



# Queen Elizabeth Eagle's Eye



830 Barnardo Avenue, Peterborough, K9H 5V9 Ph 705 742 6331 Fx 705 748 9782



Hello February,

The middle of February marks the 100<sup>th</sup> day of school which is literally the 100th day of the school year. At Queen Elizabeth we celebrate the various mathematical concepts that can be taught using the number 100. This day was a milestone for all our students because we've been learning for 100 days and our students are showing growth in their learning. At Queen Elizabeth we don't count the days we make the days count!

Online Kindergarten Registration is now open for all children who will be four years old by December 31, 2019. We look forward to welcoming our new students into our supportive, stimulating and inclusive classrooms.

**Wear red on February 14 to recognize it as a day of kindness and caring.** Our School Council is modelling inclusivity and kindness by gifting each child a Valentine. Valentines will be delivered first lunch on the 14<sup>th</sup>. What an incredible community we have!

**Wear pink on February 26/27 in support of bullying prevention.** The roots of the Day of Pink are 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. We are all taking a stand to **promote kindness** and **prevent bullying** at Queen Elizabeth by welcoming back The Kindness Program with Janet Hughes on to speak about how we need to be responsible for our acts of kindness with visits from her trained dogs.  
<http://www.thekindnessprogram.org/> Please let us know if your child has allergies and or concerns as we will ensure these are accommodated during her visits.

We love our Twitter followers and hope to continue to grow. Sign up at Queen Elizabeth PS [@QeEagles](https://QueenElizabeth.kprdsb.ca/). For up to date events, please look at our calendar at <https://QueenElizabeth.kprdsb.ca/>.

Thank you, Rachelle Duffus

1 or 2 days a week doesn't seem like much but...

If your child misses...	That equals...	Which is...	And over 13 years of schooling that's...
1 day every 2 weeks	20 days per year	4 weeks per year	Nearly 1 ½ years
1 day per week	40 days per year	8 weeks per year	Over 2 ½ years of school
2 days per week	80 days per year	16 weeks per year	Over 5 years
3 days per week	120 days per year	24 weeks per year	Nearly 8 years



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## Queen Elizabeth Staff 2019-2020



### Office Staff

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### Support & Planning Teachers

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parents, get involved!

**School Council Meeting**

**Upcoming meeting dates, 6pm in the library.**

February 3      April 6  
May 4

**COUNCIL**

SPEAK OUT   BE HEARD   MAKE A CHANGE

WE MUST BECOME THE CHANGE WE WANT TO SEE

**10 THINGS TO TEACH CHILDREN ABOUT FAILURE**

**5 COURAGE**

Teach your child that failure makes us more courageous



### *Understanding Reading*

#### **Essential Skills for Reading Comprehension –**

[understood.org](http://understood.org)

Reading comprehension can be challenging for kids for **lots of reasons**. Whatever the cause, knowing the skills involved, and which ones your child struggles with, can help you get the right support.

Here is an essential skill needed for **reading comprehension**, and tips on what can help kids improve this skill.

#### **Reasoning and Background Knowledge**

Most readers relate what they've read to what they know. So it's important for kids to have background or prior knowledge about the world when they read. They also need to be able to "read between the lines" and pull out meaning even when it's not literally spelled out. Take this example: A child is reading a story about a poor family in the 1930s. Having knowledge about the Great Depression can provide insight into what's happening in the story. The child can use that background knowledge to make inferences and draw conclusions.

**What can help:** Your child can build knowledge through reading, conversations, movies and TV shows, and art. Life experience and hands-on activities also **build knowledge**.

Expose your child to as much as possible, and talk about what you've learned from experiences you've had together and separately. Help your child make connections between new knowledge and existing knowledge. And ask open-ended questions that require thinking and explanations. You can also read a teacher tip on [using animated videos to help your child make inferences](#).



#### **Ways to Bring Mindfulness into Your Family**

Between second lunch and our last learning block, we will be adding in a five minute mindfulness break; we welcome you to try it at home too. Each month we will offer you a different easy way to get started!

