William C. Winegard Public School

25 Lee St.
Guelph, ON
N1E 7E7
(519) 824-3661
www.ugdsb.on.ca/winegard
williamcwinegard.ps@ugdsb.on.ca

Newsletter
April 2016

Parents - please register for School Cash Online!

ONLINE PAYMENTS NOW AVAILABLE!

For safety and efficiency reasons, we want to reduce the amount of cash and cheques coming into our school. School related expenses such as pizza days, field trips, spirit wear, yearbooks, etc. will be available for online purchase. Please take a few minutes to register so you can enjoy the convenience of online shopping.

Here's How to Register for Online Payments

Step 1: Go to this website - ugdsb.schoolcashonline.com

Step 2: Register by selecting "Get Started Now" and follow the steps

Step 3: Respond to the confirmation email, select the "click here" option, sign in and add each of your children to your household account

More information to come about online payments. Please do the first step and register today. Thanks!!

Continue to stay in touch by…….

Checking out our website: www.ugdsb.on.ca/winegard
Following us on Twitter: @wcwinegardps
Following School Council happenings on Facebook:https://www.facebook.com/williamcwinegardschoolcouncil

PD Day added to this School Year - Monday, April 25th

Please note that an additional PD Day has been included now in this school year. It will take place on Monday, April 25th. There will be no school for students on this day.

New Health Curriculum

The revised Health and Physical Education Curriculum (2015) is mandated to be implemented in Ontario schools this year. There has been a lot of media coverage about this curriculum and you may have questions concerns about what will be taught. The curriculum is not entirely new. It has been in use since 1998 but now includes updated expectations throughout and in particular in the Human Development and Sexual Health area. It has been a long time since the curriculum was updated and much has changed in the world since then. The curriculum as a whole aims to help children understand themselves and others, to think critically to make healthy choices, to develop and maintain healthy relationships, to be safe physically and emotionally and to be physically active for life.

The Human Development and Sexual Health expectations represent a small portion of the overall document (less than 10%). In reality this may be a handful of lessons (2 or 3) depending on the grade level. Teachers will communicate with parents two weeks prior to teaching lessons that are specific to the Human Development and Sexual Health area of the curriculum. Although we are committed to keeping parents informed about formal lessons, please understand that we cannot fully guarantee that some topics will not come up. Many spontaneous conversations and questions happen in classrooms as a result of natural student curiosity or comments. As parents and teachers, it is important to equip our students with the knowledge and skills to keep them safe in an ever changing world.

For more information, please see the following links:

http://www.edu.gov.on.ca/eng/curriculum/elementary/HPEguideRev.pdf

http://www.edu.gov.on.ca/eng/curriculum/elementary/HPEgrades1to6.pdf

http://www.edu.gov.on.ca/eng/curriculum/elementary/HPEgrades7to12.pdf

Family Technology Evening and Book Fair

Here is an important date for your family calendar. On Thursday, May 5th from 6:00 PM until 7:30 PM, we will be having a Book Fair in the library and a Family Technology Evening throughout the school. It will be a chance to do some book shopping and a chance to learn all about how technology is being used in the school and how parents and children can connect more with the educational elements of technology at home. There will be many hands-on learning opportunities for parents and students. Bring your own device to our event to get set up with many helpful school apps and programs that can be used at home.

Jump Rope for Heart

Heart & Stroke's Jump Rope for Heart event is just around the corner! Jump Rope for Heart gets kids active, while raising vital funds for heart diseases and stroke research, education and advocacy. Our school is set to kick off this event on April 12th with a presentation from the Heart & Stroke Foundation, which will focus on the importance of building healthy habits and also helping others. Students will bring home fundraising information after the assembly and they can raise money right up until our event date on Friday, May 13th. This will hopefully be an outdoor event-- stay tuned for more details as the date draws closer. We can't wait to see WCW students learning and showing off some great skipping skills, while supporting such a great cause!

