



LEGACY PUBLIC SCHOOL E-BULLETIN

DATE: May 10th, 2019

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Technology Use

This week, Staff at Legacy will be reminding students of using technology appropriately while at school. Whether it is a Board device or a personal device from home our messaging will focus on:

- Being respectful when writing messages to anyone while using technology.
- Using technology at school for educational purposes as assigned by a teacher.
- No technology use during lunch and outdoors at recess in order to promote active and personal interactions with their peers

Please know that if students have difficulty following these school and Board guidelines, they could lose technology privileges or be asked to leave their devices in the school office until a parent or guardian can be contacted.

We ask for parent support in reminding your children of these important school policies.



YEARBOOK ORDERS

DON'T DELAY... ORDER YOUR 2018/2019 YEARBOOK TODAY

Yearbooks orders have been extended and can be ordered on [school cash online](#)

until Friday May 17th



Let's continue to walk or roll to school as often as possible .

Active School Travel Ambassadors had a meeting this week to talk about safety while rolling or walking to school. These leaders will then teach their classmates about Active School Travel

Remember you can:

1. Walk to the bus stop
2. Park a block away and walk to the back tarmac
3. Walk or Roll to School

Let's Get Active Legacy!

KEY DATES

- May 6th-June 5th- Ramadan
- May 14th-SODA Track Meet
- May 15th Grade 7-8 Gauss Math
- May 16th- Track and Field Day
- May 17th-Dress LOUD Day
- May 20th-Victoria Day-No School
- May 22-May 31st Grade 3 & 6 EQAO

Please check our Calendar at:

<http://bit.ly/2DdPcaJ>



SAVE THE DATE

**LEGACY PS is
please to present:**



ON

**Wednesday, June
12th.**



Tickets will be going
on sale Monday
May 27th.

Please purchase through
School Cash Online
starting May 27th.



Legacy Track and Field Day

On Thursday, May 16th, students in Grades 4-8 will be participating in Legacy's annual Track and Field Day.

The school meet supports the Health and Physical Education curriculum and participation is encouraged.

We are aware our track and field meet is during Ramadan and students are fasting. We investigated alternate days outside of Ramadan but as a result of school field closures and the East Area Track and Field date, we were unable to co-ordinate another date for the school. There will be a cool place indoors for students, to use, if needed and students can contribute in others ways such as helping at events. Legacy is committed to providing accommodations for any student who is recognizing Ramadan during these outdoor activities.

Students are encouraged to bring litterless lunches and healthy snacks. We will break for the regular lunch period. It is important that your son/daughter come to school prepared for the days' events. So don't forget your sunscreen, hat, running shoes and water bottle.



WHAT'S GOING ON IN THE SCHOOL

ECO Club
Me to We
Student Council
Lunch Buddies
Wacky Snack
Library Helpers
Stacking Club
Peer Mediators

Equity Team
Healthy Schools Club
Annie
Office Helpers
Girls Can Run Program
Gauss Math Club -grades 6-8
Badminton

STACKING CLUB



The Legacy Stacking Club has enjoyed another wonderful year. Sport Stacking is a great activity for all that develops hand-eye coordination, ambidexterity, focus, self-confidence, teamwork, cooperation and fair play.

The Legacy Sport Stacking Team once again shone at the annual "Battle of the Schools" tournament. 12 students from Grades 2 to 7 (Allison, Simra, Kaila, Anjali, Steven M., Sammy, Keira L., Ivan, Jackson, Shristi, Virgil, Akshay) displayed outstanding patience, team work and spirit (parents too). Legacy brought home 48 trophies, medals and ribbons. Some were competing for the first time and others have been competing for years; Jackson in Grade 6 and Allison (Team Canada) in Grade 2 were overall winners! Good Luck to all those moving on to Finals, Junior Olympics in U.S.A, Team Ontario or Team Canada. The teacher-coaches thank all students who came out to Stacking Club this year and look forward to next year's season.

