



# MICHAËLLE JEAN PUBLIC SCHOOL

320 SHIRLEY DRIVE, RICHMOND HILL, L4S 2P1



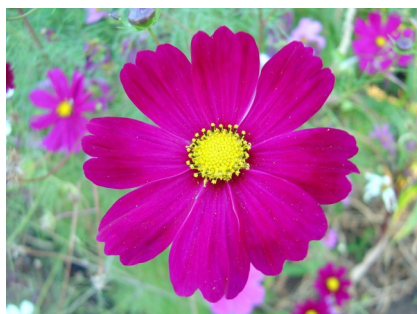
Nadia Russiello  
Jean Rudman

Principal  
Vice-Principal

Michael Cohen  
Carol Chan

S u p e r i n t e n d e n t  
Trustee

## *A Message from the Administrative Team*



May is shaping up to be a very busy month at Michaëlle Jean P.S.! Some events that will take place are our Jump Rope for Heart assembly, Crazy Hair Day, our Spring Book Fair, Little Red Hen Theatre, various field trips, our MJPS Fun Fair and EQAO. Please take the time to look over the list of events included in the newsletter for a full outline of what will be taking place this month.

As our school staff begins organizing classes for September 2016, it is valuable for parents to understand the process for student placement decisions. The ultimate goal in all of our efforts is to provide an optimum learning environment for our students. Classroom teachers and the special education teacher as well as the principal and vice principal are involved in the class placement process. All class placement decisions are made after extensive planning, preparation and discussion. As a team, we work hard to place students in the most appropriate learning environment possible, taking into account many factors including students' learning styles, learning strengths and needs, attitudes, work habits, social dynamics and gender to develop balanced classes that reflect the diversity of our community. Please note that combined grade classes are very common in our system and will be part of our organization for 2016-17. If you would like to share in this process, we encourage you to contribute your thoughts in writing by May 16<sup>th</sup> and address and forward your letter to the office, sharing information about how your child learns best. Each new year brings opportunities for all students to expand their circle of friends. For this reason, class placement decisions based on friendships will not be considered. As well, please do not ask for a particular teacher. Teaching assignments are continually adjusted, often into the summer months. As always, we appreciate your understanding as we work together for the benefit of all of our students.

We are looking forward to a busy and exciting month!

Sincerely,

*N. Russiello*  
Principal

*J. Rudman*  
Vice Principal

## MICHAËLLE JEAN PUBLIC SCHOOL

May	Events
1	Beltane
3	Jump Rope for Heart Assembly
5	Pizza Lunch Karate Kids for grade 1
5	Ascension Day Miraj-un-Nabi
6	PA Day-no school
9	Sub Lunch
11	Grade 3's to BAPS on Broadway
12	Karate Kids for grade 1 Summer Concert (6:30-8:00)
13	Crazy Hair Day Pizza Lunch
13-20	Scholastic Book Fair
15	Pentecost Wesak
16	Scientist in the School (grade 1) Sub Lunch
17	Little Red Theatre Performances
18	Scientist in the School (grade 1)
19	Karate Kids for grade 1
20	Pizza Lunch Scientist in the School (grade 1)
23	Victoria Day-No school Declaration of the Bab Nisfu-Shaban
24	Scientist in the Schools (grade 1) Grade 2 Zoo trip
25	Grade 2 Zoo Trip
26	Karate Kids (grade 1) Fun Fair
27	Pizza Lunch Pledges due for Jump Rope for Heart
31-June 2	EQAO for grade 3
30	Sub Lunch Scientist in the School (grade 1)

### Board Policies and Procedures

Policies and procedures govern the operation of the Board and our school. To ensure they remain current, the Board reviews policies and procedures on a regular cycle. Seeking feedback from staff and community members, including parents/guardians, is an important part of the review process.

All policies available for comment are sent to school council chairs, and are posted on the [Board website](#) along with information about how to provide feedback. The policies currently available for comment include:

Anaphylactic Reactions (comments due by August 25)

Respectful Workplace and Learning Environment (comments due by August 25)

Environmental Responsibility (comments due by January 2, 2017)

Appointment of Community Members to Board Committees (comments due by January 2, 2017)

To learn more, visit [www.yrdsb.ca/aboutus/policy/](http://www.yrdsb.ca/aboutus/policy/).

### Scent Sensitive School

We are a scent sensitive school and students should refrain from using/bringing scented products to school.

### ARE YOU MOVING?

If you are planning to move and your child will **not** be returning to M.J.P.S. in September 2016, please let the school know as soon as possible as this will assist us greatly with staffing, determining numbers and class placement.



### EQAO TESTING

Our EQAO grade 3 testing is scheduled to be held May 31, June 1, and June 2. 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.