Research confirms that for children, mindfulness can:

- Mitigate the effects of **bullying** (Zhou, Liu, Niu, Sun, & Fan, 2016);
- Enhance **focus** in children with ADHD (Zhang et al., 2016);
- Reduce **attention problems** (Crescentini, Capurso, Furlan, & Fabbro, 2016);
- Improves **mental health** and wellbeing;
- Improves **social skills** when well taught and practiced in children and adolescents

**Practice Mindfulness around the Table:** Remember how good it feels to express gratitude at the Thanksgiving table? What if you could do this once a week? Schedule a time where everyone talks about what they are grateful for in their life and something they appreciate about others at the table. This is all about being in the moment and taking time to notice the good stuff (there's always good stuff, even if it's just a hot meal or the smile on your child's face!). It will uplift everyone there. - Randy Taran, Project Happiness





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**On February 26 and 27, 2020, Wear Pink!**

## WHAT IS BULLYING?

Bullying is a form of aggression where there is a power imbalance; the person doing the bullying has power over the person being victimized. In addition to any physical trauma incurred, bullying can result in serious emotional problems, including anxiety, low self-esteem, or depression.

## TYPES OF BULLYING

- Physical bullying: using physical force or aggression against another person (e.g., hitting)
- Verbal bullying: using words to verbally attack someone (e.g., name-calling)
- Social/relational bullying: trying to hurt someone through excluding them, spreading rumors or ignoring them (e.g., gossiping)
- Cyberbullying: using electronic media to threaten, embarrass, intimidate, or exclude someone, or to damage their reputation (e.g., sending threatening text messages).

## BULLYING VS HARASSMENT

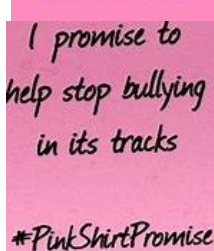
Bullying and harassment are similar, yet different:

- Harassment is similar to bullying because someone hurts another person through cruel, offensive and insulting behaviours.
- Harassment is different from bullying in that it is a form of discrimination.

## WHAT IS DISCRIMINATION?

Discrimination is treating someone differently or poorly based on certain characteristics or differences. Bullying turns into harassment when the behaviour goes against Canada's Human Rights Laws and focuses on treating people differently because of:

- Age
- Race (skin colour, facial features)
- Ethnicity (culture, where they live, how they live, how they dress)
- Religion (religious beliefs)
- Sex Sexual orientation (if they are gay, lesbian, bisexual, or heterosexual)
- Family status (if they are from a single parent family, adopted family, step family, foster family, non-biological gay or lesbian parent family)
- Marital status (if they are single, legally married, common-law spouse, widowed, or divorced)
- Physical and mental disability (if they have a mental illness, learning disability, use a wheelchair) *Information courtesy of Red Cross Canada*





### **Preventing and managing conflicts with coyotes, wolves and foxes**

There have been numerous coyote sightings in and around our community. Since migrating to Ontario from the west more than 100 years ago, coyotes have adapted well to urban environments and can now be found in both rural and urban settings. Changes in land use, agricultural practices, weather, supplemental feeding and natural food shortages contribute to coyote sightings in our community.

#### Ontario **FACT SHEET**

We have been on the phone with Animal Services and the Ministry in regards to the families of coyotes that we share this land with. Neither are concerned about the animal sightings, nor do they think we will have any contact; however they provided us with this fact sheet on how to avoid conflicts and what to do if you encounter these animals. Coyotes are usually wary of humans and avoid people whenever possible, however, they are wild animals and should not be approached.

#### **What to do if you encounter a coyote, wolf or fox**

If you see a coyote, wolf or fox, keep your distance and the animal will most likely avoid you.

