



Westwood Public School Newsletter – June 2018

PRINCIPAL'S MESSAGE:

Our playground slide is finally in working order! Thank you for being patient as our contractor struggled to get this job completed in timely manner. Many thanks to our Westwood School Community as it was your money that purchased our new playground slide. Thank you School Council for your on going support. The students are very excited!!

Our Grade 8s will soon be are looking forward to Graduation. A detailed letter has been sent home with Grade 8 students. If you did not receive the letter, please contact your child's teacher. We want to make it a special and memorable evening for the students and plans are well underway. If you are able to assist with the evening, please sign up at bit.do/wwgrad.

Over the summer, video cameras will be installed on the exterior of the building. This is great news as it will decrease the amount of vandalism that is occurring on our property over night and on the weekends.

If you know of any families new to our area, or those who have school aged children that have not yet registered for school in September, please encourage them to contact Ms. Bulmer our Office Coordinator at the school. We are able to register children anytime during the week between 8:15am-4pm.

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

Have a wonderful June!

Tara Topping
Principal
519 823-5450 ex 223

#EATTOGETHER CAMPAIGN:

June 22nd is 2nd annual President's Choice #EatTogether Day and our school has been selected by our local Zehrs for an #EatTogether breakfast. Breakfast will be provided in the morning on Friday June 22nd so feel free to send your child(ren) to school hungry. Students will be invited to enjoy a delicious and nutritious breakfast with their fellow classmates in the gym so they can enjoy eating together. Zehrs on Imperial Rd will also be hosting a FREE BBQ at the store later on in the day from 3-6pm so feel free to check it out with the whole family! Want more information? Check out:

<https://eattogether.presidentschoice.ca/>

SCHOOL COUNCIL NEWS:

We're in the home stretch of the school year and the nice weather is finally here!

Parent Council has been busy with plans for the **End of Year Yard Party**. Celebrate with your kids, other families, and school staff on **Thursday, June 21 from 5:30 – 7:00 pm** in the yard of the school. Bring your blanket and chairs and take part in fun activities, music, and food. More information will be sent home soon, so keep an eye out in your child's agenda!

Want an easy way to get involved? Get in touch (sc.westwood@ugdsb.on.ca) and let us know if you can help out for a bit that evening.



LIBRARY NEWS:

Overdue book lists will be showing up to remind students and their families that all books are due back to the library by **FRIDAY JUNE 16!** If your child has lost a book, there is a \$10.00 replacement fee. Help us keep a library with lots of great reading!



VOLUNTEER TEA:

Thank you to all of our volunteers! Without your help, our trips, events, reading programs and food programs would not be possible. Please, if you are able, join us so we can appreciate you on June 27th from 2:30-4:00pm. 2017 Westwood PS Volunteer Tea



Tuesday, June 26 from 2:30 to 4:00pm
Westwood PS, Library
Refreshments & Entertainment will be provided.

SCHOOL OFFICE CLOSURE:

Please be aware that the school office will be closed as of **June 29th**, at 4pm and will re-open **Tuesday, August 28, 2018**. If you need assistance over the summer, please contact the UGDSB office at 519-822-4420. Registration for new students will be on Wednesday, August 29, 2018 at the

school.

RECORDING SCHOOL EVENTS AND PRIVACY:

It is a wonderful community activity to present school plays, assemblies and other events. However, there is a risk that recording such events will invade the privacy rights of students, parents and staff.



This is a reminder to parents, students and community members that personally recording school events and then subsequent public posting those recordings on social networks like Facebook or You Tube is not respectful of the privacy rights of all those parents, staff and particularly students whose images they share without their knowledge or permission. Please contact the school if you have any questions or concerns.

DATES TO REMEMBER

June 1	EQAO is done!
June 4	Intermediate trip to the Holocaust Centre
June 5	Achieving by Believing Awards 5:30pm Fergus
June 6	Junior Track and Field
June 6	Intermediate trip to the Holocaust Centre
June 7	Election Voting Station in the gym
June 8	PD Day No School for Students
June 12	VIP presenting to Gr 6
June 12	Bike Safety Gr. 3-5
June 13	Westwood Spring Carnival Day
June 14	Junior City Track
June 14	Shark Swim Gr. 5
June 18	Mountsberg Trip Gr 1-3
June 18-22	Grade 8 trip to Camp
June 19	Hydro Presentations JK-3 and 4-8
June 20	Rockwood Trip Grade 7
June 21	Westwood Yard Party 5:30-7pm
June 22	#EatTogether Event
June 26	Volunteer Tea 2:30-4:00pm
June 26	Report Cards Go Home
June 27	Grade 8 Graduation 7pm
June 28	Year End Assembly and Last Day of School
June 29	PD Day
Sept 4	First Day of School

MENTAL HEALTH:

Talking About Mental Health June 2018– **Successfully Shifting from School to Summer**

The weather is getting warmer, days are getting longer and summer is just around the corner. It is an exciting time of the year but it can also be a struggle. There is often an increasing restlessness, distractability and anticipation as the end of the school year approaches. School is wrapping up and it is time to think about how to have a good transition from school routines to summer vacation. The shift from school year to summer break is easy for some, but more challenging for others, particularly those children and youth who experience anxiety or have difficulty with transitions.

