Dear Plum Tree Families,

As this school year comes to an end, I would like to say what a pleasure it has been to serve as Principal at Plum Tree. Your ongoing support and involvement at Plum Tree is greatly valued and a key component of student success. It is important to take time to reflect on all the wonderful experiences and accomplishments that your child has had this year and celebrate their learning.

I would like to thank our School Council Chairs: Micki Bry & Catherine Gould for their leadership and contributions to Plum Tree’s school community.

In addition, I want to thank all of our parents who served on our School Council Executive team this year and those who volunteered throughout the year to provide input, organize various events and contribute to our student’s success on a daily basis. We strongly value the partnership between school and home, and appreciate all the continued support of our parent community. If your child is moving on to another school, we wish your child continued success. If your child is returning to Plum Tree or beginning for the first time in the fall, we look forward to seeing you on the first day of school, Tuesday, September 3rd, 2019.

On behalf of the staff at Plum Tree, we wish you all a very safe and happy summer!
Mental Health Minute


We often hear about the risks of getting too much sun. While it’s true that sunburns and skin cancer are very real threats and that SPF is essential, there are also positive effects of sun exposure. The sun is much more than its potential pitfalls and can do plenty of good things for your body. Here are five ways the sun can affect your mental and physical health.

1. **Increased Vitamin D**
   Vitamin D has some important functions in the body. It promotes reduced inflammation and modulates cell growth. It’s also very hard to get enough from food sources alone. The sun is the best natural source of Vitamin D, and it only takes 5-15 minutes of sunlight a few times a week to notice a difference. Get outside and expose yourself to direct sun on your arms and face to soak up this necessary vitamin. Just remember to use sunscreen if you’ll be outside for more than 15 minutes.

2. **Improved Mood**
   It turns out “sunny disposition” is more than just an expression: Researchers at BYU found more mental health distress in people during seasons with little sun exposure. On the contrary, days with plenty of sunshine were associated with better mental health — in fact, the availability of sunshine has more impact on mood than rainfall, temperature, or any other environmental factor.

3. **Higher Quality Sleep**
   That serotonin you soak up from the sun’s rays does more than boost your mood – it might also help you get more restful sleep at night. Working in tandem with serotonin is melatonin, a chemical in your brain that lulls you into slumber and one that sun also helps your body produce. Suffering from insomnia? Try to stick to traditionally light and dark cycles, getting sunlight during the day so you can catch some zzz’s at night.

4. **Stronger Bones**
   Remember how we mentioned Vitamin D does some pretty important stuff for your body? Low Vitamin D has been linked to diseases like osteoporosis and rickets, and one of the most specific benefits of Vitamin D is earning stronger bones and teeth. Move over, calcium!

5. **Lower Blood Pressure**
   When sunlight hits your skin, your body releases something called nitric oxide into your blood. This compound brings down blood pressure and improves heart health. Maintaining healthy blood pressure can reduce your risks of cardiac disease and stroke. Feelings of relaxation may also naturally bring down blood pressure, so boosting your happiness by soaking up rays also aids in keeping your pressure down.
Mental Health Strategies to Try this Month

Spring is Here
Warmer temperatures, sunny days and lots of outdoor activities to participate in. Being outside makes us healthier! Being in nature decreases stress and increases happiness and improves our mood.

Mindful workout: get outside, have a look around and pay attention to your senses. Take a few breathes and connect with nature.

Forest Bathing
Scientists tell us that it is very healthy to be around trees. There are many different activities you can do in the forest that will help you to relax and connect with nature. Go to wherever you can find some trees; you don't even need a forest. Just find a tree in a school yard, in a park or your back yard.

Mindful workout: Just look for a tree and enjoy this stress Reliever

Open the Door to Exercise
Exercising outside energizes us and increases feelings of well-being.

Mindful workout: Move your workout outside. Go for a walk or run in the outdoors.
News from the Physical Education Department

Super Walker Year-End Celebration

It is time to reward the students who have consistently participated in the always popular “Walk-to-School” program at Plum Tree Park. Students who have completed 5 walking cards (50 walks), and have their picture on the Super Walker wall, are invited to attend the year-end celebration taking place on **Tuesday, June 11th**. Students will be rewarded with treats, music and the chance to win some really great prizes. At Plum Tree Park, every step counts!

Cross-Country

Get ready to run Plum Tree! Recently the Physical Education team hosted school-wide races at Plum Tree Park for both the Primary and Junior Students. The top 5 qualifiers (5 boys and 5 girls) in each grade level will get to represent the school at upcoming meets. The Primary Cross-Country team will be heading to Shelter Bay on the morning of June 13th and the Junior Cross-Country Team will be off to Plowman’s Park on June 14th.

