



Central Public School
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Principal: Laurie James

Vice-Principal: Jill Shushkewich

Secretary: Kim Behman

JANUARY NEWSLETTER 2021

Try to be a rainbow in someone's cloud - Maya Angelou

Message from the Administrative Team

Hello to our Central Families,

We write to you this month with optimism and hope that our students will be returning to our building on January 25, 2021. As in the past, any updates regarding a return to in-person learning will be communicated by our Provincial government and the Thames Valley District School Board as soon as possible.

Central welcomes Mrs. Kim Behman to the Office! Mrs. Behman formerly worked in the office of Tavistock Public School and is excited to start the next part of her career journey here at Central. Please join me in welcoming her the next time you call the school. We also say farewell to Mr. MacKay and hello to Ms. Marshall who joins Mr. Gordon as one of our daytime custodians. Thank you to our incredible custodial team for all of their hard work to keep our school clean and safe.

We would like to take this time to thank our Central community for the strength, resilience and flexibility that you have all demonstrated. Our school staff have worked tirelessly to make the switch to online learning: learning new technological platforms, adjusting lessons so they can be delivered remotely, and in many cases working in dual roles of both educator and parent. Thank you Central Staff. A giant appreciation also goes to our students and parents who have discovered how to log in to digital classrooms, adapted to learning from bedrooms, kitchens and couches, and supported each other in times of challenge. Congratulations to each and every one of you. Together, we are making this work!

L. James, Principal

J. Shushkewich, Vice Principal

TVDSB Student Health Agreement

We have had many new students join the Central family this Fall, and many have arrived from school boards other than TVDSB. In order to support the health and well-being of our Thames Valley community members, we are requiring all parents and guardians with children attending one of our schools in-person this year to complete a Student Health Agreement as soon as possible. This agreement outlines important steps that need to be taken by all of our families in order to reduce the transmission of COVID-19. The Agreement is now posted on the Parent Portal (www.tvdsb.ca/parentportal). Paper copies are also available to complete and return to the school.

One important component outlined in the agreement involves committing to monitoring your children's health each day before riding school transportation or arriving at school. If parents and guardians answer "yes" to any of the screening questions, they must not send their child on school transportation or to school and must contact their family health care provider and/or their local health unit for further instructions. Please use the most up-to-date version of the province's screening tool, found online at: covid-19.ontario.ca.

Another critical part of the agreement is that families **MUST** have a plan in place to have their child picked up right away if their child exhibits symptoms at school.

If you have any questions about the Student Health Agreement please contact the school at 519-537-5362. Thank you very much.

Connect with Central!

There are many ways to communicate with us:

- email l.james@tvdsb.ca OR j.shushkewich@tvdsb.ca OR centralsenior@tvdsb.ca OR your child's teacher
- connect with teachers through your child's digital learning platform (Google Classroom or Brightspace)
- follow us on Twitter @central_public
- follow us on Facebook @CentralPrincipal
- call the school 519-537-5362

We look forward to hearing from you!

2021 Kindergarten Registration Information

Kindergarten registration for Fall 2021 will take place during the period of Monday, January 18th to Friday, February 5th, 2021. Parents are asked to complete the online pre-registration form (find it at www.tvdsb.ca under the "Parents" then "Kindergarten Program" tabs.) You will receive an email once this online pre-registration is complete; please print the completed form and call the school to arrange a time to bring it to Central and complete the registration process. The email will also tell you the documentation to bring with you when you come to the school.

Online Learning Expectations and Etiquette

Learning remotely through Google Meet can take some time to get used to! Here are some tips and tricks to help you make the most of your online learning experience, and allow your classmates to do the same:

- the Google Classroom and Meet are your classroom right now. You are expected to follow Central's Code of Conduct and participate in your classroom in the same way that you would in face-to-face learning. You are responsible for making sure your behaviour does not interrupt the learning of others
- mute your microphone before you join the meeting, and leave it off until it is your turn to talk
- use the Raise Hand button when you wish to ask a question or make a comment
- use the chat section for communication about your learning ONLY
- place your device on a stable surface so the camera is steady
- be engaged in your learning; avoid distractions from other screens or non-learning activities



SELF-CARE 101

Self-care is an important part of wellness. Take time and discover what helps you to feel good and recharge.



