



## Quaker April 2019

Happy Spring! school council us for a relax-way for our



like to be a member of the organizing committee please return the participation form that will be sent home soon. **WE NEED YOUR HELP PLEASE**. If you have a service or a donation you could make for our penny sale, we'd love to receive that too!

Our dance a thon was a fun event which raised money for classroom resources. Each division will determine what is needed and then purchase them so that students have them to use. We've also been having spirit days to raise funds for our technology that has been well used this year by all students. Our gr. 7/8 classrooms received their chrome books for use and Mr. Niven and Mrs. Montgomery have been teaching through the use of these devices. We've even begun "VIDEO announcements on Fridays!" which are created by students.

In April— Our annual Family Night is this coming Thursday, April 4th—the focus is on Family Wellness. Hopefully you can join us for a pasta dinner and then some fun and informative workshops. Please get your dinner orders in asap! Junior Basketball will reign as the after school sport. We'll also have Badminton for our Intermediate students. We are also excited to have Loretta Penny return with some exciting stories about the importance of protecting our wildlife. Small items will once again be for sale. Perfect timing for Mother's Day gift shopping!

Some classes will be having the NF Art Gallery come in, Gr. 6 boys have Game on each week and our Forest of Reading folks will attend the annual conference.

Please remember to label your child's belongings—it makes it so much easier to return things to them if we can identify who it belongs to.

As well— THANK YOU for remembering to DRIVE carefully through our parking lot and leave the Handicap Spaces open for those families who need them to pick up their handicapped child.

**Please avoid calling to pick up your child early.** The office gets quite busy and we can't always guarantee that we will get your message in time. It's important for students to be in class on time in the am— **8:50 am until dismissal at 3:25 pm**. Now that the nice weather is here, encourage walking if possible as it gives students time to reenergize prior to getting home.

Staff changes—Mrs. Montgomery will be leaving to begin her maternity leave and we will welcome a new teacher after the Easter Weekend.

***Finally, we have a student who has been diagnosed with Leukemia and is undergoing treatment. To support her family we are holding a fundraiser on Thursday, April 18th— Bring a donation—wear purple and pink and a bake/goodie sale. More details to follow.***

Thank you Mrs. S. Niznik

**MARCHS CHARACTER TRAIT WAS ... PERSEVERANCE. Quaker Road students focus on trying their best, not giving up and continuing to focus on the positive during their work and in school life.**

**Perseverance Winners were:**

Maximus M, Cricket G, Jacob N, Lucy Z, Easton Y, Aniyah M, Nate W, Shaelynn M, Caden P, Olivia G, Connor S, Denton H, Lincoln K, Michael M, Elliot S, Kyle M, Karolina W, Hunter R, David B, Korbin G, Mohamed H, Kaeden Duval, Jesiah McComb, Lily S., Sean P. , Jackson G.

## PERSEVERANCE TIPS ON THINKING

WHAT CAN I SAY TO MYSELF?	
INSTEAD OF...	TRY THINKING...
-I'M NOT GOOD AT THIS	-WHAT AM I MISSING?
-I'M AWESOME AT THIS	-I'M ON THE RIGHT TRACK
-I GIVE UP!	-I'LL USE SOME OF THE STRATEGIES I'VE LEARNED
-THIS IS TOO HARD	-THIS MAY TAKE SOME TIME AND EFFORT
-I CAN'T MAKE THIS ANY BETTER	-I CAN ALWAYS IMPROVE; I'LL KEEP TRYING
-I CAN'T DO MATH	-I'M GOING TO TRAIN MY BRAIN IN MATH
-I MADE A MISTAKE	-MISTAKES HELP ME IMPROVE
-I'LL NEVER BE AS SMART AS HER	-I'M GOING TO FIGURE OUT WHAT SHE DOES AND TRY IT
-IT'S GOOD ENOUGH	-IS THIS REALLY MY BEST WORK?