Track and Field

Plum Tree Park is proud to be participating in a Track and Field meet for the third year in a row. During Physical Education class, students in Grades 4 and 5 have been participating in timed and measured events in order to help qualify them for the meet. The top finishers (2 boys and 2 girls at each grade-level) in each event (50m dash, 400m run, 800 m run, softball toss, long jump, 4 x 100m relay) will be representing Plum Tree on Tuesday, June 18th at Stephen Lewis Secondary School.

Bike-to-School

To complement our very popular “Walk to School” program, Plum Tree Park participated for the third consecutive year in the Bike-to-School program. Bike-to-School week took place from May 27th – May 31st. Every day students who “rolled” to school, earned a ballot for the chance to win some fun and fabulous prizes.
Jump Rope for Heart

On Tuesday, May 7th, students at Plum Tree participated in our annual Jump Rope for Heart Event. They skipped for an hour to celebrate healthy, active living, in support of the Heart and Stroke Foundation. The Plum Tree community has shown great support for this important cause, working towards our goal of matching last year’s 11,000 total! The staff of Plum Tree and the Heart and Stroke Foundation would like to thank the Plum Tree community for their incredible contributions! We continue to be one of the top fundraisers in Mississauga! THANK YOU!

D.E.A.R Day

D.E.A.R stands for Drop Everything and Read. On Thursday, June 27th, students are encouraged to bring a favourite book, stuffed animal and/or blanket to school. During period 5, the entire school will head outside to enjoy the warm summer weather and read with their friends and teachers.

Our Trip to the Indigenous Student Gathering

By: Raia.Vallabhaneni (Mlle Aylward) and Arianna.Karmali (Mme Jummun)

This month a few students from Plum Tree Park Public School were able to go to the University of Toronto Mississauga campus for the Indigenous Student Gathering 2019. It was really fun. We got to make our very own buttons with different designs of animals that are very special in the Indigenous culture.

After that we went to a lecture hall, where we heard something called the welcome song. After that, a person named Jay Soul gave a speech. Jay soul is a Tattoo artist, who recreates Hollywood movie posters and adds an Indigenous perspective to it. Along with being a tattoo artist, he designs t-shirts and skateboards. Jay’s artist name is Cipher War. Jay Soul was unfortunately taken away from his family and Indigenous culture to go to boarding school. We were happy to hear that he was reunited with his family later on in his life.
We also went to a workshop about the Credit River. We learned about how the Indigenous people lived by the river. We made paper cups that they would traditionally make with birch wood. We also looked at the tools they made and all the animal furs too! After lunch we went to the games workshop. I think everyone can say that was the most fun. We played LACROSSE and learned about the other games the Indigenous People played. After that it was sadly time to leave but we had a great day!
On April 23, qualifying junior students who participated in the Forest of Reading Silver Birch reading program voted for their favourite book. These votes were shared with the Ontario Library Association to decide the favourite book by voting students across Ontario. The favourite fiction book was Chase: Get Ready to Run. The favourite non-fiction book was Carey Price: How a First Nations Kid Became a Superstar Goaltender. The favourite Express book was Meet Viola Desmond. Qualifying students will be invited to an ice cream party in June to celebrate their reading.

Grade 1 students participated in technology centres as part of their weekly period in the Library. They explored the Dash robots, the Lego Wedo robotics kits, and the Beebot and Code-a-pillar robots. Much learning and fun was had by all.

Grade 6 students involved in the robotics club prepared for the My Robot’s Got Talent competition for months. The students involved built and programmed an Arduino robot which did a sound, light and movement “dance”. Two teams were selected to represent Plum Tree on April 27 for the competition against other schools in grades 5 to 8. The teams were successful in being awarded with three medals overall. Well done teams!

Interested grade 5 students participated in the Lego Robotics club at lunch time. During the month of April a team was selected to participate in the Peel Skills competition. The team performed challenges which demonstrated their ability in Lego building and coding. There were over 50 teams in the competition and Plum Tree’s score was a very good one. During the month of May, another couple of teams were selected to participate for the first time in a Sumo robotics competition. During this competition, teams battle their robot against other robots in a sumo ring. It was a good experience for everyone involved.
The French Book Fair took place at the beginning of May in the Library Learning Commons. Plum Tree Park is able to buy French books for the Library with the proceeds from the fair. Thank you to all of the parents and students for supporting the French Book Fair this year.

For more frequent updates from the Library Learning Commons, go to the twitter account @sharonwasag

Thank You School Council!!

