



Claude Watson School for the Arts

Weekly Update - Friday May 3, 2019

Upcoming Events

May 6

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

May 7 - 10

- Gr. 8 Montreal Trip

May 9

- Track & Field

May 15

- Gauss Test
- New Student Info Night 6 – 7 pm
- Solobrations 7-9 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 (revised date)

- CWSA Dance Night at Earl Haig

June 11

- Track & Field

Kindness...

"the quality of being friendly, generous, and considerate."
<https://bit.ly/2GVxkni>

This week I again encouraged our students to practice kindness. I asked them to reflect on what is it to be kind? What kindness feels like? Sounds like? Looks like? How can we be kind to those around us? By mid-week I could hear teachers and students having conversations about behaviour and action as it related to kindness. In speaking to students who visited my office some were able to reflect on their behaviour and begin to take responsibility for their actions that were unkind or problematic. This is a good step. I hope when CWSA students are home you would also continue to have learning conversations with them in the area of kindness and take the opportunity to support them and help them to find ways to exhibit kindness. Examples I shared at school were: resisting the urge to create drama; trying to influence their peer groups to be more inclusive and thoughtful of others; and treating people the way they would like to be treated. One more specific example I gave was simply using polite language and respecting everyone's right to feel comfortable in a shared space. Sometimes students think swearing is an 'adult' characteristic. Some may even think it 'cool' to swear. This habit is something we do not want to cultivate at CWSA as this behaviour can be used to be mean, or exclude and hurt others. We are a school that stretches from Grade 4 to 8 - it's not nice for our young, impressionable Grade 4s to be exposed to profane and inappropriate language. Nor for them to mistakenly aspire to use this language thinking it's 'cool'. (<https://bit.ly/2vFiUme>)



Vikram Patel, Harvard Medical School Professor and winner of the prestigious Canada Gairdner Award (<https://bit.ly/2mGYJQh>) is working to address Mental Health and Well-Being on a global scale. Patel encourages each one of us to "Dare to Care." Patel was honored for his research in task-shifting aimed to train ordinary people to engage in mental health work in their local communities. His global research measured how task-shifting could be used to provide:

- Psycho-social interventions for depression and anxiety
- Interpersonal psychotherapy for anxiety and depression
- Cognitive behaviour therapy for anxiety and depression

According to Patel's research local intervention can promote mental health and well-being, combatting anxiety and depression which challenges one of the leading causes of death globally for young people. (<https://bit.ly/2VdeGRU>). Again Patel challenges each one of us to act locally by daring to care {a pillar of kindness}.

Ask your child if they chose kindness this week? If they did praise them! Encourage your children to be intentional in their pursuits of a more kind and generous manner - resisting the behaviour you (and they) identify needs changing and continuing the kind actions they (with you) have identified will ultimately make them a better version of themselves. Remind them we are all beings in process - meaning we are not perfect but we are striving to move forward each day. Every day is a fresh start. An opportunity to put kindness in this world - to send out good vibrations!

Thank-you for working with me to challenge and support CWSA students as they purpose in their hearts and minds to be kind through their words, actions and deeds. We are all connected - let's be connected through kindness! On this cloudy weekend put some sun into the mix... be kind. Ms. Jones

Specialty Learning Day

Monday, will be a very special day here at CWSA. Our school will be having our Specialty Learning Day. This means there will be a complete change in the schedule for all of our students here at school.

- All extra – curricular activities are cancelled
- Students in Grades 6, 7 and 8 will be at home for the day
- Students in Grades 4 and 5 are going on a field trip to the Zoo:
 - 4.1 will be supervised by Ms. Gage
 - 4.2 will be supervised by Ms. Teja
 - 5.1 will be supervised by Ms. Kotwal
 - 5.2 will be supervised by Mr. Plener
- CWSA Staff who are not on the field trip will be holding our final day of auditions
- For parents of students in Grades 4 and 5 please do not drop your children off at CWSA before 8:20am

After the Class will run from the Library on Monday May 7, 2018

Track & Field Dates

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

Track and Field: Thursday, May 9

Students participating on this year's Track and Field Team are reminded that the first meet takes place at Esther Shiner Stadium on **Thursday, May 9**. Students must wear their CWSA gym uniform and proper running shoes and be ready to spend the whole day outdoors, rain or shine. Please bring a hat, sunscreen, umbrella and a jacket. Please also bring a lunch, snacks and water bottle. Please leave valuables at home. We will be taking the TTC to the meet. It is expected that students go to and from the meet with the school.