**RAISE THE FLAG LEVÉE DU DRAPEAU**

AutismONTARIO

April 2nd is World Autism Awareness day! Bring your toonie and wear blue to show your support!

**THANK YOU**

A BIG THANK YOU goes out to the Fonthill Legion members who donated items and volunteered to cook and package pancakes for

Family Wellness Night at Quaker Road School

Thursday, April 4th from 5:00-7:30 pm

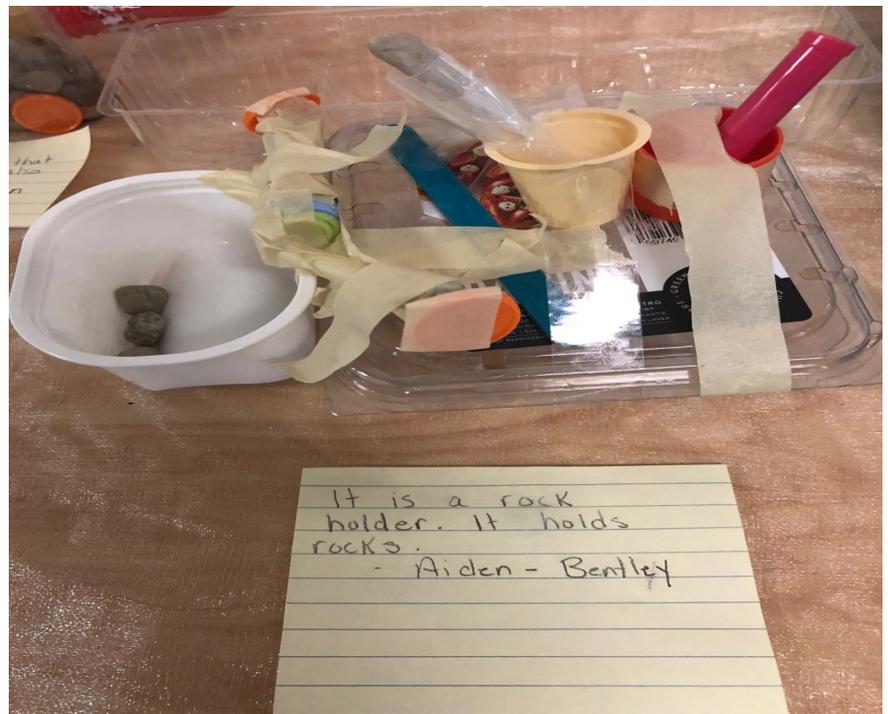
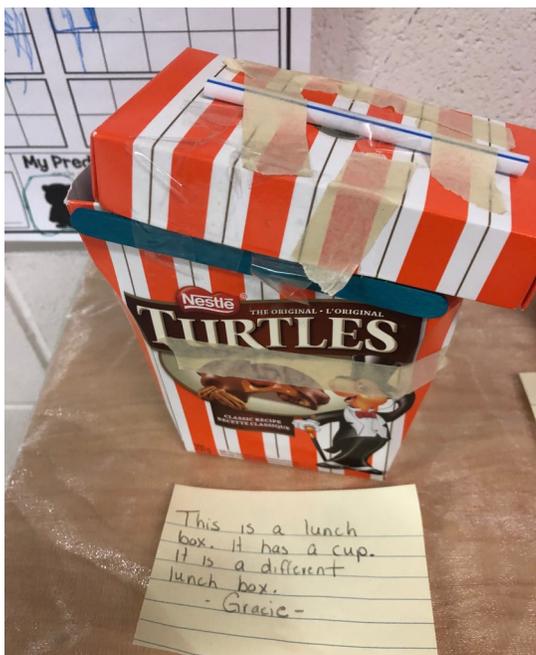
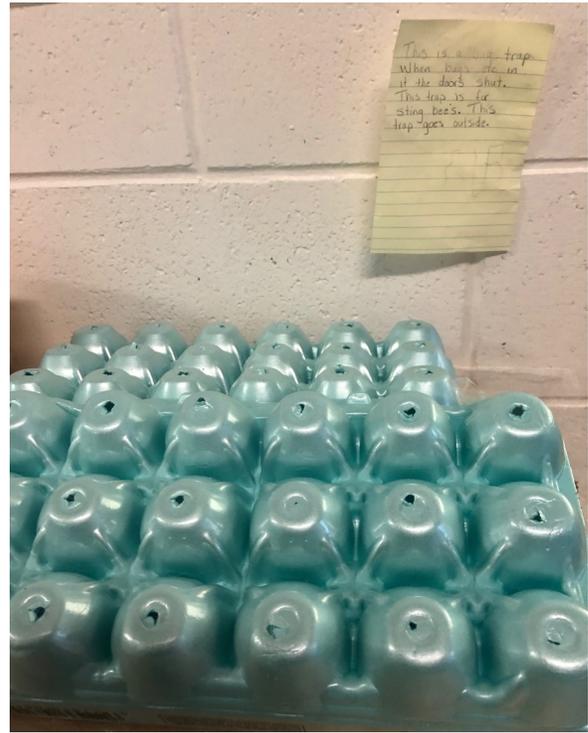
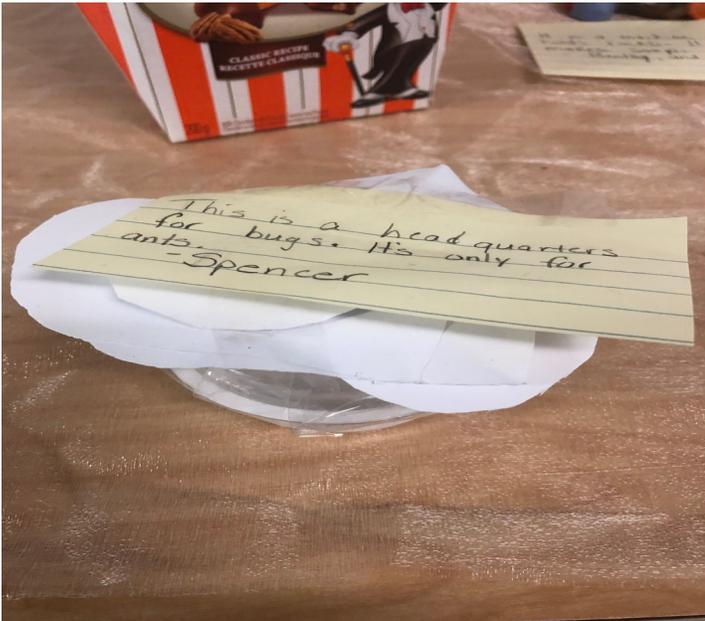
Food will be served from 5:00-5:25 p.m

