

ÉCOLE JOHN McCRAE PUBLIC SCHOOL

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February 2012

PRINCIPAL'S MESSAGE

Carly is a Grade 8 student at our school. Her sister Emilee is in Grade 7. I write this with the permission of both girls and their mom and dad, Cindy and Gregg.



In December of last year, Carly was diagnosed with Ewing's Sarcoma. The news, as you can well imagine, was devastating for the family. I've had the privilege of getting to know Carly, Emilee, Cindy and Gregg a little bit better during the past two months and I'd like to share with you what I've learned from this remarkable family.

Life throws us curve balls when you least expect them. *Live each day to the fullest.*

Laughter is definitely the best medicine. *Laugh every day.*

A positive attitude makes getting out of bed each day easier. *Think positive.*

People you don't even know can have a significant impact on your life. *Take a moment to get to know your neighbours.*

There is no stronger bond than love. *Tell those you love how you feel.*

A simple act of kindness can make a difference. *Be kind to everyone you meet.*

Thank you, Carly, Emilee, Cindy and Gregg for reminding me about some valuable life lessons.

I'm honoured to be on your team against cancer. I can't wait for your victory party!

Thank you Carly, Emilee, Cindy and Gregg for allowing me to share your story.

Cheryl Van Ooteghem

SCHOOL COUNCIL MEETING

Please join us for our next School Council meeting on Tuesday, February 21st at 6:45 p.m. We will be having a presentation on the new UG Cloud program and how it will make homework and getting work to and from school easier. If you require childcare, please contact the office.

TERM 1 REPORT CARDS

Report cards will be sent home on Thursday, February 9th. How you interpret and respond to your child's report card is important. Listed below are some suggestions to help you read, understand and celebrate your child's report card.



1. Read the learning skills on the first page of the document first. Celebrate and acknowledge your child's efforts, improvements and strengths and who they are as a person. Pay particular attention to the comments regarding Strengths, Areas of Need and Next Steps.

2. Pay attention to the section that deals with "days absent" and "times late". Sometimes this is an area that surprises parents and offers insights into why your child may be struggling.

3. Talk about the report card together and seek your child's opinion about their accomplishments.

4. Look at the grades that your child is getting in areas that he/she is interested in; this could suggest some new areas of interests and talents of your child.

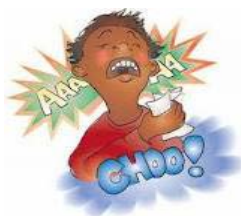
5. Set some goals with your child in areas that you both agree would benefit from improvement. Look for key phrases like "organizational skills", "focusing", "non-completion of work", and "lack of preparation" to track down what is going wrong in a particular subject area.

6. Make a plan on how to meet these goals and share in the responsibility of helping support your child achieve these next steps.

7. Request a meeting with your child's teacher if you need clarification, want more information or need ideas and resources to support your child's learning goals.

8. Remember that the term one report card is a checkpoint. There are five more months of work ahead and a lot can change during that time. Hard work and effort do pay off.

COLD & FLU SEASON



Winter is far from over and so are the illnesses and contagious bugs that come with it! If your child has flu-like symptoms, cold, coughs or rashes, please keep them home to rest and recuperate before returning to school.

When our students come to school ill they do not work well and they pass on their illnesses to others. When we are sick, we all feel better at home, in a warm bed with our favorite things.

FAMILY DAY

The Upper Grand District School Board will be observing Family Day on Monday, February 20th and our school will be closed. We hope you enjoy the day with your family.

MOVING IN? MOVING OUT?

If you are planning a move to another school this summer, or know of someone moving into our school area for the 2012-2013 school year, please notify the office as soon as possible.



WINTER FUN IDEAS!

With the snowy weather finally upon us, we thought you might have forgotten what to do with all the white stuff!



1. Try a new winter activity with your kids, such as snowboarding, curling, snow shoeing, or tobogganing.
2. Walk to school, or hike on the many trails or parks in our neighbourhood.
3. Take a walk at lunchtime if the morning is just too hectic.
4. Plan a winter picnic or skating party.

