

East Garafraxa Public School Newsletter

063066 County Road #3, East Garafraxa, ON L9W 7J1 Tel#: 519-855-4484

Principal : Walter Vander Vaart

March 2013

PRINCIPAL'S MESSAGE

Winter weather has returned. Warton Willy has predicted an early end to winter. I hope he was correct. Meanwhile, it is great to see the students playing in the snow, building forts and having clean, Canadian fun.

BOUNDARY REVIEW FOR NEW SCHOOL

As we told you in a letter sent home on February 13, the Upper Grand District School Board will build a new JK-8 elementary school on land at B Line and Spencer Avenue, in Orangeville, with a scheduled opening date of September, 2014. Setting the attendance area for the school requires a boundary review. Details, including a copy of the first report, are online at:

www.ugdsb.on.ca/scbr

The website is also a place where you can submit comments, and sign up for email notifications, when new content is posted online. If you do not have internet access at home, please feel free to drop into our school office to request a copy of any document related to the Settlers Creek JK-8 RT Boundary Review.

Staff Changes:

Holly Keizer is retiring. Mrs. Keizer will be leaving at March Break, to spend more time with her family in retirement. Mrs. Walker will be taking over the grade 4 class for the rest of the year.

Amanda Vanos, one of our wonderful Educational Assistants, has been transferred to a new school. Mrs. Crysta-Lee Scace will be here, working with us on Thursdays and Fridays.

We wish Mrs. Keizer and Mrs. Vanos the best on their new journey.

Our **positive character trait for March is Excellence**. In the next month, we will be highlighting what it means to strive for excellence. Striving for excellence is really using your positive attitude and determination to do the best you can. We have many examples of excellence in our school. The speech winners are one example. Another example would be our own community member, Brad Bowden, a former student. Brad played sledge hockey in the Olympics, in March, 2010. He has already won many awards and medals in sledge hockey and wheelchair basketball. You can help us, as well, by speaking to your child about what excellence means to you, and helping them set specific goals to strive for excellence, in their own area of interest.

Please make sure your child has indoor /gym shoes. Students need to change their shoes/boots when they come into the school. This has always been the policy of the school and it is very important to follow for several reasons. First ,to keep the floors as dry as possible, so students and staff don't slip; second, to keep the school clean and feet healthy; and third, in case of a fire or emergency, students have something on their feet to go outside or come into the school. Proper shoes in the gym, during physical education class, are essential to playing and exercising safely. It is no longer acceptable for students to be running around in the gym in their socks, crocs, sandals or bare feet. Students without proper shoes will not be allowed to participate in gym classes. Thank you for your ongoing support.

Please be aware that during the day between 11:50 am and 12:50 pm, we do not have an office co-ordinator. At this time it might be more difficult to get an answer to the phone by a real, live person. Please be patient and leave a message, and we will return your call as soon as possible.

Thank you for understanding.

In March, the children and teachers will be taking a week long break from the regular schedule of school. I would like to wish you all a happy and healthy break. I hope you will find time to spend with your family, enjoy each other's company and relax.

Yours in education,

W. Vander Vaart



MARCH BREAK

Students are on holidays from March 11th to March 15th. Enjoy a safe and fun-filled vacation with your children. Students will be returning Monday, March 18th.

New Policy 150 from the Ministry

Did you know that.....

In September, 2011, new legislation was implemented that affected the sale of food in schools. This Ministry-mandated nutrition policy allows each school to designate up to 10 special event days during the school year (September–June) when food and beverages sold are exempt from the nutrition standards outlined in the policy. The Principal must consult with the School Council prior to designating any special event days.

For more information on the new School Food and Beverage Policy check the Ministry's website: www.ontario.ca/healthyschools or Eat Right Ontario at www.ontario.ca/eatright.

