



OTTAWA-CARLETON
DISTRICT SCHOOL BOARD

HENRY LARSEN ELEMENTARY SCHOOL

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www.henrylarsenps.ocdsb.ca
Twitter: HenryLarsenE



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"Through Caring and Sharing We Learn"

April 2018

St. Roch Express

Principal's Message

Dear Parents/Guardians,

Registration for the Early Learning Full Day Kindergarten Program is ongoing and we are planning for 2 full-day Kindergarten classes next year: which are 50 percent French and 50 percent English programming. Our Kindergarten Information night is on Thursday, May 24th and is an excellent opportunity for parents to meet teachers and early childhood educators, as well as to visit the Kindergarten classrooms. We will begin our parent evening in the Library at 6:30 pm., ending at 7:30 pm. Our school will be offering the OCDSB Extended Day Care Program for before and after school, for our Kindergarten students as well as for our GR. 1-6 students.

Primary and Junior EQAO assessments for 2017-2018 involve all of our grade 3 and 6 students from May 22nd to June 4th. **We would appreciate parents not scheduling any appointments during this important time.** It is very important that students arrive on time as these days are very tightly scheduled with assessment activities. Please ensure that ~~students have a good night's~~ rest, extra snacks, a healthy lunch and plenty of water for assessment days.

We are in the process of organizing classes for the upcoming 2018-2019 school year. If you have not already done so, **please let the school office know if any of our Kindergarten to Grade 7 children are moving out of our school area or not returning to Henry Larsen in September, as this will assist us in our planning.**

Spring is a very busy and exciting time in our school. Thank you to all our volunteers who help make everything happen so smoothly here at Henry Larsen. We couldn't do what we do without your support. To all our families, I hope you are having opportunities to relax and enjoy the beginning of the spring weather! I hope to see many of you at our upcoming Fun Fair, our Spring Concert and the Snuggle Up and Read Evening!

Sincerely,

Christine Camus-Shepley, Principal
Christine.Camus-Shepley@OCDSB.CA

<u>Upcoming Dates:</u>	
Inuit Games Spring Concert PD Day	April 19 April 26 April 27
Music Monday Band Trip to Toronto Immunization Clinic Victoria Day EQAO	May 09 May 16 – May 17 May 17 May 21 May 22 – June 4
PD Day Grade 8 Montreal Trip Awards Ceremony Report Cards School Leaving Ceremony Last Day of School PD Day	June 08 June 21 June 26 June 26 June 27 June 28 June 29

2018-

2019 School Planning

Planning for the 2018-2019 school year is beginning! On Tuesday, April 10 a blue sheet went home to parents regarding school organization. It is imperative that the form is returned to the homeroom teacher by Friday, April 20th, 2018 as it will assist us in our planning for September with the number of students returning to Henry Larsen in the fall and those who might be leaving for another school.

Autism Awareness (www.autismspeaks.org)

World Autism Awareness Day (WAAD) aims to put a spotlight on the hurdles that people with autism – and others living with autism – face every day. As a growing global health issue owing to its increasing exposure in the press and common knowledge, autism is an issue that is only gaining more understanding – and WAAD activities are planned every year to further increase and develop world knowledge of children and adults who have autism spectrum disorder (ASD).

What's more, World Autism Awareness Day goes one step further to celebrate the unique talents of those with autism, while putting a huge focus on the warm embrace and welcome that these skills deserve through community events around the globe.

Henry Larsen wore blue on April 3rd to show our support!

International Day of Pink (www.dayofpink.org)

April 11th, 2018 was a day where communities across the country, and across the world, could unite in celebrating diversity and raising awareness to stop homophobia, transphobia, transmisogyny, and all forms of bullying.

Discrimination comes in many forms, including the following: racism, sexism, homophobia, transphobia, ableism, ageism, colonialism, and antisemitism. These social diseases create barriers, bullying, harassment, hate and violence. No one should have to experience the negativity created by discrimination. The Day of Pink is more than just a symbol of a shared belief in celebrating diversity – it's also a commitment to being open minded, accepting differences and learning to respect each other.

