



DR. EMILY STOWE P.S.

May 2019

“Where Children Grow”

Principal's Message

Dear Parents/Guardians,

We are still waiting for the warm weather to appear. Clearly April should have been designated as a month dedicated to Patience! We look forward to warmer weather, and dry fields where students can run and play without “interacting” with the mud!

There continues to be a great deal of activity at Dr. Emily Stowe, with Jimmy Chapman teaching our students to break dance, track and field tryouts and Civic event, our upcoming Jump Rope for Heart fund raising campaign, Science for Families event, Kindergarten Orientation and hosting a Human Trafficking presentation for parents in our Family of Schools. We encourage you to join us if you can, and come out to make connections in the Stowe community.

The Month of May is dedicated to Optimism and a focus on Mindfulness. The Mindfulness Monday group has organized a quotation challenge to students. They are encouraged to write their Mindfulness quote to be posted on the front bulletin board, and enter for a maximum of two chances to win a \$10 gift card from Starbucks. Apparently, a Unicorn Frappuccino reduces stress. The names of the winners will be drawn at the end of May. Strategies for mindfulness are also encouraged for submission.

Here's to all of you out there striving to capture a moment of mindfulness for yourself. A suggestion from the Calm App states, “Explore ways to enjoy the weather today, no matter the forecast.” That seems like good advice!

Mme Haley-Twiss

School Council

Hard to believe there's only two months left of the school year! The School Council has been busy prepping for the upcoming Family Science Night on May 8th from 6 – 8pm. Just a reminder to submit your family forms by May 1st in order to attend this fun family event.

Our Spring Flowers Fundraiser was quite successful and the funds raised will be used to pay for student agendas for the 2019-2020 school year. Thank you to all who purchased and sold flowers for this fundraiser!

With June right around the corner, we are forming a grade 8 Grad Committee to help decorate and prep the gym for a magical evening for these students. If anyone is interesting in volunteering their time to help with this please email Jackie at soccer147@yahoo.com.

Our next School Council meeting is Wednesday May 22nd at 6:15pm in the library. Child minding is available and all parents or guardians are welcome to attend!

Jackie Hester, Chair

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Character in the School

May's Character Attribute

Optimism

I have a positive attitude. I see challenges as opportunities. I think, and act to make the world a better place. I have hope for the future.



Badminton



Congratulations to the intermediate badminton team who participated in a fun tournament on Apr 18th. Thank you all participants for a wonderful day. Team members included Takumi, Hong Hao, Andrew, Dana, Lauren, Brooke C, Kenzie, Audrey, Ella, Emerson, Tyus, and Yousif. We are proud of the hard work, determination, cooperation, respect, and perseverance demonstrated by all team members. You represented the school very well.

Ms. Jackson



Congratulations!



We congratulate Brooke C from Mrs. Luke-Hewitt's class as recipient of the Clarington Student of Character Award, officially recognized during the event held on April 11th at Bowmanville HS. The Student of Character Awards recognize one student in each school who consistently demonstrates the qualities of good character. These are students who consistently demonstrate empathy, fairness, respect and responsibility in relationships and decision-making in a consistent effort to their studies.



Kinder Orientation

Set for Thursday, May 26th at 6:00 p.m. If you have not registered your student for JK starting in September, please ensure you do so immediately, in order that you can attend this orientation.

Jump Rope for Heart

We are pleased to be participating in the Jump Rope for Heart fundraiser this year at Stowe. We will be raising money for the Heart and Stroke Foundation and will participate in a school wide event on May 24th from 1:40-3:00pm. This is a great opportunity to talk about heart healthy habits in the classroom and at home. Thank you in advance for your support!



Moving This Summer?



If you know that your child(ren) will not be attending Dr. Emily Stowe in September please notify the office as soon as possible, to help us better prepare for the new school year.

You Can Be A Super Star!

Please join us for our annual YMCA Kids Challenge Walk on May 31st at 2:00 p.m. This year we will include a special Toonie Toss. Cards will not be coming home this year, so please remember to send your child with a toonie, or more, on this day. Freezies will be provided after the walk. Please see the flyer attached to the newsletter. Be a Super Star and contribute to this worthy cause!



On April 3rd, our grade 7 and 8 students participated in a presentation from MADD about the impact of impaired driving on families. This was a very engaging and moving presentation for the students as they watched a short movie about a teen who became the victim of an impaired driver followed by testimonials from real people that had either suffered severe injuries or the loss of family members due to impaired driving. The purpose of the presentation is to educate and inform the students of the risks and dangers of impaired driving and to encourage them to plan ahead by making arrangements for: a parent/sibling/friend to pick them up, have a designated driver, call a taxi or uber, or stay over. Vehicle accidents are the leading cause of death amongst 16-25 year olds, and 60% of them are drug or alcohol-related. Hopefully, our students will change this statistic for the better.

