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Mrs. L. Concannon, Principal
Mrs. C. Krastins, O.A.



Newsletter

Principal's Message



Time is marching on, the weather is getting warmer, and there are only TWO months left of school! There is a lot going on this month; on May 13 at 11:45 in our Library we are hosting a Volunteer Tea to show our appreciation to all of our parents and community members who have so generously given their time to help out this year. In addition, we are starting to prepare for September and are holding our "Welcome to Kindergarten" Night on Wednesday, May 20 from 6 to 7:30 PM (doors open at 5:30). So much is happening this month, please don't forget to check our Wiki page at <http://ilovegeorgepeck.wikispaces.com/> and look under "Important Dates".

At 10:00 AM on Monday, May 4 the Concert Band will be playing on the front lawn to celebrate Music Monday. Please join us, refreshments will be served! Students are invited to sit on the lawn; they have been reminded to wear hats and sunscreen. Let's hope for nice weather! If it is raining, we will postpone to a later date, TBD. On a related note, Ms Raponi has had an article published in "The Recorder" Vol. LVII Number 2 Winter 2015, and I was just sent the information from the Vice President of the Ontario Music Educator's Association today. Congratulations Ms Raponi, what an accomplishment... we are proud of you! We are also gearing up for the Concert Band Nationals in mid-May. What an exciting time!

Starting Monday Ms Moudgil has accepted a position with the York Region. In her place will be Ms Scott. I have known and respected Ms Scott for several years and she is no stranger to our school; the staff and students really like her. Ms Scott is a Teacher with Special Education qualifications. Lucky for us, she also has been trained as a Child and Youth Care Worker, as well as a Special Needs Assistant. Ms Scott is hardworking and positive and I look forward to finishing off the year with her.

Next week is Children's Mental Health Week and we have great activities planned for your child(ren) every day. In this newsletter you will also see an activity planned for parents on May 7 at Winston Churchill CI. Wednesday is our Track & Field day. Please remember to send your child(ren) to school in appropriate athletic gear (including running shoes) and to ensure they wear sunscreen and a hat. Of course, a water bottle is always a good idea! I certainly hope the weather cooperates. If not, our rain date is Friday, May 8.

Please note that EQAO testing will take place for Grade 3 and 6 students this coming month. Please ensure that your child is well-rested, relaxed and present during the tests! If you have questions about EQAO, please contact your child's teacher. Please read on for more information about what is happening this month.

I hope you appreciate, as much as I do, all of the hard work each and every one of the George Peck staff does for the students at Peck!

Lois Concannon, Principal



Boomerang and Waste-Free Lunches

Did you know that an average school age child using a disposable lunch generates **67 pounds** of waste per school year? We believe strongly that we need to educate and support our children so that they can be more aware of how things like disposable lunches impact the environment. We hope that families have discussions about the waste that is generated, and also take action to reduce this situation so that we, as a school community, can make a difference and help the environment.

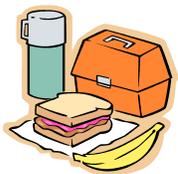
George Peck P.S. encourages our students to reduce food and food-related waste by implementing a waste-free or boomerang lunch program. A waste-free lunch contains no throw-away packaging and produces no food waste. Food and drinks are packed in reusable containers within a reusable lunch bag. All containers are resealable, so that leftover food and drink can be saved for later.

A boomerang lunch means that any uneaten food and any waste material produced is returned home and not added to the school's waste collection. It is important that this food and waste packaging be taken home in a resealable container or bag so that lunch bags and back packs remain clean! The purpose of a boomerang lunch is not to transfer trash disposal responsibilities from the school to home, it is to encourage parents and students to review and think about the way they prepare and package lunch foods.

Both a waste-free and a boomerang lunch enable parents to see what their children are actually eating during the day. Waste audits carried out at school consistently demonstrate that a significant amount of this waste is made up of unopened packaged foods, uneaten fruit, full juice boxes, etc. Uneaten fruit and food that is added to the school waste can become a wasp hazard, especially in the fall and spring. This organic waste can be returned home and added to the Green bin, the Toronto Region-wide organics waste program.

