

# Eramosa Public School

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## Newsletter

Katrina Plazek,  
Principal

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Sheri MacKenzie,  
Office Co-Ordinator

### FROM THE PRINCIPAL'S DESK...

#### *Message from the Principal*

Recently, at one of our staff meetings, the staff walked around the school and asked the question in the front foyer; the classrooms, the washrooms, the staff room, etc, "Does any person who walks into our school (students, parents, visitors, service workers) feel welcome, comfortable and reflected on the walls in our school? We noticed many good things but we were also aware that not everyone is reflected. We referred to a poster created by our Equity and Inclusion Department that reflects the UGDSB Equity Policy [1. Religion 2. Language 3. Race, ethnicity and cultural identity 4. Ability (cognitive, mental and physical) 5. Sexual Orientation, Gender, Gender Identity 6. Poverty and 7. Aboriginal] and we wondered how we could create an image that incorporated all the above. A young artist, Michaela Demysh responded to that challenge and has created a wonderful mural that you will see as you enter the school. We hope that you will stop by at our Open House and explore the many fine details in the piece. One of the board's and the school's core priorities is to work continually to create an inclusive teaching and learning environment that promotes the intellectual engagement of all students and reflects individual strengths, needs, learning preferences and cultural perspectives. We hope you will take some time to see if you can find yourself represented.

We would like to invite you all to our Spring Open House on Wednesday, May 4th from 6-7:30. Your child will be making their thinking visible to parents. There will be a tasty treat prepared by Mlle McLeod and the book fair will be open too!

Also regarding our Open House: The East Wellington Community Services is looking for our help once again. **Every Plate Full** is a drive to help top up the existing shelves for the summer months and to help raise awareness about food insecurity within our very own community. EW-CS sent their thanks once again for the overwhelming amount of food donated at Christmas time. They have asked us if we could focus on the following items so we are asking families if they could bring one donation to our Open House on May 4th from 5:30-7:00. Thanks for your help!

*Coffee/Tea*

*School snacks for children*

*Juice and juice boxes*

*Breakfast cereal*

*Toiletries (shampoo, soap and toothpaste)*

Katrina Plazek & Staff

## GRADE 6 PARENTS – KEEP THE DATE – GRADE 6 GRADUATION CEREMONY

Grade 6 Graduation will be held on Monday, June 27<sup>th</sup> from 6 – 7:30pm. Traditionally, flowers from the garden have been used to decorate the gym. If anyone attending the ceremony this year has a sensitivity to the scents of peonies and/or lilies, please let the office know. Grade 6 parents, if you have fresh flowers in your gardens and you would consider donating a wildflower bouquet, please let the office know; they can be dropped off early on the morning of the 27<sup>th</sup>.



## GET YOUR YEARBOOKS!!!!

Thank you so everyone who has ordered a yearbook. If you are interested in obtaining a copy as a keepsake please contact Mrs. McKnight to put in your order. Its not too late!! Unfortunately we cannot order any extras due to the cost if they do not sell, so if you would like a copy please order soon. Yearbooks will be distributed the last week of school so that students can get autographs from their teachers and friends before the lazy hazy days of summer.



## HEAD LICE

This is a good time to check your child(ren) carefully for head lice. Many children are in close contact with each other over the school year and as a result, these pests spread easily. If you do find head lice on your child, they should be treated and all nits/eggs removed before the child returns to school.

Paediatrician Moshe Ipp of the Hospital for Sick Children in Toronto recommends a 50:50 solution of mineral oil and vinegar. This is a super treatment for head lice, and is preventative as well. Mineral oil is available at your pharmacy.

Procedure- Massage the solution into the hair, cover for one hour with a shower cap and then shampoo out with regular shampoo. This treatment can be repeated as often as needed.

The vinegar detaches the nits from the hair shaft while the oil suffocates any live lice and makes for easy and smooth combing out of any detached nits and dead lice.

## SWIM TO SURVIVE™

- Drowning is the second leading cause of unintentional injury-related death after motor vehicle crashes for people 55 years of age and under. The Lifesaving Society's research shows that most drownings occur only 3 to 15 metres away from a point of safety such as a pool edge, dock or shore. Knowing how to tread water for a minimum of one minute and how to swim 50 metres to safety significantly increases the chances of survival.
- With this in mind, in June all grade 3 children at Eramosa will be taking part in the Canadian Lifesaving Society's Swim to Survive program. This three-week program teaches children some basic water safety skills that are required to survive an unexpected fall into deep water. We are grateful to The Lifesaving Society and Centre Wellington Sportsplex for making this program available to grade 3 students at no cost.



