

# Mount Pleasant Public School

## January 2017

### From the Principal's Desk

Happy New Year! Wasn't that a fantastic holiday?? We went into it running but by Monday, things were on a downward tempo! Hope your holiday was lots of fun and that you are looking forward to getting back to some routines.

The students have returned to school today and they seem excited to be back with friends and doing things together. I have seen lots of smiling faces today!

Lots of fun things will be happening in January....Kindergarten registration begins later on in the month. If you have a child who is ready to start school in September, make sure you get in

touch with Mrs. Watts to arrange an appointment. Grade 8 nights at the local high schools are great opportunities for our grade 8s to get out and be introduced to their high school of choice! Our Carnival D'Hiver is scheduled on Jan 27th....weather permitting. Mme Bazilli and the intermediate students do an amazing job at organizing and running this traditional event.

January is always a great month for learning....few distractions and lots of time to get deeply into content areas. Please remember to stay connected to the social media site for your children's classes,

in order to stay informed and up to date about what is happening in the class.

Extra-Curriculars this month will include Jr/int basketball, as well as chess club, knitting club and Green Team start ups.

We are heading into the winter months....please keep an eye out for school closures and bus cancellations and delays due to inclement weather. I will send out an early morning email if the school gets closed!

As always, give a call if you have any questions or concerns!

*Mrs. Linda Symons*



### Dates to Remember

Tue. Jan 10: School council meeting at 6:30 pm.

Thur. Jan 12: Beach Volleyball for select int. students

Mon. Jan 23:  
PA Day...no school for students  
Kindergarten registration begins

Wed. Jan 25: Hot lunch day...chili!

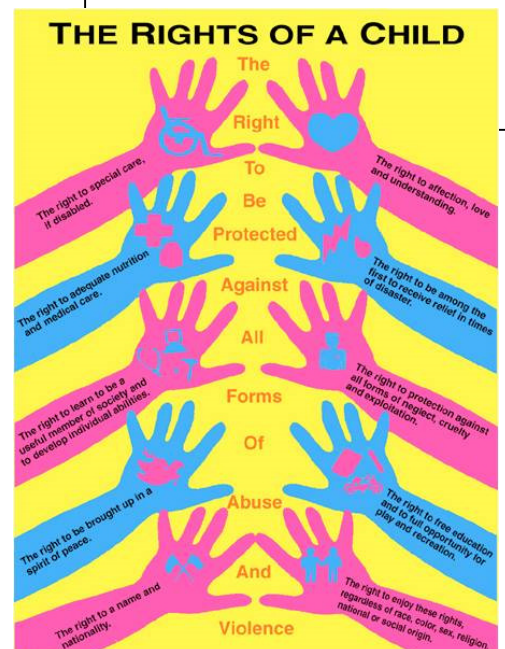
Fri. Jan 27: Mustang Rodeo Assembly  
Carnival D'Hiver (tentative)  
Pizza Days: Jan 13, 20 and 27

Grade 8 students...don't forget to return your high school registration papers as soon as possible!



### January: Rights of the Child

Children have rights, too! Caring adults have a responsibility to ensure that the children in their care have these rights. What can we do at MPS to ensure that everyone's rights are protected? What a wonderful world it would be if we could create this!



# School Council

## Mt. Pleasant School Council

Our next meeting will be held on  
**Tuesday, January 10th..... 6:30 PM**

Babysitting is available.

## Cashless MPS

The entire GEDSB is moving towards a cashless system in order to help track money coming into the school and reduce time spent counting and documenting the receipt of cash. You can help us by doing either or both of the following options.

- Register for KEV: this is the cashless system we are using with great success. We have 72% of our families already registered. Through this system, you can pay for class trips and food purchases from the comfort of your own home. Registration information is on the following website:  
**[www.schoolcashionline.com](http://www.schoolcashionline.com)**
- Pay by personal cheques: Please order some personal cheques and use these to pay for class trips and food purchases.

