

Principal
Mr. Petruccelli

Vice-Principal
Ms. Krenn

Office Administrators
Mrs. Arnold
Mrs. Sadiwskyj

School Phone: 905.667.5870
School Website:
[www.hwdsb.on.ca/
princeofwales](http://www.hwdsb.on.ca/princeofwales)



Learning, Growing, and Working Together

Yonkwateweyenhstónhatye,
Yonkwatehyaróntyé, táhnon
Skátne Yonkwayotátýe

APRIL 2017 NEWSLETTER

FROM THE PRINCIPAL'S DESK

Hello Everyone...please visit our school website at <http://www.hwdsb.on.ca/princeofwales/>, you will see the daily announcements and be able to subscribe to the website to stay up to date on current events.

SCHOOL COUNCIL

Our next meeting will be Monday, April 24, 2017 at 9:15 a.m. All are welcome to attend.

HOME AND SCHOOL ASSOCIATION

We now have a Home and School Association. Meetings take place every first Monday of the month beginning at 9:15 a.m. in the school's nutrition room.

AFTER SCHOOL ART PROGRAM

Our Home and School Association welcomes you to the after school art program, every Monday from 3:30 to 5:00 p.m., to create a beautiful work of art for yourself.

BREAKFAST PROGRAM

We are asking for parent volunteers for our breakfast program. You can volunteer any day of the week from 8:00 a.m. to 9:00 a.m. or anytime you can offer. Please be reminded, you will need a vulnerable screening check completed. Our School Council will pay for your vulnerable screening check.

EASTER BREAK

School will be closed to observe Good Friday and Easter Monday on Friday April 14 and Monday April 17, 2017. School will resume Tuesday April 18 at 8:40 a.m.

DAY OF PINK

Please join us on Wednesday April 12 to stand up against actions people take that makes people feel like they don't belong. Remember to tell your child(ren) that the person with the most power is the on looker. That person can stand up and say 'no stop it' and/or report it to an adult. At HWDSB, all people belong.

MINDFULNESS

Our grade 4 teachers and students are learning about Mindfulness. Mindfulness is about:

- Noticing your attention and gently bringing your focus back to what you're doing in the present moment.
- Being aware of emotions, thoughts, and body sensations that come up.
- Accepting these emotions, thoughts, and sensations without labeling them as "good", "bad" or anything else.

The benefits of practicing mindfulness can range from:

- ◆ Reducing stress
- ◆ Optimizing the learning capacity of the brain
- ◆ Promoting social and emotional regulation skills
- ◆ Decrease behaviour difficulties, mood disturbances and
- ◆ Difficulties with attention.