



# HESS ST HAPPENINGS

**MAY—2017**

## Principal's Message

It's been an exciting month with amazing student performances at our Annual Talent Show, trips to the Royal Botanical Gardens, Dundas Conservation Area, our Earth Day assembly, and more.

A special thank you to our community for all their support during the Pupil Accommodation Review. As you may have heard, Hess St School will be remaining open for the next couple of years, with a proposal for a new build being put forth to the Ministry for the future.

On May 11 (4:00-6:00 pm), we hope to see all families join us for our Spring Open House. This year's open house will include a cafe where families can purchase a healthy snack or a sweet treat. There will also be lots of information about what's going on in our school and in our community, with representatives from the Hamilton Public Library, Public Health, the YMCA, Wesley Urban Ministries, and more. We also encourage families to participate in our Mindful Art activity. This activity is designed for parents to participate with their student to create a piece of artwork to take home, and to learn more about mindful activities. As always, during the Open House, parents are encouraged to visit the classrooms to see student work. Finally, please note that there will be a brief presentation and opportunity for questions about the Health curriculum in room 4 at 5:30 pm. It should be a great evening, we look forward to seeing everyone on May 11th!

*Thank you,  
Estella Jones, Principal*



**HWDSB**  
we all belong



Celebrating **Education Week** and  
**Mental Health Awareness Week**

May 1 to 5, 2017

### Contact Us

**If your child is going to be absent, please call the school and let us know.**

**(905) 527-1439**



## Important Dates

- **May 1 - Ride Smart Program Assembly**
- **May 4 - Bike Fix up 3-4 pm**
- **May 8 - Accommodation Review Meeting - Ed Centre, 5:30pm**
- **May 9 Grade 7 & 8 Girls immunizations**
- **May 11 - OPEN HOUSE 4-6pm**
- **May 16 - Girls Soccer Tournament**
- **May 17th - Special Olympics at Saltfleet HS**
- **May 22 - NO SCHOOL (Victoria Day)**
- **May 23 Boys Soccer Tournament**
- **May 26 - Jump Rope for Heart**
- *The EQAO assessment will take place for all grades 3 and 6 students between May 23 and June 5*

# Hess Street's Events!



Talent Show at Sir John A Macdonald

Earth Day Assembly



Kindergarten classes get a close look at a Fire Truck

# HWDSB Community & Continuing Education

# Free Reach Ahead Summer Programs

Reach Ahead programs enhance the transition experiences for Grade 8 students as they move from Elementary to Secondary school.

Please complete the **ON-LINE Registration** by visiting: [www.hwdsb.on.ca/cce/reach-ahead](http://www.hwdsb.on.ca/cce/reach-ahead) or by phone: 905-561-2190

Program	Description	Location	Dates
Head Start ACL10	<b>Grade 9 Credit Course.</b> An intro to Visual Arts. Creating artistic works using various materials.	Sir John A. Macdonald & Nora F. Henderson	Monday to Friday beginning <b>July 5 and ending on July 28, 2017</b>
Jump Up PAF10	<b>Grade 9 Credit Course.</b> Focus is on Healthy Active Living. Students will participate in health focused projects and a variety of physical activities. Indoor & Outdoor team games, sports, fitness training and orienteering.	Sir John A. Macdonald & Nora F. Henderson	
Tech Connect TGJ10	<b>Grade 9 Credit Course.</b> Learn about and experience the real world use of Communications and Computer Technology. Programming includes learning the basics of working with digital media.	Sir John A. Macdonald & Nora F. Henderson	
Basketball & Literacy	Students currently in Grades 7-10 interested in a fun summer program with a basketball focus and literacy support Play sports, develop skills, meet new friends and have fun!	Sir John A. Macdonald	Students can participate in one or more one week session.
Floorball Literacy	Students currently in Grades 7-10 interested in a fun summer program with a floorball focus and literacy support. Play sports, develop skills, meet new friends and have fun!	Sherwood Secondary School	
ESL Literacy	Literacy support activities running this summer	Sir John A. Macdonald & Nora F. Henderson	Monday to Friday beginning <b>July 5 and ending on July 28, 2017</b>
Leaders in Action	Participants will receive two hours of Leadership Training every day of the two-week session.	Cathy Wever PS	July 10-21 July 24-Aug. 4 (8:30-2:30)
Literacy Worx Math Worx & Fractions	Literacy or Math support activities for grades 7 & 8	Hess Street PS	July 10-14 July 17-21 July 24-28  9am-12pm
S.T.E.P.	Student Transitional Education Program for Grade 8 Students.	Located at HWDSB Secondary Schools	Aug. 14—25  9am-1pm

## ■ *Saturday, April 29, 2017*

9:30 a.m. – 2:00 p.m.

