



Briardale Public School

January 2012



A MESSAGE FROM THE PRINCIPAL

I am very pleased that Briardale School has been selected to become part of the **Briardale-Oakridge French Immersion Program**. Our school is going to grow dramatically next year as we introduce Grade 1, grade 4 and grade 5 French Immersion classes. **Briardale** will host a **Parent Information Evening on February 7th, 6:30 – 7:30 p.m.** for those interested in finding out more about the grade 1, 4 and 5 French Immersion. **Oakridge** will host an information evening for the **Grade 7 French Immersion on February 6th, 6:30 – 7:30 p.m.** **Registration for French Immersion will begin January 9, 2012.** A French Immersion button will be added to our school website to use for registration.



Thank you to the people who donated prizes to our Parent Council raffle that was held at our Christmas Concert. We greatly appreciate the donations from **White Oaks, Tim Horton's and Alphabet Photography.** **Thanks** also to **Spiral Graphics** for donating the raffle tickets.

We will be continuing our grocery card fundraiser throughout the school year. Grocery cards can be purchased anytime at the Briardale School office. This is a free and easy way to fundraise for the school. There is no extra cost for using these cards, you just use them instead of cash. 4% of all money spent using these cards is donated to Briardale School!

Our students are making great use of computer technology at the school. Programs such as Math Dreambox and SMART Notebook are used frequently by students. For several reasons, including health, we strongly recommend that students bring their own earphones to school in a labeled ziplock bag to use when working on the computer. These earphones will be stored in the classroom.

GOOD NEWS ASSEMBLY

We will continue to recognize the great work and attitudes of our students at our monthly Good News Assembly. The assembly for **January** will be on **Monday, January 30th at 2:30 p.m.** Please feel free to join us!

The following students were recognized for their contributions to their classes and the school at our December assembly: Alex Candler, Jaiden Dahlke, Sydney Westbury, Olajire Fowler, Athen Toth, Sarah Ferbreche, Camren Carter, Jakob Krtek, Andrew D'Angelo, Aiden Lahn, Katie Rigby and Taylor Westbury.

BUS PARKING

During the school day, **all drivers** need to **adhere** to the **bus parking area** in front of the school. When dropping off or picking up students, the bus driver needs that room to manoeuvre his/her vehicle. **Please help by parking in designated areas around the school or in the parking lot.** We also ask that you turn your cars off when waiting at the school. Clean air is good for all of us.



COMMUNITY CARE FOOD DRIVE

At the beginning of December the students of Briardale School once again had a food drive for Community Care. For 2 weeks the donations were collected and weighed by the students in Grade 5/6. A graph was made to show which class was bringing in the most food. At the end of the two weeks, the winning class was announced. It was Mrs. Ward's class. They did an outstanding job of bringing in those donations. The final total, the weight of all the food collected in those 2 weeks, was approximately 760 pounds.



The students in Grade 5/6 had the opportunity to see the next step in the food donation process. They actually spent time sorting the food at Community Care.

Many thanks to all the families in the Briardale community for their generous support of the Community Care Food Drive this year.

INTRAMURAL SPORTS

Throughout January and February, the Junior students will have the opportunity to participate in Cosom Hockey. The games will take place during the "Fitness and Nutrition" breaks.

INDOOR SHOES

With wet weather upon us, our students are encouraged to take pride in their school by having a pair of indoor shoes for use at school. This helps greatly in keeping our school clean and safe.



PROFESSIONAL ACTIVITY DAY

Friday, January 20th is a PA day. **NO SCHOOL.**

WE ARE COUNTING DOWN TO KINDERGARTEN!

Children who will be four years of age or older by December 31 are eligible to enroll in Kindergarten starting September 2012.

Going to school for the first time is a major step for children and their parents. At the DSBN, families start that journey together at the 'Kindergarten Countdown' open houses. Families can visit our school, meet the kindergarten teacher, and receive a gift bag filled with fun learning resources and information that will help children develop school readiness skills.

Mark your calendar for **Thursday, February 2, 2012** from **4-6 p.m.** for our Kindergarten Countdown open house. Visit **www.dsbn.org** and click on "Kindergarten Registration" for all the details!