A list of Departure Times is attached and posted on the Track Bulletin Board.

☺ **Good Luck to the CWSA Phoenix Track Team!** ☺ See schedule on last page of the newsletter.

Dance Night at Earl Haig (rescheduled)

CWSA Dance Night! Please join us at our annual Dance Night held **Thursday, June 6th, 2019** at Earl Haig Secondary School.

Gauss Math Test

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.

Volunteer & Staff Appreciation Lunch

School Council will be providing a potluck Volunteer appreciation Luncheon on Tuesday, M15th, 2019 from 11:30 – 1:15pm in the staff room. Come and bring an item to share. If you have any questions or comments, please contact Pavel Gouchtchine: gpawel@gmail.com, 647-272-5690. See the Flyer at the end of the newsletter.

School Council - 'Celebrating Claude Watson Neighbourhood Day!' [CW neighbourhood day yard sale.pdf](#) (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. We have invited our CWSA alumni to join us. 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, led by Ms. Gage, 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 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.

“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

Helping Your Child Do Well in Life: Understanding Resilience (ages 10-14) [Understanding Resilience Flyer 2019.pdf](#)

“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) [Stress Worry Flyer 2019.pdf](#)

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: Rescheduled to date to be determined

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

2019 TDESAA NORTH TRACK AND FIELD 4-8 MEET ESTHER SHINER STADIUM

TIME	TRACK EVENT	NOTES	FIELD EVENTS					
			TIME	long jump	triple jump	shot put	standing jump	safety javelin
8:30 AM	4-8 B+G 1500m finals	staggered start	9:30 AM	4G	5G	6G	4G	
9:10 AM	4-6 B+G 60mH timed finals		10:05 AM	5G	6G	7G	5G	
9:35 AM	7-8 B+G 80mH timed finals		10:40 AM	6G	7G	8G	6G	
9:55 AM	4-8 BOYS 400m timed finals		11:15 AM	7G	8G	4G		8G
10:25 AM	4-8 BOYS 80-100m heats		11:50 AM	8G	4G	5G		7G
10:55 AM	4-8 BOYS 80-100m finals							
11:10 AM	4-8 BOYS 800m finals							
11:35 AM	4-8 BOYS 200m timed finals		12:45 PM	4B	5B	6B		7B
12:00 PM	4-8 B+G 4X100m timed finals		1:20 PM	5B	6B	7B		8B
1:20 PM	5/6 COED 4X100m timed finals		1:55 PM	6B	7B	8B	6B	
1:35 PM	4-8 GIRLS 400m timed finals		2:30 PM	7B	8B	4B	5B	
2:05 PM	4-8 GIRLS 80-100m heats		3:05 PM	8B	4B	5B	4B	
2:35 PM	4-8 GIRLS 80-100m finals							
2:45 PM	4-8 GIRLS 800m finals							
3:15 PM	4-8 GIRLS 200m timed finals							
3:35 PM	OPEN 7-8 B+G 4x400m relays							

RACES MAY GO AHEAD OF SCHEDULE BY UP TO 30 MINS - PLEASE BE EARLY FOR ALL TRACK EVENT



A VERY WARM INVITATION

TO ALL CWSA STAFF MEMBERS & VOLUNTEERS!

Staff Appreciation & Volunteer Appreciation Luncheon

- **DATE: Tuesday, May 14nd, 2019**
- **TIME: 11:30 am to 1:15 p.m.**
- **PLACE: CWSA Staff Room**

The wonderful work of our Staff & Volunteers is essential to the learning and development of our students. We celebrate your efforts and contributions at this event. Please come!

All CWSA staff and families are invited to contribute any **nut-free**: main dishes, appetizers, finger foods, snacks, desserts or beverages. Ethnic foods to show our multi-cultural heritage are most welcome. If you are unable to contribute a food item, you may participate through a financial donation.

Important considerations:

1. Please bring ready-to-serve food items including serving utensils.
2. For your convenience, please label your dishware and utensils for easy identification during pick-up at the end of the day in front of the school office.
3. Please drop your food contribution in the staff room any time before 11:00 a.m.

We need help with set-up and clean up.

If you have any questions or comments, please contact Pavel Gouchtchine:
gpawel@gmail.com, 647-272-5690.

With thanks from your School Council!