



Glenn Gould Headliner

May 2018

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Administrators' Message

Welcome officially to Spring and the final two months of the school year. Spring represents some of the busiest times for the school, given the learning that continues in the building, and the many facets of planning already underway for the 2018-2019 year.

This past month, we had an amazing Spring Concert and a week of activities to enrich the mind and body of students and staff. We hosted our third annual Wellness Week. During this week, staff and students were exposed to many facets of taking care of ourselves; mind, body and spirit.

On Wednesday, April 25th, our students had a full day of rotations that were run by community partners. Each station was geared to age appropriate content and hands on activities.

Students participated in mindful lessons, yoga, karate, fitness, dance, drumming, art, dental and hand-washing lessons, tobacco education, positivity workshop and a motivational speaker encouraging students to reach their potential.

This year we also added staff wellness as an important part of this week's events. Staff enjoyed a coffee, snacks, a healthy fruit smoothie, and a yoga class throughout the week to remind them that they too are an important part of GGPS.

Glenn Gould is committed to provide staff and students with opportunities to be mindful and learn ways to stay happy and healthy.



Important Dates

| May | | June | |
|-----|----------------------|------|-----------------------|
| 3 | Movie Night | 4 | PA Day - No School |
| 7 | School Council Mtg. | 7&8 | Gr. 8 Cedar Glen Trip |
| 10 | Welcome to FDK Night | 20 | Gr. 8 Graduation |
| 23 | EQAO Begins | 28 | Last day of school |

Spring Weather

With the much anticipated arrival of spring comes the need to send a change of clothes for your child. Please ensure your child has a change of clothes in the event that they get wet in puddles or mud. Also, be sure your child is dressed appropriately for the weather. Your cooperation is greatly appreciated!



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Glenn Gould Public School is on Twitter!

Our school is proud to announce that
Glenn Gould Public School is on Twitter!



Follow us
[@glenngouldps](https://twitter.com/glenngouldps)

We post news, notices, reminders and school happenings on a regular basis on twitter.

Track 'n' Field for our Junior and Intermediate Students

TRACK AND FIELD

Track & Field Day is Almost Here!

Glenn Gould is eagerly anticipating our annual Track and Field Day,
on May 11th!

This is an excellent opportunity to participate in athletic challenges and foster team spirit. Please remind your child to be prepared to spend the day in the beautiful outdoors and to dress appropriately, bringing along all necessities to be comfortable and safe throughout the day:

- Proper running shoes and socks
- Water in reusable bottles
- Layered clothing (t-short, long sleeved shirt)
- Hat
- Sunscreen
- Litterless snack

Thank you to all Glenn Gould staff members who are making this exciting day possible.
Go Gryphons!

ECO Corner

The entire school participated in our annual operation clean-up. Each class used bags and gloves provided by the city of Vaughan to pick up garbage on the school grounds and surrounding community. Way to go Glenn Gould for making a difference. The Eco team has offered to continue our efforts and have brought home kits to clean-up the garbage around their own homes. Please join the Eco team's initiative and pick up garbage.



Walk to School Challenge

Earth week was a great success. The week began with the "Walk to School Challenge". Congratulations to Ms. Schafer/Ms. Zappa/Ms. Tourountzas class from the primary division and Ms. Verri's class from the junior/intermediate division who both had the most walkers in the week. The classes will share the "Golden Shoe" and also received an eco-friendly prize. Way to Go!! With the warmer weather finally here please make walking to school a part of your every day routine. Walking to school is a great way to get exercise, clear your mind, have a chat as well as reducing pollution and car congestion in the kiss in



Girls Basketball

Hard work, persistence, dedication, teamwork... this is what our Junior Girls Basketball team exemplifies!

With little practice time under their belt, the girls showed what a team should be about! On Friday April 27 the girls attended Fossil Hill Public School playing against four teams. Losing only by one to Fossil Hill and defeating Pine Grove and Woodbridge Public School, the girls came in second place!! Congratulations to all girls involved! We are so proud of all your accomplishments.

Way to go, representing Glenn Gould Gryphons!!

Boys Basketball

ride.

