



Claude Watson School for the Arts

Weekly Update - Friday April 26, 2019

Upcoming Events

April 30 - May 3

- Gr. 8 Montreal Trip

May 6

- Gr. 4/5 Zoo Trip
- Older Auditions
- Gr. 6, 7 & 8 Special Learning Day

May 9

- Track & Field
- CWSA Dance Night at Earl Haig

May 15

- Gauss Test
- New Student Info Night 6 – 7 pm

May 20

- Victoria Day Holiday

May 23

- "Love, Limits, Live it" Parent Event 6:45 pm

May 25

- School Council Event 8 am - 12 pm

May 27 – 29

- EQAO

May 30

- "Love, Limits, Live it" Parent Event 6:45 pm

May 31

- Track & Field

June 3-6

- Dental Screening

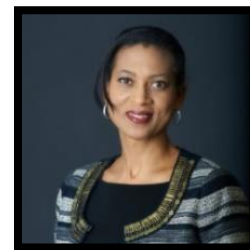
June 6

- "Love, Limits, Live it" Parent Event 6:45 pm

June 11

- Track & Field

Accepting Self...



Forgiving others, striving for our fullest potential, living a life of integrity and finding our purpose in life is easier when we start with an acceptance of self. Many individuals live with negative self-talk, judgement and blame rooted in a sense of the non-acceptance of self. When our children can accept self, free themselves of negative self-talk and tap into a sense of hope and optimism they unleash a power that is powerfully enabling and will allow them to be ready to take hold of the opportunities before them.

Yesterday, I went to **Unleashing Learning** - a conference sponsored by the TDSB. Several presentations were by Apple. One of the presenters of Apple technology was, **Sandy Paulsen**. Sandy was born with Cerebral Palsy. This disease has rendered her physically dependent. As a baby her parents put her up for adoption and she was subsequently adopted by an American family living in the United States. Her new family provided her access to technology. Through Apple technology and a mouse controlled by switches activated by her head movements, Paulsen is able to operate a computer.

This computer access has allowed her to complete her education, gain a university degree in video editing and attain employment. She has gone on to write and produce several short video documentaries. In order to reach this stage in her life, Sandy described her journey to accept who she was as only then could she find a sense of purpose through, what was going to be, difficult but rewarding work.

Today, Paulsen aspires to complete a second degree in social work and open a business to teach the use of assistive technology to other people living with disabilities. Her end goal is to help other students living with disabilities learn to use technology as a means to becoming independent and eventually, gainfully employed.

This week's affirmation is "I accept who I am." It's important for students to develop an enabling, healthy self-concept where they accept themselves. It helps if we provide an environment where students feel accepted and safe. We should always set high expectations for our children but balance those expectations within a supportive environment. Striking this balance is at times, illusive. It's a tough job being a parent! If you would like to meet with other parents and discuss strategies please attend one of our 3 upcoming parent workshops. Information on the **"Love, Limits, Live it"** CWSA Parent Workshop Series are included in this newsletter.

Have a brilliant week-end!
Ms. Jones

“Love, Limits, Live it” CWSA Parent Workshop Series

Date: Thursday, May 23rd

Time: 6:45 – 8:45 pm

Topic: Helping Your Child Do Well in Life: Understanding Resilience

Location: Gym or Multi-purpose Rm.

- Increased knowledge and understanding of resilience and why it is so important
- Tips on how to promote resilience

“Love, Limits, Live it” CWSA Parent Workshop Series

Date: Thursday, May 30th

Time: 6:45 – 8:45 pm

Topic: Stress & Worry – Helping Youth Cope (10- 14)

Location: Gym or Multi-purpose Rm.

- Increased knowledge and understanding of stress and worry in youth
- How the brain works when under stress and the mind & body connections
- Ways to help youth cope with stress and worry

“Love, Limits, Live it” CWSA Parent Workshop Series

Date: June 6, 2019

Time: 6:45 – 8:45 pm

Topic: Connecting with Your Preteen/Teen (13 - 14)

Location: Gym or Multi-purpose Rm.

- Normal growth & development in the teenage years
- Adolescent brain development
- Reasons why some youth use alcohol, cannabis and other drugs
- Most common drugs used by youth
- Ways to improve communication between parents/caregivers and preteens

CWSA Grade 8 Spring Café

CWSA Grade 8 Spring Café was a **huge success** raising \$1,165.25 for the Grade 8 Graduation. Thank-you to our very own **Ms. Schroeder** and all the parent volunteers! **Go Team CWSA!**



Track & Field Dates

CWSA Track & Field dates: **Thursday, May 9th, May 31st and June 11th 2019**. Please note dates vary for different schools.

Dance Night at Earl Haig

CWSA Dance Night **Thursday, May 9th, 2019**.

Gauss Math Test (revised)

CWSA Gauss Math test date is **Thursday, May 15th, 2019** at **3:30 pm – 4:45pm**. Students are asked to go to their lockers afterschool, put away their belongings and bring only a pencil, eraser and calculator to the test. Students will line up outside rooms: 304, 305, 306, 307. Students will be dismissed at 4:40 pm sharp! Parents please pick-up students at 4:45pm.

School Council - 'Celebrating Claude Watson Neighbourhood Day!

(see details in the flyer included with this newsletter that was emailed out to CWSA families)

CWSA School Council is hosting a community engagement event on Saturday May 25, 8am to 12 noon, in front of the school. This event -- to be attended by Councillor Filion, Trustee Brown and Superintendent Curtis -- will primarily be to celebrate the school in the community by showcasing student performances for our neighbours. Also, our September 2019 incoming Grade 4 students have been invited!

Ms. Song will be the head coordinator for all student performances. The Student Council will provide additional support and also student leadership on the day of the event.

Secondarily, this event is expected to attract a high turnout of neighbour residents, so the Council is taking advantage of this opportunity to fundraise via:

- 1) yard sale vendors;
- 2) food sales;
- 3) clothes/textile donation drive -- donating unwanted items will help with your spring cleaning!

We earnestly seek parent volunteers, both prior to and on the day of the event, by signing up via: <https://www.signupgenius.com/go/20f0a4faba62da7f94-claude>

For any queries, please email cwsaevent@gmail.com .

Safety – In the Loop

Traffic Alert: ALWAYS CHOOSE SAFETY OVER CONVENIENCE!

- 1) Do NOT aim to drop off your child as close as possible to the school front gates. Always decide to drop off directly beside the sidewalk to the right, regardless of the distance needed to walk. Reduce all risk for your child.
- 2) Do NOT enter from Hollywood Ave. It is a one-way lane (except for service vehicles). Reduce all risk for neighbours and students walking by that entrance.
- 3) Do NOT park (even if very briefly) by the garbage containers. The condo management has strongly raised an issue about the ongoing disregard by parents with this illegal parking.

Dental Screening

Toronto Public Health (TPH) will be providing dental screening at CWSA June 3-6.

CWSA Hours

School Entry time is 8:30 am. Please **call** 416-395-3180 before 8:25 am to report a student absence. Please note entry doors open for extra-curricular at 7:30 – 7:45 am. Doors will remain locked until 8:20 for regular entry.