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[granderie.ca/confederation](http://granderie.ca/confederation)

## Principal

Andrea Smith

## Vice Principal

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## juin-June 2017



Dear École Confédération Families;

As we celebrate our first full year at Confédération, we wish to thank all students, staff and families for making this such a fantastic year!

As we wrap up, we will conduct 3 additional fire drills and 1 lockdown drill to complete our practice requirements for the year.

Our class organization for next year is in the works. Final class placements for next year will not be confirmed until September, when we will share our school organization. We will have several staffing changes for September, including staff who will be starting leaves, continuing leaves, and returning from leaves. Our full "roster" will be shared with families in September.

Happy Father's Day to all dads on June 18th! On behalf of the staff at École Confédération, we wish all of our families a safe, relaxing, and enjoyable summer!

Yours in cooperation,

Mme A. Smith  
Principal

Mme N. Norton  
Vice-Principal

### Dates to Remember:

June 2-Track and Field for Gr. 4-8

June 5-Rain Date for Track and Field

June 6-BBQ lunch, Gr. 3 Swim to Survive

June 7-Gr. 8 to Circle Square Ranch, Gr. 4 swimming, Gr. 1 Luna Trip

June 8-Gr. 3 Swim to Survive, Aerial Photo (wear red and /or white)

June 9-P.D. day-No School for Students

June 13-Gr. 3 and 3/4 to Crawford Lake

June 15-Regional Track Meet (North Park Family of Schools), Gr. 3 Swim to Survive

June 16-Dance for Gr. 6-8

June 19-Jump Rope for Heart

June 20-Gr. 4-8 to Sanderson Centre for "Singing Our Voices"

June 21-Comic Workshop (Gr. 3-5)

June 22-Track and Field ribbons assembly, BP Library Presentation (K-3), Gr. 3 Swim to Survive

June 23-Gr. 4-6 to Chicopee, CAGE track meet, Gr. 8 Grad (evening)

June 26-Term 2 Reports sent home (all classes), Kindergarten to Cineplex

June 27-Gr. 2 to Mohawk Park

June 28-ECO day

June 29-Last day of school for students

June 30-PD day

## **Building Healthy Relationships**

### **Resolving Conflict and Preventing Bullying**

Conflict and bullying get in the way of building healthy relationships. Understanding the difference between conflict and bullying is important because they require different responses.

#### **Develop Conflict Resolution Skills**

Young people's relationships can be much healthier when they learn to use conflict resolution strategies. Help your children learn how to:

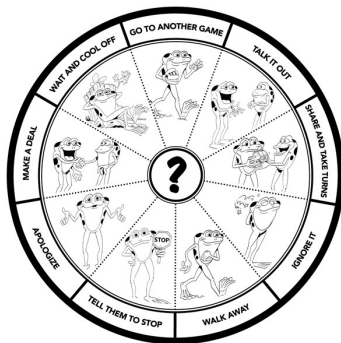
- Focus on reducing stress;
- Listen and breathe deeply to help maintain their own composure;
- Think about how to end with a "win-win" situation for everyone; and
- Problem solve for possible solutions. Negotiated solutions work far better than non-negotiated solutions.

#### **Model Handling Conflict Positively**

Children and youth learn about resolving conflict from parents and other adults. Perhaps you can think about how you resolve conflict. Do you give in easily? Do you stay in control or let emotions fly? Do you try to see someone else's point of view? Do you admit that you could have been wrong? Do you listen and give everyone a voice? Have conversations about conflicts in the community and in the news. Explore different points of view and share ideas with your child about how some conflicts could be resolved.

One of the tools we use to support students with conflict resolution is the Kelso program. The philosophy is that each child is smart enough and strong enough to resolve conflict. Students learn the difference between "big" and "small" problems and use Kelso's choices to resolve conflict. Students are encouraged to try 2 strategies to diffuse situations that arise. Kelso's choices are:

Wait and Cool Off  
Go to another game  
Talk it out  
Share and take turns  
Ignore it  
Walk away  
Tell them to stop  
Apologize  
Make a deal



If students have a "big" problem (where someone is hurt or in danger), they are encouraged to tell a trusted adult and seek assistance.