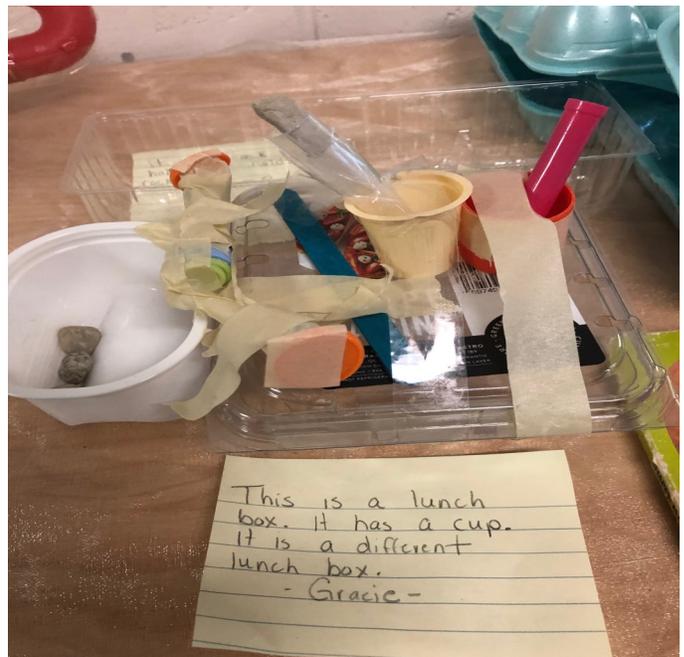
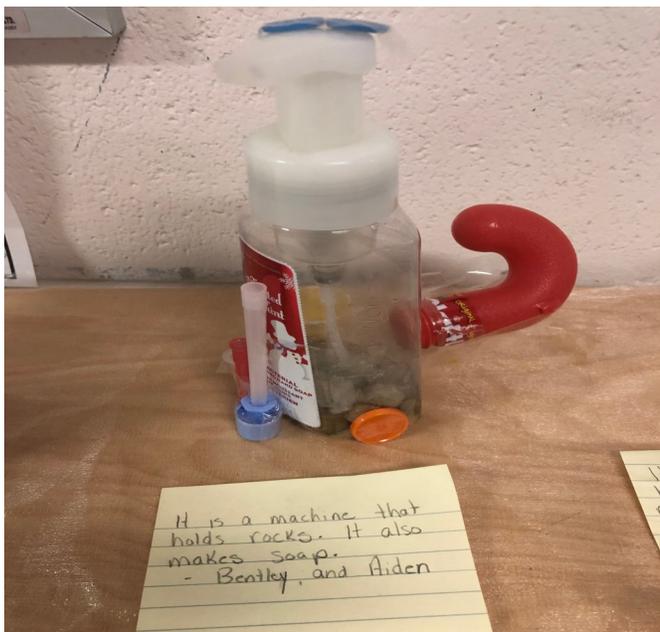
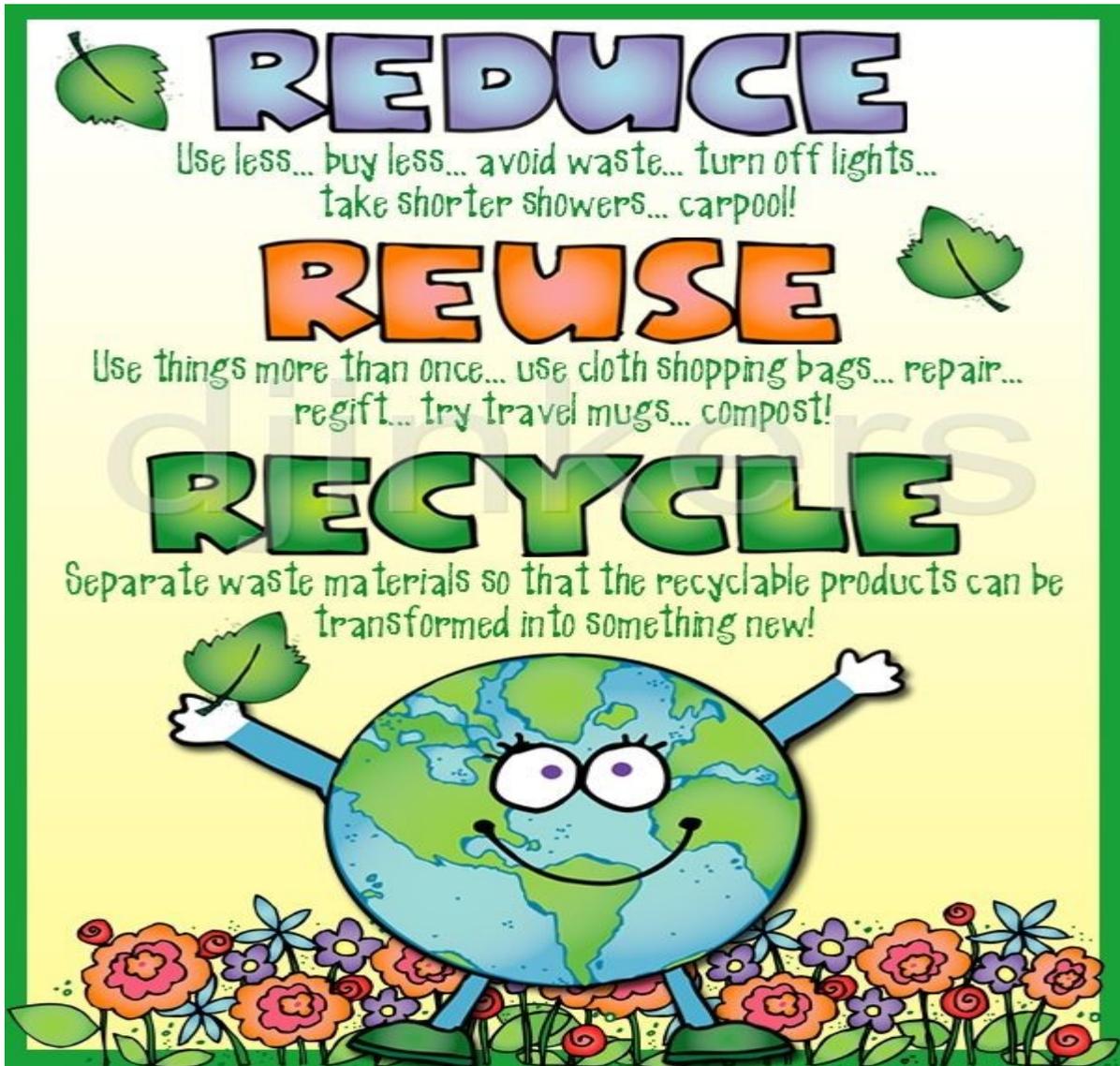
\$5.00 /person . Veggies, pasta, sauce and meatballs. Order through cash online.



