

Welcome Spring; how times have changed,

Life is difficult for many of us right now - with uncertainty, social distancing and big challenges for our work, health and relationships. We are facing this together, so let's stay connected and help each other out.

As a community, we are more interdependent than ever on each other. What we choose to do now directly affects our school, one another and our own homes.

The joy is the generosity and kindness people have expressed and shared. From every level, government to those staff in our schools and individuals in our community, everyone is stepping up.

Many thanks to our staff who have been in to schools to gather materials to support your children's learning and reach out to each of you. Many thanks to our caretaking staff who have gone above and beyond to ensure our school is sterile and safe. Many thanks to our breakfast program volunteers who have ensured that all the food in the school made its way into the hands of those in need. Many thanks to our School Council who have helped connect to the community.

In this month's newsletter I am providing with you ways to connect with supports and our staff. If you have technology, please make sure you follow the directions in this newsletter and or contact your child's teacher or myself to sign up for:

- EDSBY
- School Messenger
- Google Classroom
- Raz Kids
- IXL math

If you need internet access, KPR has made every school a hotspot. If you do not have technology, we will ensure students' are still learning through KPR's **Distance Learning** model.

These are unprecedented phases of our lives and they call for unprecedented measures. Everything Kawartha Pine Ridge District School Board is implementing is directed by the Ministry of Health and the Ministry of Education. More than ever, please make sure you stay connected to KPR at <http://www.kprschools.ca/en/COVID-19.html>.

We will post information for our QE family on Twitter **@QeEagles** and on our school website <https://QueenElizabeth.kprdsb.ca/>. Please use the calendar this month that suggests 30 actions to look after yourselves and each other as we face this new world of learning together.

Be safe and be well QE,
Rachelle Duffus



Queen Elizabeth Staff 2019-2020



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What is Distance Learning in KPR?

KPR's approach to distance learning begins with the belief that the learning experiences teachers design when school is in regular session cannot be simply replicated through distance learning.

KPR's vision of distance learning gives teachers permission to think differently about the opportunities and possibilities that may result from the challenging circumstances associated with this school closure.

KPR deliberately uses the term distance learning rather than technology-specific labels such as "virtual learning," "e-learning," or "online classes." This choice reflects our conviction that quality

learning can occur at a distance without solely relying on computers. Rather than being tied to an electronic device for their learning, KPR's goal is for students to read, communicate, and engage in meaningful learning experiences, while continuing to be physically active.





Our priority for you and yours, is self-care.

Everyones lives have been turned upside down.

Here are some local supports. 😊



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.

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!

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' 🌙

PRHC Family and Youth Clinic
Peterborough Regional Health Centre
705-743-2121 x.5114
Monday to Friday from 8:30 a.m. to 5:00 p.m.

Early evening appointments can be arranged as needed.
Referral Form
<https://www.prhc.on.ca/cms/family-youth-clinic>

KINARK Kinark Child and Family Services

1-888-454-6275
Monday to Thursday from 9:00 a.m. to 5:00 p.m. Friday they close at 5:00 p.m.
After business hours please, leave a message and your call will be returned.

PETERBOROUGH Youth Services Talk Now Peterborough Youth Services
705-743-1681 459

Reid St, Peterborough, ON K9H 4G7
Walk in Tuesday's 2:00 p.m. to 6:00 p.m.
Monday to Wednesday from 9:00 a.m. to 7:00 p.m. Thursday and Friday 9:00 a.m. to 5:00 p.m.



In April we celebrate the KPR Character Education Trait of Responsibility. To be responsible means:

- I am responsible for my choices
- I am responsible for my thoughts, words and actions
- I admit my mistakes and work to correct them
- People can depend on my to honour my commitments
- I demonstrate active citizenship

We equate this to the Seven Grandfather Teaching of Truth or "Debwewin." Truth is represented by the turtle as he was here during creation of Earth and carries the teachings of life on his back. The turtle lives life in a slow and meticulous manner, because he understands the importance of both the journey and the destination. Truth is to know all of these things

There is lots to learn every day at home.