EAT We all need to refuel. But sometimes when we're stressed, our habits can change – maybe we eat junk food, or don't feel like eating at all. It is important to focus on eating foods that will provide you with the nutrients you need.

- * **Tip:** Have a healthy snack nearby so you can refuel and avoid getting "hangry."

HYDRATE Try to increase your water intake and decrease your caffeine intake. Caffeine has been shown to create a stress reaction in your body and might cause you to feel nervous, irritable or restless.

- * **Tip:** Drink a glass of water or milk before bed (but not too much!) rather than a caffeinated drink. This should also help you sleep.

SLEEP Getting a healthy number of hours each night helps you to better deal with the stresses of everyday life.

- * **Tip:** While you're at home, try to set up a sleep routine that you can stick to. Plan to go to bed and wake up at the same time every day. For some other helpful ideas check out: 'Up all night? Get a better sleep with these tips'



MOVE Being physically active has many positive effects on your health. It increases your energy, enhances your immune system, reduces insomnia, stimulates brain growth and has been shown to decrease feelings of sadness.

- * **Tip:** This doesn't need to take much time. You can get these benefits of being physically active from just a 30-minute walk. Stuck inside? Check out YouTube for brief yoga routines, at-home workouts or track your steps, and challenge a friend!

ENJOY Take time to discover things you enjoy. Do things that make you feel good as often as you can. It may not be what others find fun, and that's okay! We're all different.

- * **Tip:** Maybe there's a book you want to read, a show or movie you've been meaning to watch, a skill you've been interested in, or something new!

WHY SELF-CARE?

Self-care is like saving up for a rainy day! It's about nurturing yourself so that when difficult situations happen, you will have the energy and strategies to help you get through it! It can feel hard to practice all of the self-care tips that we know are important, pick a few to focus on, congratulate yourself on what you're able to accomplish and continue to set goals for yourself.

- * **TIP:** Try this quiz to find out if you're practising enough self-care

For more ideas to help you recharge, check out Kids Help Phone's self-care checklist!



PAUSE Make sure to take time for yourself during the day, to listen to music, take a few deep breaths, meditate, write in the gratitude journal.

- * **Tip:** There are lots of different apps and sites out there for breathing exercises or check out: 'How to calm down when you're stressed'

REFLECT Take time to think about what's important to you. It can be easy to get caught up in the negative messages, instead look for kindness and positivity. This can come in different forms like people doing good things for others or positive posts on social media.

- * **Tip:** Practicing gratitude on a regular basis can improve our sense of well-being and happiness! Journal about gratitude: every night, write down three good things about your day. They don't have to be major (i.e. a great lunch, talking to a friend, finishing a task).

REPEAT Did you know that trying a new skill, habit, or routine for 21 days in a row will increase the likelihood of maintaining this new practice?

- * **Tip:** Try having a partner to hold you accountable during the first few weeks; this strategy has been shown to enhance your success rate of maintaining your new practice.

CONNECT Strong social connections are one of the most powerful influences on our mood and mental health. Spending time with friends and family help to increase your levels of happiness.

- * **Tip:** Getting involved in something bigger than yourself or doing nice things for others can give you a mental health boost. If you can't see the people you care about every day, send them a text or make a phone call; it will make their day and yours!

RECOGNIZE Be mindful of your thoughts and feelings, both positive and negative, as part of your self-care. Finding a healthy outlet to process your emotions and positive self-talk, although always important, is super important during stressful times.

- * **Tip:** When thinking, ask yourself? Is this helpful/true? If not, challenge yourself to find a positive/true alternative. Remember to speak kindly to yourself, everyone has good and bad days. Don't be too hard on yourself!



If you or someone you know is in crisis, **call 9-1-1** or go to the nearest emergency department.