## **Preventing Bullying**

Bullying is a relationship problem that requires relationship solutions. It happens when children use power aggressively to control or distress others. It is typically repeated, and, through repetition, the power difference between the child or youth who bullies and the child or youth who is victimized increases. Bullying involves an imbalance of power. We all have a role to play in creating positive school climates. So what can parents do? Parents can help by encouraging children to report bullying and working with their schools and communities. Kids Help Phone is always available at 1-800-668-6868 and through its website [www.kidshelpphone.ca](http://www.kidshelpphone.ca). A chat room and many other resources are available.

*(Adapted from Healthy Relationships, C.O.D.E- The Council of Ontario Directors of Education)*

## **School Council**

School Council would like to thank all families who have supported our fundraising efforts this year. At our final meeting on May 25th, we were able to pass a motion to move forward with the purchase and installation of a playground structure!

Did you know that School Council supports a variety of activities that support enhance learning? Fundraising funds have also been used to subsidize the cost of student trips, provide healthy snacks for students writing EQAO, provide "Welcome to Kindergarten" bags for students new to our school, subsidize Gr. 8 graduation, subsidize swimming instruction, and much more. Our School Council provides for 15 voting members, but all are welcome to attend meetings, join a committee, or volunteer at events. We always welcome new members. In September, nomination forms for voting members will be sent out early in September. One area of focus for the School Council next year will be to look at organizing and sponsoring some workshops for parents. More information will be shared over the course of next year.



## **Pink Eye (Conjunctivitis)**

We have recently seen a few cases of Pink Eye within the school. Here is some information from the Brant County Health Unit on managing symptoms.

### **What is Conjunctivitis?**

- Infection usually caused by a virus and sometimes bacteria
- Common in day care and school-aged children

### **Signs and Symptoms**

- Red swollen eye(s). After sleeping, there may be thick yellow discharge and crusting on or around the eye(s).
- The eye(s) are often itchy but not painful.
- It can take 24 to 72 hours for symptoms to appear after coming in contact with Pink Eye.
- If left untreated, Pink Eye can last from 2 days to 2-3 weeks.

### **Spread**

- It is highly contagious.
- Usually spreads by contact with eye and nasal discharge, and by soiled articles (i.e. toys, tissues, towels, etc.).

### **Treatment**

- If the infection is caused by bacteria, antibiotic eye drops can be given

### **Prevention**

- Make sure that you and your child wash your hands very carefully after touching or wiping the child's eyes and nose.
- Do not share towels, and change pillowcases often.

**A child will have to stay home if they have Pink Eye. They can return to school 24 hrs after starting treatment with antibiotics or when the symptoms are no longer present.**

## **Transportation Information for Next Year**

Did you know that the transportation department is around all summer? If you are moving, changing childcare locations or are in need of transportation information, you can contact their staff by calling 519-751-7532 or by emailing [transportation@stsbhn.ca](mailto:transportation@stsbhn.ca).

Transportation information is available via the parent portal as of August 15<sup>th</sup>. Please log in to find the transportation details for the coming school year on or shortly after this date so that any changes in service can be implemented well before the start of the school year!



## **A Note From The Public Health Nurse** **Be Sun Smart This Summer**

As the warm weather approaches and summer draws near, it's hard to resist going outside to relax or have fun. While the sun's warm rays may feel good on our skin, too much sun can be harmful!



Keep yourself and your children well protected from the sun's harmful rays by following these tips.

