



# April Newsletter 2016

*Pine View P. S.  
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## Principal's Message

Sometimes parents wonder "What do teachers do on all those PA days?" At Pine View, this past PA Day, the focus was on Teaching and Learning in the morning and Health and Safety in the afternoon. The morning began with a study of thinking and its importance to student success and student engagement. Using the book "Making Thinking Visible" as our guide, we defined what thinking was to us, its importance, and what research tells us about thinking. Next we reflected on how we have students show us what they are thinking. A goal to make student thinking visible is to help students develop a deeper understanding of what they are learning, as well as have students be more engaged and independent learners who can think. The afternoon was on Health and Safety. We had a presentation on Ladder Safety from our Health and Safety Officer, Shane Halliday, followed by reviewing the RCDSB Health and Safety Manual.

The focus for the PA Day on April 22<sup>nd</sup> will be on Mental Health and, Teaching and Learning, that's what staff do on PA Days.

## Tech Safety - from tech expert and father of a teenage girl:

"The best tool I have found so far re using an iPhone appropriately is [www.teensafe.com](http://www.teensafe.com). All texts, imessages, (including deleted ones) browsing history, call history, app installs, etc. on that phone can be accessed from any computer." A good way for parents to check regularly to ensure their children are being safe.

## Plant Sale

Are you needing bedding plants? Perennials?

How about tomatoes and peppers for  
your vegetable garden?



Our school has teamed up with Hubert's Springhill Nursery to offer you a huge variety of bedding plants for your garden this year.

Be sure to watch for more information and order forms coming home soon!

**Proceeds from this sale go towards  
our new Library at Pine View Public School.**

## Dates to remember

- April 19 Milk orders go home. (Last order of the school year)  
April 20 MADD presentation (students in grades 7 & 8 only)  
April 22 PA Day  
April 26 Milk orders are due.  
Pizza Orders go home.  
April 27 Badminton Tournament  
April 30 Crafters Only Spring Show (see below)
- May 2 Music Monday @ Valour School  
May 3 Pizza orders are due.  
May 4 Badminton Tournament  
May 6 Spring Music Concert in the gym (1:30 p.m.)  
All are welcome.  
May 10 School Council Meeting  
May 12 Journey from Worries to Wellness  
(see info in this newsletter)  
May 31 - EQAO at Pine View  
June 3  
June 9 Fun Fair



**Don't forget to hand in your stamped receipts from  
Independent Grocers and Moncion Metro!**

*“Cold Hands, Warm Heart”*

## **Crafters Only Spring Show**

Saturday, April 30th , 2016

Knights of Columbus Hall

170 Ellis Ave. Pembroke

Doors Open @ 10 am

**All Handmade**

Free Admission

Table rental proceeds are used to purchase hats/mittens  
which are donated to local schools.  
(Pine View received a huge bag of mittens and hats this past year.)

**Journey from Worries to Wellness**  
**May 12 6:00-8:45 p.m.**  
**St. Francis of Assisi Catholic School, Petawawa**

A free information evening for parents and caregivers with a selection of workshops focused on children and youth challenges.

Stress and Resiliency (presented by Lisa Lariviere, Mental Health Leader, RCDSB)  
Childhood Anxiety and Depression (presented by Alisha Henson, Phoenix Centre)  
Self-Regulation (presented by Karen Boese, Queen's University)  
Temperament—Tuning in to your Child (presented by Greg Lubimiv, Phoenix Centre)

Light refreshments

Q & A with Panel of Experts

Strategies, Tools and Resources including Lavalee Centre (Relaxation, Reflexology),  
CHEO (MindMasters 2) and more....

Transportation available (sign up with registration required one week prior to event)

Childcare available (sign up with registration required 48 hours prior to event)

For more information and registration  
[www.phoenixpembroke.com](http://www.phoenixpembroke.com)  
or contact Cheryl Palubiski at 613-735-2374 x 227

## Health News

Protein provides the body with energy. Protein needs increase during times of growth and stress. Protein is necessary for proper growth and development, muscle contractions, production of red blood cells and normal metabolism. It aids in immune function; maintain fluid and electrolyte balance; provides structure to nails, hair and teeth; and repairs tissues. Protein makes up approximately 45 percent of the body and is present primarily in bone, muscle, hemoglobin, myoglobin, hormones, enzymes and antibodies.

Some doctors say that kids should consume one gram of protein for every kg of their body weight. For example, if a child weighs 32kg, he or she should eat 32g of protein per day.