You can also reach out to **Kids Help Phone** at **1-800-668-6868** or by **texting CONNECT** to **686868**.



COVID-19 UPDATE

On January 7, in response to increasing community transmission, the Ontario government extended remote learning for public and private schools until January 25 across Southwestern Ontario.

Public and private schools must remain closed to in-person learning at this time. Students in specialized education programs (that support their health and developmental needs), are exempt and may continue attending school.

www.swpublichealth.ca

January 2021

Home Connections in Mathematics

Supporting the Understanding of Multiplication and Division

Understanding the meaning of multiplication and division is essential for success in mathematics. When we multiply, we can think about 'groups of' or 'copies of' the same number. Organizing items into rows and columns allows students to build and see their multiplication facts; we call this type of organization an 'array'. By organizing concrete objects into a rectangular shape, it is easier to see the groups. Many things in the real world are organized this way to determine the quantity easily with multiplication.



Arrays make it clear to see why 3×4 is the same as 4×3 . Knowing this relationship allows students to reduce the number of facts that they need to know.

The array is very powerful because it also shows students how to divide. From a single array, 4 operation statements can be determined.



This array of donuts shows:

$$4 \times 3 = 12 \quad 12 \div 4 = 3$$

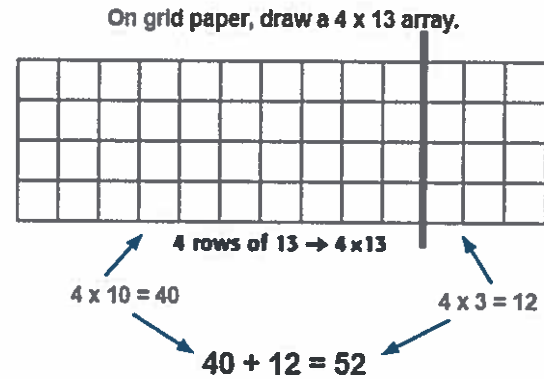
$$3 \times 4 = 12 \quad 12 \div 3 = 4$$

Arrays also provide a great opportunity to count by different numbers. The donut array can be counted by 3's and 4's. Children can count the donuts by saying, "3, 6, 9, 12" or "4, 8, 12". Counting on a regular basis by numbers other than 1 allows children to be more efficient in determining their facts and explore different number patterns.

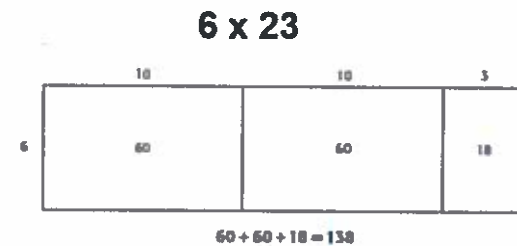
Arrays can also show fractions of a number. The donut array makes it easy to see that $\frac{1}{4}$ of 12 is 3 and $\frac{3}{4}$ of 12 is 9 by looking at the vertical rows.

By noticing and naming arrays wherever you see them, children can see multiplication in the world around them. They can also understand the connection between multiplication and division.

When the numbers in multiplication get larger, children can move from organizing concrete objects to using grid paper. By drawing the rectangles on centimetre grid paper, they are also drawing and determining the areas of a rectangle. The grid can be split up to make finding the area easier.



Eventually, children can create proportional drawings that represent their multiplication without the grid.



Multiplying with arrays helps students to break up multiplication into parts that can be added together. In the above array, 23 groups of 6 is broken up into 10 groups of 6, 10 groups of 6 and 3 more groups of 6. Flexibility in breaking up multiplication allows students to multiply together easier numbers to find the total.

The same process can be extended into double and triple digit multiplication. This method ensures that children are multiplying with meaning, and not starting with memorizing a procedure. Increased understanding of multiplication leads to increased fluency of multiplication facts. For more information on the area model of multiplication, go to :

<https://www.youtube.com/watch?v=Sfi4QUIQ4co>