Dates to Note

April 1 - Early Bird Draw for Chocolate Bar Fundraiser
April 1 - Grade 7 and 8 Dodgeball Tournament
April 7 - Grade 3 and Grade ¾ to River Run Centre
April 8 - Junior and Intermediate Board Skills Competition
April 8 - Chocolate Bar Fundraiser finishes
April 12 - School Council Meeting
April 12 - Jump Rope for Heart Kick off Assembly
April 15 - Grade 7 and 8 Students to Empowerment Day in Fergus
April 20 - Grade 1 and ½ classes to River Run Centre
April 22 - Earth Day
April 25 - PD Day
April 28 - JK Parent Information Session - 4:30 PM
May 3, 4 - Grade 6s at Camp
May 5 - Family Technology Evening and Book Fair

School Council

Thank you for all of your support with our chocolate fundraiser. While the event is not finished yet, it appears that it will be a great success! More details in the May newsletter.

Next Meeting
Our next meeting is **Tuesday, April 12th at 6:30 PM** in the library. We realize that evening meetings may be difficult with children at home. **Childcare will be available for our April meeting if needed.** Please email williamcwinegard.ps@ugdsb.on.ca if you would be bringing children to our next meeting. Indicate how many children would be coming and their ages.

Any questions or comments related to School Council can initially be directed toward our Chair, Andy Spencer. He can be reached at andyvspencer@gmail.com
in our governance.

Live Free Day - Success

Thank you to everyone who supported our Live Free event on Friday, March 4th. We raised over $250 for our Healthy Snack program.

EQAO Testing For Grade 3 and 6 Students at WCW

This year, we will have EQAO testing for students in grade 3 and grade 6 on May 31, June 1, June 2, June 6 and June 7. If your child is in grade 3 or grade 6, please avoid booking appointments or trips during this time. See below for information about EQAO testing.

Tornado Drill and Fire Drills

Each spring, we do one tornado drill and three fire drills. This is to ensure that students and staff are able to follow procedure in a safe and timely fashion in the event of a severe weather concern or a fire at the school. These drills will be happening over the next few weeks.

Canada's Anti-Spam Legislation - Upper Grand District School Board: Request for Consent

Dear Parents and Guardians,

Canada's Anti-Spam Legislation (CASL) came into force on July 1, 2014. As a result, the Upper Grand District School Board, would like to ensure that we have your consent to receive newsletters, school and Board updates, announcements, event invitations, and other electronic messages which may contain advertising or promotions regarding school fundraisers, field trips, the sale of yearbooks, student pictures, uniforms, books, prom or dance tickets, or similar events and offers.

If you wish to receive the above communications from us, please visit our CASL registration website at:

www.ugdsb.on.ca/CASL

By registering your email on this webpage you will receive electronic communication from the school which may or may not contain commercial electronic messages as described above. If consent is not provided, you will not receive electronic messages containing commercial content and may find it more difficult to be aware of the activities that take place in school, and which your child may have an interest in participating.

If you have any questions or if you wish to withdraw your consent at any time, please click the link at the bottom of email messages you receive from the school, or visit the same site and click on "Unsubscribe" to remove your name from our contact list.

For additional information on Canada's Anti-Spam Legislation you may visit our board's website at www.ugdsb.on.ca.

April Environmental Theme - Ecosystems

In April we celebrate Earth week and Earth Day so it is fitting that the environmental theme is all about what we are really trying to protect. We are working together to save our Ecosystems. An Ecosystem is a group of plants and animals living in their own environment of soil, water, air and sun. So examples are a garden, or a forest, or a lake, or even a fallen, decomposing log.

As humans on planet Earth we have a responsibility to take care of all Ecosystems. We need to have thoughtful, long-range plans on how many forests to cut down and turn into houses or parking lots or factories. We need to think about the long-term effects of turning good farmland into a subdivision. There are more and more people living on this planet every year and we need to make plans on how to give everyone a place to live without destroying our essential Ecosystems. With good planning this can be done.

