



# Claude Watson School for the Arts

Weekly Update - Friday April 5, 2019

## Upcoming Events

### April 9

- Earl Haig Dance Matinee (9:30 am)
- Boys Choir TCC Trip to Calvin Church
- Co-ed Volleyball Trip

### April 10

- International Day of Pink

### April 17

- Strings Night (6:30)

### April 18

- Pizza Lunch

### April 19

- Good Friday Holiday

### April 22

- Easter Monday Holiday

### April 24

- Grade 6 Visual Arts trip to Earl Haig

### 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

- CWSA Dance Night

### May 15

- Gauss Test

### May 20

- Victoria Day Holiday

### May 25

- School Council Event 8 am - 12 pm

## Cultivating habits of wellness...



Being thankful, even when caught by the unexpected, is a powerful strategy to reduce anxiety. As adults, we know that often in life we will experience situations where we are caught off-guard. We meet that individual we haven't seen in years since that awkward encounter. We misplace something we need for a meeting and have to quickly collect our thoughts. We miss that deadline and have to pick up the pieces and respond.

All of these life moments require resilience – both cognitive and emotional strength. How do we as caring adults foster resiliency in our youth? Our own experiences are often the most authentic and powerful examples, however making time for meaningful conversation with our children must remain a priority.

This week I shared my response to an unexpected event - last Sunday's unexpected snowfall. Waking up to snow - something I've had quite a lot of this winter but thought it was over for another year. I had a choice: I could pine, huff and puff, dwell on the negative or I could choose a more deliberate response that fosters positive thoughts and feelings and strengthens that resiliency muscle that we all have. I chose the latter.

I used the experience to share an example with students on how we can respond positively to situations beyond our control by changing our perspective. Here is the story I shared:

Last Sunday, were you surprised to wake to snow? I was. I let out a groan of disappointment when I awoke and stared out the window. And then, instead of pining to hopelessly wish away the snow, I paused and took a moment to just look up in the sky and appreciate the quiet beauty of a wintery morning. The fresh snow coating every branch of the trees outside my window. The untouched path of freshly fallen snow. The serene silence as if all creation and time stood still for one small moment. I was truly present in that moment. All of a sudden, I no longer saw the unexpected snowfall as an awful intrusion. Instead, I saw it as a gift which in the next 24 hours would disappear. For the rest of the day I was filled with a sense of gratitude. The moment, which will never come again, had not passed me by because I changed my perspective, or my frame of reference.

CWSA students, looking for a fresh, enabling perspective is a rewarding practice in its own right. One of its clear benefits is that, when practiced sincerely and authentically, you will be amazed by the world of new things you'll discover or the additional truths you can uncover. Trade your sources of stress, anxiety and disappointment for the unique, the enabling, the kernel of beauty in each present moment. You'll be grateful for the new things you will discover.

What I'm try to do is to foster resilience, kindness and generosity of spirit amongst our students. Little shifts in thinking. As I modelled being thankful even in unexpected situations, I again took the opportunity to cultivate habits of wellness in our students. Later in the week I would continue to ask students to reflect on what they are thankful or grateful for this week.

My goal is to continue to work in partnership with you to help our students become their best selves. To help them to develop tools of resiliency that inevitability will be needed for a lifetime.

Have a wonderful weekend! Ms. Jones



## 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 Fillion, Trustee Brown and Superintendent Curtis -- will primarily be to celebrate the school in the community by showcasing student performances for our neighbours. Also, we are aiming to celebrate this event together with the greater CWSA community by inviting alumni and this year's accepted auditioners.

Ms. Song will be the head coordinator for all student performances. The Student Council will provide additional support -- Co-chairs Allyson and Nicole have offered to assist Ms. Song and Ms. Gage with procuring the student entertainment and providing 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; and 3) clothes/textile donation drive.

We earnestly seek parent volunteers, as follows. Please email your interest to [cwsaevent@gmail.com](mailto:cwsaevent@gmail.com), stating your name, mobile number, and what area of volunteering.

