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juin-June 2018

Dear École Confédération Families;

As our year draws to a close, we wish to thank all students, staff and families for making this such a fantastic year!

As we wrap up, we will conduct 3 additional fire drills and 1 lockdown drill to complete our practice requirements for the year.

Our class organization for next year is in the works. Final class placements for next year will not be confirmed until September, when we will share our school organization. We will have several staffing changes for September, including staff who will be starting leaves, continuing leaves, and returning from leaves. Our full "roster" will be shared with families in September. We wish Mme Moore well as she begins her retirement. We will be having an assembly on June 25th during the last block to celebrate this new chapter in her life. All are welcome to attend. (Raindate June 26th).

Happy Father's Day to all dads on June 17th! On behalf of the staff at École Confédération, we wish all of our families a safe, relaxing, and enjoyable summer!

Yours in cooperation,

Mme A. Smith
Principal

M. Ségura-Rômero
Vice-Principal

Dates to Remember:

June 1-Movie Night (8:00 pm)

June 5-BBQ lunch, Gr. 3 Swim to Survive, Jr. Co-Ed hockey

June 6-Gr. 8 to Mohawk College

June 7-Gr. 8 to Circle Square Ranch, Provincial Election (polling station in gym), Gr. 1 to Luna

June 8-PD Day-No school for students

June 13-Aerial Photo

June 15-Regional Track and Field meet, Volunteer Appreciation (2:15), Kindergarten classes to see Incredibles 2

June 19-Jump Rope for Heart

June 20-Gr. 3 to Westfield, Gr. 7 Swim to Survive, Gr. 4-6 to Blue Jays Game

June 21-Courage Assemblies, Gr. 6-8 dance, Beach Day

June 22-School Council pizza winners, Gr. 8 grad

June 25-Term 2 Report Cards sent home

June 27-Gr. 1 & 2 to movies

Gr. 7 Swim to Survive

June 28-Last Day of School for Students

June 29-PD Day-No school for students

Building Healthy Relationships

Resolving Conflict and Preventing Bullying

Conflict and bullying get in the way of building healthy relationships. Understanding the difference between conflict and bullying is important because they require different responses.

Develop Conflict Resolution Skills

Young people's relationships can be much healthier when they learn to use conflict resolution strategies. Help your children learn how to:

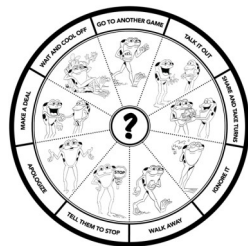
- Focus on reducing stress;
- Listen and breathe deeply to help maintain their own composure;
- Think about how to end with a "win-win" situation for everyone; and
- Problem solve for possible solutions. Negotiated solutions work far better than non-negotiated solutions.

Model Handling Conflict Positively

Children and youth learn about resolving conflict from parents and other adults. Perhaps you can think about how you resolve conflict. Do you give in easily? Do you stay in control or let emotions fly? Do you try to see someone else's point of view? Do you admit that you could have been wrong? Do you listen and give everyone a voice? Have conversations about conflicts in the community and in the news. Explore different points of view and share ideas with your child about how some conflicts could be resolved.

One of the tools we use to support students with conflict resolution is the Kelso program. The philosophy is that each child is smart enough and strong enough to resolve conflict. Students learn the difference between "big" and "small" problems and use Kelso's choices to resolve conflict. Students are encouraged to try 2 strategies to diffuse situations that arise. Kelso's choices are:

Wait and Cool Off
Go to another game
Talk it out
Share and take turns
Ignore it
Walk away
Tell them to stop
Apologize
Make a deal



If students have a "big" problem (where someone is hurt or in danger), they are encouraged to tell a trusted adult and seek assistance.

Adapted from Healthy Relationships, C.O.D.E- The Council of Ontario Directors of Education)

Ticks

With the onset of the Spring season and warmer weather, ticks can be found in the outdoor environment. The following is some information from the Brant County Health Unit on what to look for and how to manage contact with ticks.