The only exception to this will be pizza days (although we do make purchases available on KEV the last two weeks of each month. There are some items that we are unable to place on the KEV system (ie. Spirit wear orders) but the bulk of our items will be placed on this system. Your help is greatly appreciated.

## Fundraising Updates:

**Campbell soup labels:** this program has been discontinued.. Thanks go to Mrs. Stratford who has counted soup labels for many years!

**Samko & Miko Toy Sale:** last call for receipts. If you attended this toy sale in December, please forward your receipt to us so we can claim our 10%. Thanks!

**Spaghetti Dinner:** School Council is organizing a Spaghetti dinner in February. More information will be sent home shortly. Save the date...Fri. Feb 10th!

**Calendar Lottery:** we will be collecting prizes for this popular fund raiser until the end of March. Tickets will go on sale in April and the draws will take place in May. Happy Days!!

## Discarded Books Up For Grabs



Throughout the fall, we have been working at the re-organization of the learning commons. One of the biggest job was the weeding of books that have not been signed out in the last 7 years. This is now done and the books have been removed from our system. They will become available to students for **25 cents a book**. All books will have a stamp "discarded" in the front cover....if your child brings such a book home, know that it is their's for keeps!! All proceeds raised will be used to purchase items for our Learning Commons Maker Space.

**Book Sale Date: Monday January 16**

# Kindergarten Registration Begins



## Kindergarten Registration Begins January 23rd

Grand Erie schools are exciting, enriching places for young learners to receive an education. They learn to explore the world around them, solve problems, and make new friends.

Our Kindergarten programs help students get off to the best possible start. Your child will be challenged and encouraged to do his or her very best. Our caring teachers are with them every step of the way!

Children eligible for Junior Kindergarten must be 4 years old by December 31, 2017 to enrol.

To obtain your copy of Grand Erie District School Board's *Welcome to Kindergarten Guide*, contact the Principal.

Contact Mrs. Watts at the office, at 519-484-2912, to arrange a visit to the school and to learn more about what you need to register.



### Needed:

**Mrs. Black will be starting a knitting/crochet club this month! If you have any yarn, knitting needles or crochet needles that you could donate to this club, please send them to the school. Thanks!!**

## Grade 8 Information Nights at Local High Schools

Information nights are held in secondary schools across the GEDSB in January. These sessions are a great way to be invited into the schools to meet the Principal, teachers and other staff members. Grade 8 students and their parents have the opportunity to learn more about the school's programs and extra curricular activities offered. Below is the information for the three high schools that our grade 8 students seem most interested in.

Brantford Collegiate Institute (BCI)

Date: Thursday, January 12, 2017....6:00 to 8:00 PM

Tollgate Technological Skills Centre

Date: Thursday, January 19, 2017....6:00—7:30 PM

Waterford District High School

Date: Thursday, January 16, 2017.....6:00—7:30 PM

For information regarding other GEDSB high schools, please go to [www.granderie.ca](http://www.granderie.ca)

## Accident Insurance Requirements for Students

Student accident coverage is recommended and voluntary for parents to consider for their child. It is important for parents to understand that the Board does not provide insurance for students against any accidental death, disability, dismemberment or medical expenses that might occur as a result of accident during school activities, including sporting events and field trips.

*Insure My Kids* protection plan is made available to parents, at low cost, to provide benefits for dental injuries and other accidents which may occur through participating in high-risk activities. In fact, there are options in the package for coverage outside of school hours including holidays and weekends. Please see the brochure for information or visit [www.insuremykids.com](http://www.insuremykids.com).

Many parents may have accidental coverage as part of their employers benefit plan. It's important for parents to review their plans to make sure they have the necessary coverage for high-risk activities. Parents may want to consider purchasing additional personal coverage to reduce the anxiety associated from an injury to their child.