Recipe from "Bake It Up" Best Ever Chocolate Cookies:

| | | |
|------------|----------------------------------|-------|
| 1 cup | all-purpose flour | 250ml |
| 1/2 cup | unsweetened cocoa powder | 125ml |
| 1 tsp | baking soda | 5ml |
| 1/4 tsp | salt | 1ml |
| 2 | large eggs | 2 |
| 1/2 cup | soft, non-hydrogenated margarine | 125ml |
| 3/4 cup | packed brown sugar | 175ml |
| 1 1/2 cups | quick-cooking rolled oats | 375ml |
| 1 cup | bran cereal (not flakes) | 250ml |
| 3/4 cup | white chocolate chips | 175ml |

1. Preheat oven to 350 F (180 C). Use ungreased sheets or line baking sheets with parchment paper.
2. In a small bowl, sift flour, cocoa powder, baking soda and salt.
3. In a large bowl, beat eggs, margarine and brown sugar. Fold in flour mixture. Stir in oats, bran cereal and chocolate chips.
4. Drop dough by heaping tablespoonfuls (15ml), about 2 inches (5cm) apart, onto baking sheets.
5. Bake for 7-9 minutes or until just crisp. Let cool on baking sheets on a wire rack for 5 minutes, then remove to rack to cool completely.

For other fine recipes go to www.nutritionrc.ca

EAST GARAFRAXA DANCE-A-THON

The last day of school before the March Break, March 8th, we will once again boogie down to raise money for the Food Bank. The dance-a-thon will be linked to the Physical Education Program and will be a chance to let the students show their moves in the gym and have fun.

Stay tuned for more information coming in the near future. Please send in at least a toonie and some non-perishable food items to support our local Food Bank.



Lost and Found Items

Please come and claim your Lost and Found items. Our bin is overflowing with clothes. All clothes will be donated to the Salvation Army during March Break. All items will be displayed the week before the Break.

Kindergarten Registration

We held Junior Kindergarten registration the first week of February and presently have about 40 new JK students registered for September, 2013. If you have a child who was born in 2009, please come into the office to pick up a registration form. If you have not made up your mind about sending your son/daughter in September we can continue to register your child up to June, 2013.

If you presently have a student in our JK classes, you will **NOT** need to re-register them. They are now part of our school and will progress regularly through the grades.

If you have any concerns or questions please call Sue Chambers at the school: 519-855-4484.

March is Nutrition Month

Parents – there are only about 75 more lunches to go! Are you getting tired of preparing lunches? Are you running out of ideas? Here are resources to help you:

Go for 4! fact sheet and **Canada's Food Guide** available from your school nurse or www.wdgpUBLICHEALTH.ca
Video clips on preparing healthy lunches from The Dietitians of Canada: http://www2.dietitians.ca/HLTG/HLTG_web/content/english/videos.aspx

Healthy eating resources at www.wdgpUBLICHEALTH.ca

HEP "B" SHOTS FOR GRADE 7'S and HPV SHOTS

On April 23, 2013, we will be having the Dufferin-Wellington Health Unit coming to the school to provide the Hepatitis B shots for our grade seven students and HPV shots for grade eight girls. If you know that your child will be absent on this date please let the Health Unit know and they will have a suggestion as to how to get your son/daughter immunized.

Their number is: 1-800-265-7293.

CELEBRATION ASSEMBLIES

Once a month each Division selects a date to hold a celebration assembly with their students. At this assembly students may be sharing something special they have written or drawn, or perhaps the whole group may be singing a special song they have been practicing. Along with sharing, the students will be awarded certificates for achievement in a specific area; working diligently, being kind to others, increased effort etc. It is a time for the entire division to come together to celebrate the wonderful happenings here at East Gary. There is also a bulletin board that is dedicated to celebrations and often you will find photos of student successes and activities. If you are in the school, take a moment to have a look. Great things are happening here! A special thanks to Mr.



Mead for designing and printing our certificates.