2017 – 2018 Parent School Climate Survey

This spring a survey will be conducted using the *Our SCHOOL* instrument. The parent survey is an opportunity to engage the community and allow parents and guardians to have a voice in school climate and student well-being planning.

An informational letter to parents was sent home and will include the school login information. There will be one username and login per school, allowing parents to login from any location.

The survey period will be April 23 – May 11, 2018.

NEW Communication System

In mid-April, the OCDSB will be switching from SynerVoice to School Messenger as a means to communicate with the school community.

All emails or emergency communication will be shared through this new program, therefore, **it is essential that your phone numbers and emails are up-to-date.** Please contact the Office if you need to make any changes.

JR Girls Basketball Team

Congratulations to the JR Girls Basketball Team, who took part in their Regional Tournament on February 28th and March 2nd.

The team came first in their pool on the 28th and 4th in the finals tournament on the 2nd. The girls played well, showed excellent sportsmanship, and learned a lot about the game of basketball.

Congratulations to: Maddie, Willow, Anna S., Sophie, Lily, Yasmeen, Kristianna, Anna R., Hayley, Ava N., Jorja, Ila, Nadine, Maysaa, Emma, and Rayne. Coaches Sandra Tinney and Jamie Breuer, were very proud of the teams' effort and skill! Well done, Huskies!

Tier II Intermediate Girls Basketball: **Consolation Champions**

On March 5th our Intermediate Girls Basketball Team represented Henry Larsen at the Regional Basketball Tournament at Sir Wilfrid Laurier Secondary School.

After defeating Emily Carr MS in their first game, Larsen lost a tight game to a tough Terry Fox ES team and then came up short against Dunning-Foubert ES. After their round robin games, our Huskies finished 3rd in their pool and played in the consolation round.

In the consolation semi-final, we came out strong and took a commanding lead against York Street PS and had a decisive win. Next we took on Heritage ES in the consolation final. It was a tight game, but after some tremendous defense and smooth passing and shooting, our Huskies came out victorious, winning the consolation final. Way to go, Huskies!

Students representing Henry Larsen E.S. at the Tier II girls basketball tournament were: Asha, Lola, Dani, Abi, Maya, Melea, Lashyn, Thea, Hannah, Annie, Olivia and Aasiya.

Zones of Regulation

Our school is happy to introduce to all students and parents the Zones of Regulation. The Zones of Regulation is a cognitive behaviour approach used to teach self-regulation by categorizing all the different ways we feel into four zones. The program provides strategies to teach students to become more aware of, and independently learn to control emotions and impulses. Students will learn to manage their sensory needs and improve their ability to problem solve conflicts. Every classroom will be learning about the different zones and develop strategies as a class that work for their age group. We are encouraging parents to talk about the different zones with their children and help them come up with tools they can use when their emotions are hard to understand and control. Please take a look at the Zones poster and print it out for your home! We will be sending more information and activities home during the next few months as well as in the 2018-2019 school year.

- The Henry Larsen Team

School Cash Online

School Cash Online is an easy to use and safe way to pay for your children's school fees.

Now, with a few clicks, you can pay for your child's yearbook, class trips and so much more from your own home.

It's as simple as registering an account and attaching your children's names - in no time you will be able to make payments online. Many different payment forms are accepted so visit the school website and register today!

Field Trips

Swim to Survive (Gr.3) - April 9th, 16th, 23rd, 30th

In-School Events

Rideauwood Presentation - April 13th
Inuit Games (Gr. JK-5) – April 19th

Choir

All of the choirs attended the Kiwanis Music Festival on April 4 and 5. The children were working hard to get ready for this competition. They placed as follows:

Primary (1-4) - Second Place 84%
Glee Club (6-8) - First Place 88%
Junior Choir (4-6) - First Place 87%
John Sutherland Trophy Perfect Balance

Congratulations to All!!