Remember, activity in cold weather can still be safe and fun when everyone is dressed to stay warm and dry.

CURRICULUM CORNER

As Teachers and Parents, we want our students to be successful. We want to see our students reaching

their full potential in school and in life. Carol Dweck's research on Mindset has shown that our students' attitude towards intelligence plays a huge role in their success in school. Students with a Fixed Mindset believe that intelligence is static and their innate ability will determine their success. Students with a "Growth Mindset" understand that intelligence isn't fixed but can be developed through effort.

In her book *Mindset*, Dweck explains why students who have a growth mind-set are more willing to tackle challenges, learn from mistakes, and see criticism as useful feedback rather than a reason to give up. This is the kind of thinking that keeps students motivated, even when learning is hard work.

To help encourage a Growth Mindset, Dweck recommends:



**Teaching students to think of their brain as a muscle that strengthens with use, and have them visualize the brain forming new connections every time they learn.*

**Discourage use of labels ("smart," "dumb," and so on) that convey intelligence as a fixed entity.*

Encourage students' effort, strategies, and progress, **not intelligence. Praising intelligence leads students to fear challenges and makes them feel stupid and discouraged when they have difficulty.*

**Value challenging work. Teach them that challenging activities are fun and that mistakes help them learn.*

When we reinforce that hard work leads to success, it reinforces a Growth Mindset and helps our students develop a positive attitude towards learning and a willingness to take risks and put forth effort. Dweck also points out that a Growth Mindset is a productive disposition for adults too!

KINDERGARTEN REGISTRATON

REMINDER - Junior and Senior Kindergarten registration for the 2012-2013 school year will be held on February 6-10.



Students must be 4 years old by December 31st, 2012 to register for Junior Kindergarten.

Please spread the word to neighbours and friends!

VITAMIN D AND KIDS

How much do they need?

You've likely heard about the potential benefits that vitamin D may play in reducing chronic disease like cancer and diabetes – as this topic has been receiving a lot of media attention over the last year. More research needs to be done in this area to confirm this, but we do know that vitamin D is still important for bone health! *The Institute of Medicine* DRI's (Dietary Reference Intakes) provide Canadians with guidance on how much we should be getting for optimal bone health. The following are the *new recommendations* for vitamin D for children ages 1-12:

	day
Children 1-3 years	600 IU (15 mcg)
Children 4-12 years	600 IU (15 mcg)

Reference:

<http://www.hc-sc.gc.ca/fn-an/nutrition/vitamin/vita-d-eng.php>

Where do you get vitamin D?

We get vitamin D from the sun (synthesized in our skin), the foods we eat and drink and possibly from supplements. Here are some common food sources and the amount of vitamin D they contain:

Food Source	Vitamin D (IU)
Cow's milk	100 IU/1 cup
Fortified Beverages (eg. soy)	Approx. 80 IU/1 cup (varies depending on brand)
Fortified margarine	25 IU/2tsp
Egg	30 IU/ 1 egg
Salmon (canned or cooked)	556 IU/75g (one food guide serving)
Tuna (canned)	36 IU/75g (one food guide serving)

Source: Canadian Nutrient File

For more information on vitamin D or the new DRI's visit Health Canada's website to learn more!

<http://www.hc-sc.gc.ca/fn-an/nutrition/vitamin/vita-d-eng.php>

Amy Skeoch MHSc, RD

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LIVE FREE

John McCrae will be participating in the Food and Friends Live Free Campaign between February 2nd and March 2nd by holding a penny drive. Pennies can be dropped off in the very large jar at the office. The colour house class to guess nearest to the amount in the jar will win points for their house! Let the race begin!