## BASKETBALL TOURNAMENT

The Junior Basketball team played in their tournament at Erin Public School. There were 24 kids on the team ranging from Grades 4-6. The team played 7 games and ended placing 2<sup>nd</sup> overall. The team played with heart and showed excellent sportsmanship. Mrs. Semanyk is very proud of her team. Thank you to all the parents that came out to support the event.



## SEPTEMBER 2016 CLASS ORGANIZATION

Classes for next year based on projected enrolment are tentatively set up as follows:

Full Day Kindergarten Class

Grade 1/2

Grade 2/3

Grade 3/4

Grade 4/5

Grade 6



Teacher assignments and student placement can change right up until September depending on teacher transfers, students enrolment, etc. Parent requests are one factor that is considered during the process. If you have a special request, please put it in writing along with the reason and send it to Mrs. Plazek by May 27<sup>th</sup>. Parent requests cannot be guaranteed but that are seriously considered.

## TALENT SHOW AUDITIONS

Our talent show will be on June 22<sup>nd</sup> in the morning. Students should begin practicing their acts and watching for the signup sheets.



## CANADIAN TIRE MONEY

Please continue to send in Canadian Tire money. This money is used to buy balls for the playground. Thanks for your contributions to date.

## SIBLING AND TEAM PHOTO DAY

Lifetouch will be coming to Eramosa on Friday May 13<sup>th</sup> to do Sibling and Team Photos. Forms have been sent home, please return them with your child on photo day if you wish a picture.



## DRESS CODE

As the warm weather arrives, we have finally put away our winter jackets, boots, scarves and mittens. With the change of seasons, we ask parents to please review our school dress code with your child (ren). Helping maintain a respectful learning environment is important for a healthy learning environment.

Pertinent sections are;

- **Hats and caps need to be removed upon entering the school**
- **For safety reasons, 'flip flops' are not appropriate footwear for school**
- **'muscle shirts', spaghetti straps, low-scooped necklines and bare midriffs are not acceptable for school. Girls straps should be at least as wide as the width of two fingers; boys sleeveless shirt straps should be at least as wide as the width of four fingers.**
- **Undergarments, including bra straps should not be visible**
- **Shorts and skirts must be a reasonable length**



"Reasonable length" is roughly the location where a person's fingertips touch his or her legs in a normal standing position.

Thank you for your support in helping us maintain a school climate that is respectful to all and conducive to learning .

## Wellington County Library – Rockwood Branch, May Programmes

### **Bedtime Stories** (All Ages)

Wear your PJs and snuggle up to our quiet evening story time for families. Please register.

**Mondays, May 2, 9, and 16, 6:30 pm - 7:00 pm**

### **May the 4th Be With You** (All Ages)

Dress up and enter a galaxy far, far away. Plan for games, crafts, and all things Star Wars, and May the 4th be with you! Please register.

**Wednesday, May 4, 6:30 pm - 7:30 pm**

### **3D Printer Certification Course** (All Ages)

Interested in using our 3D printer? Register for this one hour course and get your certification. You will then be able to reserve the printer and create! Please register.

**Saturday, May 7, 1:30 pm; Thursday, May 12, Wednesday, May 25, Monday, May 30, 6:30 pm**

### **Page Turners Book Club** (Grades K- 6)

Read together and come to discuss at this parent-child book club. Please register.

**Tuesday, May 10, 6:30 pm - 7:15 pm**

### **Red Cross Babysitting Course** (Ages 11 – 16)

This course is for 11 - 16 yr olds and includes caring and safety for babies and children, understanding their needs and stages, rescue breathing, basic first aid, choking skills, coping with common situations, injury prevention, handling emergencies and creating a safe environment. Please register.

**Saturday, May 14, 10:00 am - 4:00 pm**

### **Used Book Sale**

Please ask at the desk or phone 519.856.4851 for more information.

**Thursday, May 19 to Saturday, May 21**

### **Mix it Up! Art Workshop** (Grades 1 - 8)

Inspired by bestselling author and artist Hervé Tullet, this beautifully messy workshop will be active, collaborative, and entertaining, no matter your skill level. Space is limited. Please register.

**Saturdays, May 28, and June 18, 1:30 - 2:30 pm**

### **Build It! LEGO** (Grades K- 6)

Join us for some exciting LEGO challenges! You bring your creativity and we will provide the LEGO. Please register.