Both the bands and choirs will present at the spring concert on the evening of April 26 at 6:30pm in the school gym. Everyone is welcome to attend.

On May 9, some of our choir members will take part in Music Monday at the NAC.

- Ann Brady, Natalie Paquette and Janice Rochow

Notes from the Music Room!

Hello everyone! Hope you all enjoyed a restful March break and are looking forward to warmer weather in the future! The HLES bands and choirs have been hard at work preparing for our annual spring concert which

will be taking place on Thursday, April 26 at 6:30 PM - 8:30 PM. Admission is \$5.00 or \$20.00 for a family of 5 max. Performers must arrive no later than 6:00 PM.

Band members; please wear your band shirt, black bottoms and shoes. The evening will feature a broad range of performances of popular music, songs from movies and videogames! The HLES senior concert and jazz bands did extremely well in their performances during the Capital Region Musicfest 2018. Both ensembles walked away with gold again this year! We will be heading to Musicfest The Nationals held at the University of Toronto from May 15-May 17, 2018. The senior concert and jazz bands will also be performing at the Fisher Park Variety Show on Wednesday, April 25 at 9:30 AM! The students are very excited to share their performances with you and are looking forward to seeing you all out at the annual HLES spring concert! :)

- Mr. Pretty

Community Events/Activities

The Gloucester Dragons Soccer Club

The Gloucester Dragons are a local, not-for-profit soccer club operating in Beacon Hill, Orleans, and Leitrim. We offer recreational soccer for children who are 5 to 18.

Register now! (www.dragonssoccer.ca)



Ottawa Police Service

As a parent, do you have questions about curfew, consent, parental responsibility, or the Youth Criminal Justice Act? Come to the first "Ask an Officer" session held on April 18th at 6pm at Rideau-Rockliffe Community Resource Centre. Childcare is provided.



Lisgar & Viscount Alexander Schools Council Present:

Mental Health and the Pampered Generation – Some Consequences of the Culture of Entitlement.

By: Maggie Mamen, Ph.D., C.Psych.

Date: Monday, April 23rd, 2018

Time: 6:30pm – 8:30pm

Location: Lisgar Collegiate Institute, 29 Lisgar Street

To book your free participation, please visit:

<https://www.eventbrite.ca/e/mental-health-and-the-pampered-generation-tickets-44790634995>



Lisgar & Viscount Alexander Schools Council Present:

Mental Skills for Self-Regulation & Optimal Living

By: Poppy DesClouds, Ph.D. (c)

Date: Tuesday, May 22nd, 2018

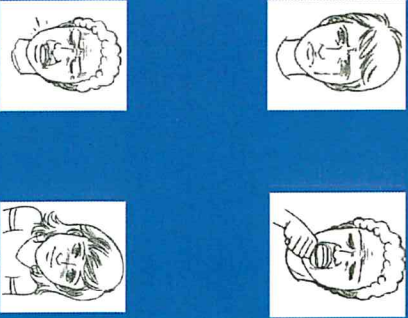
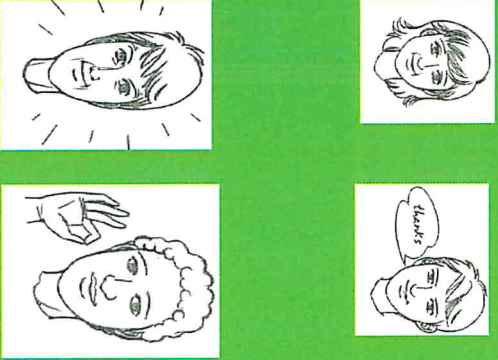
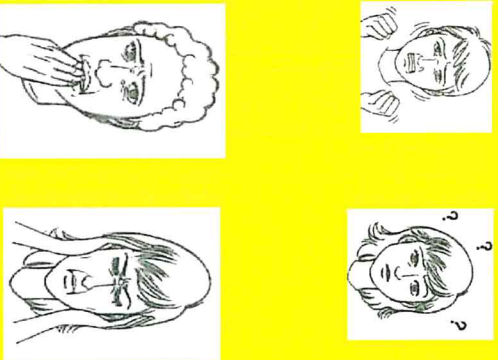
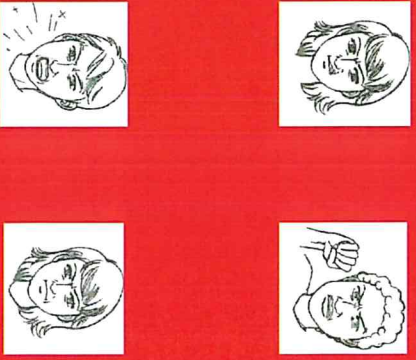
Time: 6:30pm – 8:30pm