- Avoid the sun between 11 a.m. and 3 p.m., when the sun's rays are the strongest
- Wear long sleeve, loose fitting clothing that will keep you cool and protected from the sun's rays
- Wear a wide brimmed hat that covers the face, ears and neck
- Cover your eyes by wearing sunglasses that protect from both UVA and UVB rays
- Use sunscreen labelled "broad spectrum" and "water resistant" with a SPF of 30 or higher and remember to:
- Read the directions, which will tell you when to apply the sunscreen
- Reapply sunscreen according to package directions, especially after swimming or sweating.
- Protect your lips by using a lip balm with an SPF and reapply it throughout the day
- Find shade or bring your own (e.g. an umbrella)

For more information on sun safety, visit the Canadian Cancer Society website, [www.cancer.ca](http://www.cancer.ca)

### Puppies on the Playground

Families should be aware that pets are not allowed on the playground or in the drop off or pick up zone. There are students with allergies and the possibility of students hurting pets or vice versa are our primary concerns. We greatly appreciate your cooperation in this matter.



### Student Pick Up

From **3:15-3:45** pm daily, our parking lot is used as a bus loading zone for our 9 buses. There is **NO PARKING on site for student pick up at the end of the day.**

While parking is available on Coronation St. across from the school, please be respectful of our neighbours when parking there. Obey all posted signage. Parking is not permitted within the first several metres of the intersection. Please do not park in these spaces as it makes it very difficult for our crossing guard to see, as well as for those turning from Coronation onto Ewing drive. Do not block driveways and remember that there is a city bylaw prohibiting parking within 1 metre of a driveway.



There are two accessible parking spots that are available for those with permits only.

At all times, cars may not be parked under signage that marks a fire route. Be especially aware of fire route signs located in the front drive around curve and the sign posted along the sidewalk by the front entrance to the school.



All students that are not riding a bus will be dismissed through the gym doors. Caregivers may park on Coronation or Stodola streets, on the opposite side of Ewing Drive from the school. If you wish to meet your child at the school, please walk to the doors outside the gym. A crossing guard is stationed in front of the school to assist. Thank you for your help in ensuring a safe dismissal for all of our students.

### Ticks

With the onset of the Spring season and warmer weather, ticks can be found in the outdoor environment. The following is some information from the Brant County Health Unit on what to look for and how to manage contact with ticks.

#### **Where are these ticks found?**

Blacklegged ticks are found in areas of Southern Ontario, including:

- Long Point Provincial Park
- Turkey Point Provincial Park

#### **Prevention**

Dress to stay tick-free:

- Cover feet, arms and legs with closed-toe shoes, and light-coloured long-sleeved shirts and pants
- Tuck pant legs into socks
- Apply bug spray with DEET or Icaridin on skin and clothing (put on bug spray after applying sunscreen)
- After you get home from the outdoors, take time to:
- Check yourself, family members, and pets for ticks right away
- Have a shower or bath within two hours

**Lyme Disease** is an infection resulting from a bite from an infected blacklegged (deer) tick.

#### **Signs and Symptoms**

If you have these symptoms, call your health care provider:

- A circular red rash around the bite area, 3-30 days after the bite. This red rash occurs in 70-80% of people who get Lyme disease. The rash may get larger to form a red ring with a clear centre.
- Flu like symptoms:
  - Fever and chills
  - Headache and joint pain
  - Feeling tired
  - Stiff neck
  - Swollen glands



#### **Treatment**

Lyme disease can be treated with antibiotics.

#### **Spread**

Ticks can attach onto people when they are spending time on walking trails or any area with tall grass or bushes. Transmission of the infectious agent usually does not occur until the tick has been attached to you for 24 hours or more.

#### **Tick Removal**

If you find a tick on yourself or a family member, follow these steps to remove it and bring it to the Brant County Health Unit to be sent for testing:

1. Remove the attached tick with tweezers (grab the tick as close to the skin as possible and pull straight out.)
2. Wash your hands and apply antiseptic ointment to the bite area.
3. Write down the date and place where tick was most likely picked up and where on your body it bit you.
4. Place the tick in a container and bring it to the Health Unit (194 Terrace Hill St., Brantford.)

Additional information, including a video on how to remove ticks is available on the Brant County Health Unit website.