## REDUCE REUSE RECYCLE

Kindergarten students in Mrs. Boon and Mrs. Hiseler's class were busy turning recycled items into treasures! These students reminded the rest of the school that before we recycle an item we should see if we can reuse it in some way! Thank you Kindergarten students!





On April 12th, Loretta Penny will be talking to us about the Amazon Rainforest. She will help us connect to living in Welland, Ontario and how the small things we do can have a big impact on the earth. Loretta will also bring her fair trade items to sell and the school will receive part of the profits. Information will be sent home soon!



April 19, 2019-Good Friday-No School

April 22, 2019-Easter Monday-No School

## Mindset Matters!!

Mindset is a simple idea discovered by world-renowned Stanford University psychologist Carol Dweck in decades of research on achievement and success—a simple idea that makes all the difference.

In a fixed mindset, people believe their basic qualities, like their intelligence or talent, are simply fixed traits. They spend their time documenting their intelligence or talent instead of developing them. They also believe that talent alone creates success—without effort. They’re wrong.

In a growth mindset, people believe that their most basic abilities can be developed through dedication and hard work—brains and talent are just the starting point. This view creates a love of learning and a resilience that is essential for great accomplishment. Virtually all great people have had these qualities. Teaching a growth mindset creates motivation and productivity in the worlds of business, education, and sports.