On Monday, April 23 the Glenn Gould Junior Boys Basketball team participated in the Area Tournament at Discovery PS. Through three hard fought games, the team went 1 win, 1 loss and 1 tie. All of the boys played extremely well and represented our school in a positive way. They should all be incredibly proud of the achievements and improvements that they have seen throughout their hard work at practice over the last two months. Both Mr. Alexandru and Mr. Raynor are extremely proud of each and every member of the team for their commitment and dedication during this basketball season and we look forward to next year's season.

Go Gryph-

ons Go!



Roots of Empathy

Mrs. Richards has been leading the kindergarten class in room 107 through Roots of Empathy this past school year. Roots of Empathy is an international, evidence-based classroom program that has shown a significant effect in reducing levels of aggression among school age children by raising social/emotional competence and increasing empathy.



Our visits with Baby Navid and Mommy Tania have been an enjoyable learning experience for the students. They have watched and learned as our Tiny Teacher has grown and developed over the course of the year. They have learned how to care for a baby and also how to be respectful of their peers. This month will mark our last visit with our Roots of Empathy family, and we look forward to celebrating all of Baby Navid's milestones.



Planning for 2018-2019

Class Placements for September begin during the month of May and continue well into June. Having worked with your child throughout the year, your child's teacher has developed a good understanding of his or her strengths and areas for growth. In consultation with grade team partners, appropriate support staff and administration, we are beginning to put together classes for next year, considering many criteria, among them providing for gender balance, a range of academic abilities, and ensuring there are good learning partners for all students. Social dynamics are considered, as well, though the central concern is developing classes that provide for an effective learning environment. To this end, we do not accept requests for particular teachers or for students to be placed with certain groups of friends.

As you can appreciate in a school as large as ours, creating balanced classes is a large task, and is done with care. Students in grades one through seven will also create a list of six friends from across their whole grade and we will ensure that at least one of the students identified will be placed in their class the following year. We encourage the students to choose friends that they can work well with in school during group work. Teaching assignments and our school organization for next year have yet to be finalized, and will be subject to ongoing revisions over the summer and even in September, given changes in student enrolment and Ministry mandates and policies around class sizes.

Wellness Week @ Glenn Gould PS

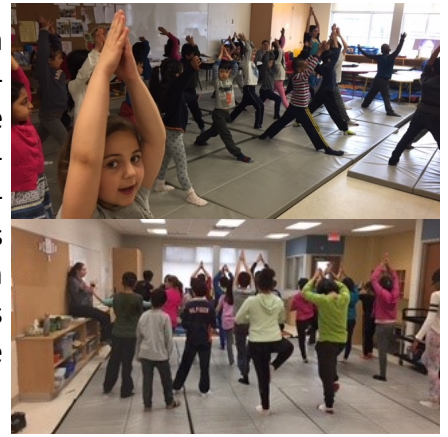
During the Week of April 23-27th, Glenn Gould Public School opened its doors to many wonderful presenters who donated their time and resources to engage our students in learning about mental health and overall well-being. Our students enjoyed learning about taking care of themselves: mind, body and spirit as each class rotated through various stations for the day. Each student also went home with a "goodie bag" filled with great resources.



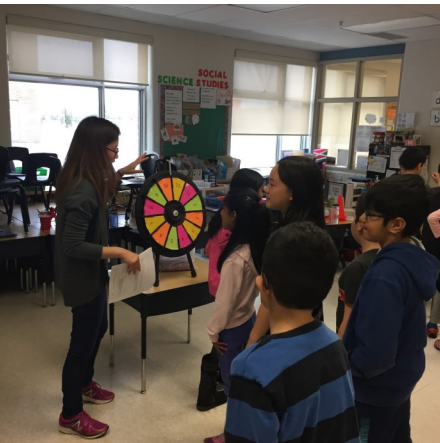
Yoga and Physical Movement



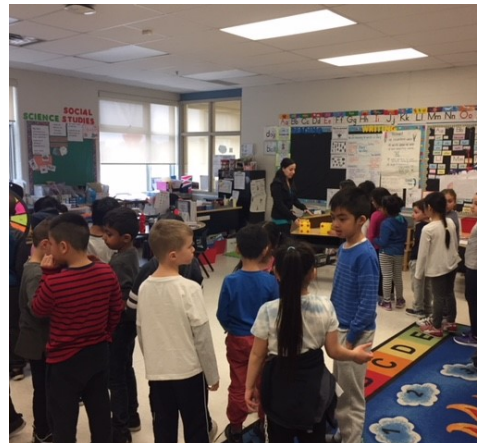
Andrea Bosco of Gateway Yoga and Fitness Instructors from Maple Community Centre both came in to teach our students the importance of being physically active. Our students learned this through actively participating in fun games, breathing exercises and yoga to quiet the mind while still engaging the body.



