



GLENHAVEN SENIOR P.S.

March / April 2019

School Information

Principal - April Zeleny
Vice-Principal - Paul Woods
Office Manager - Anna Buenaventura
Office Assistant - Lynda Viola

Website:
www.schools.peelschools.org/1173

Twitter: @GlenhavenSr 

School Council Chair - Reena Shah
Superintendent - Paul da Silva
Trustee (Vice-Chair) - Sue Lawton
susan.lawton@peelsb.com

As we come to the end of a blustery Winter Season, we look forward to Spring and all of the exciting activities and events planned over the next few months! Plans for our Musical and Spring Arts Night productions are well underway. We also have students participating in Chess and Robotics clubs, as well as a number of Intramural activities, just to name a few. We hope you continue to support and encourage your child's participation in the many activities Glenhaven has to offer!

Staff also continue to further their learning as part of our School Success planning. At our February Professional Learning Day, all staff participated in a session related to Peel's *We Rise Together* initiative. *We Rise Together* is the Peel District School Board's action plan to identify, understand, minimize and eliminate the marginalization experienced by Black students in Peel schools. A number of staff members are also participating in professional learning around Peel's Indigenous Education Strategic Action Plan. Their goal is to provide a greater awareness of historical and current Indigenous issues, and find creative ways to bring this message into our classrooms. As well, a group has been meeting throughout the year to discuss the topic of Self-Regulation, and how this ideal is important for wellness. For example, we have investigated the impact of stress on daily life, as well as individual ways to manage and minimize those stressors, in an effort to support the academic and social growth of our students!

Key Dates



March

- 1 - Luncheon Supervisor Appreciation Day
- 4-7 - Free Dental Screening/All Grades
- 5 - Gr.8 Graduation Photos
- 6 - 6:15 p.m. School Council Meeting
- 11-15 - March Break / SCHOOL CLOSED**
- 19 - Gr.7 Immunizations
- 20 - Gr. 8 Grad Photo Re-takes
- 21 - World Poetry Day

April

- 10 - International Day of Pink
- 11 - Mary Poppins Musical Evening Show
- 12 - Mary Poppins Daytime Show
- 18 - Speech Contest
- 19/22 - Good Friday/Easter Monday SCHOOL CLOSED**



May 21 to June 3 -
EQAO

Exploring Technology

40 Students involved in Lego Robotics and Lego Mechanics had the opportunity to attend the Innovire Summit at UTM on Feb. 21, 2019. We heard from various speakers including Nadeem Nathoo from The Knowledge Society (TKS) and Jamie Casap at Google. Students learned about new possibilities in future technologies and innovations. It was a great learning experience. 10 students from our after school club will have the opportunity to represent Glenhaven at the Peel Technological Skills Challenges in April. We have also resumed our coding mentorship in partnership with Glenforest Secondary School. We learn about coding in Python at lunch on Wednesdays.



Peel Public Health School Dental Screening

In an effort to improve the health of students, Peel Public Health is offering a FREE dental screening to Glenhaven Sr. PS students in all grades, on March 4, 5, 6, 7, 2019. Please note that screening may be completed earlier than the expected end date. Peel Public Health will no longer be sending out paper exemption forms.

If you DO NOT want your child to be screened, please visit the web portal at: www.peelregion.ca/dental/schoolscreening or call 905-799-7700, extension 5622 by March 1, 2019.



Get Connected!

Website: www.schools.peelschools.org/1173

Twitter: @GlenhavenSr

JOIN US FOR A “JOLLY HOLIDAY” AT *MARY POPPINS JR.*



Disney's *MARY POPPINS JR.*
Playing in the Glenhaven Gym

Thursday, April 11th 7:00pm

The Glenhaven Music program is excited to announce that **Disney's MARY POPPINS JR.** is playing right here in the Glenhaven Gym for 1 show only, Thursday, April 11th! The cast and crew have been preparing since September to put on an amazing performance for you. Please join us for what promises to be a fantastic evening!

Door Ticket Price: \$5.00 each all ages
Advance Cash-On-Line Ticket Price: \$4.00 each or \$10.00 for 3 tickets

All proceeds go directly back to the music program to support their ongoing fundraising effort to purchase a much needed lighting system for the stage.

Basketball Intramurals

On February 25, we celebrated the end of a highly successful boys' basketball intramural season with an in-house tournament. Glenhaven had over 120 players, 3 divisions and a championship game played in front of 100 plus fans. We cannot thank the helpers enough for volunteering their time to help set-up, schedule and record all games played. We are looking forward to our next season with over 100 girls' signed up and ready to play.

