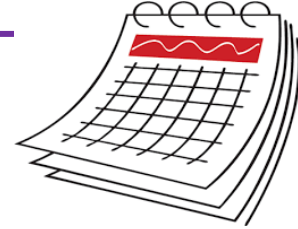




# March 2020 Newsletter



March 5	FTP Presentations for Ms. Carvalho's, Mr. Curry's and Mr. Nethery's classes
March 11	SK Vision Screening; Immunization Suspensions handed out
March 16-20	Spring Break
March 23	Back To School
March 26	Educating Parents and Children Together Presentation
March 31	Popcorn Day

## **LET'S TALK (NOT TEXT) ABOUT SCREEN TIME**

Are screens the new smoking? Parents and students are invited to learn more about the many impacts of screens on our lives and how we might foster a healthier relationship with them. Come and join us Thursday, April 23 from 6:00p.m. to 9:00 p.m. at the John F. Ross CVI - E.L. Fox Auditorium, 21 Meyer Drive, Guelph. Admission is free, but tickets do need to be secured in advance by visiting <https://screenagersbyugdsb.eventcombo.com>.

This free event will present two documentary films (SCREENAGERS: Growing Up in the Digital Age and SCREENAGERS, the NEXT CHAPTER: Uncovering Skills for Stress Resilience) followed by a discussion moderated by Sylvie Smith, an addictions counsellor at Homewood Health Centre.

### **ABOUT THE SCREENAGERS FILMS:**

Physician and filmmaker Delaney Ruston, was compelled to make a movie when she found herself constantly struggling with her two kids about screen time. Ruston felt guilty and confused, not sure what limits were best, especially around mobile phones, social media, gaming, and how to monitor online homework. Hearing repeatedly how other parents were equally overwhelmed, she realized this is one of the biggest, unexplored parenting issues of our time.

**SCREENAGERS:** Growing up in the Digital Age (2016) was the first feature documentary to explore the impact of screen technology on kids and offer parents and families proven solutions to help youth and their families find their way in a world with instant access to screen time. In Next Chapter: Uncovering Skills for Stress Resilience (2019, 69 minutes), the filmmaker finds herself at a loss on how to help her own teens as they struggle with their emotional well-being. She sets out to understand these challenges in the context of our current screen-filled society. In particular she explores the issue of how as parents and educators we can empower teens to overcome challenges and build emotional agility, communication savvy, and stress resilience.



Spring Break is March 16-20.  
School resumes Monday, March  
23rd.  
Enjoy the week!

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### Suspension Notice from Public Health

On **March 11th**, suspension notices for students whose immunization records are not up to date at Public Health will be delivered to schools and sent home with children. Students whose records have not been updated will be suspended from school until their records are updated. The deadline for updating Public Health is **March 6<sup>th</sup>**. Please do not send your documents to the school, they **MUST** go to Public Health. Please go to the Public Health website for more information.

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### Live Free Campaign 2020

At Erin PS, we have a very active Breakfast Club and Food Program. Dozens of students make use of it every morning, no student is ever turned away. If students don't have lunch, we also feed them, no questions asked.

*Please participate in our Help Kids Live Free from Hunger Campaign that supports our Food & Friends student nutrition program by making a donation online*

*<http://weblink.donorperfect.com/LiveFreeDonation2020> or sending a donation with your child/youth on March 6, 2020. This is also a great time to ask any local businesses to contribute to the program and help support our local hungry children/youth. Every dollar raised at our school comes back to support our <enter your student nutrition program>. <http://www.childrensfoundation.org/downloads/positioning-statement.jpg>*

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### Council Corner

Our Parent Council would like to extend our sincerest gratitude to all the families who continue to support our various fundraisers. Our fundraisers this year have raised over \$14000.00! With the fundraisers, we were able to pay for Scientists in the Classroom, student's agendas in September and buses for the field trips to the River Run and the Little Women performances. It was our sincerest pleasure to also be able to provide the funding to have Krista and Andrea from DanceEd assist with our Christmas Concert this year.

We have more in store for 2020 so please stay tuned. I would encourage all parents to please try and follow our EPS Parent Council Facebook page or sign up for the UG Connect app as we are trying to go paperless.

Our next meeting will take place on February 25<sup>th</sup> at 7pm in the school library. If you are interested in getting more involved in the school, please come out to the meeting and see what it is all about. Remember, there is no obligation to attend a minimum number of meetings.

Sincerely,  
Patrizia Eltalawy  
EPS Parent Council Chair

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## Monthly Newsletter Inserts



MONTHLY ENVIRONMENTAL ACTIVITIES TO HELP CELEBRATE OUR PLANET

March 28<sup>th</sup> is Earth Hour!

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

**Join the global Movement! Celebrate Earth Hour on March 28<sup>th</sup> at 8:30pm.**

Earth Hour's mission is uniting people to protect the planet by raising awareness of about climate change and encouraging positive action.

*"Earth Hour was famously started as a lights-off event in Sydney, Australia in 2007. Since then it has grown to engage more than 172 countries and territories worldwide."*

*"Earth Hour is more than an event. It is a movement that has achieved massive environmental impact, including legislation changes by harnessing the power of the crowd."*

Click [here](#) to see a short video clip of Earth Hour's story around the world and click [here](#) for the Earth Hour 2020 official video

### Ideas for your family to do for Earth Hour!

Earth Hour belongs to you. Celebrate your commitment to the planet with your friends, family, community or at work - in your own way.

