



# Special "Stay-at-home" Edition

WE MISS ALL OUR STUDENTS AND  
HOPE EVERYONE IS STAYING SAFE  
AND HEALTHY!

**CLICK THE LINK** <http://www.yrdsb.ca/schools/Repository/NewsEvents/Pages/BoardNews/Coronavirus.aspx> for information, supports and resources to support you and your family with your Distance learning.



Silver Pines  
Public School



### May

18th –Victoria Day

24th - Eid-ul-Fitr (Eid Mubarak to all our families celebrating this holiday)

### June

25th - Last day of School

**Principal:** Lindsey Diakiw | 905.508.7303  
**Vice Principal:** Shauna Small | 905.508.7303  
**Superintendent:** Liz Davis | 905.884.4477  
**Trustee :** Corrie McBain  
<http://www.silverpines.ps.yrdsb.ca>  
**Follow us on twitter:** @pines\_ps



## *Message from Administration.....*

As we move into the final months of this school year, we would like to share our appreciation of our incredible Teaching , DECE and EA staff who have worked tirelessly to ensure a continuation of their programs with students through an online platform. It is not an easy task to switch over from one mode of teaching to another in a short timeframe, along with all the other changes in the world around us at the same time. Our teachers, EAs and DECEs need to be commended and thanked for their commitment to student achievement during these unprecedented times in education. Our office staff, and caretaking staff, have also shown tremendous dedication to our students, staff, and families. We recognize all that you do and thank you.

We are also incredibly grateful for our school community and all of your patience, flexibility and understanding as we have moved to a distant learning platform. We have always enjoyed “parents as partners” in education but today we recognize that parents have taken on the teacher role as well. Parents and Guardians have been an essential part of this change in the education of our children and we are appreciative of all that you do.

This has been a very different time for all of us and we know that each and every family is being touched differently by this pandemic. Our hopes are that all of you are healthy and safe and your families who you worry about from a distance are all safe too. During times like these it is essential to reach out for support when in need. There are many resources available for students who are experiencing increased levels of anxiety and also for parents who are struggling. You will find links within this newsletter. On behalf of all the staff at Silver Pines, we sincerely miss seeing your faces every day and look forward to all being together again soon.

As we approach the final months of school, we begin the process of organizing classrooms for September. We work hard at placing students in the most positive learning environment possible. We take into account the students’ learning styles, personality traits, social dynamics, and gender balance. If you would like to share in this process, you are invited to send information about how your child learns best and any other pertinent information that will assist us in making the best placement possible. Please do not ask for a particular teacher. Staff teaching assignments see continual adjustments to the end of the school year and occasionally into the summer months.

Thank you for your understanding and cooperation as we work together for the well-being of all our students. Enjoy the warmer weather by remembering to take time for fresh air everyday!

*Lindsey Diakiv*

Principal

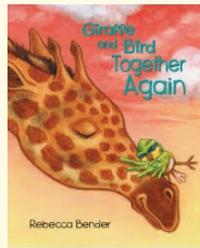
*Shauna Small*

Vice Principal



### **Planning on Moving??**

Each year at this time we begin to plan our staffing and classes for the upcoming school year. It is important for us to know how many students to expect for September at Silver Pines grades JK to 8. If your children (grades JK to 7) will NOT be returning to our school in the fall, please inform the office as soon as possible.



Click [here](#) for an online read aloud of this story for your primary aged child.



### **Visit a Virtual Butterfly Jungle**

Enjoy this livestream from inside the climate-controlled Hidden Jungle greenhouse, where around 30 species of butterflies flit and feed. Watch for zebra longwings, giant swallowtails, blue morphos, and more! Join us in celebrating butterflies by participating in our [Virtual Butterfly Jungle](#).

The butterflies came to the Safari Park in the pupae stage from sustainable butterfly farms in Central, South, and North America. San Diego Zoo Global's importation of butterflies from these areas helps promote conservation of the rain forest habitats where the farms are located.

Read how you can create a [butterfly garden](#) in your yard or on your balcony to help butterflies that share your location.

# The Importance of Spatial Reasoning



Spatial reasoning is the ability to mentally manipulate shapes and orientate ourselves in everyday environments. These skills are an essential part of learning math, science and engineering. Engaging toddlers early in activities like puzzles may help improve spatial reasoning skills over time.

Studies show parents can do simple tasks to [foster math skills in preschoolers](#). Similarly, parents can also nurture spatial skills in a child. Here are tips to remember next time you play a puzzle or blocks with your toddler.