## Bicycle Safety

**We are glad to see the weather shift to make it more enjoyable to ride your bike for fun as well as a great way to travel to and from school.**

**When bringing your bike to school, make sure you lock your bicycle to the bike racks.**

#### **Here are some safety tips:**

1. Make sure your bicycle is safe.
2. Does it work properly? Check tires, brakes, etc.  
Does it fit properly? You should be able to straddle the bike with both feet on the ground; a bike that is too big or too small is a safety hazard.  
Does it have a bell, a light and reflectors?

#### **3. Obey all signs, signals and rules of the road.**

Know the signals for riding on the road (stop, turn right, turn left) and know how to shoulder check before turning.

Child cyclists must obey the same rules of the road as adult drivers: ride on the right side of the road, stop for stop signs and red lights, signal turns, and yield to traffic that has the right-of-way.

#### **4. Always wear a helmet that fits properly.**

The helmet should protect the forehead without slipping forwards or backwards; it should not move unless the scalp moves.





## Haiti Fundraiser

Michaëlle Jean P.S. is proud of their continued involvement and support of the Schools for Children of the World Canada (SCW). MJPS started this tradition to support the impoverished infrastructure in Haiti (the country of origin of our former Governor General, Michaëlle Jean) which made it very difficult for the victims of the earthquake in January 2010 to recover.

- Over the years, MJPS has raised money that was donated to support projects in Haiti, Honduras and Ecuador. We are proud to announce that we raised \$8,260.37 and it will be donated to the Schools for Children of the World Canada, and will go a long way toward helping those in need in Haiti, Ecuador and Honduras.

A work in progress.....



**"Brisas del Congo"**





## How to respond to negative self-talk from your child

“I’m so dumb,” your child mumbles at the kitchen table. He bangs his fist on the table and growls. He’s working on a writing assignment. Writing does not come easy. Eraser smudges fill his page showing that he was not happy with his previous attempts. “You’re not dumb, honey,” you say soothingly.

He crumples the paper and yells back, “Yes I am! I’m so stupid! I’m the worst!”

You hang your head in your hands. Is he just being dramatic? Does he really think he’s dumb?

When negative self-talk spews from your child’s mouth, your knee-jerk reaction is to stop it. To give your child some reassurance or to convince them that their thinking is flawed.

Unfortunately, their words may match their feelings. They do not feel “loveable” or “wonderful” (as you may suggest). They feel “dumb,” “stupid,” and “like the worst kid in the world”.

Instead of moving in to fix it, try these ideas to address the underlying feeling and their internal struggle.

- **Empathize:** Put yourself in their shoes and try to understand what they may be feeling. “That writing assignment’s pretty challenging, eh?” or “Wow, sounds like you’re feeling frustrated!” If you can’t think of what to say, try a simple response like, “That’s tough” or “Need a hug?”
- **Get curious:** Some kids have a hard time verbalizing the problem. When you start to explore the situation together, they may be able to understand what’s really bugging them. “I wonder why this assignment is tripping you up today.” or “Is it all writing assignments or this one in particular?”
- **Rewrite the script:** Once you’ve explored, you can work together to create some new phrases to try. Instead of “Writing is hard. I’m stupid,” your child could say, “I’m working hard on writing” or “Making mistakes is part of learning.” Or even, “Mom, I’m so frustrated with this assignment.”

**Problem-solve together:** Resist the urge to suggest a solution to the problem or lead them to an answer that seems right to you. [Work as a team](#). Sometimes, there is no easy solution or quick fix because the answer is, “I have to keep practicing” or “I am working toward the goal.”

**Challenge thoughts and feelings:** Feelings come and go, they do not define you. Your child may FEEL unloveable, but feeling something doesn’t mean it’s true. Someone can struggle and not be stupid. Talk about times when your child has overcome something difficult and felt confident or excited.

**Keep your conversations brief, don’t tackle all of this at once.**

You’re eager to help your child, but it’s not always easy to accept positive, reassuring comments if you’ve been in a negative-thinking frame of mind. Expect some resistance at first. Especially if your child is not used to seeing things in a different light.

## What else can you do?

Create an environment of support, encouragement and teach frustration tolerance using these tips:

**Give Choices:** Let your child have the option to make choices throughout the day, picking their outfit, afternoon snack, or where to do their homework. Give positive feedback for good choices and **watch your criticism!** If you give them a choice, keep your negative opinions to yourself.

**Embrace Imperfection:** Everyone makes mistakes – even you! Practice using light-hearted responses to mistakes, “Oops! The milk spilled! Let’s wipe it up!” Model healthy ways to handle frustration, apologize after yelling, or acknowledge your part in a misunderstanding.