Mental Health



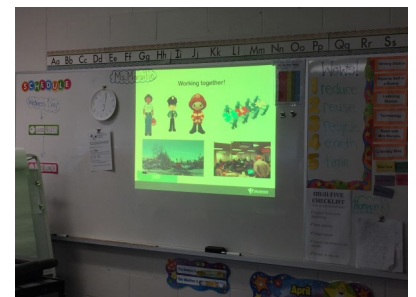
Julie Anderson, a YRDSB Mental Health Consultant presented a workshop where students played games to increase self-confidence and manage stress through the discovery of the power of physical activity. Public Health Nurse Samantha Yau came in to discuss stress, anxiety and strategies students can use.



Fire Awareness and Safety



Students learned about fire safety around their house and what it means to be prepared for an emergency. They also discussed what emergency personnel do and their roles in an emergency.



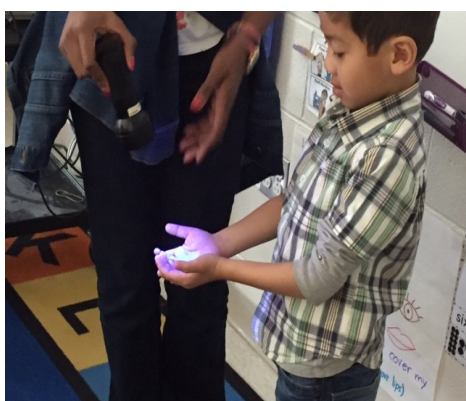
Nutrition



Nancy Bevilaqua, a nutritionist spoke to our students about the Ontario Food Guide, how to eat healthy meals and snacks. Students were also given a healthy snack; a banana and a nut free granola bar.



Hand Washing and Dental Hygiene



Our students also learned about proper hand washing and dental hygiene with public health nurses. Students were able to use a special UV flashlight to see live germs on their hands. They then washed their hands to see the difference under the UV flashlight. Students also learned how to take care of their teeth during interactive fun activities provided by York Region Dental and Tasios Orthodontics. Each student also went home with an age appropriate toothbrush donated through our public health system.



Motivational Speaker, Karate and Drumming



The Primay, Junior and Intermediate students also were educated on how to discipline their bodies through Karate with BMS. Our very own, Mr. Bow also joined us to promote music as a stress releaser through bucket drumming. Greg from MLSE also came to talk about having a growth mindset and using positive affirmations in order to live a full life as professional atheletes from the Leafs and Raptors do!



KIDS Dance Crew



KIDS, an award winning children's and adult dance studio came to speak and dance with our students about feeling good about themselves and what it means to care, share and give. They also talked about the importance of physical activity and how important it is for overall health.



The Great Big Crunch

Since 2008, over 1 million people have participated in the Great Big Crunch. The whole school came together in the gym and took a bite of their apple in unison. Students celebrated and enjoyed a healthy snack with their classmates. Glenn Gould participated on March 10th and we hope to continue to make it an annual event.



Earth Hour

Glenn Gould joined thousands of other students across Ontario in the annual Earth Hour event on Friday, March 24th. We turned off all non-essential lights for one hour. We were able to reduce our energy consumption by 40% in just an hour. On Saturday, March 25th, six continents and, over 170 countries, united as a global community turned their lights off from 8:30 p.m. to 9:30 p.m. We hope you were able to make it a fun night with your family, celebrating your ability to make a difference to climate change.

Grade 1 Scientist in the School

On Monday April 9th, the grade 1 students participated in a Scientist in the School workshop which focused on Structures and Mechanisms. The students learned how to build a structure capable of supporting themselves, using real tools while learning about fasteners. While working through a variety of centres, they examined the properties of different materials and learned about all about stability when creating structures. The students had a great day building and exploring!



**Scientists
in
School**



Student Dress Code

Board Policy and Procedure #635.0, Student Dress Code outlines that “student dress code is a standard for all students that meets school community expectations for appropriate dress.”