Some Waste-Free Lunch Tips:

- instead of expensive plastic sandwich bags, one reusable container can be used for packing snacks, sandwiches, etc.
- cut fruit and vegetables into pieces so that some can be eaten at lunch and the rest saved for a later snack
- prepare extra food at dinner time and use the leftovers for lunches
- label all containers to ensure that they return home if lost
- minimize the morning rush and pack lunches the night before and refrigerate overnight
- avoid drinks in packaging that cannot be resealed; after a few sips, drinks are often discarded



Pediculosis Check

Along with the welcome harbingers of spring like sunshine and warmer weather, at schools we also know that spring brings with it infestations of head lice. Please remember that head lice are a nuisance, but they do not cause illness or disease. Anyone can get head lice. Don't be embarrassed if your child comes home with lice. When everyone works together, the spread of head lice can be stopped. At this time, it's important that parents check hair regularly; if you find that your child has lice, please let us know so that we can check other students in the classroom.

Throughout the year we do regular pediculosis checks to try to resolve any head lice issues before it becomes a problem. If students are found to have either live lice or nits in their hair, parents are contacted and the student needs to be picked up from school. Parents are expected to treat the hair and once students come back to school, Mrs. Krastins will check the student again to ensure that there are no more nits or lice in the hair. If there are still lice or nits, the child is sent home again. Classes containing students that have been found to have lice are notified so that parents can double-check their children's heads.

Students usually get lice by close head-to-head contact with someone who has lice, or occasionally by sharing personal items such as hats, brushes, towels, or pillows.

To look for lice, check the head carefully in bright light, one small section of hair at a time. Look for nits on the hair, especially behind the ears, on top of the head and at the back of the neck. Nits look a lot like dandruff, but while dandruff brushes off easily, nits stick to the base of the hair. Live lice move very quickly and are rarely seen.

If you find lice in your hair, get a special lice-killing shampoo or conditioner from your drug store. All nits must be removed using your fingers or a very fine-toothed comb. Check all family members, but treat only those who have signs of lice. Continue to check hair daily for the next two weeks, and continue to remove all nits.



In addition, it's important to wash personal items, like brushes, bedding, towels and clothing in hot, soapy water, and to vacuum furniture and rugs. Remind your children to avoid sharing things like hats, combs and brushes.

For more information, check out the Toronto Public Health website.



On Friday, May 22 George Peck students will once again be participating in the Jump Rope for Heart Event. This is an event that aims at encouraging physical activity in children. It is also a fundraiser for the Heart and Stroke Association of Ontario.

Our kickoff assembly will be on Monday, May 4. There will be a representative from the Heart and Stroke Foundation who will talk about why funds are being raised for this organization.

Every student will bring home a pledge form next week. This year we are hoping to increase the number of students who return pledges. All money raised goes to a very important cause. Let's try to have 100% participation in our fundraising initiative this year!

~ S. Cook

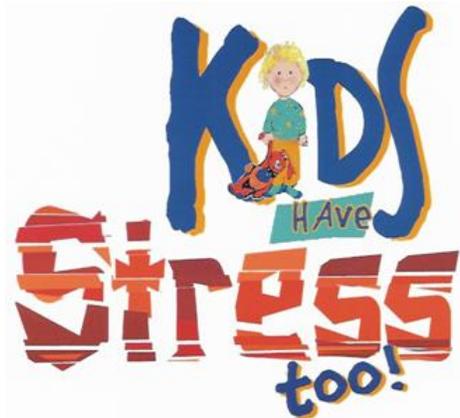
Are Your Children Stressed?

Just like adults, children can feel anxious or stressed about new situations, meeting new people or having too many things to worry about. Stress in your child may show up in many ways including:

- headaches
- tummy aches or just not feeling well
- trouble sleeping
- eating more or less
- not wanting to go to school
- becoming more quiet
- looking sad or worried

You can help your child if they feel stressed by:

- spending time and doing things together
- listening to them when they talk
- showing them that you love them
- giving them time to relax as they may feel too busy
- watching them play and help them get along with other children
- asking the teacher if she/he notices any problems, and tell her/him your concerns



For more information you can consult with your school's social work, psychology or guidance departments, call Toronto Health Connection at 416-338-7600 and speak with someone, or visit www.toronto.ca/health.

Help Your Child Do Well in School and in Life!

As parents and caregivers, you have opportunities every day to help your child learn how to cope and "bounce back" from life's disappointments. Here are some helpful tips to consider how you can help your child make healthy choices in life.