### Mindset explains:

- Why brains and talent don't bring success
- How they can stand in the way of it
- Why praising brains and talent doesn't foster self-esteem and accomplishment, but jeopardizes them
- How teaching a simple idea about the brain raises grades and productivity

Quoted from: <http://mindsetonline.com/whatisit/about/>

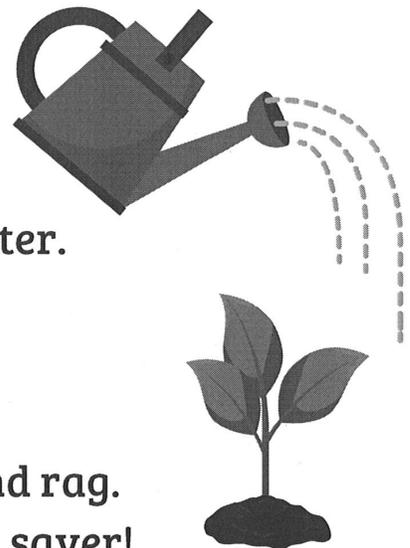
chart taken from: <http://www.mindsetworks.com>

<b>Fixed Mindset</b>	<b>Growth Mindset</b>
- Avoid challenges	- Seek challenges
- Mistakes are failures	- Mistakes are temporary set-backs from which to learn
- Threatened by and avoid feedback/constructive criticism	- Invite feedback/constructive criticism as a means of growth
- Avoid practice or using a variety of strategies to meet a goal	- Practice as a means of improvement and use a variety of strategies to meet a goal
- Give up at the first sign of struggle	- Keep working at a task until completion
- Don't ask questions - "Play it safe", don't express your own ideas, unengaged	- Ask questions, challenge thinking, self-reflect
	- Take risks and confidently share your thinking

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# 22 Ways Kids Can save water

1. Learn about water and why it's important.
2. Don't flush the toilet.
3. Re-Wear those clothes.
4. Don't bathe so much.
5. Share your bath.
6. Reuse your bath water for plants.
7. Take speedy showers.
8. Reuse your towel.
9. Turn off the water while brushing your teeth.
10. Be a leak detective!
11. Help fill the dishwasher.
12. Have a special water cup or bottle.
13. Fill your cup half-ways.
14. Get cold water from the fridge.
15. Don't throw out old water.
16. Drink water instead of juice.
17. Wash your apple in a bowl of water.
18. Grow your own food.
19. Give up the water guns.
20. Collect rain water.
21. Wash your bike with a bucket and rag.
22. Remember that YOU are a water saver!



## You can teach your child to deep breathe

Help children calm down by teaching them to take a few deep breaths. Even young children can relax this way. Ask her to sit quietly, or lie down, and close her eyes. Ask her to imagine she has a balloon on her belly button. Place your hand over her belly button. Tell her to breathe in slowly and imagine the balloon filling with air. You count to four while she does this. After four she can breathe out slowly – letting the air out of the balloon. Repeat breathing in and out slowly five times. With practice she will be able to do this on her own. It will help her relax and stay calm. You can try it too!



## De-Stress at Home



### Here are some ways to build a less stressful home

- Make sure your child gets exercise and time to play.
- Healthy food can help the body cope with stress more easily.
- Spend time with your children and ask them how they feel.
- Hugs and kisses show kids you love them and make them feel good.
- Bedtime routines help kids relax at the end of the day.
- Sleep is important. A tired child gets stressed more easily.
- Morning routines get the day off to a good start.
- Have fun together. A good laugh helps fight off stress.
- Learn to manage your stress.



## Keeping your child's teeth healthy

Children can receive a free fluoride varnish application from the Niagara Region Public Health dental program. Fluoride varnish is a protective coating that is painted onto the teeth with a tiny brush. It helps reduce cavities if applied twice a year.

### Why do we recommend fluoride varnish?

Tooth decay is the number one chronic disease of children

In the 2015/2016 school year over 25,000 school-aged children were screened by Public Health. 39 per cent of those school-aged children were identified having as having cavities.

Untreated cavities can lead to difficulties eating and sleeping, self-esteem issues, decreased school performance and attendance, pain, discomfort, infection and poor overall health

Fluoride is not added to Niagara's drinking water

### Tips to keep your child's teeth healthy...

Brush teeth **two times** per day

**Use** a pea-sized portion of **fluoride** toothpaste

Spend **two minutes** brushing each time with help from an adult

Floss daily

Provide a healthy diet and limit sugary drinks, sticky candy and snacks. **Water is best.**

Schedule regular dental checkups at least once a year (cleaning, fluoride varnish application and sealants).