For this current school year, the dress code was reviewed and maintained, as follows:

Students need to dress appropriately to school. Examples of clothing that should not be worn at school include:

- short skirts and shorts (if you wear these items the length should be at least full arm length with fingers stretched downwards)
- tank tops (strap width should be two finger spaces wide), no spaghetti straps, no tops that leave the midriff exposed, or undergarments visible; no halter tops
- flip flops (full sandals only)
- refrain from wearing hats, bandanas and any other headwear in school, except for religious purposes
- clothing with inappropriate slogans or logos.

Lunch Assistants Needed



At this time we are looking for Lunch Assistants to be on our back-up list. You will be required to help in our school during the lunch hour (12:45pm – 1:45pm).

The duties include:

- Supervise classroom(s) during lunch hour
- Supervise outdoor or indoor (depending on weather) recess.

Only serious applications who are available everyday please apply.

If you have an hour to spare in your day, please contact Mrs. Lombardo or Mrs. D'Aversa at 905-417-4517 for more information.

A Big Thank You!



Glenn Gould's Wellness Day was a HUGE success!!!

We wanted to thank the following community members who generously provided their time to our students on Wednesday, April 25th. The students enjoyed every minute of the day. Thank you again for enriching their lives and educating their minds in ways to enhance their physical, mental and nutritional well – being.

For more information on any of our presenters please visit their websites.

KIDS Inc. Kreative In Dance Styles - www.kreativeindancestyles.com

Maple Community Center - vaughan.ca

Tasios Orthodontics - <http://tasiosortho.com>

Gateway Yoga - www.gatewayyoga.ca

Twist Dance Academy Inc- <http://www.twistdance.ca>

BMS Karate - www.bmskarate.com

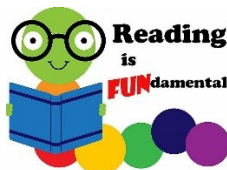
MLSE- www.mlse.com

Learning Commons Update...



Thank you to all of our wonderful students, parents, grandparents and staff that helped make our Scholastic Book Fair a big success! A very special thanks to all of the hard working volunteers who offered their time to help out! I couldn't have done it without you! Each purchase made during this event directly benefits the students and is used to purchase books and other resources that support both the learning curriculum and student interests. The book fair will return to Glenn Gould in the fall with a new selection of books to engage our students in reading activities. Thank you for encouraging your child to read! I appreciate your support and look forward to seeing you at the next Book Fair.

LITERACY CORNER



Build your child's reading confidence at home

Does your child read too quickly? Guess at words? Avoid sounding them out? If so, s/he may have reading anxiety. This makes school subjects and tests more difficult. To reduce stress over reading:

Read to your child every day. It helps develop their love of reading.

Don't force your child to read to you. If s/he wants to, great! If not, don't make them.

Let your child stay up an extra half hour on weekends to read for fun.

Make audio recordings of materials your child finds especially challenging so she can read along.

Act out plays to build confidence with words.

OR

Help your child develop critical thinking skills

Analyzing information means examining and evaluating it instead of just accepting it. This is an important critical thinking skill, especially when reading.

Look for everyday ways to help your child learn this thinking skill. You can:

Look at a newspaper headline together, then read the story. Did the headline do a good job of telling the reader what the story was about?

Talk about fact (established truth) and opinion (a person's beliefs). Ask your child to tell you whether a statement is fact or opinion, and why.

Ask your child "What do you think?" at least once a day.



Q: I want my child to enjoy reading, but s/he seems to prefer watching TV and playing video games. What can I do?

A: It can be difficult to motivate some kids to read - especially when there are so many entertainment options available. Try to limit screen time to 10 hours a week or less. Keep irresistible reading materials around the house. Many young readers love magazines and graphic novels. Look for materials based on your child's favourite shows or games.

Source: Building Readers

Learning Commons Update con't...