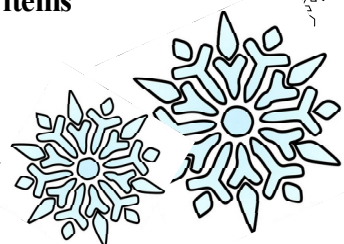
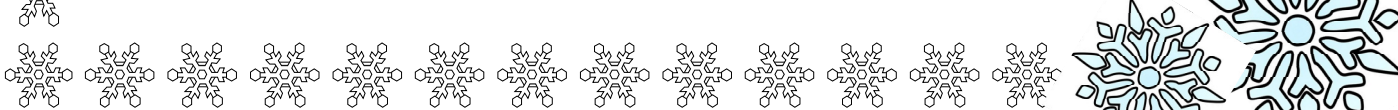
**Grand Erie District School Board requires that all parents declare whether or not they have accident insurance. A declaration form was sent home at the beginning of the school year for parent/guardian review and signature.**




### Winter Wear .....Lost & Found




Our students go outside every day for 2 20 minute recess breaks. Please remember to send students to school with the appropriate clothing to be outside....snowsuits, hats, mits scarves and boots are necessary to enjoy these two breaks fully. That being said, these items are also easily misplaced in busy classrooms. **Please put student names on items where possible.** You can't imagine the number of items that end up in our lost and found! Your assistance is much appreciated.





### Did YOU KNOW....



Families can track if their bus route is experiencing a delay or has been cancelled?? Individuals who subscribe to track a bus will be emailed a notification if their bus route is delayed due to a regular service issue or if the route has been delayed or cancelled as a result of inclement weather. To subscribe and track their child's school bus, a parent/ guardian needs only to access their child's transportation information, available by visiting <https://transinfobhn.ca/StudentLogin.aspx>, and adding their email in the space provided.



## Mental Health Moment

Just before the Christmas Break, I had the pleasure of going to hear a key note presentation from Dr. Jean Clinton, a child psychologist at McMaster University. Dr. Clinton spoke to us about the challenges of self-regulation, stress and mental health in young children and how early years experiences set up physiological pathways in the brain that are permanent. She was an amazing speaker and truly re-enforced many core principals that I have believed in for many years. All this supported through current brain research! I shared this information with School Council on Tuesday and all present felt it was important information to share with all parents. And while I can't speak as eloquently or as knowledgeably as Dr. Clinton,, I will try to summarize some of her key points.

The early years, up to grade 3, are fundamentally different than other years as the brain is developing pathways at an incredible rate and once developed, during this time, they are essentially permanent and determine success and functioning in later life. If young children are experiencing elevated levels of stress, it increases the amount of adrenaline in their bodies....When children don't know how to deal with stressors, they are unable to reduce these levels of Adrenaline in their bodies.... these elevated levels create permanent, long term emotional and physiological damage to the body.

Relationships, during this time is of fundamental importance.....young children need to talk to people, interact with people, play with people.

- ⇒ Proficiency in oral language provides kids with a vital tool for thought...if children can express what they are feeling, they are better able to self-regulate.
- ⇒ Adults need to teach self-regulation....first by modelling it (I feel angry so this is what I am going to do), then by co-regulating with the child (you look angry....lets do this, together) In this way children learn to self-regulate their emotions.
- ⇒ Children need 5 caring adults in their life to help them buffer against the stressors in their environments. When children know there are caring adults that will help them, they are better able to self-regulate.

Mental Health and the MindUp Curriculum are a key focus at Mt. Pleasant School. Many students have gained a better understanding of how their brains work and the long term impacts of stress. What can parents do??

- ⇒ Connect with your kids! Consider how much time do you spent correcting kids as opposed to connecting with them?
- ⇒ Closely monitor the amount of time young children spend on technology. Face-to-face interactions could be time better spent.
- ⇒ Allow your child to be bored....children need that quiet time to reflect and think.
- ⇒ Monitor stress levels....don't go NUTS

N—Novelty (new things can be stressful)

U—Unpredictability (kids need to know what is coming up)

T—Threat to the ego (kids need to feel safe)

S—Sense of loss of control (Kids need order)

<https://www.youtube.com/watch?v=me4sfWn1K48> let your kids get bored

<https://www.youtube.com/watch?v=dU80Ydfe9UY> Love Builds Brains