EQAO

Every spring all students across the province in grade 3 and 6 participate in a provincial assessment of reading, writing and mathematics. Dates for 2019 are the week of May 27th. It would be very helpful if you can refrain from booking any appointments outside of school for your child during the EQAO assessments. During the assessment week we recommend a healthy breakfast and a good night's sleep, which is also a good recipe for success every day! For further information, visit their website, at www.eqao.com

ETeam

We recently celebrated an awesome Earth Week with a focus on reusing materials and reducing our carbon footprint.

On Wednesday, April 17, we conducted our third annual Earth Week Book and Toy Swap. Once again, this event appeared to be a hit with many students, especially our younger ones, who were so pleased with their “new” items. Thanks to everyone who donated articles. We’ll likely host this event next year so be sure to keep a box of some of your best “trades” set aside for us! The ETeam hosted an assembly on Thursday, April 18. The assembly featured our kindergarten students singing an environmentally friendly song “Reduce, Reuse, Recycle” as well as a performance of “Conserve Water,” by Mrs. Bryson’s Grade 1 / 2 class. In addition, we held our first ever “Fashion Flip.” Students on the ETeam had been creating clothing and accessories for an upcycled fashion show since early March. The participants amazed us with their original creations! They each wrote a description of their items and it was all put to lively music. We’ve entered our submission for Eco Schools this year and should maintain a solid silver status once again.

Mrs. Skelding and the ETeam

Attention Parents: Human Trafficking in Our Community

All parents of junior and intermediate students in the Clarington region are urged to attend an information session about Human Trafficking in our local area being held on May 15th from 7:00 p.m. – 8:00 p.m. at Dr. Emily Stowe. This presentation is in partnership with the Durham Regional Police and Victim Services Division. A guest speaker will share her personal story to illuminate the concerns about Human Trafficking in our own local community. This event is for parents only, but child minding will be provided. This presentation is offered in the hopes of educating parents on how to keep our kids safe with the growing concerns about human trafficking in our midst. We look forward to seeing you there.

Track and Field

The students have been very busy this April competing to qualify to represent our school at the Civic track meet May 10th. Congratulations to all students for trying out and doing their best. Thank you to the staff who volunteered many breaks to help make this happen.

Soper Creek Fundraiser

The Students of the Year 2/Grade 1 class would like to say thank you to everyone who supported their fundraiser! By the end, we had a whole truck load to take to Soper Creek to help the animals there.

Deaf Awareness Month

Our school will be honouring Deaf Awareness Month. Please wear yellow and gray on May 6 to show your support!

Pedal for Hope

Pedal for Hope's Main Event taking place on Saturday May 11th from 11am-3pm at Del Crary Park, George Street, Peterborough. The fun starts at 11am and the team rides in with their Special Friends at noon. The day includes: entertainment, face painting, bouncy castles, police vehicles, K9 unit and some special

guests. Pizza Hut and McDonald's will be providing lunch! Dr. Emily Stowe will be fundraising for Jump Rope for Heart this year, but we encourage families to participate in the Pedal for Hope event if you can attend.

Dress Code Reminder

With the warmer weather approaching parents and students are reminded to review the Stowe dress code printed in the student agenda. Students should dress cleanly and neatly in a manner that allows them to participate fully in all school activities:

- hats/caps are to be stored on the hallway racks
- tank, tube, spaghetti strap tops or halter tops are not suitable for school
- tops that are cut extremely low or ones that expose midriff are not suitable
- appropriate fitting shorts / pants must be worn at school, at waist level
- underwear should not be showing
- clothes with signs / symbols or language /pictures that may be offensive are not appropriate at school
- appropriate footwear must be worn at all times (appropriate for learning in the classrooms and outside) sandals like flip flops are not recommended for school as there is no support for the foot and the students have difficulty running
- students are required to have indoor running shoes for gym class.



Absence Reporting

At Dr. Emily Stowe, the safety of our students is first and foremost. We have an Absence Reporting System where you may report an absence 24 hours a day, 7 days a week at 1-844-434-8119 or register at studentabsence.kprdsb.ca or download the app (available through your app store). If your child arrives late, please remind him or her to report to the office on their way to class, so we can record that your child has arrived safely. Thank you!



School Lunches through Healthy Hunger

Domino's Pizza is offered Mondays, Subway on Tuesdays and Pita Pit on Thursdays. If you have not yet signed up, there is a link on the school website. **We have now added gluten-free pitas!** These purchases help to support students at Dr. Emily Stowe. Place your orders now! <https://healthyhunger.ca/>



If you mention Dr. Emily Stowe before your items are scanned through, 10% of sales comes back to the school! Show your support for your school. Every little bit helps!

POPCORN, POPCORN, POPCORN



Popcorn sales have resumed! Every Friday, \$1 a bag is sold at first break. All sales support the Grade 8s with their graduation ceremony expenses.

