



# MICHAËLLE JEAN PUBLIC SCHOOL

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Superintendent: Michael Cohen  
 Trustee: Carol Chan



Principal: Clelia Della-Rovere  
 Vice-Principal: Jennifer Anderson

## Message from the Principal and Vice Principal

Happy Spring everyone! We are looking forward to the warmer weather. We hope that all of our families enjoyed some time together during the March Break. April will certainly prove to be another busy month so please take the time to read over the newsletter and take a look at our calendar on the school webpage- <http://michaelleenps.yrdsb.ca>

March and April have been busy for our staff with regards to professional learning. During the March PA day, we spent the day learning about Health and Safety matters such as Concussions. Teachers are currently taking part in a collaborative inquiry project known as the 4Cs. Staff have come together to co-plan, co-teach, co-debrief and co-reflect on math lessons involving critical thinking and problem solving. This is a great way for staff to come together to learn more about effective teaching practices in math.

Our final Parent Engagement Workshop was well attended and we want to thank the many parents who came out to learn and support our staff presenters. Our April and May concerts are just around the corner. We are very proud of our Eco-Club which has been working diligently to promote eco-friendly practices at our school. Once again we will be applying to be an Eco-Certified school and believe we will be successful due to our recycling efforts and lights out campaign. Bravo to our staff and students for all their diligent efforts in reducing our ecological footprint. Many thanks again to our Eco-Club!

For our Parent Corner this month, we talk about Anxiety. Please take a moment to read about this important mental health issue.

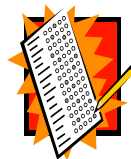
## Special Points Of Interest

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## EQAO Testing

Our EQAO grade 3 testing is tentatively scheduled to be held from May 25 to May 29. Please do not schedule any medical appointments during this time. Information is available at [www.eqao.com](http://www.eqao.com) and additional information will be sent directly to our grade 3 parents. We encourage these parents to explore the website. EQAO resources will also be shared with the students in preparation for the assessments.



**Inspire Learning!**

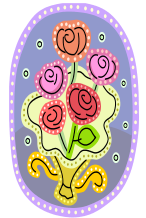


## School Information, Procedures and Events

### Spring Concerts

We are once again pleased to bring you two more concerts this year so that each student at our school will be able to participate in a performance. We are thankful to our staff who will be preparing our students closer to these dates. Performances will begin at 6:30 pm and due to space limitations and fire code regulations, each child will be able to bring only two guests who will receive tickets. Please mark down these dates when the following classes will be performing at our evening concerts:

Thursday, April 9th, 2015	Thursday, May 7th, 2015
Mme Yum	Mme Ryan
Mme Bessette	Mme C. Lee
Mme Zealey	Mme Gray
Mme Brunet	Mme Kim
Mme Bernard	M. Attias
Mme Barr	Mme Kamyab
Mme Safar	Mme Marjanovic
Mme Darvish	Mme James
	Mme Griffiths



### Scholastic Book Fair

The Scholastic Book Fair is coming to MJPS! This annual event allows students and parents to discover and purchase wonderful new books to add to their collections and home libraries. This is primarily an English Book Fair but there will also be French books available.

The Book Fair will take place from **April 27 to April 30**. On **April 27** and **April 28**, students will have an opportunity to look at the books and write a "wish list". On **April 29** and **April 30**, students will have the opportunity to purchase books. The Book Fair will be open on **Wednesday, April 29** until **4:00 p.m.** and on **Thursday, April 30** until **6:30 p.m.** for family purchasing. There will be a special draw (win \$25 worth of books, plus \$25 in books for your child's classroom) for every family that visits the Book Fair.

### Pink Day

April 8, 2015 is the *Day of Pink* which is the International Day against bullying, discrimination, and homophobia in schools and communities.

It is an annual day in April where communities around the world wear pink to show respect for diversity and to demonstrate support for learning and working environments that are safe and inclusive of people regardless of their social identities.

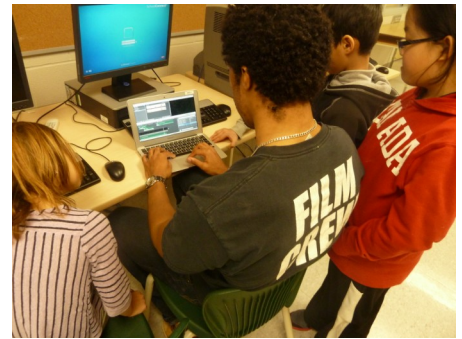


## School Information, Procedures and Events Con't



### Director's Cut

Gr. 3 students are learning to produce short animated movies.



