



APPLEWOOD PUBLIC SCHOOL

Achieving Success Together

130 Woodrow Street St. Catharines, ON L2P 3T7 905-684-4359 app@dsbn.org

Month End Wrap Up - Feb. 2017

IMPORTANT DATES

March 13-17—March Break
April 13th—Applewood's Annual Dance-a-thon



SCHOOL CLOTHING

A reminder that Applewood t-shirts are available for purchase at any time for \$10. Both red and black shirts are in stock!

SCHOOL CASH ON-LINE—the NEXT STEP

As the school takes another step towards a 'cash-less system', we will be eliminating cash for daily purchases of pizza, snacks or milk by the end of March! Ticket sheets for pizza/snacks, or milk will still be available on-line through School Cash or for purchase by parents at the office. The office will, however, no longer accept money for these items as a daily purchase—they will be ticket only purchases.



How/when to buy tickets?

- on-line through school cash
- come to the office and buy a ticket sheet (between 8am-4pm daily) (\$15 milk sheet,

\$20 pizza-snack sheet)

- **PLEASE DON'T** send money for ticket sheets with students as we can't re-imburse lost money to students

How to purchase items?

- Students bring their tickets to the office to buy snack or milk at a time of your choosing
- Students bring pizza tickets to school by Wednesday to order pizza for the Friday lunches
- **ONLY TICKETS** will be accepted after March Break!



STUDENT SAFETY

The school climbers are closed each winter in accordance with the DSBN's & OSBIE's (Ontario School Board Insurance) guidelines. If there is not a suitable cushion in the pea gravel, the play space must be closed. Students will be notified when the parks re-open. Please refrain from using the parks before and after school, as they are not yet safe for student play despite the recent warmer weather!



AN IMPORTANT MESSAGE ABOUT INCLEMENT WEATHER PROCEDURES

There may be times during the school year where inclement weather or other situations could cause transportation cancellations or school closures.

At times when student transportation has been cancelled and schools remain open, the decision of whether or not to have children in school on that day rests with the parent/guardian. Should you decide not to send your child to school in the event that transportation is cancelled but schools remain open, or if your child is ill or late, please ensure that you call your child's school to inform them of your child's absence.

A key resource in any emergency is the DSBN Emergency Information form that you filled out at the beginning of the school year. Please let the school know of any changes in contact information or procedures you wish to be followed throughout the school year.

Information about transportation cancellations and school closures will be available as soon as it is available through the following channels:

Websites:

<http://www.dsbn.org/inclementweather> or www.nsts.ca

Subscription Features:

DSBN Facebook or Twitter
NSTS Transportation Delay or Cancellation Alerts

Phone:

Niagara Student Transportation Services 905-346-0290

Radio Stations:

CKTB (610 AM) St. Catharines
CHRE (105.7 FM) St. Catharines
WAVE (94.7 FM) Hamilton
CHTZ-FM (97.7 FM) St. Catharines
CKOC (1150 AM) Hamilton
2DayFM (105.1 FM) Niagara
CHML (900 AM) Hamilton
K-LITE-FM (102.9 FM) Hamilton
CHAM (820 AM) Hamilton
GIANT FM (91.7 FM) Welland
Y-108(107.9) Hamilton

Television Stations:

CHCH - Hamilton, CTV Toronto
Cogeco Channel 10 (Jack.Custers@cogeco.com)



IMMUNIZATION RECORD REVIEW:

Is Your Child's Vaccination Record Up to Date?

The *Immunization of School Pupils Act (ISPA), Amending Reg. 645 of R.R.O. 1990*, requires Public Health to collect and maintain immunization records for all school-aged children in Niagara. At the beginning of December 2016, letters were mailed to parents/legal guardians of elementary and secondary school students who have **incomplete immunization records on file at Public Health**.

If you received this **Immunization Notice** in the mail (blue form) please ensure that you provide the required immunization information to Public Health in order to avoid suspension from school.

If you have any questions or concerns, we encourage you to call the **Vaccine Preventable Disease program at 1-888-505-6074 or 905-688-8248 ext. 7425 Monday to Friday 8:30 a.m. to 4:30 p.m.**

MARCH is NUTRITION MONTH

Fruits and veggies are not only absolutely delicious but they are nature's fast food! Ready to eat and most come in their own "to-go" packages, produce makes the perfect snack for kids to grab and go. They need minimal to no preparation and buying ones in season means you can save some money and shop smarter.

Think you can't get much produce on a tight budget? Here are some tips to make shopping for produce more easy and affordable:

Don't shop when you're hungry and carry a list. You'll be more likely to stick to your budget and nutritious food choices.