Parent Information Night Human Trafficking



May 15th, 2019
Dr. Emily Stowe @ 7pm
Parents From All Surrounding Schools
Welcome!

Everything on MINDFULNESS!

WHAT IS MINDFULNESS?

Mindfulness is the basic human ability to be fully present. During this state, we are aware of where we are and what we're doing. We are not overly reactive or overwhelmed by what's going on around us.

Everyone can be mindful, and we can practice being mindful anytime and anywhere!

WHY BE MINDFUL?

Mindfulness has benefits including:

- Reduced racing thoughts
- Stress reduction
- Boosts working memory
- Higher brain functioning
- Increased clarity
- Lowered anxiety and depression





FAMILY SCIENCE NIGHT



Come and explore alongside your children as you participate together in a variety of fun science and math activities. All of our activities use everyday materials so the learning can easily extend beyond the workshop into your home. Discover some nifty ideas for incorporating science and math into baking, backyard explorations, neighbourhood excursions and play.

LOCATION: Dr. Emily Stowe Public School

DATE: Wednesday May 8, 2019

REGISTRATION: 6:00 P.M.

WORKSHOPS: 6:15 to 8:00 P.M.

Participate in two out of the four 45-minute workshops listed below:

Mathemagical Science

Math and Science go together like "pi" and ice cream! Come and explore the power of math as biologists investigating human anatomy. Manipulate measurements to produce a rousing reaction. Add equal parts physics, engineering and math to design and build challenging structures. Math and Science: Best Friends Forever!

Colour Me Curious

Colour is everywhere and without it the world would be a very dull place. Use colour to watch water defy gravity, explore rainbows and create a sun catcher. Curious? Come and explore some colourful science.

Sticky Science

Get sticky with it! Show off your chemistry and physics skills by making glue from food products. Have a sticky race and find out who wins. Create a concoction while making your own silly putty.

Math + Science = Fun

Do you speak math? Math is the language of science. Explore the power of math as a chemist mixing your own edible treat, an engineer building a super roller coaster, and a biologist baffling your parents with science. Speak math? Now you do!

FAMILY SCIENCE NIGHT REGISTRATION FORM

If you would like to attend, please detach and return this registration form by May 1, 2019 . Thank you!

Family/Teacher Name: _____ Attending: Adults _____ Children _____

Please rank your choice of workshops from 1 to 4, with 1 being your first choice:

___ Mathemagical Science ___ Colour Me Curious ___ Sticky Science ___ Math + Science = Fun!

Scientists in School is a Canadian registered charity: 867139537RR0001




Durham Region Transit's 2-for-1 Youth pass is back!

Make the most of summer and take advantage of the 2-for-1 Youth pass. **\$93.50** is all it costs for unlimited travel on DRT for July and August.

Purchase your monthly PRESTO Youth pass for July and August is on us!

Visit durhamregiontransit.com to learn more, plan your trip and see real-time Next Ride info.


Do more, drive less!

Durham Region Transit wants you to do more and drive less!

Starting May 1, 2019, all kids ages 12 and under ride DRT for FREE with a fare paying passenger.

No special passes or tickets are required.

Visit durhamregiontransit.com to plan your trip and get where you want to be easily and safely.




Champions of Change Summer Camp 2019



July 2nd – August 16th
Monday to Friday, 9 a.m. – 4 p.m.
(Before & After Care is available)

Age Groups: 6-8 years or 9-13 years

Location: Faith United Church (1778 Nash Road, Courtice)

\$145 per week
(Early Bird **\$130***)

*Early Bird must be paid in full (non-refundable) by June 7th







Seven Themed Weeks

July 2-5* Walk of Fame (TBD)	July 29-August 2 Beat the Heat (Cobourg Beach)
July 8-12 Junior Chefs (Jatison College)	August 6-9* Nature Unleashed (Canaraska Forest)
July 15-19 Holiday HulaBalloo (TBD)	August 12-16 Clarington Champs (Camp Kowartha)
July 22-26 Born to be Wild (Peterborough Zoo)	<small>*This is a short week due to the statutory holiday, see pricing on back.</small>

Register Today!

To register, please fill out registration form on back and return to:
chantal.petrose@bigbrothersbigisters.ca | (905) 623-6646

May 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2 	3 Jump Rope for Heart kickoff	4
5 Education Week	6 Breakdancing Wear yellow & gray 	7 with Jimmy Chapman 	8 Scientists in Schools with families 6-8 pm	9 	10 Civic Track & Field	11
12 	13 Breakdancing 	14 with Jimmy Chapman 	15 Human Trafficking Presentation for parents 7 pm	16 Kinder Orientation 6 pm 	17	18
19	20 VICTORIA DAY	21 	22 6:15 School Council	23 Gr. 8 Trip 	24 Jump Rope for Heart	25
26 EQAO all week	27 	28 	29	30 	31 YMCA Kids Challenge Walk	