Bussing

Please be aware that there are [video cameras](#) on our buses at certain times of the year. These cameras are in place to serve the security needs of the Board and Bus Company. They can also help promote a safe and secure environment for all members of the school community and act as a deterrent to protect against vandalism and behavioural issues. All video surveillance activities comply with the Municipal Freedom of Information and Protection of Privacy Act. The videos will only be viewed by supervisors. Please remind your children that following all the expectations on the bus is very important so all students feel safe and the driver can concentrate on driving safely.



Speeches

Congratulation to all East Gary students who prepared a speech and delivered it to their classes.

At the East Garafraxa School competition for the grade 6, 7,8 division—Erin placed first, Caleb placed second and Julia placed third. In the grade 3, 4,5 division—Abby placed first, Payton placed second and Ethan placed third.

We would like to congratulate our speech competitors, who participated on Feb 25th at the Belwood Legion. Congratulations to Erin for your second place finish, Caleb for your first place finish in the grade 6,7,8 division. In the grade 3,4,5 division we would like to congratulate Abby for your first place finish and Payton for placing second. Thank you for all your efforts preparing and practicing your speech. You made us proud.

March is Nutrition Month

Eat like a champion!

Soccer, dance, hockey, swimming... Whatever activities your child enjoys, feeling good is what it's all about. You need three nutrients in your diet for long-lasting energy; carbohydrates, protein and some fat. Choose a variety of food from each of the four food groups from Canada's Food Guide, meals should contain at least 3 food groups and snacks should contain at least 2. The more colour on your plate, the more vitamins and minerals you'll take in.

Pack a Snack!

A small, mostly carbohydrate snack before a game or activity can give your child the energy they need such as fresh fruit mixed with yoghurt and a couple handfuls of trail mix.

Stay Hydrated!

Not drinking enough water can slow your child down. Water is the best drink to have before and after playing sports and games. Milk and smoothies can boost hydration too. Avoid other beverages such as energy or sports drinks, juices and cocktails.

Stay Active. Eat Like a Champion!



Public Health




Wellington-Dufferin-Guelph Public Health
1-800-265-7293 |
www.wdgpUBLICHEALTH.ca
info@wdgpUBLICHEALTH.ca

THANK YOU

Since the onset of school this year we have employed lunch time supervisors for both nutrition breaks. As well, we have been able to employ someone to be a Reading Tutor, at the school, for both Primary and Junior students. We never seem to thank these people often enough and I would like to express a **HUGE THANK YOU TO:** Judy Turp, Delsie Drover, Leandra Busch, and Heather Diceman. Because of your dedication and commitment to the well being of students, we often hear how East Gary is a fabulous school. Thanks for caring so much about our school community.



March 2013

| SUN | MON | TUE | WED | THU | FRI | SAT |
|--|-----|-------------|-------------|----------------------------------|---|--|
|  | | | | | 1 Pizza | 2  |
| 3 | 4 | 5 | 6 | 7 Dance-a-thon for K classes. | 8 Pizza Pajama Day Dance-a-thon. | 9 Set your clocks forward 1 hour when you go to bed. |
| 10 | 11 | 12 March | 13 Break | 14 | 15 | 16 |
| 17 | 18 | 19 | 20 | 21 | 22 Pizza "Hat Day"  | 23 Earth Hour celebration at Westside. |
| 24 | 25 | 26 | 27 | 28 Pizza | 29 Easter Good Friday | 30/31 April 1st Easter Mon- day |

Future Date Reminder: April 22nd PD day, March 29 and April 1 Easter, May 20th Victoria Day

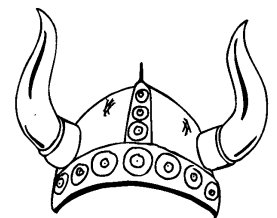
February Newsletter Draw Winner is the : Colton family Congratulations!

We had 57 families submit their signatures on the tear off section for the Newsletter Draw.

Please detach and return. We welcome your ideas or comments each month.

COMMENTS:

We have read the March EGCPs newsletter.



Family Name (Printed)

Parent Signature