FAMILY LITERACY DAY

Thursday, January 27th, 2012 has been designated Family Literacy Day. Family Literacy Day was created by ABC Canada Literacy and Honda Canada in 1999 to promote the importance of reading and learning together as a family all year round.

BRIARDALE SCHOOL CHRISTMAS CONCERT

Thank you to family and friends who were part of the audience for our Christmas Concert on December 14th. A special thank you to our singers and performers and Ms. Gammage, Ms. Hebert, Mrs. Hanna and Mrs. Fast for organizing the event. Special thanks to the Zoccoli family, Wakil family, Laundry family and to the D'Angelo family for their generous donations for our raffle.

REPORT CARD

Report cards for grades 1-6 will be arriving home on **February 9, 2012**.

INCLEMENT WEATHER PROCEDURES

There may be times during the school year where inclement weather or other situations could cause transportation cancellations or school closures. Information about transportation changes and school closures will be available on the websites, radio and television stations listed below as soon as it is available.

Please do not phone the school for transportation or school closure information.

If early dismissal becomes necessary, we will use the emergency numbers you provided on the confidential form which was sent home in September. If your contact numbers have changed, please call the office with your updated information.

PLEASE NOTE: The school may be open even though student transportation has been cancelled. The decision to send children to school is always at the parent's discretion.

Websites: www.dsbm.org
www.nsts.ca

Television Stations: COGECO Cable 10
CHCH Television
City TV

Radio Stations: CKTB 610 am
CHML 900 am
KLite 102.9 fm
EZRock 105.7 fm
Y-108 107.9 fm
Wave 94.7 fm
Htz 97.7 fm
The River 105.1 fm

VACCINES AND ELEMENTARY SCHOOL CHILDREN

Niagara Region Public Health is conducting an annual review of vaccination records for all elementary school children in the Niagara region. **If the vaccination information we have on file for your child is NOT complete, you will receive a letter and questionnaire from us in the mail later this month (January, 2012).**

- Please follow the instructions for reporting your child's vaccinations to us, as outlined in the letter. Various options for reporting are available.

- If your child is overdue for one or more vaccinations, you will need to make an appointment with your child's doctor to get your child vaccinated. You can also make an appointment for your child at one of Public Health's General Immunization Clinics by calling 905-688-8248 or 1-888-505-6074 ext. 7425.
- If you are a parent/guardian not wishing to vaccinate your child, you will need to provide Niagara Region Public Health with an original legal exemption document.

Students under 18 years of age attending Ontario schools must have proof of immunization against diphtheria, tetanus, polio, measles, mumps, and rubella (German measles). We are required to have this information by law (*Immunization of School Pupils Act, 1990*). **Please provide us with your child's missing vaccination information by March 8, 2012 or your child may be suspended from school.**

For more information, please call the Vaccine Preventable Disease Program at 905-688-8248 or 1-888-505-6074 ext. 7425.



Mental Wellness

Today's youth face many obstacles. Adolescence can be a tough time, and the weight of a mental health issue can only add to the pressures of youth. Parents and adolescents are encouraged to seek support to assist them in their journey to positive mental wellness, the reduction of stigma and improving quality of life.

When an adolescent's behaviour changes, it is important to identify the changes and contact a professional, just as you would for any other illness. There is no prescription for the symptoms, perceptions and emotions felt by an adolescent facing a mental illness. Being aware and acting on concerning behaviours is the first and best step a caring adult can take when helping an adolescent in need.

Some common concerning symptoms, perceptions and emotions are listed below as outlined by the Canadian Mental Health Association.

Symptoms

- self destruction or abuse of substance(s)
- withdrawn from friends/family
- change in temper/argumentative/impulsive
- loss of interest in pastimes/hobbies/interests/athletics
- change in focus/concentration/academic performance/energy levels
- decline in personal hygiene
- excessive changes in sleep patterns/appetite

Perceptions

- increased sensitivity to light/thoughts/auditory stimulation/clothing
- uncontrollable thoughts/fears
- hallucinations

Emotions

- extreme guilt/anxiety/pessimism/depression/panic/paranoia
- low self-esteem
- loss of motivation/concentration/feelings/emotions/reasoning/memory/judgement
- suicidal thoughts, delusions, grandeur