## Use the right words

[Preschool children](#) who hear their parents use spatial terms to describe the size and shape of objects, and then use those words themselves, perform better on tests of their spatial skills. Spatial terms are:

- words that describe shapes, such as "round," "square," "corner," and "straight edge"
- words that describe spatial concepts, such as "over," "under," "little," and "big"

Choose activities that require you to use spatial terms, such as blocks or puzzles. These activities give a child more opportunity to talk about spatial shapes and features.

You can also use spatial terms in daily activities, such as when cutting vegetables while preparing a meal.

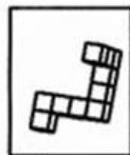
## Use gestures

Providing a gesture along with the spatial word helps children improve a child's understanding of the word. For example, when describing the spatial word "straight," move your hand straight up and down. Or trace what a corner looks like in the air. Using gestures gives children clues to the meaning of these words.

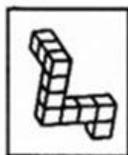
## Praise efforts, not results

Many studies show praising a child's efforts nurtures a child's internal motivation to learn. While engaging with your child, give the appropriate type of praise. Do not say "You are good at puzzles." This type of praise focuses on performance and implies that [success is the result of innate ability](#), not effort. Eventually, the child will find a puzzle she is not good at, and may become discouraged. Instead, say "You did a good job building that castle!" or "That puzzle looked really hard, but you kept trying and you did it!"

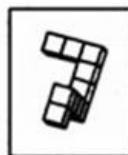
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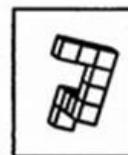
Two of these four shapes match the original.  
Which ones match?



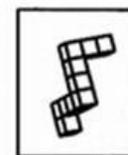
A



B



C



D

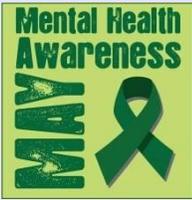


**LIVE**

**WEEKDAYS**  
**11 AM PT / 2 PM ET**

BreakoutEDU.com/**LIVE**  
**DAILY PRIZES!**

1. BREAKOUT EDU LIVE IS FREE FOR ANYONE TO TUNE IN AND PLAY
2. TO PLAY GO TO BREAKOUTEDU.COM/LIVE AT 11AM PT / 2PM ET
3. THERE IS NO LOGIN REQUIRED
4. EACH GAME STARTS WITH A 2-4 TH GRADE LEVEL QUESTION AND SLOWLY WORKS IT WAY UP TO THE CRITICAL THINKING PUZZLE. SOMETIMES THOSE CRITICAL THINKING PUZZLES REQUIRE AN UPPER MIDDLE OR HIGH SCHOOL LEVEL KNOWLEDGE. PARENTS ARE ENCOURAGED TO PLAY ALONG AS WELL



School Mental Health Ontario has some tips and resources to help to support student mental health during the COVID-19 pandemic.



## **12 easy and fun mental health practices to try with your children at home**

School Mental Health Ontario (SMHO-SMSO) has been working with educators to develop a set of practices that cover the six domains of social-emotional learning (SEL) skills that are found in the Ontario elementary Health and Physical Education curriculum. These skills include (*terms in brackets are official titles in the HPE Curriculum*):

### Managing stress (*Stress Management and Coping*)

1. [Deep Breathing](#)
2. [Snowstorm in a Bag](#)

### Identifying emotions (*Identification and Management of Emotions*)

3. [Emotion Charades](#)
4. [What's my Temperature](#)

### Staying positive (*Positive Motivation and Perseverance*)

5. [Gratitude](#)
6. [Four Finger Affirmation](#)

### Nurturing relationships (*Healthy Relationship Skills*)

7. [Kindness Jar](#)
8. [Cup Stack Challenge](#)

### Knowing yourself (*Self-Awareness and Sense of Identity*)

9. [Show and Share](#)
10. [Inspirational Outdoor Graffiti](#)

### Planning and problem-solving (*Critical and Creative Thinking – Executive Functioning*)

11. [Organizing Pause](#)

What is social-emotional learning

Social-emotional learning is how children or adults develop a range of skills that are important for mental health and overall well-being and success throughout life. These skills help us learn how to deal with emotions, manage stress, and solve problems. Working on these skills promotes and strengthens well-being and development and leads to more positive behaviour.

