

# Willow Road Public School



125 Willow Road, Ontario, Canada, N1H 1W4 Tel. 519-821-1760  
Steve Viveiros, Principal Sean Cameron, Vice-Principal  
Email: [willowrd.ps@ugdsb.on.ca](mailto:willowrd.ps@ugdsb.on.ca) Web Site: <http://www.ugdsb.on.ca/willow/>

## April News

### From The Principal

Dear Parents/Guardians,

I truly believe that spring is here! Easter weekend came early this year and coupled with a school closure day we were left with a nice break as we move into the remaining three months of school.

The staff have a number of activities planned for our students over the next three months. Specific details around those events will be sent to you directly as those days draw closer. Our Diversity Day committee is also busy planning the Diversity Day event for this year. More details will be provided, however, the date for the event this year is Wednesday May 4th. We are really looking forward to this event.

As we reach the latter part of the school year, we will start the processes of planning for next year. To do so, it is critically important that we have an accurate count of students that will be with us next year. If you have a kindergarten aged child or know someone who does, please ensure that they are registered for September. In addition, if you know that you will not be returning in the fall, please let the office know.

I hope you have a wonderful month of April! If you have any questions or concerns, please feel free to contact me personally. Thanks,

Steve Viveiros

### STUDENT RECOGNITION

Did you know...? Students may receive "Winit" from teachers who feel they are deserving of recognition for classroom work, citizenship, behavior improvement, or another contribution to the school or community. Winit tickets are put into weekly draws for prizes and school wide recognition during morning announcements.

Students may also receive a WOW certificate. These certificates are intended to recognize the contributions of students at the school. Teachers select students to be recognized and present them with a WOW (Wonderful, Outstanding Wildcat) certificate during monthly, whole-school assemblies. Parents are always welcome to attend! Check the monthly calendar to see when the assembly is scheduled.

### GRADE 8 GRADUATION

The date of the graduation is Tuesday June 28<sup>th</sup> at 7:00 pm. The formal evening will be followed by a dance for the students that will end at 10:00 pm. More details about graduation will be provided as the day draws closer.

### WARM WEATHER ATTIRE

Students must be appropriately covered during the warm weather. Please note the following dress code regulations. Offending students will either be loaned appropriate attire or sent home to change.

- Proper attire is free from symbols of hate, violence, cigarettes, drugs, alcohol, racism or discrimination, obscene words or gestures, inappropriate messages such as anything detracting from a positive learning environment.
- Muscle shirts, spaghetti straps, low-scooped necklines, bare midriffs or backs, or cutouts are inappropriate. Shirts must be clearly 'tuckable'.
- Shorts and skirts must be of reasonable length and miniskirts and short shorts are **NOT** permitted. Shorts and skirts **must** be below your child's finger tips when their arms are relaxed and straight at their sides.

YES	NO	NO
<p>Wearing longer shorts like these <u>under</u> a shorter dress/skirt/shorts is ok.</p>		

- Undergarments should never be visible.
- Socks and running shoes are required for phys-ed and outdoor sports like activities.
- If in doubt, it is likely against dress code. It would be best to change before coming to school. If you have any questions feel free to contact the office at any time.

The customs of our multicultural community will be accommodated with special regard to safety. Fashion trends

change over time. Any decision regarding clothing will be at the discretion of administration.

## BIKE LOCKS

With Spring just around the corner, bicycles will soon be ridden to school once again. Locks are a must in order to bring a bike to school. We do not have any available facilities for storing bicycles.

## SPRING

YAHOO!! Spring is in the air! However, this means our yard will be very wet for a while. Please be sure to send your child in splash pants and boots until our yard has had some time to dry out. An extra outfit including socks in their backpack is also a very good idea. Some of those puddles can be very tricky! Keeping an umbrella in your child's backpack is also a good idea for the season.

## TWO FOR TWO IS WHAT YOU DO!

Brushing your teeth two times a day for two minutes each time helps prevent cavities.

If you don't have dental insurance and can't afford care, we have free dental services for your children at Public Health. At our dental clinics, we provide free cleanings for children. We can help 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)

## SAFETY



It is very important for everyone's safety that everybody follow the posted road signs around our school. Please help keep our community safe.

## BEING PREPARED EACH DAY

Mornings can be difficult. Here are a few tips to help your child prepare a routine to help minimize morning stress and prevent forgetting items at home.

**Check your schedule the night before.** Do you need your P.E. items for tomorrow? Do you have any homework to turn in? Checking your schedule means it will be a whole lot easier in the morning. Pack your bag with these needed items. Make sure that your bag has a compartment for books, P.E. things, and a lunch bag. Making sure that your bag is packed with everything you need the night **before** will help you in the morning.

