



Westwood Public School Newsletter – May 2018

PRINCIPAL'S MESSAGE:

Westwood has been a busy place and the trend is likely to continue for the remainder of the year. Sports teams have been busy representing Westwood and our junior students were working hard at Green Legacy. This month our Grade 3 and 5 students will be swimming at the West End Rec Centre. Our Intermediate students have had several opportunities to learn about First Nations, Metis and Indigenous Peoples through guest speakers and experiences such as the Blanket exercise along with a field trip to Turtle Island. Experiential learning is powerful for students and it is wonderful that our students are given these opportunities.

A new slide is coming to our playground very soon. Thank you to School Council for funding the new slide. It is scheduled to be installed any day now!

EQAO testing for our Grade 3 and 6 students begins Wednesday May 23 and runs until Wednesday May 30. Please ensure your child (ren) arrive to school on time and if possible, any appointments be scheduled for alternate times. If you have any questions, please contact me at the school.

Our annual Westwood Show is happening May 10th at 6:30pm in the gym. There will be class and individual performances celebrating the Arts. The Book Fair will also open before and after the Westwood Show. Looking forward to seeing you on the 10th!

Have a wonderful month of May!

Tara Topping
Principal

EQAO:

The EQAO assessment for Grade 3 and 6 students will be administered starting Wednesday May 23-May 30. Please ensure that your children are not absent from school during the test and that they arrive to class on time. It is essential, too, that students are well rested so that they are able to perform to the best of their abilities on these provincial assessments. Decreasing the number of hours of screen time at home has shown to positively benefit students performance on the assessment. Please reassure your children that these assessments are an opportunity to "show what they know." Remind them that teachers have prepared them well.

Feel free to check EQAO learning resources for students and parents at: www.eqao.com. If you wish, have your children practice writing the assessment but, please make sure that this is done in a fun and encouraging way, devoid of any pressure.

SCHOOL COUNCIL:

Happy May Westwood Families! We will meet Thursday May 3rd at 6:45pm in the Community Room. Hope to see you there.

WESTWOOD'S SAFETY PATROL TEAM:

Students on our Westwood Safety Patrol Team perform a very important duty each and every day of the school year. It is their responsibility to look out for the safety of our students as they walk to and from school. In order for this to happen, patrollers need the respect and cooperation of all Westwood students. As parents, you can help by encouraging your child to obey safety patrollers at all times and use the patrolled crosswalks.

Looking forward to our Galaxy theatre trip with you this month. Thank you for your hardwork and dedication

Recruiting Students for Westwood's 2018-2019 Team:

We are currently recruiting students for next year's patrol team. Students new to the patrol program have begun training. There are still a few spots open. Students in grade 4-7 who are interested in becoming a Safety Patrol should see Mrs. Manderson for an application form.

GRADE 8 GRADUATION:

Plans for the 2016 Grade 8 Graduation ceremony have begun. The ceremony will take place on **Wednesday June 27th at 7:00 p.m.** A letter with details will be sent home next week. We need volunteers! Please fill out this form to help make the Grade 8 Graduation great!

<https://goo.gl/forms/swUxs6Zsg5xRV4by1>



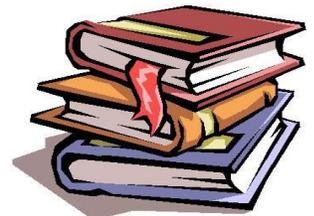
CHANGING SCHOOLS?:

Are you moving before September 2018?

Please notify Ms Bulmer at the Westwood Public School office if you are planning to move before the fall. Please register at your child's new school as soon as possible. Changes such as this will impact our class placements. Thank you!

LIBRARY:

There is a Bookfair in the Library starting Monday May 7th. It will be running before and after school until Thursday as well as the evening of the Westwood Show. Be sure to come check it out!



DATES TO REMEMBER:

- May 2 Emergency Preparedness Day Gr 4
- May 2 Rainbow Conference Gr 7/8
- May 3 School Council@ 6:45pm in the Community Room
- May 3 Grade 3 Swimming
- May 7 Grade 5 to EcoStars
- May 7 Book Fair begins
- May 9 Holocaust Centre Visit Gr 7/8
- May 10 Grade 3 Swimming
- May 10 Westwood Show 6:30pm
- May 15 Red Maple Book Club to Toronto



May 17 Sharks Swimming Grade 5
May 21 Victoria Day Holiday
May 23 JK Parent Information Night
May 23 EQAO begins Grade 3 & 6
May 26 Run and Read Race Day in Toronto
May 30 Grade 7 Immunizations in the gym

MENTAL HEALTH AND WELLNESS WEEK:

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-ty 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/>

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

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.

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

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

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.

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

Celebrate the diversity of our natural world every day!