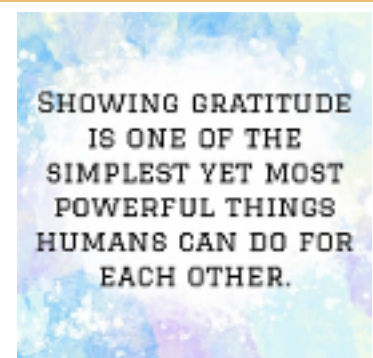


Rafiki Sales

Thank you to everyone who supported our Rafiki sales this week. The Me to We team is very grateful for your contributions. Unfortunately, the rafikis titled "Inspire" "Create" and "Imagine" are all sold out. To replace these, we are offering two new ones; "XOXO" and "Happy You Day." If you have purchased one of the rafikis that are sold out, could you please choose a new one to replace it. You do not have to pay again. If you have not yet purchased a rafiki you will have until Tuesday to make a purchase.



GRATITUDE



Mental Health Week-

Thank-you to our Healthy School's team of staff and students who organized and were involved in our Mental Health Week.

Zen Dens, Tai Chi, Breathing Activities, Yoga, Mindful Colouring, and Expressing Gratitude were some of the activities this week to support our students understanding strategies that help manage feelings of stress



On Wednesday May 8th, Public Health made a presentation to some of our families at Legacy

Stress among children is estimated to have increased 45% over the past 30 years. Building emotional health and resiliency can help students learn, interact more successfully and deal with other stressors they may face in their home life.

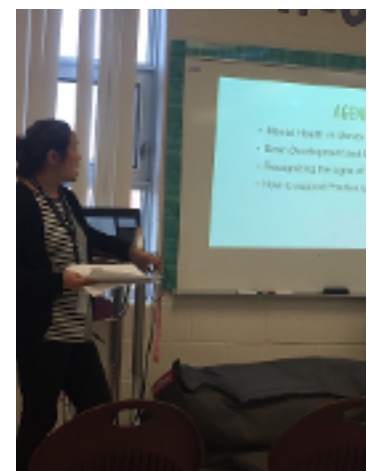
DO YOU RECOGNIZE STRESS SYMPTOMS IN YOUR CHILDREN?

DO YOU HAVE STRATEGIES TO SUPPORT YOUR CHILDREN?

Please see the following links to support your children at home

RESOURCES for Parents:

- Psychology Foundation of Canada (www.psychologyfoundation.org)
- Stress Strategies (www.StressStrategies.ca)
- 310-COPE Mental Health crisis line
- Healthy schools (www.york.ca/healthyschools)
- Kids Help Phone card (www.kidshelpphone.ca)



Hand-out for Parents

HELPING STRESSED-OUT KIDS

SOME STRESS IS NORMAL. But too much stress can make it difficult for children to concentrate, learn and get along with others. Overstressed kids may be more whiny, clinging, irritable, or prone to tantrums than usual. The good news is that adults can do a lot to help children deal with stress.

Stay connected

Supportive relationships are the single most important stress reliever for children.

- Staying connected to your kids and spending time with them can reduce their stress by helping them feel safe and cared for.
- Time together and emotional support help children recover from stressful events.

Reduce stress in your child's environment

- Make sure your child gets exercise and time to play.
- Eating healthy food and getting enough sleep help kids' brains and bodies cope with stress. Tired, hungry kids get stressed out more easily.
- Morning routines get the day off to a good start and bedtime routines help children relax and fall asleep.
- Learn to manage your own stress. Your stress and the mood problems it causes can be a source of stress for your kids.

Make time for physical activity and play

You know that tense, revved-up feeling that's part of stress? Physical activity and play can help relieve that tension.

- Activities like going for a walk or bike ride, shooting baskets or dancing to music release brain chemicals that help children feel less tense and anxious.
- Unstructured play – including outdoor play and play with friends – helps children relax and feel good.
- When kids feel better physically, it is easier for them to feel better mentally and emotionally.



Relaxation breathing

Deep breathing helps people calm down and relax. Even young children can learn this.

- Ask your child to sit or lie down and close her eyes.
- Ask her to imagine she has a balloon on her belly.
- Tell her to breathe in slowly and imagine the balloon filling with air, while you count to four.
- Then have her let the air out the balloon by breathing out slowly while you count to four.
- Repeat five times.

Teach children to solve problems

Problems create stress, so solving the problem relieves it. It's helpful to break a problem down into small steps.

- What is the problem?
- How does it make me feel?
- What are some possible solutions?
- Which solution do I want to try?
- How well did the solution work?

Young children will need a lot of help with problem-solving. It takes a long time for children to solve problems on their own. But if you help them problem solve regularly, they will gradually learn an important life skill.