Location: Lisgar Collegiate Institute, 29 Lisgar Street

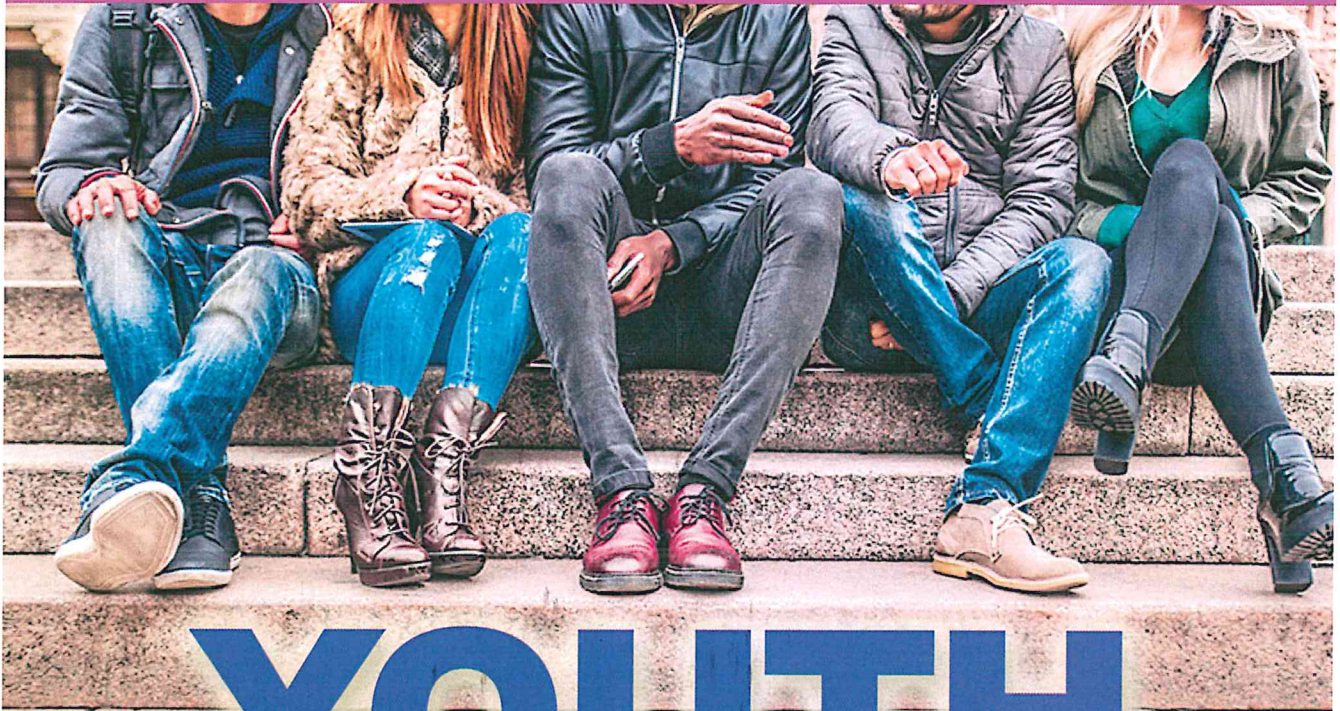
To book your free participation, please visit:

<https://www.eventbrite.ca/e/mental-health-for-self-regulation-optimal-living-tickets-44790897781>

The ZONES of Regulation/ Les ZONES de régularisation

<p>BLUE ZONE - ZONE BLEUE</p> <p>Sad/Triste Sick/Malade Tired/Fatigué Bored/Ennuyé Injured/Blessé</p>	<p>GREEN ZONE - ZONE VERTE</p> <p>Happy/Content Calm/Calme Comfortable/À l'aise Focused/Attentif Ready to learn/ Prêt à apprendre</p>	<p>YELLOW ZONE - ZONE JAUNE</p> <p>Frustrated/Frustré Worried/Inquiet Excited/Excité Starting to lose control/ En train de perdre contrôle Acting silly/ Niaisier</p>	<p>RED ZONE - ZONE ROUGE</p> <p>Angry/Fâché Mean/Méchant Terrified/Terrifié Ready to yell/Prêt à crier Feel like hitting/Prêt à frapper Out of control/Hors contrôle</p>
			

ASK AN OFFICER



YOUTH & THE LAW

As a parent, do you have questions about curfew, consent, parental responsibility, or the Youth Criminal Justice Act?

WHO: Parents (childcare provided)

WHERE: Rideau-Rockcliffe Resource Centre,
225 Donald Street, Ottawa

WHEN: Wednesday April 18, 2018 | 6 p.m.



**Centre de ressources communautaires
RIDEAU-ROCKCLIFFE
Community Resource Centre**

Overbrook • Forbes • Carson Grove • Manor Park
Lindenlea • Rockcliffe • New Edinburgh



**OTTAWA POLICE SERVICE
SERVICE DE POLICE D'OTTAWA**

*A Trusted Partner in Community Safety
Un partenaire fiable de la sécurité communautaire*



Gloucester Dragons Soccer

FUN FITNESS FRIENDS

Play soccer all summer – from May 15 to August 30

2018 FEES*:

- 5-8 years old (born 2010-2013): \$145
- 9-18 years old (born 2000-2009): \$185
- Fun and uniform included
- Free ball for all U5 and U6 players

*After April 1, registration fees increase by \$50




COACHES NEEDED
No experience necessary
Must love **FUN!**

www.dragonsoccer.ca



LISGAR SCHOOL COUNCIL &
VISCOUNT ALEXANDER SCHOOL COUNCIL
PRESENT

MENTAL HEALTH AND THE PAMPERED GENERATION

Some Consequences of the Culture of Entitlement

By: Maggie Mamen, Ph.D., C.Psych.

Date: Monday April 23rd, 2018 from 6:30
Time: 6:30 pm – 8:30 pm
Location: Lisgar Collegiate Institute (29 Lisgar St)
Refreshments Served

Over the past few years, there has been a significant increase in the number of diagnosed “mental disorders” in the school-aged population, resulting in intensified awareness of and sensitivity to the need to nurture our children’s mental health. At the same time, today’s youngsters are living in a pervasive culture of entitlement, where everything is given and little is expected in return, where privileges are mistaken for “rights,” and where the goal seems to be to keep them happy at any cost. This session explores various mental health issues in terms of the impact of today’s parenting and educational philosophies, how we have come to this point, and what adults can do to be part of the solution, rather than part of the problem.



Dr. Maggie Mamen is an award-winning family psychologist and best-selling author who consults with parents about their children. Prior to establishing a multi-disciplinary private practice in Ottawa in 1990, she worked in university, hospital and school board settings, and was the first elected President of the College of Psychologists of Ontario. In addition to her clinical work, she enjoys presenting seminars to parents, teachers and other professionals, both nationally and internationally. Her best-selling book, *The Pampered Child Syndrome*, has been published in seven languages. She and her husband are relieved that their three children made it to adulthood relatively unscathed and are now the proud grandparents of four delightful little ones.

To book your free participation, please visit:

<https://www.eventbrite.ca/e/mental-health-and-the-pampered-generation-tickets-44790634995>