The following resources can be accessed in the Niagara Region:

Contact Niagara

www.contactniagara.org (905-684-2728)

Your first link to information and all services in Niagara – a central hub that will help to identify the appropriate resources available

Pathstone Mental Health

www.pathstonementalhealth.ca (Crisis Services: 1-800-263-4944 (24/7) or Tel: 905-688-6850)

Treatment services and programs for individuals (up to 18 years of age), and families, including therapy, counselling, crisis service and parent workshops

Community Addiction Services of Niagara

www.cas-n.ca (905-684-1183)

Provides access to relevant treatment resources for individuals and their families with alcohol and drug concerns

Information Niagara

www.211Ontario.ca (211)

Helps to identify municipal, regional, provincial or federal government programs/services/departments

Canadian Mental Health Association

www.cmha.ca (905-641-5222)

A nation-wide, charitable organization that promotes the mental health of all and supports the resilience and recovery of people experiencing mental illness

Centre for Addiction and Mental Health

www.camh.net (905-988-9094)

Clinical care, research, education, policy development and health promotion to help transform the lives of people affected by mental health and addiction issues

Distress Centre of Niagara

www.distresscentreniagara.com (905-688-3711 or 905-382-0689)

A 24-hour, free, confidential telephone crisis intervention support service

Additional assistance can be found at your school through the Guidance department. It is also important to continue to maintain communication with the school so that they may support the needs of the adolescent.

Cold Weather Alerts at DSBN

Winter is a time of wonder for many children; many enjoy the crisp air, the freshly fallen snow and participating in a whole host of exciting winter sports and activities.

Although we feel it is important for students to spend some time outside each day exercising and socializing with their peers, there are times when bitterly cold temperatures and other inclement weather conditions require that we keep children inside.

Because Niagara is such a large geographical area, and weather conditions may vary from one municipality to the next, the decision whether or not to hold recess outdoors is made by the individual school principal. When making this decision, principals will often consult with neighbouring schools, talk with parents as they arrive in the morning, and if the decision to send children outside is made, will equip yard duty staff with walkie-talkies so that they can communicate with the office to sound the bells to bring students in earlier.

The health and well-being of our students is a top priority at the District School Board of Niagara, and if it is determined that the weather conditions pose a risk to their safety, students will be kept indoors. Extreme cold weather alerts issued by the Niagara Region are often good indicators that students will stay inside.

Even when temperatures are not low enough to necessitate an indoor recess, it still may be quite cold outside. Here are a few tips to help ensure that your child stays warm during the cold winter months.

- Try to send children to school with plenty of layers, such as long underwear, sweatshirts, sweaters and pullovers. Layering their clothing will allow them to add or remove items depending on the weather.
- Students should have a warm winter coat that repels the snow, sleet and rain, while blocking the wind.
- Warm socks and boots will keep their feet warm and dry in the snow and slush.
- Hats are one of the most important parts of dressing warmly in the winter. A thick winter hat will keep students from losing too much of that essential body heat.
- Put on a good pair of gloves or mittens that are water-resistant as well. Gloves will keep kids' hands toasty warm and protect their skin from becoming damaged by the wind and chill.

If you have any questions about our inclement weather procedures, please visit our website dsbn.org, or contact the principal.

HELPING YOUR CHILD WITH MATH

Keep your eyes open for the many opportunities to discuss the math you encounter every day!

In our classrooms, we are exploring concepts, solving problems, talking about the math and practising the skills we use. To follow up from our classroom lessons, please have discussions with your child about what they learned in math class. Have them show you a problem they did in school and share their solution with you. Listen to their explanations and ask them questions about what they did and why it worked. This will be beneficial for all students in the class!

It is important for you to support your child at their level of understanding. Don't show them more than what they're ready for. Exploring the mathematics that they are doing in class more deeply is usually more beneficial than pushing ahead to get to bigger numbers or to the next concept. For example, if your child is practising adding 2 digit numbers at home ($32 + 44$), it is better to explore a variety of 2 digit numbers ($74 + 19$), rather than worrying about going ahead to 3 digit numbers. Spend time solving the 2 digit numbers in many different ways, so that your child becomes flexible in their thinking about numbers. When helping them practise their math facts, be sure to discuss and explore the concepts behind the math they are doing. Memorizing that $4 \times 6 = 24$ isn't meaningful without knowing that 4×6 represents $6 + 6 + 6 + 6$ or $4 + 4 + 4 + 4 + 4 + 4$ or that it is 4 groups of 6 or 6 groups of 4.