A good transition to summer is important and can lead to a more positive, fun summer experience.

Here are some practical tips to make a smooth transition from school to summer:

Post the summer schedule. Have your child or youth contribute to a family calendar. Be sure to note blocks of unscheduled time as well.

Make a list of places and people to visit when time permits and the mood strikes. Summer is a good time to stop by the library, bike trail, or concert-in-the-park that you can't seem to get to during the school year.

Prepare your child for their scheduled activities. If possible, visit the locations where they will be during day camp or day care in advance. Have your child talk to counselors, caregivers, as well as other kids who have enjoyed those same situations and settings.

Get outside and enjoy the summer. Try to limit the amount of time online, watching TV, or playing video games. Be active and get plenty of sleep and exercise. Being outside, such as going for a walk or playing in the park elevates our mood and makes us feel less anxious.

Looking for Activities To Do:

<http://guelph.ca/living/recreation/recreation-programs/>

<https://www.centrewellington.ca/beactive/Pages/Recreation,%20Parks%20and%20Facilities/Community-Guide.aspx>

<http://wellington-north.com/government/departments/recreation>

Hope you have a wonderful, relaxing, fun summer. However, if you find mental health challenges to be increasing or causing more difficulties over the summer, seek out mental health or addiction supports for your child/youth, you and your family.

Summer resources for Mental Health and Addiction supports:

Your family physician and family health teams in Guelph, Wellington, and Dufferin are excellent resources.

Canadian Mental Health Association WWD (CMHAWWD):

Tuesday Walk In - 1:30-7:00, 485 Silvercreek Parkway, Guelph.

To access services for Children, Youth and Adults in Guelph/Wellington: : 1 844 HERE 247
(1 844 437 3247)

<http://here247.ca/>

Family Counselling and Support Services:

Walk-in, Wednesday, 1-7, sliding scale, based on ability to pay, but will not turn anyone away. 109 Surrey St E, 519 824-2431.

<http://familyserviceguelph.on.ca/>

KidsHelpPhone 1 800 668 6868. <http://www.kidshelpphone.ca/>

Jenny Marino is the Mental Health and Addiction Lead for Upper Grand District School Board Follow me on Instagram @ UGDSB_Mental_Health

Math on the Go!

Card Games to Develop Math Skills For All Ages

Are you looking to help your child to develop his or her math skills at home in a meaningful and engaging way, while spending quality family time together? Why not try some card games! Playing a card game can take as little as 5-10 minutes. Next time you find yourself trying to entertain your child while waiting at the dentist office or at a sports practice, why not bring along a deck of cards and play a couple of card games with your child. This is a great way to connect socially with your child, while practicing math skills. As author Marilyn Burns says in her book, *Win-Win Math Games*: "Games help to lift math off the textbook pages, and they support students' learning about numbers and operations."

(Retrieved on May 1, 2018 "Acing Math One Deck At A Time, The Positive Engagement Project"

http://www.pepnonprofit.org/uploads/2/7/7/2/2772238/acing_math.pdf)

Card Sort (Grades K - 3)

Players: Individual or groups of two

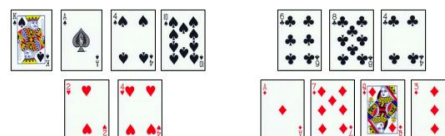
Materials: Deck of cards

Skill: Number recognition and group, sort, or categorize by attribute

How to Play: As a group, or individually, have students use the full deck of cards to sort and create groups by attribute. Some sorting possibilities are by color, suit, or number.



Students can sort by color.



Students can sort by suit.



Students can sort by number.

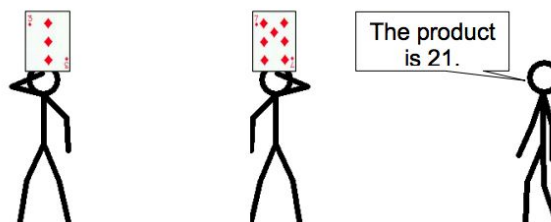
Reading Multiplication Minds (Grades 3 - 6)

Players: Groups of three (groups of four or five for more advanced)