Where are these ticks found?

Blacklegged ticks are found in areas of Southern Ontario, including:

Long Point Provincial Park

Turkey Point Provincial Park

Prevention

Dress to stay tick-free:

- Cover feet, arms and legs with closed-toe shoes, and light-coloured long-sleeved shirts and pants
- Tuck pant legs into socks
- Apply bug spray with DEET or Icaridin on skin and clothing (put on bug spray after applying sunscreen)
- After you get home from the outdoors, take time to:
- Check yourself, family members, and pets for ticks right away
- Have a shower or bath within two hours

Lyme Disease is an infection resulting from a bite from an infected blacklegged (deer) tick .

Signs and Symptoms

If you have these symptoms, call your health care provider:

- A circular red rash around the bite area, 3-30 days after the bite. This red rash occurs in 70-80% of people who get Lyme disease. The rash may get larger to form a red ring with a clear centre.
- Flu like symptoms:
 - Fever and chills
 - Headache and joint pain
 - Feeling tired
 - Stiff neck
 - Swollen glands



Treatment

Lyme disease can be treated with antibiotics .

Spread

Ticks can attach onto people when they are spending time on walking trails or any area with tall grass or bushes. Transmission of the infectious agent usually does not occur until the tick has been attached to you for 24 hours or more.

Tick Removal

If you find a tick on yourself or a family member, follow these steps to remove it and bring it to the Brant County Health Unit to be sent for testing:

1. Remove the attached tick with tweezers (grab the tick as close to the skin as possible and pull straight out.)
2. Wash your hands and apply antiseptic ointment to the bite area.
3. Write down the date and place where tick was most likely

Transportation Information for Next Year

Did you know that the transportation department is around all summer? If you are moving, changing childcare locations or are in need of transportation information, you can contact their staff by calling 519-751-7532 or by emailing

transportation@stsbhn.ca.

Transportation information is available via the parent portal as of August 15th. Please log in to find the transportation details for the coming school year on or shortly after this date so that any changes in service can be implemented well before the start of the school year! Kindergarten students will receive a letter in the mail over the summer with information about their busing assignments.



School Library

What a year in the Confederation Library Learning Commons!

We created a Makerspace, and a Lego center. Our English and French book fairs were a success. We raised more money than ever before! Thank you to the parents and students for encouraging reading and helping us buy more books for our school.

Since the school year is coming to a close, there will be no library book checkout this month.

Please return all library books or pay lost book fines on SchoolCash Online as soon as possible.

Puppies on the Playground

Families should be aware that pets are not allowed on the playground or in the drop off or pick up zone. There are students with allergies and the possibility of students hurting pets or vice versa are our primary concerns. We greatly appreciate your cooperation in this matter.



A Note From The Public Health Nurse Be Sun Smart This Summer

As the warm weather approaches and summer draws near, it's hard to resist going outside to relax or have fun. While the sun's warm rays may feel good on our skin, too much sun can be harmful!

Keep yourself and your children well protected from the sun's harmful rays by following these tips.

- Avoid the sun between 11 a.m. and 3 p.m., when the sun's rays are the strongest
- Wear long sleeve, loose fitting clothing that will keep you cool and protected from the sun's rays
- Wear a wide brimmed hat that covers the face, ears and neck
- Cover your eyes by wearing sunglasses that protect from both UVA and UVB rays
- Use sunscreen labelled "broad spectrum" and "water resistant" with a SPF of 30 or higher and remember to:
- Read the directions, which will tell you when to apply the sunscreen
- Reapply sunscreen according to package directions, especially after swimming or sweating.
- Protect your lips by using a lip balm with an SPF and reapply it throughout the day
- Find shade or bring your own (e.g. an umbrella)

For more information on sun safety, visit the Canadian Cancer Society website, www.cancer.ca

