



WILLOW LANDING ELEMENTARY SCHOOL MARCH NEWS, Volume 2, issue 8

<http://wil.scdsb.on.ca>

From the Desk of Principal Peck

Sometimes I miss coaching volleyball. Some principals find the time to do it, but I guess I'm not organized enough to fit it into my schedule. I remember once taking an intermediate girls team to a weekend tournament in Ajax - we were in way over our heads, with strong competitors from all over Ontario; but when we returned to our school district, the "tough" teams we had to face didn't seem so tough any more. The tough competition made us tougher, and we came second overall in our tournament back home; we lost the final championship game in a nail biter. I drove some girls home, and they were sad. So was I. There might even have been some tears after the long day of competition. We were studying poetry in class at the time, so I wrote this poem as an example for my students:

*Bump - set - spike:
Heroic one-handed saves,
Strategic substitutions, skinned knees, fire-red forearms,
Aching bodies and a wounded will to win.
Whoever said, "It doesn't matter whether or not you win or lose..."
Must have.*

The ending of the poem is deliberately ambiguous. You know that we lost because I told you.

One good thing about sports is that it can, in some ways, mimic life. The team members help each other, encourage each other, and work together for a common goal. But no one rescues the losing team. They do the best they can with the players they have - sometimes it's not enough and they must continue to play as "losers" until the final buzzer. If your child has failed at something, sometimes it's best to let them work through it, sometimes it's best to not "rescue" them, to let them play through until the "final buzzer". Children will not learn to be resilient when they are habitually rescued. Parenting is way tougher than winning a volleyball tournament. Kudos to the parents of Willow Landing! Hang in there in your most difficult role. It's worth it.

From the Desk of Vice-Principal Best

With the recent release of report cards, it is important to keep your child motivated – to either improve their results, or to keep them from resting on their laurels. Making a plan to increase their motivation is important, and useful, to both you and your child. Making a plan can increase motivation. When they're working on something they want to do, children can be highly motivated. They'll work for hours on designing and building a house for a stuffed animal, for example. So why do you have to keep telling them to finish their science report? One reason is that when you tell your child to do something, they may feel like you are nagging them. Most adolescents and teens have developed the skill of tuning out parental nagging. If your child isn't intrinsically motivated, there are ways you can motivate them, even if the assigned tasks aren't high on their list. You can:

- Discuss the consequences. Acknowledge that there is probably a reason they're avoiding the task. Then ask, "But what's going to happen if you keep putting it off?" That way, you get them to recognize the consequences of not taking action.
- Ask if they'd like to make a plan. "Let's brainstorm and create a schedule that will work for you." Kids are always more motivated to act on a plan they helped develop.
- Help with time management. Teens often think that they can do more than they realistically can accomplish. You might say, "How long did the lab report take you last week? Maybe leaving 20 minutes won't be enough time."

Source: J. Nelsen, "How Do You Motivate a Teen," www.positivediscipline.com

Parent Pointer Calendar (March 6th-10th)

Mon. Mar. 6th	Tues. Mar. 7th	Wed. Mar. 8th	Thurs. Mar. 9th	Fri. Mar. 10th
Play Alphabet Mix Up. Choose a word, rearrange the letters in alphabetical order. Can your child figure out the word?	Do something fun with your child. (Here's an idea-Twoonie Tuesdays at Snow Valley Tubing!)	If you're making a major purchase, let your child help with the research. List features that are important. Let them investigate.	Talk to your child about using "I Statements" when solving conflict with friends. "I feel upset when you don't include me at recess."	Has it been a challenging week at school? Go out together for a snack after school.

Bus Cancellations, Pizza and Sub Lunches - important information

If busses are cancelled on a Monday, Sub Sandwiches will not be delivered to the school. They will be delivered the following day (hopefully on Tuesday). If your child ordered and will be attending school, please send a proper lunch. If busses are cancelled on a Wednesday, Pizza will be delivered as normal. If your child is absent that day, no refunds for pizza will be issued. Thanks for understanding and for supporting the school through this fundraiser.