- never approach or touch a wild animal
- do not turn your back or run from a wild animal
- back away from the animal while remaining calm
- stand tall, wave your hands, and make lots of noise
- carry a flashlight at night
- if a wild animal poses an immediate threat or danger to public safety — call 911

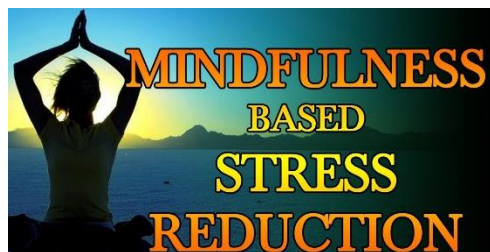
#### **How to make your property uninviting**

- use flashing lights, motion sensors and noise makers
- put up two-metre high fence that extends at least 20 centimetres underground
- install a roller system to the top of your fence so animals can't gain a foothold
- secure garbage, compost and other attractants
- place trash bins inside an enclosed structure to discourage the presence of small rodents, which are an important food source for coyotes.

#### **How to prevent conflicts with dogs**

- keep dogs inside at night
- clean up after your dog — coyotes are attracted to dog feces
- spay and neuter your dogs — coyotes are attracted to, and can mate with, domestic dogs that have not been spayed or neutered

#### **Ways Mindfulness Reduces Stress - [mindful.org](http://mindful.org)**



Here's how mindfulness gives you the space to respond calmly under pressure—plus, a meditation for lowering stress levels.

**You are more aware of the emotions of others.** As your emotional intelligence rises, you are less likely to get into conflict







## Illustrated Mathematics Dictionary: Number Sense and Numeration

**dollar**  
 • one hundred cents make a dollar.


100 cents = \$ 1.00

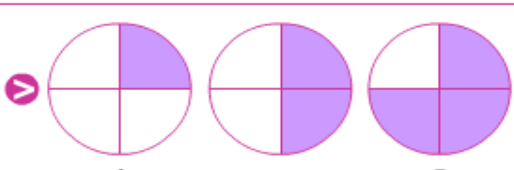
**COIN EXAMPLES:**  
 • Play Money - how many of each coin make \$1.00?  
 • Enter a number and click the button.


more 

**fraction**  
 • any part of a group, number or whole.

  
 1 whole

  
 $\frac{1}{4}$        $\frac{2}{4}$        $\frac{3}{4}$

*Equivalent Fractions have the same value, even though they may look different.*

These fractions are really the same:

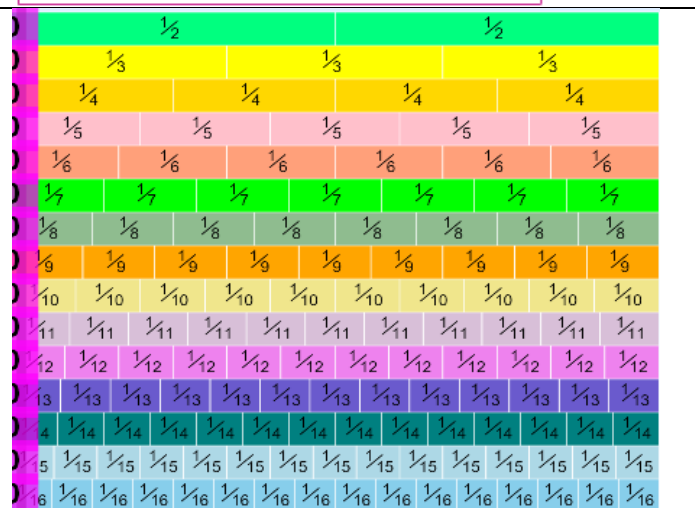
$$\frac{1}{2} = \frac{2}{4} = \frac{4}{8}$$

**Why are they the same?** Because when you multiply or divide **both** the top and bottom by the same number, the fraction keeps its value.

The rule to remember is:

*"Change the bottom using multiply or divide,  
 And the same to the top must be applied"*

Here is why those fractions are really the same:

$$\frac{1}{2} \xrightarrow{\times 2} \frac{2}{4} \xrightarrow{\times 2} \frac{4}{8}$$


**fraction notation**  
 A rational number of the form  $\frac{a}{b}$   
 • a is called the numerator  
 • b is called the denominator.