15 LIFE SKILLS

EVERY KID NEEDS TO LEARN

BASIC FIRST-AID	HOW TO COOK SOMETHING THAT DOESN'T COME IN A BOX WITH POWDER LABELED "SAUCE."	HOW TO WRITE AN ESSAY	HOW TO GROCERY SHOP ON A BUDGET
HOW TO USE A CREDIT CARD	HOW TO SAY "NO"	HOW TO JUMP-START A CAR	HOW TO DO THEIR LAUNDRY
HOW TO BUDGET AND PAY BILLS	HOW TO PUT ON A CONDOM	HOW TO SEND A PROFESSIONAL EMAIL	BASIC HOME AND CAR REPAIR AND MAINTENANCE
HOW TO CHANGE A TIRE	HOW TO STUDY	HOW TO PROOFREAD	

sheknows

Helping kids learn basic life skills – from doing laundry to managing money to standing up for oneself – are important to our children's success.

Helping your children with these 15 life skills ideas that will help your child become independent and give them a well-rounded education.



What is the Day of Pink? <https://dayofpink.org/about/>

April 10, 2018 marks the International Day of Pink. It is a day where communities across the country, and across the world, can unite in celebrating diversity and raising awareness to stop homophobia, transphobia, transmisogyny, and all forms of bullying.

The International Day of Pink was started in Nova Scotia when 2 straight high school students saw a gay student wearing a pink shirt being bullied. The 2 students intervened, but wanted to do more to

prevent homophobic & transphobic bullying. They decided to purchase pink shirts, and a few days later got everyone at school to arrive wearing pink, standing in solidarity. The result was that an entire school took a stand and began working together to prevent homophobic & transphobic bullying.

The message was clear: anyone can bully, any can be victimized by bullying, but together we can stop it.

Each year on the second Wednesday of April, millions of people wear pink and take a stand. The Day of Pink is a symbol, a spark that empowers and inspires youth across Canada to create amazing social change!

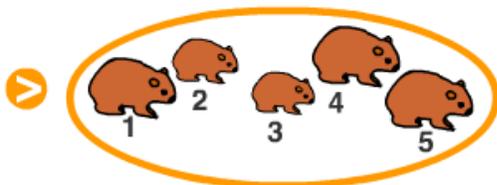
Illustrated Mathematics Dictionary Geometry and Spatial Sense

cardinal number

• the number of items (elements) in a set, where the items are counted in order ... 1, 2, 3, 4, 5, etc

EXAMPLES:

Repeat click the buttons to see the sets grow.



cardinal number = 5



cardinal number = 5

ordinal

• number that shows place or position.

EXAMPLE:

Drag the boats to their correct place in the race.

1st 2nd 3rd



1st



2nd



3rd



If you have not, please sign up for School Messenger



Parents and Guardians

Keep in touch with our new Text Messaging Service!

Starting next school year, we can use SchoolMessenger to send texts to families who opt in! This is a quick and easy way to receive important information about school events, attendance, and more.

You can opt into this free service* now just by sending a text message to 978338 with the message of "Y" or "Yes".

Later this month, all cell phones listed in our system, who have not already opted in, will receive a text message asking you to opt in to this service.

You can opt out of these messages at any time by simply replying to one of our messages with "Stop".

If you choose not to opt in to text messaging, you can still receive school information via email. You can also decide which types of school messages you receive, and how, through the App under Preferences or by logging into go.schoolmessenger.com.

Opt-In from your mobile now! Just send "Y" or "Yes" to 978338.

You will receive a text back confirming your registration.

SchoolMessenger is compliant with the Personal Information Protection and Electronic Documents Act. Your personal information is safe and will never be given or sold to anyone.

*Terms and Conditions – Message frequency varies. Standard message and data rates may apply. Reply HELP for help. Text STOP to cancel. Mobile carriers are not liable for delayed or undelivered messages. See schoolmessenger.com/txt for more info.





If you have not, please sign up for IXL Math and Raz Kids

Register to Use IXL Math at Home



The school has purchased IXL subscriptions to offer students and parents unlimited access from any computer connected to the Internet. There is even a free app; IXL can go anywhere you go! Get involved by checking in on your child's progress, supporting their growth and keeping them motivated to use IXL at home.

