

# Westwood Public School Newsletter – April 2018



## **PRINCIPAL'S MESSAGE:**

Spring has sprung! We are looking forward to the nicer weather as we gear up for an action packed month ahead. There are many upcoming trips and events for students, so be sure to remind your children to update you with notes and permission forms to sign and return to the school.

Our playground will be open very soon and our new slide will be installed any day now. We look forward to having the playground fully functional for our students to enjoy as the nice weather begins!

Congratulations to Ms. Dalzilio on her retirement! The staff and students wish you well! With Ms. Dalzilio moving on, we welcome Ms. Gillian Whitcombe to our school. Ms. Whitcombewill be working with our ESL students. We are very excited she has joined the Westwood team and look forward to the work she will do with our students!

I would like to also take this opportunity to welcome Ms. Vanessa Reid to Westwood. Ms Reid is teaching Social Studies and Science to Ms. McDermott's class as well as French to all or our Grade 4 students. Please feel free to contact her at the school if you have any questions, comments or concerns.

As always, if you have any questions, comments or concerns, please contact me at the school.

Sincerely,

Tara Topping

## **BOOGIE-A-THON:**

Thank you for all of your support in making this year's Boogie-a-thon a success. Together we raised \$3600.00 which will be spent on resources that will go directly to your child's classroom. Thank you so much for your generosity. The students will love the new additions to their classroom!

## **SCHOOL COUNCIL:**

Our next school council meeting is on Thursday, April 5th @ 6:45 p.m. Please feel free to join us as we begin to plan for our Community Garage Sale and Bicycle Tune up Day later this month. Your input is always welcome.

## **EQAO DATES:**

Every year grade three and six students write EQAO. The EQAO dates are May 22nd to June 4th. The specific dates for grade 3 and 6 will be in the May newsletter. More information will be coming home in the future for parents of children in these grades.

## **WET WEATHER:**

We are happy to see that Spring is finally here, however, that means our yard will be extremely wet for some time. Students should remember to dress appropriately, including boots and splash pants. It is also a good idea for students to carry extra clothing (socks, pants, underclothes, T-shirt) in a ziplock bag in their back pack in case of puddle/mud accidents.



## **GRADE 8 GRADUATION:**



Please mark the following date on your calendar. Grade eight graduation will be held on Wednesday, June 27th at 7:00 p.m. in our gymnasium. The graduation ceremony will be followed by a graduation dance.

## **MRS. JOHNSON'S MUSIC NEWS:**



The Westwood Concert Band and the Grade 8 Rock Band are spending a great deal of time practicing for the UGEMTA Music Festival on April 25th.

## **EDUCATION WEEK**

The week of May 7 to 11th is Education Week. We look forward to having all parents present on Thursday, May 10th in the evening for our Westwood Show. We look forward to seeing you and your children that evening. Stay tuned for more information from Mrs. Johnson.

## **INTERMEDIATE DODGE BALL:**

Congratulations to all of our Dodgeball teams who participated at the Tournament March 29 at GCVI. Westwood students had a fabulous time and represented the school well!



## **LATE ARRIVALS:**

Our school day starts at 8:50 for all our other students. Please work with your child(ren) to have them arrive on time. It is disruptive when students do not arrive to class on time. If your student is going to be absent or late please call the school at 519-823-5450 choose extension 100 to leave a voicemail message on our attendance line, which is accessible anytime.

## **DATES TO REMEMBER:**

April 4	Pottery to Go Grades 1-3
April 5	Patrol Review and Recruitment for next year
April 6	Skills Competition Grade 7&8
April 9	Flouride Varnish
April 10	Guest Speaker Julia Barnes for Grade 4-8
April 10	River Run Trip Grades 5&6
April 12	Green Legacy Grade 4
April 13	Green Legacy
April 17	Youth Symposium Grade 8
April 19	River Run Grade 1&2
April 21	Westwood Yard Clean up and School Council Bike Tune up
April 25	Grade 8 Rockband at Music Festival
April 25	River Run Trip Grades 3&4
April 26	Turtle Island Heritage Festival Grade 7&8
April 26	Wonderkids Assembly 11:10 am
April 27	PD Day- No school for students



## **Countdown to Health-Notes from our Nursing Students**

You can help your family reduce their risk of illnesses like obesity, heart problems, and diabetes with 5 simple steps, let's begin the countdown:

**5-** Eat 5 or more servings of fruits and vegetables per day. [Click here](#) for more information on serving sizes or refer to Canadian food guide at [www.canada.ca/en/health-canada/services/canada-food-guides.html](http://www.canada.ca/en/health-canada/services/canada-food-guides.html).

**3-** Eat 3 structured meals per day and limit snacks to 2 or less per day. Preferably eat homemade food and make healthy choices when buying prepared foods.

**2-** Limit sedentary activities like watching TV or playing video games to 2 or less hours

per day. Sitting in front of a screen is not bad but there are risks with *too much screen time*. For more information on screen time and children visit the web site:

<https://www.caringforkids.cps.ca/handouts/screen-time-at-home-healthy-habits>

**1-** Aim to get 1 hour of moderate to vigorous intensity physical activity per day. For more information about physical activity, please visit

<https://www.canada.ca/en/public-health/services/health-promotion/healthy-living/physical-activity/physical-activity-tips-children-5-11-years.html>

**0-** Limit drinking of sugar sweetened beverages like pop and fruit drinks. Instead choose water, milk and freshly made juices.

Count down through these steps for achieving a healthy lifestyle that will improve your health and that of your family.