Below are pictures of our championship teams from the boys' division. Congratulations!



Smoking and Vaping Prohibited on School Property

The Smoke-Free Ontario Act, 2017 (SFOA, 2017) came into effect on October 17, 2018. This law aims to protect the health of Ontarians by regulating the sale, supply and use of tobacco and vapour products (electronic cigarettes), and the smoking and vaping of cannabis.

Under the SFOA, 2017 it is illegal to smoke (tobacco or cannabis) or vape on:

- School grounds (both inside the school and on the outdoor grounds, including the parking lot and sports fields)
- Public areas within 20 metres of school property.

New signs are being posted at our schools to notify users that smoking and vaping is prohibited in these areas. The smoking and vaping prohibition is always in effect and applies to staff, students and visitors.

Region of Peel - Public Health enforces the smoking and vaping prohibition and has been working with school administrators to keep our schools smoke and vape free. Individuals found smoking and/or vaping in a prohibited area may be subject to a fine.

For more information on how the SFOA, 2017 applies to schools, contact Region of Peel - Public Health at 905-799-7700.

For more information on the health effects of smoking and vaping visit the Health Canada website: <https://www.canada.ca/en/health-canada/services/smoking-tobacco.html>.



Keep your child safe on the Internet

Even without trying, children can come across materials on the internet that are obscene, disturbing, violent, hate-filled, racist or offensive in other ways.

Here are some steps to help you ensure that your children use the internet as safely as possible:

- make sure your children understand what sites are appropriate for them
- keep the computer in a common area of the home like the kitchen or family room
- discuss the meaning of an 'unsafe' site with your children
- explain to your children what they should do if they reach an unsafe site
- make exploring new websites a family activity
- pay attention to the games your children may download or copy
- look into software or online services that filter out offensive materials or sites

It's important to review safety tips with children regularly. It is possible for children to meet unsafe strangers on the internet. Ensure your child knows the following rules:

- never give out personal information (including name, address, phone number, age, school name or location)
- never arrange a face-to-face meeting with someone they meet online
- never use bad language or send mean messages
- never respond to e-mail messages that make them feel confused or uncomfortable
- tell an adult immediately if something on the internet makes them feel uncomfortable



#WELLinPEEL

Sleep Tips for Parents, Children & Teens

From the PDSB Mental Health Resource Team

Many parents face difficulties getting their children back into regular sleep routines, especially after holiday breaks. Studies have shown that a lack of quality sleep in children can increase the likelihood of anxiety, depression, poor grades and school performance, and even physical pain. Research has proven that kids need a lot of sleep in order to function adequately during the day, and sleep deprived children often overcompensate for lack of sleep by becoming fidgety or even disruptive in school.

How much sleep does your child need every night?

Children ages 5-8 need the most sleep, requiring about 10-11 hours every night. Children ages 9-12 need between 9.5-10 hours nightly. And teenagers 13-18 need between 8.5-9.5.

Knowing how much sleep your child needs every night is key in establishing a proper bedtime. And it's important to remember that the above times aren't set in stone, but merely general approximations. Your child will have their own individual sleep needs, and you may need to fine-tune their bedtimes a little bit until you find your child less groggy and sleepy in the mornings, and more alert and aware.

Tips for getting your children on a regular sleep routine

1. Keep a regular bedtime schedule, including weekends.
2. Begin a relaxing bedtime routine such as baths, books, prayers, goodnights.
3. Turn off electronics at least an hour before bedtime.
4. Bedrooms should be cool, quiet, dimly lit, comfortable and associated with sleep.
5. Limit caffeine and sugar intake after lunch and none within three hours before bed.
6. Make sure they eat healthy and have regular exercise.
7. Communicate with your children about why regular bedtimes are important.
8. Practice these tips yourself and set a good example.

For updates and to follow along with the work of the PDSB Mental Health Resource Team, find them on Twitter @MHRTPeel.



PARENT SURVEY

We are seeking Parent/Guardian input regarding the method in which we deliver the Newsletter. Please indicate your preference below and return this cut-out to Glenhaven by March 8, 2019.

- I prefer to receive the Newsletter via email.
- I prefer to receive the Newsletter by hard-copy.
- I prefer to receive the Newsletter by both email and hard-copy.

Student Name: _____ Homeroom: _____ Parent/Guardian Signature: _____



When this form is returned to the office, this student will be entered into a draw for 10 free pantry tickets! Good luck!