Through our community’s generosity with our School Council’s fund raising efforts (e.g. movie nights) each class has been provided with a recess activity bag.

As you can see, each bag holds a variety of items that students can take outside to keep themselves busy and active at recess times.

A big thank you to School Council members who took the time to purchase, sort and bag all of the items to get them classroom ready.

Students’ have expressed excitement over having this new equipment available! Our Panthers appreciate our new equipment and are already making good use of their new activity bags!
Plum Tree Park celebrates National Indigenous History Month

In 2009, the House of Commons officially recognized June as National Indigenous History Month following a unanimous motion.

The flag of the Mississaugas of the Credit First Nation will be raised at all Peel schools throughout June to demonstrate that Peel schools are safe, inclusive and welcoming environments where students, staff and families who identify as Indigenous are accepted and supported.

Staff and parents from across Peel will participate in a number of activities in June to recognize and celebrate the many contributions of First Nation, Inuit and Métis communities across Canada.

Plum Tree Park celebrates Pride Month

Pride Month takes place in June to celebrate and recognize the impact the 2SLGBTQ+ community has had on the world, as well as the struggles it has faced and continues to face.

The Pride flag will be raised at all Peel schools throughout June to demonstrate that Peel schools are safe, inclusive and welcoming environments where students, staff and families who identify as 2SLGBTQ+ are accepted and supported.

Staff and parents from across Peel will participate in a number of activities in June to recognize and celebrate the many contributions of 2SLGBTQ+ Canadians.
Promoting Wellbeing in Your Children This Summer: 
The Importance of Structure 
From the PDSB Mental Health Resource Team

Summer vacation is almost here! Children can barely wait to put away their backpacks and spend their days free. Although this might be true for many, children and parents rely on structure to help guide the day, even in the summer. Structure holds kids and allows them to feel safe, knowing what to expect throughout the day and the week. Although it is crucial for children to have unstructured, free time each day, it is important for there to be some routine and structure (however you define it) to help children manage their emotions. Parents and children should sit down and discuss the summer plans, whether it is camp every day or multiple weeks off in a row, kids need to know what to expect.

Things to consider:

- Know your child. Is your child someone who does better with structure or unstructured time? How do they respond during school year vacations and summers past? Think ahead about summer plans based on who they are.
- Create structure somewhere and communicate it. Children do better when they know what to expect and understand the overall plan.
- Structure doesn’t have to mean committing to camps or organized activities but it can include doing expectable activities like reading in the afternoon, attending regular events (story hour at the library on Wednesdays), and having regular days to play with friends.
- Although not vital, many children do best when they participate in some organized activity.
- Make sure your child is getting plenty of time to eat, sleep, read, and play - with peers, with family, alone, and outside.

What to look out for:

- Loneliness. Often, when children lose the structure of school, they can become socially isolated and lonely, which can lead to poor mental health. Stay tuned in to whether your child is maintaining regular, healthy social contact with peers.
- Increased anxiety. Many people (especially children) experience increased anxiety when structure is lost. Look for symptoms of irritability, excessive worry, preoccupation, trouble sleeping, change in appetite (more or less), change in energy (more or less), trouble concentrating, and physical symptoms (belly aches, headaches, etc.).
- Increased screen time. Often children turn to the screen (television, computer, or video games) to help manage boredom over the summer. Although this moderate screen time is reasonable, excessive screen time can create other psychological and physical issues.

For updates and to follow along with the work of the PDSB Mental Health Resource Team, find them on Twitter @MHRTPeel.
Peel board recognizes Crossing Guard Appreciation Day on June 11

The Peel board will recognize the contribution of school crossing guards on Crossing Guard Appreciation Day, June 11. The board encourages students, parents and staff to take a moment to thank the neighbourhood crossing guards who help to ensure a safe journey to and from school for thousands of students every day.

Register today for Adult ESL or LINC classes

Do you know an adult who is interested in improving their English language skills for work, study or daily life?

Through the Continuing & Adult Education department, the Peel District School Board offers a wide variety of English language classes that help adult learners experience success in Canadian English in both listening/speaking and reading/writing. Courses are designed for a range of basic, intermediate and advanced English (Levels 1 to 8) as well as the more experienced learner needing to prepare for an IELTS exam.

Classes are ongoing - Register anytime.

All learners who complete a session will earn a certificate of learning from the Peel District School Board. Certificates of completion at Canadian Language Benchmark level 4 and greater can be submitted as proof of language proficiency for Canadian Citizenship applications.