**Make sure your clothes are laid out the night before.** This will mean you are much more time efficient in the morning. Make sure that they are clean and ironed the night before, and hang them front and center in your closet or drape them over a chair.

**Have a routine.** Make a list of things you will need to do in the morning and any after school activities. Allocate time to each

task. Many people allow themselves an hour to get ready for the day. You do not need to plan out every aspect of your after school activities, but making specific time for things such as your study time, dinner, bath time and bed time helps to keep consistency

**Eating a good breakfast.** Eating a good breakfast improves your performance in the morning. Try not to eat foods that are sugary, try sticking to foods that might give you more energy such as eggs, fruit (apples, bananas, pears and oranges are great choices), granola bars. Always drink milk or orange juice with breakfast. Orange juice gives you a serving of fruit, but milk is the better choice. Milk provides you with vital nutrients that can also keep you feeling fuller during the day. Do not just drink half a glass of water and a bowl of cereal, eat a larger breakfast; it will give you much more energy in the morning.

**Preparing lunch the night before.** Salad, wraps, pasta. Whatever you eat, try and prepare most of it the night before.

**Set aside a special place to do homework.** It should be somewhere away from the TV and other distracting noises. Be sure to have plenty of materials and supplies needed, such as paper, pencils, etc. Have a snack available during study.

## Concussion Awareness Workshop

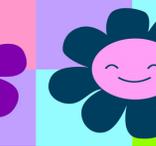
Concussions can have a serious effect on a young, developing brain. Proper recognition and response to concussion can prevent further injury and help with recovery. Children and adolescents are among those at greater risk for concussions due to body trauma at any time.

Although falls and motor vehicle accidents are the leading causes of concussion, physical activity and sports can also cause a concussion.

To address the risk of concussion and to assist parents and students to identify the signs and symptoms of concussion, the Board is presenting free workshops to increase awareness.

Wednesday May 11th 7-80 pm  
Centennial CVI, Lecture Room  
289 College Ave W, Guelph



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY			
<b>APRIL 2016</b>									
					<b>1 – Day 2</b>	<b>2</b>			
<b>3</b>	<b>4 – Day 3</b>  3:15 – 4:15 Fit Spirit	<b>5 – Day 4</b>  3:15 – 5:15 Run & Read  Mrs Brutzki’s Class to Sunrise	<b>6– Day 5</b>  3:20 - 4:45 Wrestling Practice	<b>7– Day 1</b> 3:15 – 4:15 Fit Spirit  3:30 – 4:30 After School Basketball  7:30 – 8:30 Wrestling Practice	<b>8 – Day 2</b>   Jr & Int UGDSB Skills Competition	<b>9</b>			
<b>10</b>	<b>11– Day 3</b>  11 – 1 Fit Spirit Nutrition Workshop  3:15 – 4:15 Fit Spirit	<b>12 – Day 4</b> Mrs Brutzki’s Class to Sunrise  3:15 – 5:15 Run & Read  3:30 – 4:30 Math Bridges	<b>13 – Day 5</b>  3:20 - 4:45 Wrestling Practice	<b>14 – Day 1</b> 3:15 – 4:15 Fit Spirit  3:30 – 4:30 After School Basketball  7:30 – 8:30 Wrestling Practice	<b>15 – Day 2</b> 	<b>16</b>			
<b>17</b>	<b>18 – Day 3</b> 3:15 – 4:15 Fit Spirit	<b>19 – Day 4</b> Mrs Brutzki’s Class to Sunrise  3:15 – 5:15 Run & Read  3:30 – 4:30 Math Bridges	<b>20 – Day 5</b>  3:20 - 4:45 Wrestling Practice	<b>21 – Day 1</b> Grade 1 – 2 – 3 – River Run Trip  3:15 – 4:15 Fit Spirit 3:30 – 4:30 After School Basketball 7:30 – 8:30 Wrestling Practice	<b>22 – Day 2</b>   Earth Day  Int. Wrestling Tournament	<b>23</b>			
<b>24</b>	<b>25</b>  <b>PA Day – No School</b>	<b>26 – Day 3</b> Jr Dance Workshop  3:15 – 5:15 Run & Read  3:30 – 4:30 Math Bridges	<b>27 – Day 4</b>  3:20 - 4:45 Wrestling Practice	<b>28 – Day 5</b> Gr 5 & 6 Aboriginal Heritage Festival  3:15 – 4:15 Fit Spirit  3:30 – 4:30 After School Basketball	<b>29 – Day 1</b>   WOW Assembly	<b>30</b>  			