



Lady Eaton E.S.

April 2015

<http://lees.tdsb.on.ca>

Safe Arrival Line 705-799-6055

Trustee Judy Saunders

Superintendent Andrea Gillespie

Principal's Message

It is important to the Lady Eaton staff to be lifelong learners. We continue to learn about improving our knowledge of the core subjects such as literacy and numeracy. In addition, in today's society teachers know that in order for students to achieve success, we must create a learning environment that addresses the social and emotional needs of our children. This year, we have been reading two excellent books – Lost at School by Ross Greene and Calm, Alert and Learning by Stuart Shanker. Ross Greene has also written a book geared for caregivers titled The Explosive Child. At the end of the newsletter I have included an article that I read and that I felt was thought provoking. My hope and goal for our children is that we continue to work on meeting all the needs of the students in front of us. We can only be successful with your help. We are a team. Together we have the responsibility of educating the whole child.

Little Caesars Pizza Campaign

Our Little Caesars Pizza campaign is underway! Orders are due to the office on **Tuesday, April 7th**. The products will be ready for pick up on Monday, April 20th between 1:30 p.m. and 5:00 p.m. Products cannot be stored at the school as we do not have large freezer so please make sure you arrange for someone to pick up your order. This fundraiser is very important as money raised contributes to school programs, events and purchases.

Earth Week

Earth Week is April 20th-25th. On Friday, April, 24th, we will be having our monthly assembly at 1:00 p.m. **To celebrate being "green", we are asking our students to make a hat from recycled materials that they can wear that day.**

Pedal for Hope

Pedal for Hope is **Friday, May 1st 2015** and we will be hosting the Cops for Cancer team in our Lady Eaton gymnasium at 9:00 a.m. We had such a successful year in 2014 by raising over \$5000 in pledges. It was amazing to see so many Lady Eaton students participating by cutting their hair or having their heads shaved. Pledge forms will be sent home following the Easter weekend. More details will go home shortly.

Movie Night

Our movie night was a great success! We had a gym full of families dressed in their pajamas and enjoying the company of friends and family. Thank you to our parent council for organizing this wonderful event. All proceeds will be used to buy vests for our Empathic Eagles. The Eagles are students who volunteer to help around the school. The vests will be like school uniforms and remain at the school.

Scholastic Book Fair

The Scholastic Book Fair will run from **Thursday April 30th to Wednesday May 6th**.

Students will visit the Book Fair during class time on Thursday April 30th and Friday May 1st. Students will be able to purchase books during that visit or they can make a wish list to bring home for you to look over with your child. If you wish, you may send in your child's wish list and money in an envelope marked "Book Fair".

Parents and students are invited to visit the book fair on **Monday May 4th from 3:15-5:00pm**. The Book Fair will be open to students during first recess from 11:20-11:40am on May 4th to 6th.

Twice a year Lady Eaton hosts a school book fair to raise funds for the library. A percentage of the money raised from the book sales will be used to fund new books and learning materials for Lady Eaton. Our goal this spring is to raise \$2000.00.

Our primary objective is to encourage children's interest in reading and promote literacy!

We look forward to seeing everyone at the Book Fair.

Games Club

Games Club will continue in April. Games Club runs on Tuesdays at 2nd recess 2:00-2:20pm.

Bingo Club will continue in April. Bingo Club runs on Thursdays at 2nd recess 2:00-2:20pm.

Communications System For School Flyers

Check out our website for a new electronic flyer communication tool called "Peachjar." To view school-approved eflyers, simply click the Peachjar button on the school's website homepage.



Also, you have the option to have these eflyers delivered right to your inbox! **Please visit Peachjar.com to register.** This system is used exclusively for distribution of school-approved flyers. Your email address will never be shared or used for any other purpose.

This "green" initiative will provide parents with better access to information about school programs, activities, and events. Thank you for your support!

Time to join the 2015 Omeme Junior Garden Club

"Gardening Season is coming!"

The Omeme and District Horticultural Society (O.D.H.S.) sponsors the Junior Garden Club, providing an opportunity for many children to learn about taking care of the earth by planting, growing and caring for their own garden patch.

Juniors receive vegetable and flower seeds to plant. What a boost of confidence they feel when they are responsible for the planting, weeding, watering and harvesting of their very own crops! They also have the fun of competing in the youth section of the O.D.H.S. August show for cash prizes and awards when they enter their vegetables, flowers, crafts and designs in their own age category.

There is a youth awards ceremony on Mon. Aug. 17th at the Omeme Curling Rink. In 2014, there were 20 members.

