shoes and outdoor footwear. Any students exploring in the mud and water should have splash pants and rubber boots. Thanks so much for your help in keeping our students comfortable and our classrooms and learning areas clean!

Spring Drills

We are required each year to conduct fire, tornado, bomb threat and secure and hold (lockdown drills) on a variety of occasions. To keep students mindful of the emergency procedures that are in place at Victoria Terrace P.S. In the next three months, we will continue to practise these drills, to ensure that students remain calm and composed during any emergency situation.

If you do not have a tornado or fire plan for your home, you might consider creating one to ensure that your family knows what to do in case of an emergency.

Your Help, Please - Daycare Needed

We have some Victoria Terrace P.S. families who are looking for daycare, both for the next three months and for the next school year. If you are currently providing daycare or plan on providing it in September, either before and after school and/or during the day, please feel free to place an ad with your information on the bulletin board in the Community Use foyer.

Creative Playground Use

Our playground is designated for users ages 5-12 and we do not provide supervision, maintenance and inspections outside of school hours.

As soon as we are able to access the area, the Board grounds department will provide an inspection and a top-up, allowing the ground to breathe and release the frost. When the ground is thawed, the weather is warmer, and it is safe to do so, we will announce the playground is open for use. Please remind your child to listen for announcements telling them when they can return to play in this area.

Safety rules to be observed are:

- No fighting
- No touching – keep hands, feet and body to yourself
- No eating on the playground equipment
- No throwing sticks, stones, wood chips or other objects
- No tag, chase games or running in the area of the playground structure
- No outdoor play equipment to be used within the playground structure e.g., balls, skipping ropes, string, etc.
- No scarves or loose drawstrings (e.g., from a hoodie) are permitted on playground equipment

You should also know that in the event of an injury, students and staff are reminded that the injured person should not be moved, and a supervisor with first aid training must be notified immediately.

We know how much our students enjoy the play structures. We make safety during play our primary concern and will be reminding students and staff on a regular basis about the playground rules. We hope you will reinforce them at home with your child.

Autism Awareness Day

On April 2nd, Victoria Terrace invites students and families to wear blue to support World Autism Awareness Day (WAAD).

This day spreads awareness and understanding of autism, celebrates and honours the unique talents and skills of people with autism and brings attention to the needs of all people on the autism spectrum. Let's wear blue for WAAD! There will be mini cupcakes with blue icing for sale for \$1.00 in support of Autism Awareness.



Let's Move...

Keeping fit and taking care of your health is every bit as important as taking care of your education. Walking to school is great exercise and a great way to keep your body, as well as your mind, active. Have your child walk to school, and please help us reduce traffic congestion near the school!

Late for School...

Parents are reminded that entry to the school in the morning is 8:45 a.m. This gives students plenty of time to prepare themselves for class. Please help us stress how important it is to be on time. The vast majority of late arrivals are avoidable. Together we can help our students understand the value of being on time and prepared. Also, please remind them that they must come to the office for a late pass. The pass will let the teacher know that the office is aware of the student's arrival and that will save a call home. Thank you for your cooperation.



Eight Keys of Excellence

The staff and students at Victoria Terrace P.S. work very hard every day to be mindful of the “Eight Keys of Excellence”, and they are posted in all classrooms as a constant reminder of the importance of these life skills from childhood right through to adulthood. Please continue to support your child with these values, and consider using the same wording to model and reinforce these concepts at home.

Ownership: It’s always a much easier thing to look at a situation and think how it could have been if someone or something was different. Instead, guide your child to take responsibility and be accountable for his/her actions, and the part that he/she played in creating the problem.

Speak with Good Purpose: Your words need to be as kind as your actions. Teach tolerance and understanding by remembering not to say hurtful things to others. Remind your child to pause and to think about the words he/she says and to imagine how he/she would feel if someone called him/her those names. Encourage your child to go a step further and stand up to classmates who speaks that way. (“I feel sad that you said... Please don’t say that.” Walk away.)

Flexibility: Change isn’t easy for anyone, but it is a fact of life. We can’t always control the situations we are in, based on circumstances that have nothing to do with us. Encourage your child to be open to change or a new approach, and recognizing that there might just be a more positive outcome on the other side. Just go with the flow!