### Parent Engagement

Many thanks to our MJPS staff: Mme Gray, Mme Kalfon, Mme Karchevskaya, Mme Mandlsohn, Mme Ryan, Mme D, Mme Samuel and M. Vojnic (Tech support) who presented an informative evening on Growth Mindset, learning skills, and academic success.



## Board Information

### Summer Institute Programs - Registration Now Open

This program is run by YRDSB from July 6, 2015 to August 14, 2015 and offers academic and recreational programs that are aligned to the Ontario Curriculum. The program is for students in JK- 8. If you are interested, please refer to the following website for more information, fees and locations. (With mouse, hover over Summer Institute below and press Ctrl and click to follow link)

[Summer Institute](#)





## Parent Corner

Over the years, our school has hosted a variety of workshops for parents, staff and students to keep them informed about topics such as mental health, anxiety, healthy eating, stress, anti-bullying, etc... Our past newsletters have provided information on bullying and exerting self control. This month we will look more closely at anxiety.

### **Anxiety**

Parents may notice that their child seems nervous or fearful. This may be related to a stressful event, such as performing in a school play or writing an exam. In such situations it is normal for a child to worry or feel nervous. It can even help the child memorize their lines or study longer for a test.

Children or teenagers may have a problem, however, if they are frequently nervous or worried and find it hard to cope with any new situation or challenge. Rather than being just "nervous," the way they feel is better described as being "anxious." Anxiety is defined as a feeling of worry or unease.

**When the level of anxiety is great enough to interfere with a child or young person's everyday activities, we call this an Anxiety Disorder. Anxiety disorder is a psychiatric condition that may require medical or psychological treatment.**

### **How common are anxiety disorders?**

Roughly 6% of children and youth have an anxiety disorder that is serious enough to require treatment.

### **How long do they last?**

Without treatment, some of the anxiety disorders that begin in childhood can last a lifetime, although they may come and go.

### **What causes anxiety disorders?**

Anxiety disorders have multiple, complex origins. It is likely that genes play a role in causing anxiety. However, the home, the neighbourhood, school and other settings can also contribute to anxiety. For example, some babies or young children who live with too much stress can become anxious. Other children may "learn" to respond in an anxious way to new situations because a parent or other caregiver shows anxiety. In most children and young people it is a mix of these causes that leads to an anxiety disorder.

### **What's normal and what's not?**

Being nervous about a single event, such as writing an exam, is normal. In some situations, anxiety may be normal for a younger child but not an older one. One common example is a young child who becomes upset when left alone with a babysitter for the first time. This separation anxiety is a normal reaction for a young child but would not be normal for a teenager. When the symptoms begin in later childhood or adolescence and continue for several weeks then it may be time to seek professional help. Trying to avoid any situation that causes anxiety is not normal and may mean that the child or teen has an anxiety disorder.

The following information has been taken from: The Centre of Knowledge on Healthy Child Development with support from CIBC World Markets Children's Miracle Foundation. The Centre of Knowledge on Healthy Child Development is a project of the Offord Centre for Child Studies.

Go to [www.knowledge.offordcentre.com](http://www.knowledge.offordcentre.com) for more information on how to identify, prevent and treat child and youth mental health problems

# *Reminders*

## MILK BAG PROJECT

At Michaëlle Jean Public School, we are encouraging our students and community to "Recycle-Reduce- Reuse". We continue to recycle the outer printed milk bags. There are groups who are making mats from these bags and donating them to persons of need in Haiti. These plastic bags are UV resistant and bug resistant, making them suitable for domestic usage as mats, shopping bags, or even beds! All we need from you is to send the clean, dry bags to school with your child. We will provide the bags to the organization.



When a few hundred bags are collected, we will deliver them to a place where they will be cut into strips and crocheted into sleeping mats.

The sleeping mats will be sent to Haiti.

### ARE YOU MOVING?

If you are planning to move and your child will not be returning to M.J.P.S. in September 2015, please let the school know as soon as possible as this will assist us greatly with staffing, determining numbers and class placement.

### LUNCHES AND ALLERGIES AWARENESS

Please remember that we are a Nut Free School. We have many students with severe allergies to nuts and nut by products. Do not send any food items with your child(ren) that contains or may have come in contact