The first get-together is on **Sat. May 9th from 1:30-3:30 pm** at Coronation Hall. This involves a session of crafts and activities and getting seeds and plants to take home. No prior knowledge is necessary. Beginners are welcome.

The fee is \$5.00 per child and \$25.00 for the family, which includes the parents.

Registration forms will be in your school office the **last week of March**, with the final date to register on **May 1, 2015**. **Return completed forms to your school office. Pre-registration is required.** Check out our award winning web site: www.omemeblooms.ca

Contact Heather Grassie at 705-328-0342 or e-mail hgrassie@cogeco.ca

How Can a Five-Year-Old Be Stressed?

Childhood is changing and we'd better start to address it soon.

Ongoing research on kids' psychological development suggests that kids who are excessively withdrawn, or hyper-reactive, or act out too much are often sending a signal that their stress levels are too high. There is also a growing amount of research suggesting that kids have much higher levels of physiological stress than they did a generation ago and the adults in their lives need to start recognizing when children's problematic behaviours are due to these high stress levels.

Many perceive childhood as a time of simplicity and play. However, children show stress in complex ways that can represent serious signs of anxiety or a nervous system that is overloaded.

Understanding that burden requires us to think of child stress differently than adult stress. Kids don't have to deal with the pressures of work, money and marriage. So how can a five-year-old be stressed?

Noisy streets bustling with traffic in an increasingly urbanized society or the incessant buzzing and flickering of a fluorescent bulb overhead or on a screen in front of them can contribute to our kids' daily stress levels.

Using punishment and reward for kids who are overly disruptive and easily distracted doesn't work very well. In some cases, it even exacerbates the problem. Instead of trying to force children to behave according to the rules, we need to recognize these behaviours for what they are -- signs of an over-stretched nervous system.

The [Milton & Ethel Harris Research Initiative](#) (MEHRI) at York University has developed an approach to improving childhood development based on tapping into kids' ability to manage their own stress. The process, called self-regulation. In its simplest terms, self-regulation teaches kids to deal with being over-stressed by recognizing the signs and teaching them to reduce their physiological stress, gain control of their emotions, stay calm and alert. It refers to how efficiently and effectively a child deals with stress and then recovers.

This is critical because problems with self-regulation are a predictor of internalizing problems, anti-social behaviour and susceptibility to drug use later in life. Studies have also tied poor self-regulation to a wide range of issues, including obesity, risky behaviour and attentional problems.

The better kids self-regulate, the better they can control impulses or delay gratification, and focus on learning.

And let's not forget about those who care for the child. Teaching successful self-regulation strategies to children can also lead to a dramatic drop in parental, caregiver and teacher stress, which, in turn, will benefit the child too.

The first step is identifying stressors, whether physiological, emotional, environmental, cognitive or social. Perhaps a child needs a quiet library space at the back of the classroom to calm down or a learning space with fewer distractions.

If a child tends to wake up feeling irritable, exercises such as stretching, push-ups or star jumps and

breathing exercises and yoga can improve their mood while teaching them control. But kids need to see these activities as fun. Making them the leaders of their own learning is a powerful tool that isn't used enough.

Play can also be a big part of this method. When kids lead playtime based on their interests, they become focused and tune into what their playmates are thinking as they decide what to build, what story to tell or what game to play. Play fosters connections between people, objects and ideas.

MEHRI's interest in self-regulation arose from their research into treatment options for autism, a condition that impairs social interaction, communication and leads to restricted, repetitive behaviour patterns.

A child with autism will often shut down under too much stress and become unable to engage with others. The MEHRI team of scientists and clinicians is exploring ways to mitigate the severity of the disorder by reducing the downstream effects of poor self-regulation, allowing for more self-control and social interaction.

Using these strategies at home and in the public school system means children with autism will have strategies to cope in different settings, even in classrooms full of potential distractions. The research also suggests that what works to reduce the stressors for children with autism can work for all children. And that all children today do indeed need help with far too many stressors in their lives.

Our ability to reach as many kids as possible, teaching them the skills to manage their stress, can make all the difference in their future success.

Lady Eaton Yearbook

This year Lady Eaton will be producing a yearbook. The book will be a full colour, computer generated keepsake filled with class candid shots throughout the year. This year's price is \$16 per book. Don't miss out! Order your book today. **LAST DAY FOR ORDERS IS MONDAY, APRIL 13TH.**

1. Student Name _____ Teacher _____

2. Student Name _____ Teacher _____

3. Student Name _____ Teacher _____

Number of Yearbooks: _____

\$ Paid: _____