Integrity: Having integrity is knowing in your heart what is right, and knowing how to treat others well. Examples: we value honesty, so we tell the truth. We value kindness, so we treat each other kindly. When your values and behaviour match, you have integrity. Integrity means we do the right thing, even when nobody is watching. You know the right thing to do – just do it!

Failure Leads to the Sweet Smell of Success: Failure, although disappointing, can also be viewed as an opportunity to simply provide you with the information you need to learn from your mistakes, and succeed in the future. Encourage your child not to be afraid of making a mistake, but to recognize that there is always a lesson to be learned from doing so, and in taking steps to improve the next time. This will also help to build resilience in your child and a problem solving spirit! FAIL = First Attempt In Learning.

Commitment: With busy lives, sometimes juggling too many things can become overwhelming. Instead, try to help your child to be mindful of “less is more” – not trying to do too many things, but doing whatever you do well. Help your child to follow through on promises and obligations, and doing whatever it takes to get a job done to the best of his/her ability.

Balance: Keep your mind, body and spirit in alignment.

This Is It: If your child decides to be unkind, it is hard to take something back. This is why it is necessary to always have integrity. Should a difficulty arise, your child can always take ownership for his/her actions. It is important to teach your child to focus his/her attention on the present moment, making the most of whatever life has to offer here and now. Life is not a dress rehearsal... have fun and enjoy it!

Chocolate Bar Sales for School Council Fundraiser:

The School Council is busy raising funds for the additions to our school playground. A very dedicated Playground committee is planning structures and ideas that will engage our students in imaginative play throughout the school year. Each family will receive a box of chocolate bars to sell on April 1st unless you sign the information letter at the bottom.

Child Abuse Prevention Policy and Program

The Upper Grand District School Board places a high priority on the safety of our students. The Child Abuse Prevention Policy is evidence of our commitment to this priority. The following is a quote from this policy:

“Every citizen in the community shares a responsibility for our children. School officials and teachers share this collective community responsibility for creating safe and nurturing environments for children. Under the Child and Family Services Act, this responsibility includes the legal requirement to report to the local Children’s Aid Society any suspected child abuse or other situations where a child may be in need of protection. Teachers and other Board employees have a special opportunity to know and understand children during their most influential years of development. They are in a unique position to be able to see early signs of maltreatment, and to know or hear about the abuse and neglect that is often suffered by children.”

As required in the Policy, we teach age-appropriate lessons to help our students identify abuse and protect themselves from abusive situations. The goal is to provide children with the tools they need to keep themselves safe. The lessons cover a broad range of safety issues including bullying, stranger danger and abuse by a known and trusted adult.

During the school year, students in grades one, three and five are taught either the **C.A.R.E.** kit put out by the Red Cross society or the “Kids in the Know” Personal Safety program by their classroom teachers with the support of the Child and Youth Counsellor. There is no formal program in grades 2, 4 and 6, although the safety concepts are reviewed by classroom teachers informally.

We encourage you to discuss with your child at home, the concepts taught in the Child Abuse Prevention Curriculum.

For more information regarding the Child Abuse Prevention Policy and/or Programs please contact Wilma Shannon, Principal, or Rhonda Spindley, Child and Youth Counsellor.

Talking About Mental Health: April 2019: Jumpstart your Brain this Spring

Did you know that you can actually boost your brain power and increase your focus, ability to concentrate and your overall sense of wellbeing? So how do you do this?

Feed Your Brain: Did you know your brain uses up to 20% of the calories that you take into your body? A well-balanced diet can provide your brain with much needed energy and increase your ability to focus and concentrate. Some high-quality brain foods are blueberries, salmon, nuts, avocados and whole grains. As a family you can journal what you are eating and then engage in a conversation and reflect on what you are feeding your brain.

Get Quality Sleep: It is estimated that approximately a third of school aged children in Canada are not getting the required amount of sleep. Sleep actually restores the brain and supports memory, thinking and creativity! Try stopping screen time at least an hour before bed. Don’t drink sugary or caffeinated drinks. Is your brain getting enough recharge time?