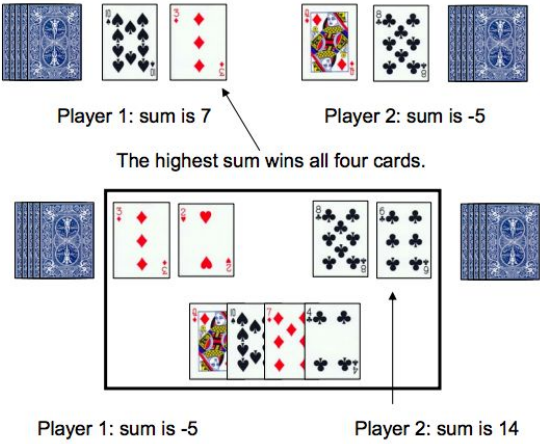
Materials: Deck of cards

Skill: Multiplication, product

How to Play: In this game for three players, one student is the leader and the other two are the "mind readers".



The two players each draw a card and, without looking at it, hold it up to their foreheads so that everyone else can see it, but themselves. The leader announces the products of the two cards. Each "mind reader" must figure out which card is on his or her own forehead and say it aloud.

	<p>When both “mind readers” have figured out their cards, a new leader is chosen and the game continues. With Reading Multiplication Minds, all players get practice with products and factors in every round.</p>
<p>Integer Addition Number Battle (Grades 5 - 8) Players: Groups of two Materials: Deck of cards, Ace worth 11, Jack worth 12, Queen worth 13, King worth 14, scratch paper Skill: Number recognition, positive integers, negative integers, and addition How to Play: Black cards are positive numbers; red cards are negative numbers. Players split a deck of cards and simultaneously flip over their top two cards. Remember -2 is greater than -7.</p>	 <p>The highest sum wins all four cards.</p> <p>If the cards sums have the same value, the cards are placed in a center pile. The next hand is played normally and the winner of the next addition number battle takes the center pile as well.</p>

Monthly Environmental Activities to help celebrate our planet



June 5th is World Environment Day!

It is vital to teach our children to respect and take care of the environment.

Celebrate World Environment Day on June 5th 2018!

A Platform for Action- World Environment Day is the Nations’ most important day for encouraging worldwide awareness and action for the protection of our environment widely celebrated in over 100 countries.



United
and is

<http://worldenvironmentday.global/en>

This year’s theme - Take action to #BeatPlasticPollution

On 5 June, spread the message:” **If you can’t reuse it, refuse it!**” Download the informative poster: [“9 Tips for Living with Less Plastic”](#) Make sure you are up-to-date on what can be recycled your local community’s blue bin. Better yet, don’t use single-use plastics!

Ideas for your family to celebrate World Environment Day!

- **Create an event for family, friends and neighbours** - There is no end of ideas that you could take forward for World Environment Day. Surprise yourself! Think about ideas that we can do to help the planet like fixing a problem in your community.
- **Get out into nature** - World Environment Day is all about appreciating the beautiful planet we inhabit. Why not spend a day in a park, hiking a trail or appreciating a forest on the weekend before World Environment Day.
- **Inspire others** – A great idea will naturally attract others who can take a small idea and make it extraordinary. So, with your powers of persuasion, bring on board the people you think can make your idea awesome. Or ask everyone to make their own personal pledge to change one wasteful or harmful habit for the better. Share what you're doing using the hashtag: #WorldEnvironmentDay
- **Have fun:** Make your event for World Environment Day fun, inspiring and interesting. For example, Google events happening locally that you can attend, or check out Pinterest for fun, recycled crafts ideas.

<http://worldenvironmentday.global/en/toolkits#event-kits>

School Newsletter Insert from Wellington-Dufferin-Guelph Public Health June 2018 – Elementary Schools

WDG Public Health is pleased to provide elementary schools with up-to-date information on health topics for their monthly newsletters and announcements to parents. Please find below an insert you can include in your school newsletter and/or announcements if you wish. If you have any questions please contact us at 1-800-265-7293 ext. 4111 or email schoolhealth@wdgpublichealth.ca

Information from Public Health

On Saturday, June 16th, the Balanced Technology Management committee of Wellington, Dufferin and Guelph will be hosting a *Power Off and Play* event for families of children aged 0-12. Come out to Centennial CVI from 10 am - 2 pm to learn about different ways that you can Power Off and Play as a family! Less screen time means that you and your family can have more time to be active, read, and be creative! This is a FREE event and there will be lots of giveaways and fun activities run by various organizations for children ages 0-12.



POWER OFF AND PLAY!

Come out to learn how your family can **Power Off and Play** this summer! Join us for:

- Tips on balancing screen time
- Activities you can do as a family this summer

Lots of fun activities and giveaways for children ages 0-12

For a full list of organizations that will be at the event, please visit: energize.guelph.ca.

Event Details:

 Saturday, June 16th, 2018  10am - 2pm
 **Centennial CVI Cafeteria**
289 College Ave W,
Guelph  **FREE!**