### A) Pre-event preparations:

- Advertising - in print and online media
- Solicitation of local businesses for donations (e.g., gift card, small items) to be given as raffle prizes
- General volunteers interested in marketing/community liaison/event management;

### B) Event-day assistance:

- food (hamburger/hotdog) grilling and sales (coordination to be led by parent June Leung)
- food/drinks pick-up and delivery to school
- traffic control - assisting vendors onto the school yard during 7-8am set-up; prohibiting outside traffic into the one-way lane during 8-12; assisting police cruiser and fire truck;
- set up of info booths;
- photography;
- venue decoration (balloons, etc.)
- writing and affixing signs
- clean up crew

## Tapping Toes 2019

Claude Watson students will begin the much anticipated annual Tap unit. We are very excited to welcome Ms. Vanessa Muff back to Claude Watson as our resident tap instructor this year. She has a wealth of talent and knowledge and will be bringing our students a memorable Tap experience. Please see the parent letter that went out in the newsletter email for further information.

## Health and Physical Education

All Health and Physical Education classes will be beginning their final Health unit this spring. If you have any questions, please contact the school. Thank you.

## CWSA Spring Café Order Form

All On Thursday, April 25th 2019, the Grade 8 class at CWSA will be hosting a lunch hour café to raise funds for their upcoming Graduation celebration. During the CWSA Spring Café students in Grades 4-8 will have the opportunity to purchase a healthy and wholesome lunch from the international food buffet provided by our Grade 8 students and their families. The food buffet will feature a number of different protein options, as well as hot and cold sides. Students will have the option of purchasing a combo meal for \$5 which will include any 3 food items, or they can buy any 1 item for \$2 per portion. The café will also be selling desserts and beverages at various price points. (\$0.50 - \$1.00/each) Students can purchase dessert/drink tickets for \$0.50 each and can put them towards the purchase of dessert or drink items. In order to ensure that we have enough food for all students, we are asking that families pre-order their child's meal. Please see the Pre-order form that was emailed out this week with the newsletter.

## TDSB Summer Music Camps

TDSB has released its [2019 summer music camp brochure](#) for summer opportunities in the city. For an alternate experiences please apply.

## CWSA Summer Music Academy

CWSA is offering a variety of music & literacy programs July 2- 26 from 9am – 12 pm. Please follow the link to our web site to gain valuable information and to apply.

<https://www.claudewatson.org/CWSA-Program/Summer-School-2019>

## Earl Haig Dance Matinee

On **Tuesday, April 9th** CWSA students will take a walking field trip to experience Earl Haig's annual Dance Matinee! **Students should be dressed in their uniforms** (shirt and pants/skirt). Students are encouraged to **wear running shoes** as we will be walking to Earl Haig.



## Boys Choir Trip to Toronto Children's Chorus

CWSA Boys Choir – 100 strong will travel to Calvin Presbyterian Church to take place in a Choir Festival on **Tuesday, April 9th**. Students should be dressed in performance uniform.

## Strings Night (revision)

CWSA Strings Night is **Wednesday, April 17<sup>th</sup>, 2019** at 6:30 pm in the Gym.

## Dance Night

Please mark your calendars CWSA Dance Night has been moved to **Thursday, May 9<sup>th</sup>, 2019** stay tuned for details.

## Dental Screening

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

## CWSA Hours

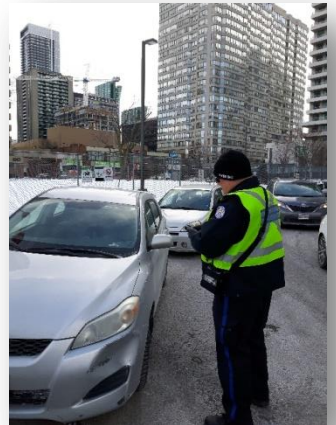
School Entry time is 8:30 am. Please **call** 416-395-3180 before 8:25 am to report a student absence. Please note entry doors open for extra-curricular at 7:30 – 7:45 am. Doors will remain locked until 8:20 for regular entry.

## Traffic 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 our children.
- 2) Do NOT enter from Hollywood Avenue. This is a one-way lane (except for service vehicles). Reduce all risk for neighbours and students walking by that entrance.

*Left: Toronto Police Service visited the school in the afternoon to assess the traffic situation.*



## Lunch Lady Wacky Pasta

Please see the attached special menu from the [Lunch Lady](#) .

## Pizza Lunch Volunteers – April 18

School Council calling for volunteers on the Pizza Lunch sub-committee! Please email co-chair Jay Kang [Jay.Kang@tdsb.on.ca](mailto:Jay.Kang@tdsb.on.ca). A member of the Pizza Lunch sub-committee will contact you with details on how to get involved.

## CWSA Volunteers Breakfast

To show our appreciation for the value all CWSA volunteers bring to the student experience, School Council (SAC) invites you to have breakfast with us on **Tuesday, April 16**. If you're able to, please join us at **8 am** in the staff room.