



# Victoria Terrace P.S. News

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## May 2019



### Principal's Message

April showers brought snow 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 May 9th 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 6<sup>th</sup> – 10<sup>th</sup>), and our annual Open House, Art Show and Book Fair is **Thursday, May 9<sup>th</sup>, 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 6<sup>th</sup>, 7<sup>th</sup>, 8<sup>th</sup> and 9<sup>th</sup> at first recess only (10:45 – 11:10)** and in the evening of **May 9<sup>th</sup>**. We're looking forward to seeing you and celebrating your child/ren's learning!

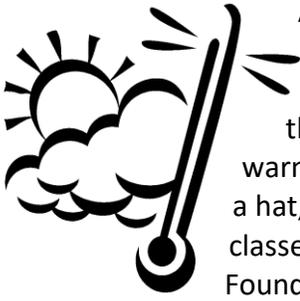
#### Free dental care for children age 17 and under

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](http://www.wdgpUBLICHEALTH.ca)



## 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! Our Lost and Found is overflowing!

## 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 6 students will write during the first week from May 21 to May 24, and the Grade 3 students will write during the second week from May 28 to May 31, 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

## ECO Updates from Ms Mark

April has been a busy month for the Eco Team. Not only are we working hard at regular composting and recycling duties, but the Eco Team's EcoManiacs and some other grade 6 students have been planning a day of activities for Earth Day celebrations on the next sunny day. The grade 1/2s will be enjoying games and activities outside, the grade 2/3 and 3/4 classes will enjoy a visit from the Butterfly Conservatory and the 4/5 and 5/6 class will enjoy workshops with Fashion Takes Action to learn about how clothing is made and the ethical issues our world faces within the wide world of fashion. Feel free to take a look at our Eco Blog for information and images of what we've been up to! <https://mrspcollier.edublogs.org/> The blog is run by students as pictures are taken of our various events! Thank you as always for your support for our ongoing boomerang program, litterless lunches, the Grab Bag Challenge, and Tap Water Tuesdays! Students here at VT are really trying to deeply connect with the actions we can all take for a green and bright future.

## 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 so much!

## 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 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 Tuesday, June 4<sup>th</sup>, with the weather date on Wednesday, June 5<sup>th</sup>. We will need volunteers to help on June 4<sup>th</sup>. Please call the school and give us your name, if you are available to help.

The Centre Wellington Area Track and Field will be held Tuesday, June 11<sup>th</sup> at J.D.

Hogarth P.S. with the weather date on Wednesday, June 12<sup>th</sup>. Children in Grades 4, 5 and 6 should come to school prepared for the day outside, with water bottles, hats, sunscreen and running shoes on those days. If you are able to volunteer to help the school team, please call the school.



## 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 at St. James H.S. in Guelph on May 13. The weather date is May 15. 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.

## 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.

## 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!

## Health Curriculum

This school year, the Ministry of Education has requested that the Human Development and Sexual Health expectations from the 2010 Physical Education curriculum be taught to students. 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. Discussions may arise at home and we wanted you to know that our grade 1/2, 2/3, 3/4 and 4/5 class teachers will be teaching this part of the curriculum in May. Our grade 5/6 class has covered this unit during the winter term. 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>.

## Lego Skills Competition Update from Mrs. Pinkney

On April 4, 2019 a group of Victoria Terrace students competed in the Lego Skills Competition at the University of Guelph. They competed in two events, Lego Mechanics and Lego Robotics. Each team has to work together to achieve a specific goal that is revealed on the day. The Mechanics group, which consisted of Quinn Steinke, Rowen Fletcher, Colton Holmes and Brody Peate, had to develop a vehicle that would push obstacles off a 'road'. The Robotics group, which consisted of Sam Kelly, Jett Balkwill, Simon Bowman and Reid Klages, had to program a pre-made robot to follow along a path of a model and flick a light switch, flush the toilet, rotate a solar light and take out the trash. Both groups worked well together and maintained a great attitude as they consistently made adjustments to their build and re-evaluated their models. Thank you for representing Victoria Terrace in such a positive way!

## Jump Rope for Heart Update from Mrs. Ososki and Mrs. Dietrich

Jump Rope for Heart kicks off with a whole school assembly on Monday May 6 at 1:45pm!

Jump Rope is a fantastic physical activity and fundraising program that has been run by The Heart Foundation for over 35 years. It is a great way for your child to keep fit while raising money for research and education programs.

Since Jump Rope for Heart started in 1983, schools like ours have helped to raise over \$35 million dollars for the cause. Your child will be bringing home a letter with further information as well as a pledge sheet after the kick off assembly.

Victoria Terrace P.S. will be having our Jump Off Day Monday June 3. This day is a chance for students to get outside and show their newly learned skipping skills. This day will mark the end of our fundraising. All pledge forms are due to the school on this day.

Thank you for supporting our Jump Rope for Heart program!

## Staffing Update

Mrs. Caunter will be away for an undetermined time due to medical reasons. Until her return we welcome Mrs. Stephanie Moddison to her grade1/2 classroom. She is very excited to be joining the learning community at Victoria Terrace Public School. She graduated from the University of Western Ontario with a double major in Kinesiology and Spanish, taking courses in geography, history, mathematics and English as electives. She later did her Teacher Education program at D'Youville College. She has experience teaching in the elementary grades from Kindergarten through grade 8. She is a life-long learner and enjoys taking courses to learn and improve her teaching practice. She lives locally with her husband and three children on his family's farm.

## Monthly Environmental Activities to help celebrate our planet

**May 22<sup>nd</sup> 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. <https://www.un.org/en/events/biodiversityday/>

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



International Day for  
Biological Diversity

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

### 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.

For more ideas on how to increase the biodiversity of your own backyard, go to: <https://biodivcanada.chm-cbd.net/biodiversity-your-backyard>

***Celebrate the diversity of our natural world every day!***

# Talking about Mental Health - May 6-10 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 6-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 7- 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?

<http://youth.anxietybc.com/how-do-it>

On Wednesday, wear GREEN to support Mental Health Awareness.

Wednesday May 8 - 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 9 - 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 10 - 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:

**CMHA Get Loud!** A comprehensive resource and tool kits. <https://mentalhealthweek.ca/>

**Mind your Mind** (online) [www.mindyourmind.ca/Interactives](http://www.mindyourmind.ca/Interactives)

Fun, interactive options for de-stressing for youth.

**Smiling Mind** (Free App) [smilingmind.com.au/](http://smilingmind.com.au/)

An app that guides you through simple, calming meditations.

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

Fun interactive body and mind breaks for kids.

At the end of the week, talk with your child/youth about the things that made them feel more connected, emotionally aware, healthy, empowered and resilient and continue to do those things every day!

Most of all... have a SUPER week!

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