Remember to look after yourself

During these anxious times, it can be hard for us as parents to remember to take time for our own self-care and well-being. Taking care of others, especially at this time, as well as juggling all of your other responsibilities, can take a toll. We cannot take care of others if we are exhausted and depleted ourselves. You are important! Your wellness is important! Remember to breathe.

***The 12 activities from page 6 are great for elementary-age children. If you have a teen in your home, please consider taking a look at our [information specific to secondary students \(and their parents\)](#).***

For more information about Supports and Resources available due to Covid 19 please visit the YRDSB website [link](#).

# Indoor Fun

[20 Indoor Games for Kindergarten aged children](#)

[Some activities for Primary and Junior Aged Children](#)

[The Challenge of planning for our teenagers](#)

[Go on a VIRTUAL DIVE and explore the ocean](#)



Tour marine sanctuaries and ocean habitats with a collection of [virtual dives from the National Oceanic and Atmospheric Administration](#) (NOAA). Dive into colorful coral reefs, swim with seals, or explore a shipwreck, sanctuary views can be seen on a personal computer or a smartphone.



**SCHOLASTIC**

**Scholastic Learn at Home**  
Day-by-day projects to keep kids reading, thinking, and growing

To explore the Online learning through Scholastic Canada click on this [link](#).

Explore art and culture by visiting a [virtual museum](#).




**Stuck at Home**  
**SCIENCE**

Have some family fun together while learning about science through [California Science Centre](#).

Explore simple plant science with this list of [Live Science experiments](#), or learn about non-Newtonian fluids by [making colorful slime](#) — regular or [extra puffy](#) — with glue and food coloring.

Children in grades 3 to 12 can learn to [write their names in ancient Egyptian hieroglyphs](#), in this step-by-step guide from the Royal Ontario Museum in Canada.



# HYDRATION: A KEY TO GOOD HEALTH

Drinking more water is one of those things that we all know we should do, but did you know that staying properly hydrated is equally as important as eating healthy foods?

Ensuring that you are well hydrated aids in the removal of toxins from the body, the delivery of oxygen to your muscles and can help lower your body temperature when working out. While drinking enough water is a key method to ensure proper fluid intake for hydration, the amount of fluids you consume in a day can be counted from: water, ice cubes, milk, juices, broths, soups, popsicles, teas and coffee.

Health officials recommend you limit your intake of fruit juices (avoiding punches or fruit cocktail beverages) and popsicles on a daily basis due to higher sugar content. Teas and coffees, contrary to popular belief, when consumed in moderation are not found to be dehydrating.

### So how much fluid does each of us need and what does it really do for us?

In the past experts have expressed that for the average person, 8 glasses of water per day is the optimal amount. Health Canada conducted a review of data on fluid intake needs as part of the Dietary Reference Intake process and found that “there are a wide range of intake amounts compatible with normal hydration,” and an individual’s body weight and height can become factors when calculating daily intake needs.

The Dietitians of Canada and Eat Right Ontario recommend aiming for a daily fluid intake of approximately:

With the summer approaching, remember that the more you sweat, the more water you should be consuming to properly rehydrate your body. The same goes for exercising. If you don’t consume enough fluid your body finds it difficult to produce enough sweat to regulate your internal temperature, which can lead serious conditions such as heat stroke.

You also need fluids to help your kidneys function properly. The kidneys are one of the most important organs in the human body as they remove toxins from the blood and body. Ensuring that you are consuming water on a day-to-day basis helps to promote internal kidney health.

Dehydration is serious business, and nothing to mess around with. Signs and symptoms that you are becoming (or are) dehydrated include, but are not limited to feeling sleepy, sluggish, hot, irritable, thirsty and hungry.

### Here are a few suggestions on how to be mindful of your water intake throughout the day:

Keep a Post-It-Note or notepad on your desk and write down how many glasses you have in a day, or alternatively write 1-10 and cross off each number after each glass.

Carry a reusable water container. Keep water with you as a reminder to take a few sips throughout the day to help reach your target. There are many helpful phone apps like, Waterlogged or MyFitnessPal, that help you track your water intake.

children 1-3 years old	3 cups	girls 14-18 years old	7 cups
children 4-8 years old	5 cups	boys 14-18 years old	10 cups
children 9-13 years old	7 cups		

Did you know that even sometimes when you think you feel hungry, you are actually just thirsty? As a helpful tip, when you feel like you want to start snacking, try having a glass of water first and then waiting 5-10 minutes to see if your hunger dissipates. If you find you are still hungry, then continue on to a healthy snack or meal. Looking to elevate the flavour of water? Try adding in cucumber slices & lemon, or raspberry & mint leaves, or lime & peach slices, or strawberry & basil leaves.