- 1) Learn about typical growth and development for different ages - knowing what is typical can help you decide if your child's behaviour is something to be concerned about. A great resource is www.hincks-dellcrest.org/ABC.
- 2) Listen to what your child has to say - invite your child to share their opinions, even if they are different from your own. Try to find opportunities when everyone in the family can share about their day (e.g., during meals, or in the car).
- 3) Praise your child's efforts and respect their individuality - let them know you are proud of them.
- 4) Set time limits on TV, video games and internet use - learn about internet safety and monitor your child's use. Keep TVs and computers in common areas like the kitchen or family room, (not a child's bedroom), in order to see what your child is viewing or doing on-line.
- 5) Give your child clear guidelines and discuss what behaviour you expect.
- 6) Set a good example of the values and behaviour you expect from your child - let your child see you eating healthy, saying "sorry" for a mistake, managing anger in a difficult situation or helping others.

Enjoy being involved in your child's life - go to their school & community events, play in the park together, welcome their friends in your home. Developing a healthy parent/caregiver-child relationship helps your child learn to cope better with all of the challenges that school and life can bring them.



Children's Mental Health Week is May 3 - 9

One in five Canadian children suffers from a mental health disorder and many of these go either undiagnosed or untreated. During Children's Mental Health Week, the Toronto District School Board joins organizations and individuals across the country in raising awareness.



Each day of the week we will be doing activities around Mental Health.

- Monday, May 4 – “Mindful Monday”
- Tuesday, May 5 – “Take Time to Create Tuesday”
- Wednesday, May 6 – “We Belong Wednesday”
- Thursday, May 7 – “Taking Care Thursday” - Community Info. Night (see end of this newsletter)
- Friday, May 8 – “Fit Friday”
- Saturday, May 9 – Parent Symposium: “Taking Action Together” (see attached flyer, previously sent)



Student of the Month



The following students have been recognized by their teachers for demonstrating April's character attribute: Co-operation.

Ms Dumevski & Ms Ramirez (LTO ECE)	Gabriella Konnaris, Lucas Magana & Dennis Zhang
Mrs. O'Neill & Ms Chamseddine (ECE)	Salina Persaud & Sujanth Sangaramoorthy
Mrs. St. Aubin	Nabilah Bakhash Bravo, Imran Mazlomyar & Shazil Naveed
Mr. Shields (LTO)	Gregory Christakos & Alexia Labchuk
Mr. Wong	Davud Ozcelik & Eden Robertson
Mrs. Galley	Sean Millar
Ms Seetner	Rachel Dalisay
Mr. Stevens	Debbie Pazianas & Milad Safi
Ms Kowalski	William Han & Peter Koubakis
Mr. Wiebe	Dakota Finbow & Laavaniya Suthakaran
Mrs. Trivedi	Iftekar Forhad & Harsika Thayaparan
Mr. Kumar	Haysem Dessuky, Kary Kyvrikoseos, Megan Marsden & Sankary Paramasivam
Ms Bunting	Hassan Ali, Sajad Mahboob, Ahamed Naby, Trent Sherry & Ahmed Talash
Ms Moudgil	Ruchini Fernando, Alysa Marchetti & Abisha Yokkumar
Mr. Des Rosiers	Andrew Konnaris & Dua Zainab

In the month of May, we will be recognizing students who demonstrate the character attribute of **integrity**.

Your child can show integrity by being honest and trustworthy toward his or her peers, friends and family members, by admitting her/his mistakes and learning from them, and by making the right choices and following through with the appropriate actions.

Topics you can discuss with your child include the importance of standing by what you believe, and telling your child where you stand on important issues, and your reasons for taking that stand.

Projects to do together include brainstorming a list of controversial issues, and discussing both sides of the issue, watching TV shows or movies or reading stories in which the characters show integrity, and discussing the various ways in which characters acted with integrity, and discussing and sharing with your child examples of a situation in which a family member acted with integrity.

To encourage integrity in your child, talk to her/him about what it means to have integrity, encourage and praise her/him when s/he shows integrity, provide your child with opportunities to actively engage in discussions that will help develop her/his opinions, and encourage your child to think about whether something is ethically right or wrong.

Healthy Minds for Healthy Kids – 2015



Scan for the map to Winston Churchill CI

Promoting wellness and mental health in our Children & Youth

Thursday, May 7th @ Winston Churchill Collegiate

6:30pm—8:00pm

Join us for community information night to share resources and strategies to promote well-being in our children and youth.

There will be guest speakers, information booth for resources sharing, snacks & family friendly prizes (Toronto Zoo passes, Blue Jays, & more)

Guest speakers / Resource sharing from:

-Aisling, Toronto Public Health; Dream Team, Tropicana, Shoniker Clinic, TDSB psychologists, TDSB Guidance, TDSB Social Work, Gender-based Violence team, Youthlink

Winston Churchill Collegiate Institute

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TELEPHONE: (416) 396-6883

Transportation available; please contact your principal for more information.