**Focus on the Good:** Instead of nit-picking or constantly focusing on things that need to be changed, fixed or cleaned, learn to let go. Building or repairing relationship may be more important than a tidy bedroom. Try to give 5 positive statements to every 1 negative statement.

**Encourage Independence:** Kids need parents to help them make good decisions or stay focused, but sometimes constant direction sends the message: “You can’t do it on your own.” Brainstorm or problem-solve together, ask your child’s opinion or have him offer a solution.

**Value Perseverance:** Focus on the little steps that lead to success, overcoming an obstacle, or moving closer to a goal. Phrases such as, “You’re working really hard on that...” or “That took a lot of effort!” help your child see the benefit in the process rather than the prize at the end.

**Teach Coping Skills:** Expose your child to a variety of coping and calming skills, work on deep breathing and create positive, helpful mantras. Practice these skills often so your child is prepared and knows how to handle frustrating situations and discouraging thoughts.

**Seek support:** If you have been working with your child for a while and still hear them struggling with negative self-talk, or if they threaten to harm themselves or others, it may be time to seek help from a local mental health provider. (If your child is suicidal, please get help immediately)

Looking up from your hands, you meet your child’s eyes.

“This is a frustrating assignment.”

“Yeah.” He replies.

“How can I help?” you ask.

Shrugging, he replies, “you could do it for me.”

You both laugh.

It doesn’t change the assignment, but at least you can talk about it without hearing the word “dumb.”

### School Cash OnLine

Please check School Cash Online for information and to provide permissions for your child. If you wish to volunteer for any of the field trips or events, you may also do so on School Cash Online.

Please note, when you register for School Cash Online you should check off that you would like to receive emails. Since the school does not send out hard copies of letters, this is the only way to find out about the field trips and events and provide permissions. If you have not checked off that you wish to receive emails, please go into your profile on the School Cash Online website to do so.

Once again, if you wish to volunteer for any of the field trips or events, you may also do so on School Cash Online.

#### Events that require School Cash OnLine Registration

Students have enjoyed many field trips and events to date. As we near the end of the school year, we will have further exciting field trips coming up which enhance student learning.

Grade 1: Scientists in the School: May 16, 18, 20, 24, and 30

Round the Bend Farm: June 13

Grade 2: The Toronto Zoo: May 24 and 25

The Science Centre: June 7 and 8

Grade 3: BAPS on Broadway: May 11

Black Creek Pioneer Village: June 8 and 9

If you have not checked off that you wish to receive emails, please go into your profile on the School Cash Online website to do so.

<https://yrdsb.schoolcashionline.com>

Thank you.

# May 2016 Holidays and Observances

BAHA'I FAITH	BUDDHISM
<p><b>May 23:</b> Declaration of the Bab. On this day in 1844 C.E., a man known as the Bab, a title which means the 'Gate', announced his mission as a manifestation of God whose purpose was to prepare the world for the coming of the promise of all religions, Baha'u'llah. Work and academic studies are suspended for this day.</p> <p><b>May 29:</b> Ascension of , Baha'u'llah. This date marks the passing in 1892 C.C. of , Baha'u'llah, the prophet-founder of the Baha'i faith, near Haifa in the Holy Lands. Work and academic studies are suspended for this day.</p>	<p><b>May 15:</b> Wesek is celebrated on the full moon. It is considered the most auspicious day on the year, celebrating Buddha's Birth, Enlightenment, and Final Demise. In Canada, many Buddhist groups join together to celebrate the three festivals of Buddha's life as one event. They do this on the day of the fourth full moon after the lunar new year, or the Sunday closest to that day.</p>
CHRISTIANITY	ISLAM
<p><b>May 1:</b> Easter Sunday in the Orthodox churches. The church calendar year begins with Pasha (Easter Claendar).</p> <p><b>May 5:</b> Ascension Day (Western) marks Jesus' ascension into heaven and is observed through prayers and music. It occurs forty days after Easter.</p> <p><b>May 15:</b> Pentecost (Western) celebrates the renewal of faith that Jesus' followers felt after his death. It commemorates the coming of the Holy Spirit upon the disciples of Jesus. It comes fifty days after Easter.</p>	<p><b>May 5:</b> Miraj-un-Nabi commemorates Prophet Muhammad's famous night journey from Mecca to Jerusalem and his subsequent ascension to paradise.</p> <p><b>May 23:</b> Nifsu-Shaban is known as the Night of Forgiveness or repentance. Many Muslims spend the preceding night in prayer seeking God's guidance.</p>
WICCA	
<p><b>May 1:</b> Beltane meaning May, the greening of the Earth, blossom time, when Goddess and God are reunited. Beltane has long been celebrated with feasts and fruits.</p>	