### Recipe for Protein Bites

1 cup rolled oats, 1/2 cup peanut butter, 1/4 cup honey, 1 scoop whey protein powder, 1 scoop of M&M minis, 1 scoop of mini dark chocolate chips. Mix together and roll into bite sized balls. Yummy! *(Please do not send these to school because of students with allergies.)*

Here is a link that shows examples of 20 grams of protein.

<http://www.fitness treats.com>

**Packing some "spare pairs" of socks and pants would be a great idea while we wait for drier days!**





**SK (Mrs. Reid-Stashick and Mrs. Guerard)** In Kindergarten lots of things are happening. We are learning about all kinds of animals that come from eggs. We are talking turtles, snakes, insects and birds and comparing life cycles of these things. We have also been developing blueprints for building structures of all sorts and are creating beautiful buildings, towers and bridges using our plans. As we do throughout the year we continue to work on literacy and numeracy skills and many of us are reading now. We practice reading together everyday with our morning message and are doing a fabulous job:)

**Gr. 1/2 (Mrs. Bennett)** We are taking part in a Math Challenge (Number Rumble) that runs from April 1st -May 27th. Number Rumble is a fun math competition for students, where only enthusiasm counts! It covers a variety of math topics that students can work on at their own pace, while using technology. We recently started and are very excited to continue!

**Gr. 1/2 (Ms. Loevenmark)** Our class has nearly finished the rough drafts of our spring acrostic poems and friendly letters to Kyle Dine (food allergy musician) and his food allergy superheroes, Epi-Man and Epi-Man Jr. We plan to publish our letters and mail them to Kyle Dine. In math, we are working on an inventory of our classroom (inspired by a book titled, The Masloppy Family). We have collected, organized, counted and tracked our counts. Students have recorded findings and labelled each bin of pencils, shells, markers, books, blocks, etc. We are completing our study of linear measurement and will turn our focus to mapping and measuring time.

**Gr. 3 (Mrs. Thomas)** Has your child in Grade 3 being used more “juicy” words of late to persuade you about something? How effective has it been? Now be ready to be entertained! We are learning how to write an effective adventure story. While in Math not only have we been transforming ourselves and non-symmetrical shapes using translations, rotations and reflections, we have also been learning about area and playing the game, “Clear the Mat” to understand the subtraction of 2 and 3-digit numerals. Whereas in Theme we have been investigating different soil samples, trying to accurately describe them to determine what types of life they might support.

**Gr. 4/5 (Mr. Gorr)** The Grade 4/5 class is working on perfecting the 5 sentence paragraph to improve our writing and to make reading for information easier. The Grade 4s have finished learning about Ancient Egypt and are now working on Ancient Greece as part of our past civilizations unit for Social Studies. The Grade 5s are learning about Canada's First Nation Peoples and recently enjoyed a guest speaker, Mr. Harold "Skip" Ross, from the local Algonquin Friendship centre .

**Gr. 4/5 (Ms. Mitton)** Students are working hard on mental math strategies with multiplication and division and are completing challenges to create shapes with the largest volume. They are also doing many exciting experiments in their units in science. Keep up the great work!

**Gr. 6/7 (Ms. Ungrin)** Rm 111 is full speed at ahead until the end of the year. In science the Grade 6s are starting to examine electricity and learning how to make simple series and parallel circuits. Grade 7s are learning about mixtures and solutions. All students are mastering their skills in storytelling, and are finishing up our novel study of The Giver. In Gym class we are learning skills and strategies involved in net/wall games (like badminton and squash) and are working on our fitness!

**Gr. 7/8 (Mrs. Wasmund)** Mrs. Wasmund's class just recently participated in Pine View's Annual Science Fair. In addition, the students had the opportunity to help the younger students during the Jump Rope for Heart activities. We are currently studying fractions. In Language, the Grade 7s are making a new cereal and the Grade 8s are making Movie Trailers based on the events from their Independent novels. We are beginning to write 5 Paragraph Essays.

**The Arts** In the Arts Grades 1 through Grade 6 are doing Music and hope to perform at a spring concert for the school next month, singing and playing a variety of instruments. Grade 6/7 and Grade 7/8 classes continue to learn a variety of Art techniques and styles. Please check out the changing bulletin board displays in the front hallway.



**SPRING MUSIC CONCERT** - All students will perform a musical number as part of our Spring Music Concert which begins at 1:30 on **MAY 6**. All are welcome. Parents are invited to take their children home at the end of the concert.