Get Outside and Move: Even just 20 minutes of walking can increase your brain power. Try and charge your brain with fun, family friendly exercise. Walk around the neighbourhood and try and find all the spring buds and other signs of spring. Try and count your steps for one minute – it’s not that easy!! Fresh air, exercise and movement are all fuel for your brain!

Take a Mental Vacation: Take 3 minutes and close your eyes imagining a place that you love or wish you could see. Focus on the smells, the sounds and sensations. When we visualize something, our brains respond the same way as if we were actually there. Just 3 minutes of a mental vacation can put your brain into “relax” mode.

Be Creative! Creativity can increase focus and sense of calm. Pick a craft or project to do as a family. Make a springtime collage of all things spring: images from magazines, words, drawings, items you find outside, etc. Taking the time to engage your brain creatively will give your brain a boost!

Exercise Your Brain: Exercising your brain is as important as exercising your body! So how do you do this? Do a crossword puzzle or a word search. Anything that gets your brain thinking and being strategic will do! Play a game of chess, make some origami art or even playing hide and seek! These activities may not feel like work, but they are doing great things for your brain!!

And, as always, remember that there are many people who are struggling. Stay kind, be a good listener and talk to someone if you are needing support!

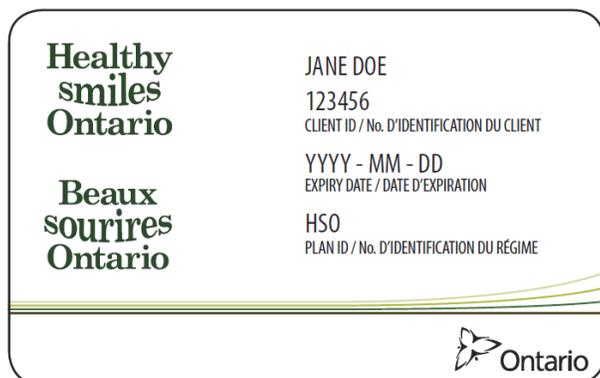
Jenny Marino, Mental Health Lead
Follow me on Instagram @ugdsb_mental_health

Information from Public Health:

Free dental care for children and youth (17 and younger)

If you can't afford dental care, we have FREE services for your children at Public Health. We provide free basic dental care, including cleanings, x-rays, check-ups and treatment to children and youth. Our dental hygienists provide preventive services (e.g. cleanings) out of all Public Health locations. Our dentist also provides dental care to children and youth enrolled in the Healthy Smiles Ontario program, and is located in Guelph at our 160 Chancellors Way office.

Have this card? Call Public Health to book an appointment.



For more information about our dental services or to book an appointment, call our Dental Line at 1-800-265-7293 ext. 2661. Visit our website for more information: <https://www.wdgpUBLICHEALTH.ca/your-kids/dental-oral-health>



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 the country to connect with nature and build resilient communities as foster an intrinsically motivated, enduring commitment to stewardship and conservation. <https://earthday.ca/about/>



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Earth Day 2019 Theme: Protect our Species

All living things have an intrinsic value, and each plays a unique role in the complex web of life. We must work together to protect endangered and threatened species. Go to <https://earthday.org> for some quick facts on the current wave of extinction and additional information about this problem.

Ideas for your family to celebrate Earth Day:

- **Review last year's Earth Day Theme on ending plastic pollution**, as this important work continues. Make a pledge to always carry a reusable shopping bag, use alternates to Ziploc bags, buy in bulk, refuse to buy-over packaged products and make litter-less lunches. Download your Plastic Pollution Primer to learn more about this problem help **End Plastic Pollution!** <https://www.earthday.org/yourjourney2018/>
- **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.
- **Learn more about the environment and the effects of global warming.** Encourage awareness and promote the **Reduce** (buy less), **Reuse** (repurpose it) and **Recycle** (sort it right!) 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.

Diversity Data Survey

The UGDSB is conducting a system-wide survey, to help the board understand the demographic makeup, diversity and ongoing needs of our student population. 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.

General info:

- 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+
- A webpage has been set up with additional information and a Q&A at www.ugdsb.ca/diversity-data

Complete the parent survey:

Please complete the parent survey at www.ugdsb.ca/diversity-data between March 22 and April 18, 2019.