**EXAMPLES:**


**Proper fraction**  
 Numerator is less than the denominator.  $\frac{\text{numerator } 4}{\text{denominator } 5}$

**Improper fraction**  
 Numerator is greater than or equal to denominator.  $\frac{\text{numerator } 5}{\text{denominator } 4}$

**Mixed number**  
 Whole number and a fraction.  $2\frac{1}{2}$   $5\frac{3}{4}$

**Equivalent fractions**  
 Fractions that represent the same number.  $\frac{1}{2} = \frac{4}{8} = \frac{5}{10}$

**to reduce or simplify a fraction**

back 

• to reduce the numerator and denominator in a fraction to the smallest numbers possible.

**EXAMPLES:** Divide the numerator and denominator by their highest/greatest common factor (HCF, GCF)

$$\frac{\cancel{5}0}{\cancel{2}0} \div 5 = \frac{1}{4}$$

$\frac{\cancel{6}}{\cancel{12}} = \frac{1}{2}$        $\frac{\cancel{6}}{\cancel{8}} = \frac{3}{4}$        $\frac{\cancel{25}}{\cancel{100}} = \frac{1}{4}$   
 HCF or GCF = 6      HCF or GCF = 2      HCF or GCF = 25



### **Behold the Magic of a Consistent Routine - additudemag**

Many children with attention deficit disorder (ADHD or ADD) also exhibit executive function deficits. That means they have a hard time organizing materials to complete homework or a project, figuring out how much time a task will take, setting deadlines and time management. Creating a daily routine, at school and at home, provides external organization, gives your children the chance to focus on one task at a time, stay focused, and succeed.

### **Routines at a Glance**

Once you create a routine for your child, keep a copy of it in a central location — like the kitchen or living room. For younger children, use pictures as well as text. You, your partner, caregivers, and your child can reference it to make sure every day is consistent and everyone is following the schedule. If you laminate the routine, your child can use a dry-erase marker to cross out tasks he completed.



### **Digital Citizenship**

New legislation bans cell phone use in Ontario classrooms during instructional time, starting September 2019. We acknowledge the value of cell phones when teachers want to use cellphones as part of their lesson, for medical reasons and students with special needs.

Students who bring cell phones to school need to either leave cell phone in their bags (the school will not be responsible for them) or give them

to their teacher for storage until picked up during non-instructional time.

If a student is using a cell phone without teacher permission, the student will be asked to put the phone in a lock box in the office to be picked up at the end of the day.

Being a digital citizen is an important skill to acquire.

### **9. Help**

Whenever possible—whether on a Wiki, social media platform, website comments section, or somewhere else—helping people who need it is good citizenship anywhere, online or off.

### **10. Assume the best**

In discussions and other digital-only interactions, assuming the best in other people can be good digital citizenship provided that you're protecting yourself and mitigating any risk or damage to you or the community.





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## Character Education

In February we celebrate the KPR Character Education Trait of Empathy. To be empathetic means:

- I respect the feelings of others
- I seek to understand what others are thinking to appreciate their perspectives
- I listen and consider their opinion even though we may not agree
- I act with kindness and compassion

We equate this to the Seven Grandfather Teaching of Humility or "Dbaadendziwin." Humility is represented by the wolf. For the wolf, life is lived for his pack and the ultimate shame is to be outcast.

Humility is to know that you are a sacred part of creation. Live life selflessly and not selfishly.



### **REGISTER ONLINE NOW FOR KINDERGARTEN AT KPR SCHOOLS**

Local public schools are making it easier for families to register their children to start Kindergarten this September. Online registration is now open for all Kawartha Pine Ridge District School Board (KPR) schools.

All children who will be four years old by December 31, 2020, will be warmly welcomed to begin Kindergarten this fall in KPR's supportive, stimulating and inclusive classrooms. Parents and guardians can visit [www.kprschoools.ca/kindergarten](http://www.kprschoools.ca/kindergarten) at any time to:

- confirm which school serves their area
- register their child online
- get practical resources to help prepare their child for a smooth transition to Kindergarten
- find out if there's a before- and after-school child care program offered at their school
- sign up for free, regional Kindergarten Information Nights.

**Kindergarten Information Night Tuesday, March 10 5:30-7 p.m.**

**Otonabee Valley PS, 580 River Rd. S., Peterborough**

The sessions are free, and pre-registration is required, to ensure sufficient take-home resources for every participating family



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**Packing Healthy School Lunches**  
Whether your child has two nutrition breaks or one lunch break, include choices from all four food groups at each meal.