Look for washed and bagged salads, baby carrots, celery hearts, broccoli and cauliflower crowns, cherry tomatoes, and shredded cabbage in your grocery store
Buy fresh produce, like peaches or bananas, in varying degrees of ripeness to allow for some ripening towards the end of the week

Canned and frozen vegetables can be convenient choices
Spend most of your time in the produce, bread, meat and dairy sections

Use store flyers to help you find specials

See more at: <http://www.halfyourplate.ca/produce-is-affordable>



Get inspired with recipe ideas from **Cookspiration** and serve up a nutrition tip a day with **eaTipster!**



MAD SCIENCE

Mad Science, the world's leading provider of educational and entertaining science programs for children is coming to Applewood Public School! They will be getting kids excited about science with fun, entertaining and exciting activities and demonstrations. Students and teachers will be thrilled on 31/Mar/2017 when Mad Science comes to the school to do a Spectacular Science show.

The assembly will be educational, entertaining and also the kick off to the Mad Science Club. The Club is a 6-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 10, 17, 24, 31, Jun 7, 14 from 12:45 PM - 1:25 PM. Mad Science also performs Birthday Parties, Camps and Special Events. Give them a call at 905-937-1878 and watch out for them in Malls, at Fairs, Festivals and Scouts and Guides.

TRY AT HOME ACTIVITY - ZOOM BALL
Materials: • Two 1 litre plastic pop bottles • Scissors • Optional: Coloured construction paper • Masking tape • Ribbons • Two plastic ring six pack holders • Two 2.4 metre 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.
5. Take the six-pack holders and cut the rings apart to make four two-loop handles.
4. Thread the two strings through the bottles.
6. Tie a set of handles to the ends of each string.
7. Get a 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.



How Can I Support My Child's Mathematics Learning?

Everyone can learn math. First and foremost, believe in your child's ability to learn mathematics.

Everyone can improve when provided with good teaching, coaching, encouragement and practice.

Do have high expectations for your child. Research shows that when you believe your children can learn, they will rise to the expectation.

Do talk with your child's teacher about how you can help and support your child's mathematical development.

Do talk about mathematics in a positive way. Your positive attitude and valuing of mathematics are infectious.

Do share your day-to-day math experiences with your child, and discuss:

- video and computer games
- television shows, e.g., the learning channel
- travelling (calculating distances, destination estimation, budget, gas prices)
- banking (loans, mortgages, interest rates)

Do encourage personal responsibility for learning. Emphasize that effort is as important as ability.

Do support your child through homework by listening and asking questions:

- Allow your child to struggle through the process of problem solving.
- Discuss mistakes as learning opportunities.
- Help your child by asking questions:
 - What do you need to find out?
 - Tell me what you know...
 - Show me what you started...
 - What can you try first?
 - Can you make a drawing or picture?
 - Will a list or table help?

Do encourage persistence. Some problems take time to solve. Taking a break often provides fresh enthusiasm and alternative strategies.

Do build on your child's strengths and what he/she already knows. Make links between math and daily life.

Do engage in math-related home activities:

- Play games - Chess, Checkers, Cribbage, Bridge, Euchre, Memory Games, Backgammon...
- Make puzzles.
- Involve your child with shopping.
- Engage in the mathematics of cooking and baking.
- Plan and execute home renovations.

Do explore your child's thinking process:

- Why did you...?
- What can you do next?
- Do you see any patterns?
- Does the answer make sense?
- Tell me in a different way...
- What would happen if...?

Do appreciate the value of *not knowing* and use these occasions as opportunities for growth rather than anxiety. Develop strategies and resources for getting help with the problems.

Do encourage your child to experiment with different approaches to a problem. We learn a lot from our errors when we examine them.

Source: EduGains, Ministry of Education of Ontario

For more details: <http://www.edu.gov.on.ca/eng/document/brochure/earlymath/>



You're Invited!

To our TSS's Family of Schools Evening

Westmount Richmond Street Connaught Burleigh Hill
Applewood Ontario Ferndale Prince of Wales

save
the
date

April 12 5:30 – 7:15 pm

Thorold Secondary School

Tour ~ Speakers ~ Q & A

**Register for child care by calling your school secretary in
advance giving number of children and ages**

5:30 – 6:00 pm Tour of Thorold Secondary School

6:00-7:00pm Speakers: Jen Drury and Dave McAllister,
DSBN Social Workers from
the elementary + secondary panels

7:00-7:15 Opportunity for Questions and Answers

Anxiety : How do we support our children?