NOTE: no refunds are issued for either sub or pizza lunch due to student absences.

Is your child turning four this year? It's time to register for Kindergarten

Our school is now registering children for Kindergarten for the 2017-18 school year. Required registration documents include birth date documentation, proof of address and record of immunization. Visit www.scdsb.on.ca/kindergarten for more information.

Student information notice for parents of Grade 8 students

As students progress from elementary school to secondary school, important personal student information is shared which eases each student's transition to secondary school. Sharing this information also improves our ability to program effectively to benefit all students. Select student information will be shared at different times as appropriate. The collection and use of personal student information for such purposes is authorized under sections 170, 171, 190 Part X and Part XIII of the Education Act. All information used for the transition process is limited, secure and protected at all times. Please contact Paula Murphy, Superintendent of Education for this area, if you would like more information about the transition process at Willow Landing.

School Council is on Facebook and Twitter

Check out this link: <https://www.facebook.com/WillowLanding-School-Council-1328400890533300/>

Follow School Council: @WillowLandingSC

Changes to our Lunch Program

Set up your School Cash Online Account as soon as possible. School Council is moving towards a paperless and cashless lunch ordering system. You should have received information about this already. Read carefully and be prepared for our upcoming switch over. Thanks for your cooperation in this matter. Our parent volunteers work hard to provide your children with a special lunch twice a week. We need to make the process as simple and efficient as possible for them.

Understanding Your Child's Individual Education Plan (IEP)

If your child has an IEP, mark April 12th on your calendar. There will be a helpful information session held at Bear Creek Secondary School from 6:30 to 8:00 PM in their cafeteria. More information will follow closer to the date.

SCDSB Media Fest: What Does Being a Great Canadian Look Like?

Students are invited to submit an entry for the 2017 SCDSB Media Fest. This media festival is open to all Simcoe County District School Board students and can include images, audio and video. For more information, visit www.scdsbmediafest.com. The submission deadline is April 3.

Get outside to play on March Break

Active play does more than help kids to achieve the 60 minutes of physical activity they need every day, it supports their development in many ways – especially when the play is outdoors, self-directed and fun. This allows kids to test boundaries and problem-solve, develop social skills and resolve conflict, and learn to control their emotions and behaviour. Active play outdoors in the fresh air and nature also helps to improve mood and lower stress. Support your child to play outside with friends in the neighbourhood and at your local park as much as possible.

Information provided by the Simcoe Muskoka District Health Unit

March is Nutrition Month – Tips for packing a healthy school lunch

A school lunch should give children the energy and nutrients they need to be ready to learn, be more alert and perform better at school. When planning lunches keep these tips in mind:

- *include one serving from at least three of the four food groups from Canada's Food Guide*

- *rather than buying pre-made lunch kits, make your own healthy “lunch kit” with divided containers and small ‘bite-sized cheese cubes, left over chicken chunks, veggie sticks or fruit slices*
- *get your kids to eat more veggies! Send cucumber coins, zucchini sticks and pepper strips with dip*
- *fill whole wheat or multi grain wrap/pits/tortilla shells with your child’s favourite foods such as hummus and grated carrot or sliced turkey with mustard*
- *water is the healthiest choice to quench thirst*

Looking for more information to help keep you and your family healthy? Call Health Connection at 705-721-7520 or 1-877-721-5720 to speak with a public health nurse or visit the health unit’s website at www.simcoemuskokahealth.org.

Information provided by the Simcoe Muskoka District Health Unit

IMPORTANT UPCOMING DATES

Friday March 3rd - Professional Activity Day (no school for students)

Wednesday March 8th - Grade 6 VIP Graduation

Monday March 13th - Friday March 17th inclusive - March Break (no school)

Week of Monday March 20th - Don’t forget to Order Lunch **ONLINE**

Wednesday March 22nd - Character Assembly - Integrity - 9:00 a.m.

Wednesday March 29th - School Council Meeting - 6:00 p.m. in Staffroom