Age group	Recommended Dietary Allowance (RDA) per
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SCIENCE FAIR

The Intermediate Science Fair has just come to an end and the students' hard work had definitely paid off. On the 25th of January, 230 displays arrived that demonstrated the students' impressive scientific knowledge and blew everyone away. The John McCrae gymnasium was packed with creative, thoughtful experiments that were judged by some of the regions finest. 27 judges spent their day evaluating and interviewing students to find the top three projects of 2012. In third place was Thomas W with "Fertilizer Toxicity on Bean Plants". In second place was Emily S. with the "Effect of Chewing Gum on Test Scores". And finally in first place came Sydney M. with "Bacteria on School Instruments". This year's Science Fair was absolutely amazing! Thank you to all who participated and to Mr. Bennett for all his work to make this happen.



By Kate & Mary Grace

GRADE 6's OFF TO MANSFIELD

Our Grade 6 students are off to Mansfield for 3 days and two nights of winter camping this month. February 22-24 will be filled with cross country skiing, camp fires, winter survival activities and team building opportunities for our Grade 6 students. Merci, Madame Jones, Madame Mercure and Madelle Leslie for your work to organize this exciting adventure.

FRENCH EXCHANGE

Five of our Grade 8 students are off on their French exchange this month. Back in time for graduation, with memories to last a lifetime will be Ilya, Dana, Mary Grace, Esmée and Emily. Bon Voyage mes amis!



FOLLOW OUR BLOG

Please be sure and subscribe to our newsletter and get regular updates from our blog. Details on a winter Colour House afternoon will be posted as soon as they come available!

SPORTS NEWS AT JOHN McCRAE

Junior Girls' Volleyball

John McCrae hosted the Girl's Volleyball tournament. Under the excellent direction of Madame Baggio Favrin they won first place. The Rockwood team proved to be the hardest competition. In the final game the girls' team worked together, cheered each other on, tried hard and were declared the champions! Felicitations!



By: Emma & Aliesha

Junior Boys' Volleyball

Despite being disappointed with the results of their first three games, the boys' volleyball team volleyed back with a win against Kortright to place third in the tournament. In the bronze medal game, the boys' team came back with an amazing performance against Taylor Evans to place third overall. Special thanks to Madelle Leslie and all the refs for their hard work.

Not with a fizzle, but a bang describes the boys' team!

By: Josh & Matthew

Intermediate Girls' Basketball

Feb. 1st was the Intermediate Girls' Basketball tournament at GCVI. The John McCrae girls went undefeated, 4-0, to claim the championship for the 2012 intermediate girls basketball season. The final game in the tournament, JMC vs. Ken Danby, was a very intense, aggressive and challenging game. The final score in this riveting game was 26-18. Congratulations to all the girls in the tournament. Well played! We are very proud of our JMC girls who made a commitment to the team, worked hard and showed the world the true meaning of teamwork. Thanks as well to great coaching by Mdle Gauvreau.



By Tracy & Katrina

Intermediate Boys' Basketball

The intermediate boys basketball team came third out of six teams in the basketball tournament on Feb. 2nd. The team had an awesome time and the 7th graders hope to do it again next year. Good luck to the grade 8s who pursue basketball in high school. Thank you very much to all the members of the team, as well as the coaches, Mr. Kenny and Mdle Hearn!

By Michael & André

ZEHRS TAPES AND CANADIAN TIRE \$\$

We continue to collect Zehrs tapes and Canadian Tire money. Funds raised from these collections are used to purchase playground supplies for all our students. Thank you for your ongoing support.



February 2012

Thinking of going away this March break?

Bed bugs don't make good souvenirs, so don't bring them home when traveling. Check beds for live bugs, and for blood spots on sheets, mattresses and walls. Keep personal items off the floor and away from the bed, and examine your belongings before heading home.

Have a question? Need to report a problem with bed bugs? Call Wellington-Dufferin-Guelph Public Health at 1-800-265-7293 ext. 4617 or email info@wdgpublichealth.ca



Wellington-Dufferin-Guelph Public Health
1-800-265-7293 | www.wdgpublichealth.ca
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