Sir Allan MacNab Secondary School  
(145 Magnolia Drive, Hamilton)

AND

## ■ *Saturday, May 6, 2017*

9:30 a.m. – 2:00 p.m.

Delta Secondary School  
(1284 Main Street East, Hamilton)



To donate, go to [www.promprojecthamilton.ca](http://www.promprojecthamilton.ca) for a list of participating drop-off points.

### What's available to visiting students?

- Formal wear: gowns, dresses, skirts / tops, suits, dress shirts, vests, dress pants, ties etc.
- Accessories, shoes, jewelry, shawls, purses, hygiene products
- Volunteers on-site to apply make-up, as well as demonstrate make-up tips and fun up-dos
- Seamstresses on-site to address minor fitting issues

HWDSB  
Foundation

JOHNSON

HAMILTON SPECTATOR  
100

Are you looking for a Formal Dress or Suit for Grade 8 Grad?



## Secure School Protocols

The Ministry of Education, school boards, and police services work in partnership to create safe school environments. The following is a summary of the HWDSB and Hamilton Police Services Secure School Protocols.

**Hold and Secure** - used when the school is secured due to an ongoing situation outside and not related to the school that requires all persons to remain in the building

**Shelter in Place** - used for an environmental or weather related situation, where it is necessary to keep all occupants within the school to protect them

**Lockdown** - used only when there is a major incident or threat of serious violence within the school or in relation to the school

**Bomb Threat** - used to evacuate the building in the event that a bomb threat is received, explosive device is reported, or an explosives incident has taken place

Each year, we practice these drills, as well as fire drills, to minimize the risk and protect our students in the event of a major incident or threat. Families are asked to reinforce the importance of student responsibilities during a crisis and to disclose any information they may have. In addition, families are asked not to use their cell phones to communicate with their children during an incident. Please keep your contact information up to date so that someone can be reached by staff in the event of an emergency. Together, we can work to keep our students and school community safe.

# Riddles

What's the answer?

$$\begin{array}{r}
 \square \ 7 \ 2 \\
 3 \ \square \ 8 \\
 \hline
 4 \ 7 \ \square
 \end{array}$$

Answers are below [BrainFans.com](http://BrainFans.com)

**Q #1** Everyone has it and no one can lose it, what is it?

**Q #2** What belongs to you but is used more by others?

**Q #3** In a one-story pink house, there was a pink person, a pink cat, a pink fish, a pink computer, a pink chair, a pink table, a pink telephone, a pink shower– everything was pink! What color were the stairs?

**Q. #4** A cowboy rides into town on Friday, stays for three days, then leaves on Friday. How did he do it?

## Sugar facts that may surprise you

- Children should have no more than 10 teaspoons (40g) of free sugar each day
- Some foods have more free sugars than a child should have in a day
- Check the Nutrition Facts Table to see how many grams of total sugar (free + natural sugars) are in the food product
- Having too much free sugar may lead to increased risk for chronic diseases including fatty liver disease, type 2 diabetes, cardiovascular disease, obesity, dental caries, and others

Look out for high amounts of sugar in these products:



**4 grams of sugar  
=  
1 tsp**

## Check the Ingredients List to Spot Hidden Sugars

Here are some names of sugars commonly added to foods

- |                        |                           |   |
|------------------------|---------------------------|---|
| • Glucose              | • Fruit juice             | • Rice malt syrup   |
| • Invert sugar         | • Fruit juice concentrate | • Malt syrup  |
| • Dextrose             | • Evaporated cane juice   | • Barley malt   |
| • Sucrose              | • Corn syrup solids       | • Caramel   |
| • Maltose              | • Golden and corn syrup   | • Coconut sugar   |
| • Fructose             | • Molasses or Treacle     | • Sugar from many sources (sugar cane, beet, coconut, date, etc.) |
| • Crystalline Fructose | • Maple syrup             |   |
| • Raw sugar            | • Agave nectar            |   |



Website: [www.hamilton.ca/healthyschools](http://www.hamilton.ca/healthyschools)

Email: [publichealth@hamilton.ca](mailto:publichealth@hamilton.ca)

## EQAO

**EQAO** is a large scale assessment for all students in grades 3 and 6 in Ontario. Questions align with the Ontario curriculum in reading, writing and mathematics. The assessments student achievement objectively and in relation to a common standard. Please go to [eqao.com](http://eqao.com) for more information and/or check out the following links for examples of past questions in mathematics. Families and their students can review or try the questions to get more comfortable with the format and types of questions that may be asked.

Answers to Riddles.....

0 7 4  
8 6 3  
2 7 0

**A #1** A shadow.  
**A #2** Your name.  
**A #3** There weren't any stairs, it was a one storey house.  
**A #4** His horse's name was Friday.