Peer Pressure: Some resources to support parents

*please
join us*

PUBLICLY-FUNDED DENTAL PROGRAMS, AFFORDABLE DENTAL SERVICE OPTIONS, AND CHARITABLE DENTAL PROGRAMS AVAILABLE IN NIAGARA REGION

FOR EVERYONE:

Niagara College: Dental services provided by students and supervised by faculty at the Welland Campus. For more information, call 905-735-2211 x 7758 or visit

<http://www.niagaracollege.ca/employers-community/community-services/dental-clinic/>

Gift from the Heart: Every April for one day, many Registered Dental Hygienists (RDH) open their clinics to the public who may be financially unable to receive dental hygiene care. Visit www.giftfromtheheart.ca for more info.

Brushed Aside: With support from the Niagara Prosperity Initiative, the United Way of St. Catharines & District works with agency partners to provide interest-free loans to adults in need of dental treatment for relief of pain/infection or dentures. Open to eligible clients in Niagara region. Call 905-688-5050 ext. 101 for more info.

University of Toronto, Faculty of Dentistry, Reduced Cost Dental Clinic: Full range of dental services offered by dental students under the supervision of trained dentists. For more info, call 1-416-979-4927 or visit www.dentistry.utoronto.ca/patient-clinics/about

Find a Dentist: To find a dentist near you accepting new clients, visit www.oda.ca. Some dentists may allow for service payment plans.

Find an Independent Dental Hygienist: To find an independent dental hygienist near you, visit <https://odha.on.ca/independent-dental-hygienists-hamilton-niagara-area/>. Some may allow for service payment plans and some may provide mobile services.

FOR FIRST NATIONS AND INUIT: Health Canada provides eligible First Nations and Inuit people with a specified range of dental services not covered through private insurance plans or provincial/territorial health and social programs. Call 1-800-640-0642 for more info.

FOR VETERANS: Coverage for basic dental care and some pre-authorized comprehensive dental services. Visit www.veterans.gc.ca/eng or call 1-866-522-2122 for more info.

FOR ALL FRANCOPHONES: Centre de santé communautaire Hamilton/Niagara offers dental hygiene preventive dental services to French speaking residents without dental insurance. Services include dental hygiene exams, cleanings, fluoride treatments, pit/fissure sealants, and oral hygiene instructions. Call 905-734-1141 or 1-866-885-5947 for more information.

FOR QUEST COMMUNITY HEALTH CENTRE AND SOUTHRIDGE COMMUNITY CHURCH SHELTER CLIENTS: Quest CHC's Volunteer Dental Program provides preventive, restorative, and emergency services including cleanings, fillings, extractions, and referrals. Call 905-688-2558 for more info.

FOR CHILDREN AND YOUTH 17 AND UNDER:

Healthy Smiles Ontario (HSO)

HSO is a publicly funded program that pays the cost of dental services including urgent and emergency dental issues.

- Your family must meet the income eligibility requirements
- Your household is automatically enrolled in the program if you or your child receives benefits through Ontario Works, Temporary Care Assistance, Ontario Disability Support Program and Assistance for Children with Severe Disabilities

For more information or to apply:

- Visit Ontario.ca/healthysmiles
- Call Service Ontario INFOline toll-free at 1-844-296-6306 (TTY toll-free at 1-800-387-5559)
- Call Niagara Region Public Health Dental Health Line at 905-688-8248 or 1-888-505-6074 ext. 7399 or visit niagararegion.ca/health

Preventive Dental Clinics (birth - 17 years of age only) – Niagara Region Public Health

- Provides free dental services such as cleanings, fluoride and dental sealants
- Call the Dental Health Line at 905-688-8248 or 1-888-505-6074 ext. 7399 or visit niagararegion.ca/health

FOR ONTARIO DISABILITY SUPPORT PROGRAM (ODSP)

ADULT RECIPIENTS: ODSP adult recipients and their spouse are entitled to **Disability Health Benefit** basic dental services, including preventive and restorative work. If you are no longer eligible for the ODSP because your income is too high, and you and your family have high health costs, you and your family may be eligible for **Extended Health Benefits**. If you are leaving ODSP for paid work, and you do not have comparable health coverage from your employer, you and your family may be eligible for the **Transitional Health Benefit**. Talk to your Case Manager, or call your local ODSP office at 905-688-3022 for more information.

FOR ONTARIO WORKS (OW) ADULT RECIPIENTS:

OW adult recipients and their spouse may be eligible to receive **discretionary dental benefits** for emergency dental work (coverage is limited to \$136 per month and applies to emergency situations only). If you are experiencing dental issues that pose a significant risk to your health and safety and are requesting costs which exceed the approved maximums of the Adult Emergency Dental Program, a further review may be requested to determine eligibility for additional coverage. You will need to be assessed by your dentist and bring a predetermination (treatment plan) and details regarding the extenuating circumstances and risk to health and safety to your Case Manager for consideration. If you have started working, or have increased earnings and are no longer eligible for assistance, you still qualify for health related discretionary benefits for six months. Talk to your Case Manager by calling 905-984-6900 for more information.