



# APPLEWOOD PUBLIC SCHOOL

*Achieving Success Together*

130 Woodrow Street

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## Month End Wrap Up - Mar. 2018

### IMPORTANT DATES

Apr. 2nd—Easter Monday

Apr. 20th—School Council Norwex Fundraiser



- HOCO Clifton Hill - basket (Lyndon family)
- Photography Session & Photos (Farkas Family)
- Movie Passes (McMahon Family)
- Wildfire Gift Card (Rockwood family)
- No Frills Gift Card—Niagara Falls (Rusztyn family)
- Handmade Wall Signs—(Clute Family)
- Shoppers Drugmart—Hartzel Road (Bolibruck family)
- Assorted Books (Beaudette Family)
- Thermal Coffee Mugs (Ms. Lynn)
- Assorted Toys (Whitfield Family)
- Assorted M&M Swag—Avondale Stores Ltd ( Mr. Stewart)
- Assorted DSHN/Applewood Swag (Applewood School)

### STUDENT of the MONTH

This year, we are going to focus our student of the month around the LEARNING SKILLS from the Report Card. These are the characteristics and behaviours that help promote success for students. We review what these goals look like in classrooms and thus help students develop these skills. This month's focus has been determined in each classroom!

K 1- Hayden D., Dayton K-B., Maddox P., Awin M.

K 2-Adam B., Taimoor B., Jakob T-A.

Gr. 1-T-Jay L., Dennis W.

Gr. 1/2—Nick J-H., Tanner J.

Gr. 2/3—Maci D.

Gr. 3/4—Rahand S., Grace F.

Gr. 4—Audrey C., Maddy D., Alexis D., Goran H.

Gr. 5/6—Megan B., Valerie B.

In April our goal will be 'INITIATIVE'.

### MARCH MADNESS DREAMBOX CHALLENGE

Thank you to all of the participants of our March Madness-Dreambox Challenge! Many students stepped up and learned math facts over the holidays! Congratulations to Araya G. from Grade 4 who spent the most time enjoying the benefits of Dreambox! She received a well deserved prize—Way to Go!

### Ontario Health Insurance Plan (OHIP)

A resident of Ontario must have a valid health card to obtain publicly-insured health care services.

### OHIP coverage for optometry services

OHIP covers the following eye care services for:

**Children 0 to 19 years old:** An annual, full comprehensive eye examination plus any follow-up assessments that may be required.



### EQAO TESTING

EQAO testing is scheduled to happen from May 22nd through to June 4th. We are asking the parents of grade 3 and 6 students to please avoid scheduling any appointments or activities that will take your child(ren) out of school during this time. Please look for more information regarding EQAO coming home at the beginning of May!

### CALLING ALL KINDIES!

If you missed kindergarten registration, it is not too late to register! Please call or visit the office to complete a registration package for any children who will turn 4 by Dec. 31st of this calendar year!

### FUN IN THE SUN DANCE-A-THON

A Huge thank you to the Applewood Community for your generous support of our only school fund-raiser! Students raised almost \$5000 in pledges for our annual Dance-a-thon! Students danced, sang and had a great time with our volunteer DJ Mr. Gibbons! Special congratulations to Goran H., our top fund-raiser and the winner of the Helicopter ride for 2 and also to ELP2 the winners of the class party for raising the most money on average by bringing in an average of over \$50 per student! Way to go Gators—we are very proud of you all!

Thank you to our generous donors for your prize donations:

- Niagara Helicopters Ltd. (Baba)
- CTRL V—St. Catharines
- Sky Zone
- Assorted toys (Marten family)
- Zippy Zoom
- Safari Niagara
- ToyzRUs Card (ELP2)

## ONE LIST LETTER/SURVEY

Last week all families received a letter regarding child-care needs. **PLEASE** read the letter and complete the survey ASAP as the information gathered by the Region will be used to determine where new Daycares are placed in Niagara!

## GRADE 6 STUDENT PHOTOS NEEDED!

A reminder to grade 6 students to begin bringing their baby / child-hood photos in for the grade 6 Celebration slide show. Photos can be sent as jpeg images through D2L or sent in as hard copies which will be returned when scanned! Thanks!

## MAD SCIENCE:

Mad Science, the world's leading provider of educational and entertaining science programs for children is coming to Applewood! They will be getting kids excited about science with fun, entertaining and exciting activities and demonstrations. Students and teachers will be thrilled on April 12th when Mad Science comes to the school to do a Spectacular Science show for students in grades 1-6. The assembly will be educational, entertaining and also the kick off to the Mad Science Club. The Club is a six-week science enrichment program offered to the students. Students who join the Science Club will go on a voyage of discovery designed to support the Ontario Science and Technology curriculum. The topics will be different this year than when Mad Science was last at the school. The Club will take place on Wednesday, May 9, 16, 23, 30 June 6, 13 from 12:45 PM - 1:25pm.

## TRY AT HOME ACTIVITY - ZOOMBALL

**MATERIALS:** • Two 1 litre plastic pop bottles • Scissors • Optional: Coloured construction paper • Masking tape • Ribbons • Two plastic ring six pack holders • Two 2.4m strings • an adult helper

1. Ask your adult helper to cut the bottoms off of the two plastic pop bottles.
2. Fit the bottles together so there is a neck on either end. Tape the bottles together to form a football shape.
3. Cover the bottles with construction paper and ribbon if you want to decorate your zoom ball.
4. Take the six-pack holders and cut the rings apart to make four two-loop handles.
5. Thread the two strings through the bottles.
6. Tie a set of handles to the ends of each string.
7. Get at friend and you are ready to play. Each player holds onto two handles and pulls on the strings until they are tight. Slide the zoom ball to one end. When it is at your end snap your hands apart to send the zoom ball back to your friend. To catch the zoom ball, keep your hands together.

**EXPLANATION:** The pushing action of the strings sets the zoom ball in motion. When the zoom ball reaches the other end of the strings, an opposite pushing action, your friend snapping the strings, stops the ball for a moment and then sends it in the reverse direction.



## Everybody Present – The Health Promoting Benefits of Mindfulness

Thorold Secondary School - Library

### Description:

The evidence is clear, students today are experiencing high levels of stress and anxiety and this has a direct impact on their overall health and academic performance. A strategy that is showing great promise in helping students cope with stress and boost positive mental health is mindfulness. In this presentation we share what we have learned over 5 years studying mindfulness among university students in The Mindfulness Experiment. Designed for parents, teachers and administrators, participants of this workshop will learn what mindfulness is, why we need it, and how it "works" to promote coping skills, resiliency and academic success for our students.

### Presenters:

Paula Gardner, Assistant Professor, Department of Health Sciences at Brock University and the lead investigator of The Mindfulness Experiment  
Kaitlyn Kerridge, MA Candidate and graduate student in Applied Health Sciences at Brock University studying mindfulness in post-secondary students

**APRIL 26, 2018**

Registration & Snacks 5:30 p.m. -6:10 pm

Presentation - 6:15 p.m. - 7:15 p.m.



# PROM PROJECT

N I A G A R A

Sat. April 21, 2018  
9:30 a.m. - 1:30 p.m.

Locations:  
DSBN Academy  
130 South St., St. Catharines  
Beamsville Secondary School  
4317 Central Ave., Beamsville  
Fort Erie Elementary School  
474 Central Ave., Fort Erie

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