Parent email

When a parent's email is included on the class roster, you will receive links to your child's certificates through email, keeping you in the loop and in on the celebrations.

Look for your letter to use IXL at home

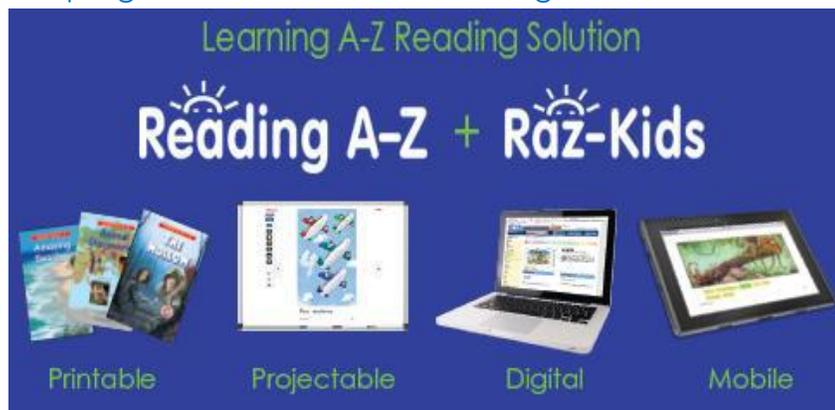
In the introductory IXL letter your teacher will send home, look for your child's username and information on how to get started.

IXL Analytics

To access the reports, sign in to your child's account and click on Analytics. There you can choose from five reports—Usage details, Trouble spots, Score chart, Questions log and Progress & improvement—to learn more about your child's progress and see exactly what they are doing!

Register to Use Raz Kids and Reading A-Z at Home

The school has bought the license this year so that any child can read from home. From the Parent Portal, parents can see which books and activities their child has completed, monitor their progress, and send them messages.



Parents!

sign up from the Roster page in your Kids A-Z management hub.

request access to their child's information by simply logging in to Kids A-Z as their child and clicking the "Parents" link in the top right and following the instructions to provide an email address.



Keep Calm, Stay Wise & Be Kind.

Please check for updates

On EDSBY <https://kpr.edsby.com>

Our website <https://queenelizabeth.kprdsb.ca/>

On Twitter @QEagles



30 actions to look after ourselves and each other as we face this global crisis together. Please use & share 🙏

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|--|---|--|--|--|--|---|--|
| 1 Make a plan to help you keep calm and stay in contact | 2 Enjoy washing your hands. Remember all they do for you! | 3 Write down ten things you feel grateful for in life and why | 4 Stay hydrated, eat healthy food and boost your immune system | 5 Get active. Even if you're stuck indoors, move & stretch | 6 Contact a neighbour or friend and offer to help them | 7 Share what you are feeling and be willing to ask for help | |
| 8 Take five minutes to sit still and breathe. Repeat regularly | 9 Call a loved one to catch up and really listen to them | 10 Get good sleep. No screens before bed or when waking up | 11 Notice five things that are beautiful in the world around you | 12 Immerse yourself in a new book, TV show or podcast | 13 Respond positively to everyone you interact with | 14 Play a game that you enjoyed when you were younger | |
| 15 Make some progress on a project that matters to you | 16 Rediscover your favourite music that really lifts your spirits | 17 Learn something new or do something creative | 18 Find a fun way to do an extra 15 minutes of physical activity | 19 Do three acts of kindness to help others, however small | 20 Make time for self-care. Do something kind for yourself | 21 Send a letter or message to someone you can't be with | |
| 22 Find positive stories in the news and share these with others | 23 Have a tech-free day. Stop scrolling and turn off the news | 24 Put your worries into perspective and try to let them go | 25 Look for the good in others and notice their strengths | 26 Take a small step towards an important goal | 27 Thank three people you're grateful to and tell them why | 28 Make a plan to meet up with others again later in the year | |
| 29 Connect with nature. Breathe and notice life continuing | 30 Remember that all feelings and situations pass in time |  <p>“Everything can be taken from us but one thing: the freedom to choose our attitude in any given set of circumstances” ~ Viktor Frankl</p> | | | |  | |