**Tuesday, May 31, 6:30 pm - 7:30 pm**

## “Show What *YOU* know on EQAO” Tips For Your *Child’s* Success!

### WHAT IS EQAO:

*EQAO undertakes research for two main purposes:*

- 1) to maintain best-of-class practices and student improvement
- 2) ensure high standards of education quality

Standardized tests provide different information. A standardized test is essentially a snapshot in time using one method of assessment. Teachers assess their students using a broad range of tools. A more holistic and complete picture of a student's performance can be seen from various types of assessment that the teacher does throughout the year. (tvoparents.tvo.org)

### TIPS FOR SUCCESS

- ***There is no need to study.*** The EQAO assessment does not count towards a child's marks in grades 3 and 6, so there is no need to increase anxiety by cramming. If you are curious about the questions your child will be asked, check out the [EQAO site](#) and run through [some practice tests](#) yourself so you have some understanding of the structure of the assessment and can better reassure your child.
- ***Remember this is practice.*** Let your child know that this is a way to show off what he or she knows and to practice test-writing skills so your child can be prepared for tests in later grades.
- ***Be supportive.*** It is normal and natural to get nervous and this is a big deal for your child. Do not downplay fears or dismiss them as silly. Instead, encourage your child to talk about these fears
- ***Talk to the Teacher.*** If your child is experiencing severe anxiety, there are things the teacher or school can do to help.
- ***Set the alarm.*** The best thing you can do for your child the day of the assessments is to make sure your child is well rested, fed and gets to school on time.
- ***Read more.*** For more on EQAO assessments and what they mean for your child, check out our [Parent's Guide to EQAO Assessments](#).
- ***Understand the Test.*** Don't use your child's EQAO test scores to measure overall achievement. You're better off relying on regular contact with the teacher who can show you your child's portfolio, which is being updated all year long. You'll have a more clear and accurate picture of your child's progress.

EQAO resources

<http://tvoparents.tvo.org/article/understanding-standardized-testing>

[www.eqao.com](http://www.eqao.com)

## ATTENTION!

### Head Lice Has Been Found In Your Child's Class

#### Head Lice

Head lice continue to be a community problem. They do not cause disease but they are certainly a nuisance. The control of head lice requires the co-operative effort of parents, school personnel and health professionals.

Parents are responsible for meeting their child's personal well being, health and safety needs. In the area of head lice, their role includes the following:

- > Learn how to recognize lice and check the child's head at regular intervals.
- > Increase the frequency of checking when the child's classmates, close contacts or family members have head lice.
- > Inform the school and parents of the child's close contacts if the child has head lice.
- > Treat the child's hair (if head lice have been found) and notify the child's school that treatment has been carried out.
- > Avoid making children who have head lice feel ashamed.
- > Instruct the child to use only his or her personal hair brush, comb, clothing and sports equipment (e.g. helmets).



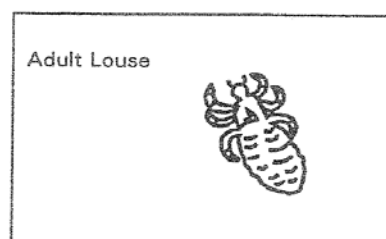
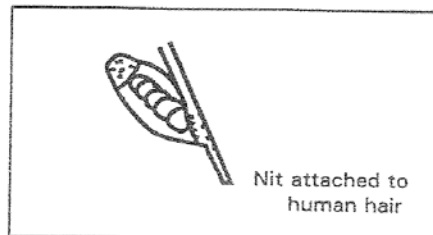
#### ***Suspect Head Lice If:***

- ✓ Other incidences of head lice are reported in your child's class.
- ✓ Continuous scratching of the head.

#### ***How to Examine for Head Lice and Their Eggs (Nits)***

Nits are most frequently seen above and behind the ears and at the nape of the neck but can be found anywhere on the head. Live nits stick to the hair strand (shaft) usually very close to the scalp, but can be found further up the strand as well.