A simple event can be just turning off all non-essential lights on March 28<sup>th</sup> from 8:30-9:30 pm. For one hour, focus on your commitment to our planet. To celebrate, you can:

- *prepare a candle lit dinner,*
- *talk to your neighbours, or invite people over*
- *stargaze, or go camping in your backyard*
- *play board games, or charades*
- *host a concert, or a sing-a-long*
- *create or join your own community event*
- *have an Earth Hour every month*

The possibilities are endless!

Quotes and information taken from: <https://www.earthhour.org/>

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## Information from Public Health:



and cost-effective health initiatives; routine immunization is the foundation of the health care system and universal health coverage.

- Vaccines save millions of lives each year.
- Vaccines are for people of all ages; vaccinations are for a lifetime.
- We all have a part to play as advocates, individuals, parents, health care workers and innovators; individuals must drive the vaccine process.
- Health Care Workers have a critical role to play to counteract vaccine hesitancy.

**PARENT TIP** - Check out this link for tips to help your child cope during immunizations!

<http://www.sickkids.ca/PDFs/Learning/32832>

[CMAJ%20HELPinKIDS%202010%20Appendix%201%20parent%20tool.pdf](http://www.sickkids.ca/PDFs/Learning/32832/CMAJ%20HELPinKIDS%202010%20Appendix%201%20parent%20tool.pdf)

Vaccines work! It's that simple! <https://www.canada.ca/en/public-health/services/publications/healthy-living/vaccines-work-infographic.html>

Do you have this card? It gets your child free dental care. If you can't afford dental care for your child (ages 0-17), Public Health has free programs that can help. Call the Dental Line at 1-800-265-7293 ext. 2661 to learn more.

<https://www.wdgppublichealth.ca/your-kids/dental-oral-health>



- Are you looking for tips on having a conversation about vaping with your child? The Canadian Lung Association has great resources for parents and school staff: <https://www.lung.ca/lung-health/vaping-what-you-need-know/vaping-resources>
- The aerosol from vaping products is not just harmless water vapour. It contains nicotine, heavy metals like lead from heating coils, flavourings that were never meant to be inhaled. Learn more at: [www.unfilteredfacts.ca/vaping](http://www.unfilteredfacts.ca/vaping)

**March is Nutrition Month** and dietitians across Canada are talking about how healthy eating is about so much more than food! Cooking together as a family is a great way to help kids learn food skills, put math into action, develop confidence, and have fun. Starting at age 2 kids can help in the kitchen with age appropriate tasks. As kids get older involve them in all stages of the

process - planning, shopping, food preparation and clean up. Can you imagine a time when they can make you dinner? In the meantime extra help in the kitchen is always welcome and it is a great way to connect with your kids at the end of the school day. Make a plan to cook and eat together this month. Check out these Family Friendly Cookbooks developed by the Guelph Family Health Study. Bon appetite!

**Visual health** is an important part of overall health and wellbeing. The Ontario Association of Optometrists recommends that children have their first eye exam at 6 months-old, again at 3 years old, yearly after that, or as recommended by an eye doctor. In Ontario, children and youth 0-19 are eligible for a FREE comprehensive eye exam every 12 months through OHIP.

Parents may be the first to identify a potential vision issue. If you notice your child showing any of these signs, book a comprehensive eye exam with an eye doctor.

- Headaches or irritability
- Avoiding near or distance work
- Covering or rubbing the eyes
- Tilting of the head or having unusual posture
- Using a finger to maintain place while reading
- Losing place while reading
- Leaving words out or confusing words when reading
- Not doing as well as they could in school

#### **Information for Junior Kindergarten**

If required, children in JK qualify for one pair of free glasses through the Eye See...Eye Learn® program. Children born in 2015 are eligible for the Eye See...Eye Learn® program until June 30, 2020. [CLICK HERE](#) for more information.

#### **Information for Senior Kindergarten**

Wellington-Dufferin-Guelph Public Health offers free school-based vision screening for SK students. Vision screening does not replace the need for a full exam by an eye doctor on a yearly basis or whenever there is a concern. [CLICK HERE](#) for more information.

If you need help finding an eye doctor, you may search for one at [www.findaneyedoctor.ca](http://www.findaneyedoctor.ca) or call our Let's Talk Parenting line at 1-800-265-7293 ext. 3616 for help.

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## **Talking About Mental Health – Tests and Stress**

Taking tests is stressful for most students. However, there are lots of ways that your child and youth (and you!) can decrease the stress related to tests.

### **Anticipate stress and be ready for it.**

- ✓ Practice relaxing activities every day so during stressful times you already know how to cope.

## **Eat well**

- ✓ Learning and remembering takes a lot of energy. Keep healthy snacks close by so you can refuel easily with what your body needs to feel good and think clearly.

## **Sleep**

- ✓ During sleep, our brains make connections and consolidate our learning. Research has shown that during sleep, our brain cleans out toxins to allow for more learning to occur the next day.

## **Drink lots of water**

- ✓ Hydration is very important for good brain function. Cut down on caffeine, which contributes to the stress response and to poor sleep.

## **Move**

- ✓ Activity increases energy, stimulates brain growth and increases mood. Take regular active breaks; even 5 minutes of walking outdoors can make a difference.

## **Pause and relax**

- ✓ Take time to relax. Do some deep breathing. Listen to music. Meditate. Go outside. Write in a journal. Do some stretches. Go for a walk. Draw or doodle.  
<http://youth.anxietybc.com/relaxation> has some great examples of how to relax.

## **Connect**

- ✓ Talk to your friends.
- ✓ Talk to your parent or a caring adult about how you are feeling.
- ✓ At school, you can talk to your teacher, principal or CYC for support.

## **Laugh!**

- ✓ Laughter is a great release and allows our brains to recharge and reset.

*Jenny Marino is the Mental Health Lead for the Upper Grand District School Board.*