Classes operate from six locations in Brampton and Mississauga with three specially designed adult centres at:

- **Bramalea** - Adult Education Centre – Bramalea Secondary School, 510 Balmoral Dr, Brampton, Door #33
- **Brampton** - Adult Education Centre - #300 - 7700 Hurontario Street, Brampton
- **Mississauga** - Adult Education Centre - 100 Elm Drive West, Mississauga, Room 117

To learn more or to register, call 905-270-6000, then press 2

Also visit [www.peelschools.org/adulteducation](http://www.peelschools.org/adulteducation) or follow us on Twitter: @PDSBLearnESL
40 hours to graduate – Start this summer

All students in Ontario secondary schools are required to complete a minimum of 40 hours of community involvement in order to obtain their Ontario Secondary School Diploma. **Students are encouraged to start accumulating community involvement hours in the summer after grade 8.**

Research shows that early involvement in community service helps students build a spirit of civic responsibility which can be expanded as they move through secondary school.

The community involvement component is an opportunity for students and parents to work together, independent of the school. With parent support, your teen is responsible for finding and completing 40 hours of community involvement. These activities may take place in a variety of settings, including businesses, not-for-profit organizations, public sector institutions (including hospitals), and informal settings. Community Involvement normally takes place outside of the school day and does not consist of duties normally performed in the home (i.e., daily chores) or personal recreational activities.

Parents should provide assistance to their teen in the selection of community involvement activities. Here’s how to get started:

- Spend some time with your teen going through the list of eligible and ineligible activities by visiting [www.peelschools.org/students/40hours](http://www.peelschools.org/students/40hours)
- View the volunteer opportunities posted at [www.peelschools.org/students/40hours/volunteerjobboard/](http://www.peelschools.org/students/40hours/volunteerjobboard/)
- Create a resume using myBlueprint to capture a potential supervisor’s attention while showcasing your teen’s skills.

**Summer School 2019**

Secondary School full credit (new credit or upgrade) and 55-hour (credit make-up) session classes will be offered at 12 high schools throughout the Board this summer. Peel eLearning-Summer classes, two-credit Co-operative Education, ESL and Summer Study/Travel programs are also available. Students should register for courses through their Guidance Counsellor as soon as possible to ensure registration.

Please visit [www.peelschools.org/summerschool](http://www.peelschools.org/summerschool) for more details.
Summer activities that boost learning

Kindergarten to grade 4

**Sorting and stacking** – Teach classification skills with dinnerware. Ask your child to match and stack dishes of similar sizes and shapes. Also have your child sort flatware – forks with forks, spoons with spoons. This is like recognizing the shapes of letters and numbers.

**Comic strip writing** – Use comic strips to help with writing. Cut the segments of a comic strip apart and ask your child to arrange them in order. Then ask your child to fill in the words of the characters (orally or in writing).

**Float and sink** – Encourage hypothesizing (guessing). Use several objects – soap, a dry sock, a bottle of shampoo, a wet sponge, an empty bottle. Ask your child which objects will float when dropped into water in a sink or bathtub. Then drop the objects in the water, one by one, to see what happens.

Grades 5 to 8

**Follow the news** – As a family, choose an important news event to follow for a day or two. Ask each person to find as much information on the topic as possible – read newspapers, look at online news webpages, listen to the radio and watch TV news. Then talk about what everyone learned.

**Pro and con: what do you think?** – Make a family game of discussing a special issue. For example, “Teenagers should be allowed to vote,” or “There should never be any homework.” Ask your children to think of all the reasons they can to support their views. Then ask them to think of reasons opposing their views. Which views are most convincing? For variety, assign family members to teams and have them prepare their arguments pro and con.

**Stretch, run, walk** – Ask your child to do at least one kind of exercise every day. For example, run or walk briskly for 10 minutes. Walk, when possible, instead of driving, for any distance less than a mile. Have your child make a week-long exercise plan. Try to think of a modest reward for sticking to the plan and exercise with your child.

**Let your voice be heard** – Promote good citizenship. Help your child write a letter to the editor of the local newspaper about an issue affecting children – for example, suggest that a bike path be built near the school or that a city event be planned for youngsters. Children are citizens, and their ideas are worth hearing.
Summer Well-being

Summer break is around the corner! The psychological and physiological benefits of summer are hard to beat. However, while summer allows for a break from the routine and structure of the school year, for some children and youth, it can be stressful to be away from school. So, while the stressors change when the last school bell signals summer, they don't disappear.

Here are a few tips for summer well-being to keep everyone safe and having fun in the sun!

- **Get outside.** With longer and warmer days, try to spend more time outdoors which increases our vitamin D intake and allows us more time to exercise and connect with nature. A minimum of 60 minutes of daily physical activity is recommended for all children and youth. Healthy body = healthy mind.