However, finding real world situations to explore the math your child is doing in school is still the best way to help them develop a better understanding of their school math. Ask them how much will it cost them to buy that new video game for \$49 and the batteries they'll need for \$15? Ask them to explain how they got their answer to you.

WHAT ARE THE BENEFITS OF LEARNING A SECOND LANGUAGE?

In addition to developing a lifelong ability to communicate with many people, students may enjoy other benefits of learning a second language including a "strengthening of their first language skills, enhancement of problem-solving and reasoning skills, the capacity for creative thinking, and the ability to respect and understand other cultures." (*The Ontario Curriculum, French as a Second Language: Core French, Grades 4 to 8.*)

In addition, it can provide a competitive advantage in the workforce by opening up additional job opportunities. According to *The Impact of Second Language Education* study, there is an urgent requirement for qualified speakers of languages other than English in areas of science, technology, medicine and global commerce.

Students of foreign languages develop a deeper understanding of their own and other cultures. It will open the door to the world of art, cuisine, cinema, travel and literature. Some evidence also suggests that children who receive second language instruction are more creative and better at solving complex problems. Students who are fluent in two languages score higher in both verbal and non-verbal intelligence. They also have higher test scores in reading, language and mathematics. (*College Bound Seniors: The 1992 Profile of SAT and Achievement Test Takers*)

By encouraging your children to continue studying a second language, you will be equipping them with the tools they need to succeed in today's growing world.

ECO- TIPS FOR OUR GREAT CANADIAN WINTER

Air Quality: Feeling stuck inside this winter? So is the air inside your home.

Recent research has found that air inside homes can be just as polluted as the air in many large industrialized cities. Indoor air pollution is caused by a lack of ventilation and can lead to more frequent colds, respiratory problems, and other ailments and diseases. Here's a tip to keep your home and your family healthy.

Keep the house clean and use exhaust fans. House dust mites, pollens, animal dander, and other pollutants can be reduced through regular cleaning. Install and use fans vented to the outdoors in kitchens, bathrooms, and laundry rooms to improve fresh air circulation.

Thermostats: If you have a manual thermostat or no thermostat at all, one way to save energy and money this winter is to install an ENERGY STAR qualified programmable thermostat. When installed and used with the four pre-programmed temperature settings for weekend and weekdays, you can save about \$100 each year while staying comfortable.

Solar Energy: Use the sun to your advantage. Open shades, blinds and curtains that have southern exposure during sunny days in winter and close them all at night to make the most of all that free light and heat provided by our sun.

Use Better De-icers: Try to steer clear of rock salt (sodium chloride) and urea-based de-icers. Not only can they pollute habitats with plant-killing runoff, but they can also corrode concrete, destroy your lawn (even a snow-covered one), and contaminate water supplies. Better bets? Sand, which provides traction without damaging salt-sensitive landscapes, and look for 'green' alternative melters on your next trip to the hardware store.

Check out the following websites for tips/resources:

<http://www.earthshare.org/green-tips.html>

<http://www.wholeliving.com/133860/winter-green-ecofriendly-ways-stay-healthy-season>

<http://sustainablepersonalfinance.com/365-green-tips/>

The DSBN Environmental Sustainability committee wishes all students, families and staff to enjoy a safe and sustainable winter season.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<h1>January 2012</h1> 						
1	2	3	4	5	6	7
8	9 First Day back after Break	10	11	12	13 Dairy Farmers Presentation	14
15	16	17	18	19	20 P.A. Day No School	21
22	23	24	25	26	27 Dairy Farmers Presentation	28
29	30 Good News Assembly 2:30	31	Upcoming Events: Feb 2 – Ground Hog Day Feb 2 – Kindergarten Open House Feb 7 – French Immersion Parent Info Night Feb 9 – 100 th day of school Feb 14 - Valentine's Day Feb 17 – Early Release Day Feb 20 - Family Day – NO SCHOOL			