# Discover your inner artist



## Introduction to nature sketching with Robert Bateman.

<https://batemanfoundation.org/wp-content/uploads/2020/03/Introduction-to-Nature-Sketch.pdf>

### Nature Sketch Journaling

<https://batemanfoundation.org/naturesketch/>



### Ideas to build your happiness

External factors, like promotions, praise about your work, or new relationships, only have a partial influence on your level of happiness. And, like the negative things that happen in life, their impact is usually temporary. Eventually, you'll return to your baseline of happiness.

Sustained happiness takes work. One proven way to build more joy and contentment is by practicing gratitude. By implementing one or two of the following practices regularly, you can create a happiness habit that will have a positive impact on your well-being over the long term.

#### Journal about gratitude

Every night, write down three good things about your day. They don't have to be major. They might be as simple as a good meal, talking to a friend, or getting through something difficult.

#### Write a letter

Think about someone who has had a significant impact on your life, someone who you would like to thank, or someone who you appreciate having in your life. Write a letter or email with specific details about what it is you appreciate about them, and send it.

#### Visit someone you appreciate

Take the idea of a gratitude letter a step further and visit the person you'd like to thank. You can choose to deliver and read a gratitude letter, or visit and tell them why you appreciate them.

#### Say, "Thank you"

Keep your eyes open throughout the day for reasons to say "thanks." Try to notice and recognize the actions that people do, such as a coworker who works hard or a friend who seems willing to listen.

#### Take a gratitude walk

Go for a walk and make a special effort to appreciate your surroundings. You might notice the smell of flowers, a pretty building, or a soothing breeze. Spend a few minutes focusing on each of your senses (sight, hearing, taste, smell, and touch) to find new things you may not have noticed.

Enjoy a new game for family card night. Spoons is an entertaining family game that can be enjoyed with 2-8 players. See instructions at the following link.

<https://www.pagat.com/eights/spoons.html>



# Adventure Awaits



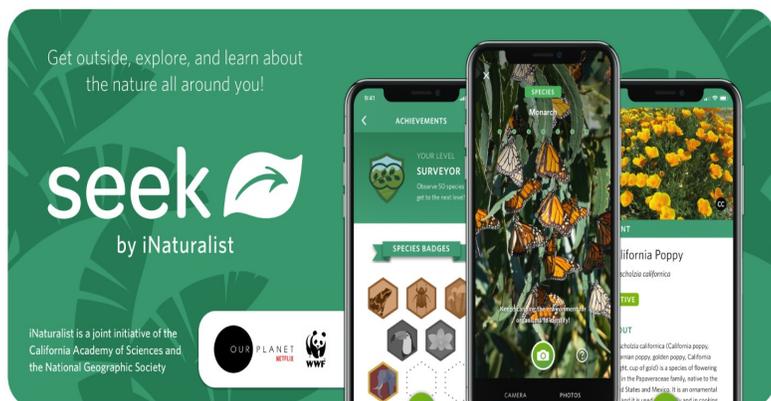
Explore [National Parks](#) and see places you have never been able to see. Experience the beauty of our natural world.

## EXPLORE

If you are really feeling like you want to escape the Covid-19 Virus and if you're feeling really adventurous, you can [visit the surface of Mars](#) in a spectacular high-resolution, 360-degree photo tour, created from images captured by the Curiosity rover.



Seek by iNaturalist



- Get outside and point the Seek Camera at living things.
- Identify wildlife and plants you see and take pictures to earn badges
- Learn fun facts about the organisms all around you

# Messages from Silver Pines Staff

STAY HEALTHY.  
STAY HOME.

**Wolf Den**  
Student Support



Students in grades 5-8  
can visit Ms. Theile in  
our Wolf Den by using  
this class code:  
**SECWAIU**

You can view the first Silver Pines Digital Art Club Newsletter by clicking [here](#).

Thank you to the teachers who made this possible and thank you to all the artists who have shared their creativity with us.

Sign up for the Art Club digital Classroom.  
**The classroom code is: l4meakn**



**SILVER PINES  
MISSES ALL OF ITS  
STUDENTS**

The Staff of Silver Pines put together these videos to share our share our message with you. We all are thinking of you and missing the smiles of our students. We look forward to being together again soon.

[Primary Teachers Video for students](#)

[Junior / Intermediate Teachers Video for students](#)