**4 for Lunch** to help give them the energy and nutrition they need to learn and play at school.  
**Aim for 4 food groups at lunch.**

**Lunch Ideas**

Snap Peas Orange Slices Tuna Salad Whole Wheat Pita Yogurt	Apple Slices Sweet Pepper Strips Cold Chicken Leg Whole Grain Crackers Milk	Bunch of Grapes Baby Carrots Chili Con Carne Whole Wheat Bun Fortified Soy Beverage	Cherry Tomatoes Zucchini Sticks Hard Boiled Egg Bran Muffin Yogurt Dip
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**2 for Snack**  
**Aim for at least 2 food groups at snack.**

**Snack Ideas**

Fruit Kabob Milk	Cheese Whole Grain Crackers Cucumber Slices	Berries Yogurt	Broccoli Cauliflower Whole Wheat Pita Hummus Dip	Watermelon Slice Mini Whole Grain Muffin
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## Hot Lunch On Hold

Council has made the decision to hold off on hot lunch until work to rule/strike has passed.

For those that paid online, or in cash you will receive 5 weeks of pizza once all is settled.

If you have any questions please contact Matt Riley [Matriley33@hotmail.ca](mailto:Matriley33@hotmail.ca).

## Breakfast Program

We all appreciate that the breakfast program opens every morning at 8:30 to serve hot, nutritious food for anyone that is here. They also pack sandwiches, provide fruit, bags of vegetables and bagels to ensure that no one goes hungry while they are learning. However, we wonder do you **know?**

Ian patiently carries FDK students' "stuff" and escorts them to their classrooms safety every morning.



*These breakfast program volunteer are receiving awards for their years of service.*



*John & Linda Wardrope 5 years  
Crystal Cochrane 5 years  
Isabelle Acheson 2 years*



Nancy packages up food for families in need as well as tailors food she serves for those that are gluten free.





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## Mental Health Matters at Queen Elizabeth



FDK class all created a picture in a speech bubble of what makes them happy.



All students had the opportunity to make a poster for Mental Health Day. Winners received a hat, sticker and temporary tattoo.



Emma created a presentation and independently presented to junior / intermediate classes on What is Mental Health and What are Metal Health Illnesses; well done Emma.



Claire, Kaitlyn and Paige collaborated on a Zones of Regulation presentation for primary, junior and intermediate classes. We are very proud of our student leaders.





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## Who is going to earn the



Please check EDSBY and <https://queenelizabeth.kprdsb.ca/> for updates to events!

Follow us on Twitter at @QEagles

Equity, Diversity and Inclusion Calendar information at:

<http://www.kprschools.ca/en/students/well-being/equitydiversityandinclusion/equitycalendar.html>

Safe Schools Reporting [studentabsence.kprdsb.ca](http://studentabsence.kprdsb.ca) 1-844-434-8119

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast Program 8:35-8:50 am	27 Day 2	28 Day 3	29 Day 4 Wear Blue Mental Health Day	30 Day 5 Graduation Photo's	31 PA Day 
School Walk 9:00 am					
Outdoor Play 11:00-11:20 am	3 Day 1 NRG Breakdancing 6:00 pm SCHOOL COUNCIL 	4 Day 2  50 cents	5 Day 3	6 Day 4	7 Day 5 NRG Breakdancing
Nutrition Break 1 11:20-11:40 am					
Outdoor Play 1:20-1:40 pm	10 Day 1	11 Day 2	12 Day 3	13 Day 4	14 Day 5 Wear Red Kindness Day 
Nutrition Break 2 1:40-2 pm					
School Ends 3:20 pm	17 No School 	18 Day 1	19 Day 2	20 Day 3	21 Day 4
Office Hours 8:30 am - 4:00 pm					
Safe Schools Reporting 1-844-434-8119	24 Day 5	25 Day	26 Day 2 Wear Pink Kindness Program	27 Day 3 Wear Pink Kindness Program 	28 Day 4