For more information on dental services and programs please call the Dental Health Line at 905-688-8248 or 1-888-505-6074 ext. 7399 or visit [www.niagararegion.ca/health](http://www.niagararegion.ca/health).

**REMEMBER TOOTH DECAY IS A PREVENTABLE DISEASE!**

WHAT YOU  
*need to know*

## SELF-REGULATION | A PARENT'S GUIDE

### Self-regulation and your child's health

Calm, alert and learning: who wouldn't want their child in that optimal state of mind? Naturally, your child's overall health—both physical and mental—is a priority for you as a parent. And who would guess that a major influence on our health as adults and kids lies deep inside the brain, in a system that regulates how well we respond to stress. The beating of your child's heart, your child's breathing, digestion, how well your child pays attention and learns, even your child's facial expressions and ability to hear your voice are all controlled by this system in the brain.

This internal regulation system acts like the thermostat on your furnace. Let's say you set the thermostat to 18°. The furnace works around this set point by turning on when the temperature falls below about 15° and turns off when the temperature hits 21°. But the thermostat can break if it gets overused, and the same thing can happen to your child's

"brain thermostat" when there is too much stress. The thermostat, or ability to self-regulate, simply gets overwhelmed.

### Signs of stress

It's usually pretty obvious when your home thermostat breaks down: the house is too cold or too hot. It's also pretty straightforward for your child. Here are some simple signs that a child's stress system is overworking:

- Trouble falling asleep or staying asleep
- Crabby mood in the morning
- Easily upset—even over little things, trouble calming down when this happens
- Volatile mood
- Trouble paying attention, or even hearing your voice
- Frequent anger, or signs of sadness, fear or anxiety

**TMC**

Series on Self-Regulation: What You Need to Know  
June 2015

This resource was developed by the Society for Safe and Caring Schools & Communities, in partnership with Dr. Stuart Shanker and The MEHRIT Centre. It is freely available to use in support of creating welcoming, caring, respectful and safe learning environments for children and youth. Download this resource and more at [www.safeandcaring.ca](http://www.safeandcaring.ca) and [www.self-reg.ca](http://www.self-reg.ca).

THE SOCIETY FOR  
**Safe and Caring**  
SCHOOLS & COMMUNITIES  
[www.safeandcaring.ca](http://www.safeandcaring.ca)

# SELF-REGULATION | A PARENT'S GUIDE

## Finding the causes

If these signs are evident in your child, you can help by “playing detective” and exploring what the reasons might be that have led to the stresses that resulted in the observed behaviours. Even very young children can actively engage in figuring out why they are in a state that isn't pleasant or comfortable for them or for you. Stress might be coming from all sorts of things. Any combination of the following can lead to stress that can upset the thermostat. Your child might be:

- Sensitive to lights, noises, crowds or strong smells
- Underslept
- Responding to the effects of too much junk food or sugar
- Under-exercised or inactive
- Watching too much television or spending too much time playing video games or on other devices

## Next steps

Sound difficult? These are proven steps towards having a happier, and healthier child. With the right kind of support, the results can happen fast.

Contact The MEHRIT Centre at [info@self-reg.ca](mailto:info@self-reg.ca) or visit [www.self-reg.ca](http://www.self-reg.ca) for further information.

*Stuart Shanker, The MEHRIT Centre*

## 5 steps of self-regulation

Your child's wishes are the same as yours: to be happy, to have friends, to pursue interests and be successful at school. Here are some steps you can take with your child to get there:

1. Read the signs and reframe the behaviour
2. Recognize the stressors
3. Reduce the stress for your child
4. Reflect—help your child learn to reflect on their own self-regulation
5. Respond—help your child learn to respond to stressors and return to calm



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