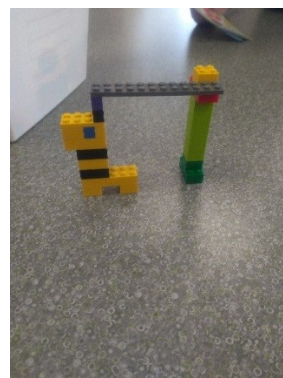
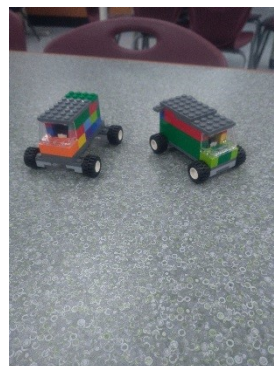
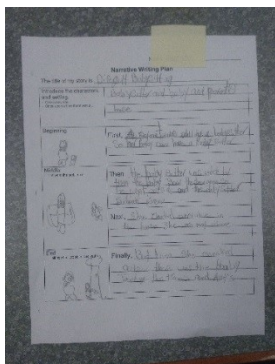
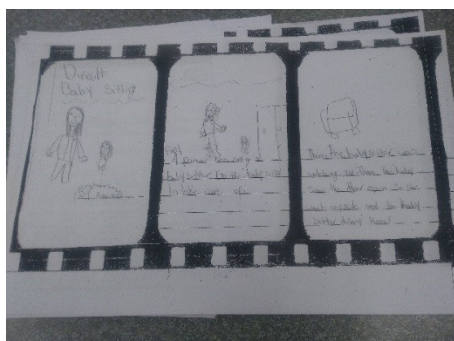
MODERN LEARNING

For the past several weeks, we've been appealing to students' imagination through clay, lego and ozobots. Initially, the grade 1 to 3 students experimented with all three of these tangible tools before choosing one to represent their ideas in their narrative story writing.

Students are now in the beginning stages of giving life to their story by building their narrative and representing the elements of their plot: introduction (characters, setting), problem and solution.

The students are very engaged and excited to see the structure of their story come together in a concrete way.

We can hardly wait for their final product!



Blast off with Breakfast!



Nutrition Matters



Blast off with breakfast!

A healthy breakfast provides fuel and energy after an overnight 'fast'. However, about 30 per cent of Canadians regularly skip breakfast.

A balanced breakfast includes foods from at least three food groups in *Canada's Food Guide*.

A balanced breakfast

Supply your body with energy and nutrients

Choose healthy foods for breakfast to supply your body with important nutrients such as carbohydrates, protein, vitamin C, folate, iron, calcium and fibre. These nutrients play a key role in promoting health including:

- Growth in children and during pregnancy
- The prevention of chronic diseases such as Type 2 diabetes, heart disease, cancer and osteoporosis
- Healthy digestion
- Reduce cravings and overeating of less nutritious foods later in the day.

Improve your performance

Research has shown that eating breakfast can improve memory, concentration, problem solving skills and overall physical and mental performance. For children, breakfast is linked to better performance in school.

Get your fibre

Many breakfast foods such as whole-grain cereals, breads, high-fibre muffins and fruit are good sources of dietary fibre. Look at the label and choose foods with more fibre. Higher fibre choices will have whole grain ingredients listed near the top of the ingredients list.

Set the stage for life-long healthy eating habits

Help children develop good eating habits to carry through to adulthood by offering a variety of healthy breakfast foods.

Healthy breakfast habits

- Eat breakfast every day
- Be a role model. When children watch their parents eat a healthy breakfast on a regular basis, they are likely to want to eat healthier breakfasts too
- Eat breakfast together often
- Turn off the television and remove distractions while eating. Both kids and adults do not recognize when they are full or hungry if they are distracted while eating.
- If your child is not hungry when he or she wakes up, encourage them to take something along to eat when at school. Check out the breakfast on-the-go ideas.

Blast off with Breakfast!

- Having a source of protein can help maintain your energy level throughout the morning. Try milk, yogurt, eggs, cheese, nut butters or seeds.

Breakfast at home

It does not have to take a lot of time to prepare a healthy breakfast at home and it does not always have to be 'breakfast food'. Try these easy-to-prepare meals:

- Whole grain bread, nut butter, banana
- Whole grain wrap, scrambled eggs, cheese and vegetables
- English muffin pizza with tomato sauce and low-fat mozzarella cheese
- Yogurt, high fibre cereal, dried or fresh fruit
- Grilled ham and cheese sandwich, milk
- Whole wheat pancakes, strawberries, yogurt
- Leftovers from the night before like rice or noodles with chicken and broccoli

Breakfast on-the-go

A healthy breakfast can be simple and quick. Try one of these meals "to go":

- Crackers, low fat cheese, orange wedges
- Whole grain bagel, low fat cheese, carrots
- Whole grain toast, yogurt, apple
- Whole grain roll, orange, hard-boiled egg
- Turkey sandwich, pear, milk
- Dry cereal mix, dried fruit, milk
- Muffin, low fat cheese, apple
- English muffin, hummus, banana

Fruit yogurt smoothie

Begin the day with a smoothie. It tastes great and is quick and easy to make.