- **Always stay hydrated.** Replace sugary sports drinks & sodas with water; add slices of fresh fruit like strawberries, lemons, limes or watermelons to your water for a delicious flavor. Staying hydrated prevents heat related illness: symptoms are headache, cold sweats, exhaustion, nausea and/or vomiting, and diarrhea.

- **Get plenty of rest.** During the hot summer heat, making sure you get plenty of rest is important to prevent heat exhaustion. While playing outside, take frequent shaded breaks and use sunscreen. Getting 8-10 hours of sleep every night is important for recuperation and growth.

- **Wear safety gear.** Whether you are riding your bike or swimming in a pool always wear the recommended safety gear. Being safe reduces stress for everyone! A good rule is that if you are not doing an activity safely; you will not be allowed to do it.

- **Be safe on-line.** Some students will stay in-touch over the summer primarily on-line. Remember that some people will use electronic media to embarrass, harass, or threaten their peers. When there is cyberbullying occurring remember to save it, report it, and block it. If the incident is criminal call Peel Crime Stoppers at 1-800-222-TIPS (8477).

- **Constant communication for the win!** Using open ended questions with children and youth can help identify fears, anxieties and concerns. Ask questions like, “How are you feeling about going to summer camp?” In addition, communicating expectations about what is going to occur during the summer will help to ease transitions. Saying, “I am inviting relatives to stay with us in July” or saying, “You will need to be in bed by 9 pm on weekdays this summer” allows children and youth time to adjust to what will occur.

Over summer break remember that HELP is always available:

**Peel Children’s Centre** maintains a Crisis Response Service (24/7/365) if your child is experiencing a serious mental health problem at 416-410-8615

**Kids Help Phone** is Canada’s only national 24-hour, bilingual and anonymous phone counselling, web counselling and referral service for children and youth. 1-800-668-6868.
We Welcome the World Centres

The Peel District School Board’s *We Welcome the World Centres* located in Brampton, Malton and Mississauga, are the first point of contact for all newcomer families to become familiar with the educational system in Peel. The centres are open all year—including the summer months—from Monday to Friday, 8 a.m. to 4 p.m.

In addition to providing literacy and numeracy assessments, the *We Welcome the World Centres* provide newcomers with a host of services including: reception, orientation, interpretation and referrals.

At each centre, parents/guardians and students will discover:

- settlement service information
- age and grade appropriate educational and related program resources
- information about various community supports
- translation of materials to support the reception and assessment process
- computer portals—providing information on Peel resources

For more information about the *We Welcome the World Centre* and the services they provide, call 905-366-8791.
Preparing for the summer sun

Excessive exposure to the sun can lead to health concerns such as sunburn and skin cancer. As summer approaches and the weather gets warmer, it is necessary to apply sunscreen to protect ourselves from too much sun damage and burns.

In summer, we are exposed to higher levels of ultraviolet (UV) rays. This exposure is a risk factor for developing skin cancer and cataracts later in life. The UV index is the measure commonly used in Canada to assess the strength of the sun’s UV rays risk on a given day.

**What is the UV Index?**
The index scale ranges from 0 to 10. The higher the value, the more intense ultraviolet rays.
The UV index is calculated daily by Environment Canada using ozone and weather information. It can vary from day to day with changes in the ozone layer – the thinner the ozone layer, the higher the index reading.

**How to protect your family from the sun?**
- Wear a hat (preferably with a broad brim), sunglasses and protective clothing on sunny days.
- Use sunscreen with a SPF of 15 or greater whenever you're outdoors.
- Encourage your children to play in shady areas if they are outside for a long period of time.
- Remember that sunburn can occur even on a cloudy day, as up to 80 per cent of UV rays can penetrate light clouds, and 40 per cent of UV rays can bounce back from sand, water or concrete.
On the road again—how to keep your cyclist safe

Here are some tips you can review with your child to ensure bike season gets off to a great start:

The right fit
- children should be able to straddle the bike with both feet on the ground
- a bike that is too big or too small can be a safety hazard
- the helmet should fit—if it's too loose, it could fall off, if it's too tight, it's uncomfortable

Get noticed
- a young child's bike should be equipped with a bell and reflector
- older riders should have a light and/or reflectors

Follow the rules
- no riding on busy streets
- no riding at night
- stop for all STOP signs

Actions that cause injuries
- driveway ride out—not stopping and looking both ways before entering the street
- running the stop sign
- turning without warning
- cycling in the dark
- following the leader—one child goes through a stop sign or misses a parked car but the second cyclist doesn't