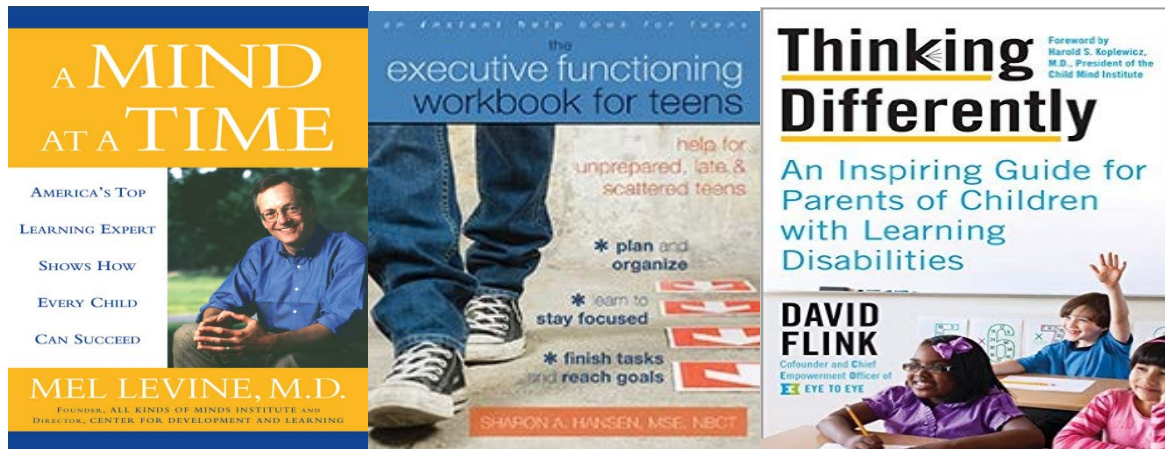
The nit is oval shaped and frequently assumes the colour of the hair. It is often mistaken for dandruff and is very tiny, no larger than  $\frac{1}{2}$  the size of a pin head. Nits are very firmly attached to hair shafts and cannot be flicked off or easily moved along the hair shaft, even after they have been treated. Live mature head lice are not often seen because they move quickly. You can help control this problem by examining your child(ren)'s hair weekly for nits.





Does your child have an LD, ADD/ADHD or both? Here are some great resources to help you:

1. Work with your child to understand how they think and learn
2. Develop some strategies with your child to help them advocate for what they need to learn (technology, accommodations to the environment or learning tasks)



**Other great online resources include:**

The Learning Disabilities Association of Ontario, which has lots of good information on LD and ADD/ADHD issues, including topics about how to understand the IPRC and IEP, how to advocate for your child and topics related to specific LDs.

<http://www.ldao.ca/introduction-to-ldsadhd/what-are-lds/>

The Learning Disabilities Association of Wellington County connects to the Ontario chapter, but provides links and information about workshops and activities that are being held in Wellington.

<http://www.ldawc.ca/>

Our school board has also worked hard to address the needs of LD and ADD/ADHD students by providing SEA equipment, Google Read and Write training and targeted reading programs to help LD students access the curriculum and develop key academic skills.

**Connect with your child's teacher to discuss all the supports that are available to your child!**

# Monthly Environmental Newsletter Inserts



## May Environmental Theme: CLIMATE CHANGE

Climate Change refers to any changes in long-term weather patterns (temperature, precipitation, wind, storms) that have been caused by humans polluting the atmosphere with too many greenhouse gases like methane and carbon dioxide. We need to act now, because who can argue with reducing pollution? Pollution can't possibly be good for us!

The world is tracking climate change. Weather and temperature has been changing too quickly over the past few decades, which seems to be caused by the industrial revolution here on Earth. We are sending too much pollution (from cars, trucks, factories, and power plants using coal) into our atmosphere. Over the past hundred years the temperature of the Earth has risen and this has caused many changes in nature. For example, species of plants and animals are either migrating or becoming extinct. Some seaside cities may soon be underwater from rising sea levels. We are having more severe weather patterns like tornadoes and hurricanes and ice storms. Drinkable water sources are drying up.

What can you do to help be part of the solution? Well, all of the things we have been talking about this year can help. If you buy less and reduce, then less energy will be used and less pollution will be sent into our atmosphere. If you don't waste electricity you help out too. If you walk or bike to school or carpool you are doing your part. If you buy locally you reduce the greenhouse gases emitted through shipping and this helps planet Earth too.

You can Google: "*Top 10 ways you can stop Climate Change*" to get more ideas on how you can help.

And finally, eat a fresh, local apple - Not only is it good for you, but greenhouse gases were not created in the processing, canning, freezing, packaging or long distance transportation, so local apples are good for the planet too!



***Slogan of the month: Climate Change is not cool!***

## What is STEM and why is it important?

STEM stands for Science, Technology, Engineering, and Mathematics. The idea is to offer students tasks that integrate more than one subject area such as thinking about all the angles, measurements and calculations involved in building a structure that could stand up to the elements of our Canadian winters. STEM provides opportunity to focus on one assignment while applying knowledge gained in a number of subjects so knowledge gained in one area can be applied in another. Check out this link for more information (<https://www.youtube.com/watch?v=A1Pj48sintE>)

Think of it like driving a car. We can't just focus on braking or steering by themselves. We need to simultaneously think of acceleration, steering, signaling, braking and road signs all at the same time and ideally we'd like our students to have the same flexibility with their thinking across different subject areas.

Try this activity to promote mathematics, science, engineering and language.

Using popsicle sticks, glue, tape, and elastics, design and build a device that will launch 3 marshmallows as far as possible using elastic bands. The elastic energy may be "loaded" by hand but the device must get all of its launching power from the stored energy in the elastic bands.

Have fun and enjoy!