Makes 2 servings

Ingredients

500 mL (2 cups) milk (2% MF or less) or plain, fortified soy beverage

250 mL (1 cup) yogurt (2% MF or less)

1 fresh or frozen banana, sliced

1 cup of leafy greens such as spinach, Swiss chard or kale

125 mL (1/2 cup) frozen berries

¼ cup large flake oats

1. Place all ingredients in a blender or food processor
2. Blend at high speed until smooth

Tips

- Add a slice of whole grain toast or whole grain muffin to make this breakfast balanced with three of the four food groups
- Keep a few bananas and berries in the freezer at all times
- Try different frozen fruit like mango, kiwi, peach and pineapple
- Pour into popsicle molds and freeze for a healthy frozen treat

More information

Speak to a registered dietitian at no cost by calling EatRight Ontario at 1-877-510-5102 or by going to www.ontario.ca/eatright



**This is an important document.
Please take it to someone who can explain it to you.**

| | |
|--------------------|---|
| Arabic: | هذه وثيقة مهمة. يرجى منك أخذها لشخص يستطيع شرحها لك. |
| Chinese: | 这是一份重要文件。 请您将它拿给可以向您解释此文件的人。 |
| Farsi: | این مدرک مهم است. لطفاً آنرا نزد شخصی که بتواند در مورد آن به شما توضیح دهد ببرید. |
| Gujarati: | આ એક અગત્યનું દસ્તાવેજ છે. મહેરબાની કરી તે કોઇ પાસે લઇ જાઓ જે આપને સમજાવી શકે. |
| Hebrew: | מסמך זה חשוב מאוד. אנא קחו אותו למישהו שיוכל להסביר לכם אותו. |
| Hindi: | यह एक महत्वपूर्ण दस्तावेज़ है. कृपया इसे किसी ऐसे व्यक्ति को दिखाएँ जो इसे आपको समझा सके . |
| Khmer: | នេះគឺជាឯកសារដ៏សំខាន់មួយ។ សូមយកវាទៅអ្នកណាម្នាក់ដែលអាចជួយពន្យល់វាឱ្យលោកអ្នក។ |
| Korean: | 이것은 중요한 문서입니다. 내용을 설명해줄 수 있는 분에게 보여드리십시오. |
| Punjabi: | ਇਹ ਇੱਕ ਜ਼ਰੂਰੀ ਦਸਤਾਵੇਜ਼ ਹੈ . ਕ੍ਰਿਪਾ ਕਰਕੇ ਇਸਨੂੰ ਕਿਸੀ ਅਜਿਹੇ ਵਿਅਕਤੀ ਕੋਲ ਲੇ ਜਾਓ ਜੋ ਇਸਨੂੰ ਆਪ ਨੂੰ ਸਮਝਾ ਸਕੇ. |
| Romanian: | Acest document este foarte important. Apelati la cineva care va poate ajuta sa-l intelegeti. |
| Russian: | Это важный документ. Пожалуйста, обратитесь к кому-либо, кто сумеет Вам его разъяснить. |
| Spanish: | Este es un documento importante. Lléveselo a alguien que pueda explicárselo. |
| Tamil: | இது ஒரு முக்கிய ஆவணம். தயவுசெய்து இதனை உங்களுக்கு விளங்கப்படுத்தக்கூடிய யாராவது ஒருவரிடம் எடுத்துச் செல்க. |
| Urdu: | یہ ایک اہم دستاویز ہے۔ براہ مہربانی اسے اس فرد کے پاس لے جائیں جو آپ کیلئے اس کی وضاحت کر سکے۔ |
| Vietnamese: | Tài liệu này quan trọng. Xin đưa tài liệu này cho người nào có thể giải thích nội dung cho quý vị rõ. |