We need to get outside and learn more about all of the many different Ecosystems on planet Earth and do everything we can to protect them. When we pollute, or destroy habitats, the plants and animals can no longer live there and species become endangered or extinct. When we buy too many things we don't need, or don't buy locally, or use the car too often instead of biking or walking, Climate Change speeds up and Ecosystems can't survive the new temperature changes or flooding or drought. So all the suggestions we have been talking about all year - including turning off the lights, or not wasting water when you brush your teeth, using cloth bags instead of plastic, and reducing, reusing and recycling are really very important. Together we can make a difference!

Slogan of the month: *Go outside and explore an Ecosystem today!*

What is RESILIENCY?

Resilience is the process of adapting well in the face of adversity, trauma, tragedy, threats, or even significant sources of stress — such as family and relationship problems, serious health problems, or workplace and financial stressors. It means "bouncing back" from difficult experiences.

~ Bonnie Bernard

According to **The Canadian Mental Health Association (CMHA)** RESILIENCE is,
being in good health means more than feeling physically well; it also means feeling mentally well. Today, we are more aware of how our mental and physical health affect each other. Setting aside time to focus on mental health is important – to you and those who care about you. Life is full of change, risks and challenges. Good mental or emotional health helps us find our balance and stay in control, even during turbulent time

With the ability to communicate across the world in an instant, and electronic entertainment coming from every direction, life in today's world is fast-paced and full-on. Anything seems possible, and with so many options and devices at our disposal, parents can be tempted to make their kids' lives very easy. **Want that $2 toy? Okay, you got it. (Better to avoid a meltdown, right?)** However if we want our children to stand up to the inevitable challenges they will face in the future and keep going despite disappointment or frustration, we need to help our children develop **resilience**. **This means they need to practice coping skills, and therefore need some challenges to practice these skills with.** After all, life is not about figuring out how to turn off a thunderstorm or switch on the sun – no matter how much we would like this to be possible. Our children will learn to be much happier, more resilient people, when they can enjoy the sunshine when it is around and dance in the rain when there is no other choice**.**

The list below is not your typical "do and don't" list but rather a set of prompts to begin reflecting on ways we can teach children resilience through simple interactions every day.

- Give your child independence to try new things they initiate, such as climbing at the playground or opening a container, even if you think it is "too hard" for them.
- Encourage your child to serve others or let others go first when sharing food.
- Give your child the opportunity to wait patiently when it is required (such as in a restaurant or during a car ride); do not always provide entertainment
- Show your child that it is worth making a good decision for the long run even if it's not the easiest, such as choosing healthy foods over junk foods even if they take longer to prepare
- Teach your child the difference between needs and wants
- Teach your child that they do not need every single material thing they desire (toys, food, designer clothes, technology devices, etc) even if "everyone else has it."

- Enable your child to give toys and clothes away regularly to charity, and teach them that material possessions are simply tools and not answers to happiness.
- Give your child opportunities to help others younger than them, starting with simple ways such as showing the other child pictures in a book.

When we foster resiliency in our children we promote the development of positive mental health because we enable them to develop coping strategies to get through the toughest parts of life, regardless of their social and economic environment they are living in.

Feedback welcome on draft policies

The Upper Grand District School Board is welcoming public input on draft policies. Currently under review are:

- Accommodation Review #305
- School Boundary Review #319
- Community Planning and Partnerships #320
- Equity and Inclusive Education #504
- Alcohol and Drugs #513
- Smoke-Free Environment #208
- Asthma Friendly Schools #516

You are invited to review the draft documents and submit online feedback at www.ugdsb.on.ca/policy. The deadline for public input for policies 504 and 513 is April 13, 2016. Input on policies 208, 305, 319, 320 and 516 will be accepted until May 11, 2016. Persons without internet access may call 519-822-4420 ext. 723 to request a printed copy of the draft documents.