

Parent Engagement



You are your child's first teacher

With your support, your child will grow up to become an excellent reader with strong writing skills – and what a difference that will make when he or she enters college, university or the workforce one day! You don't need a lot of special skills to help your child learn to read and write. Just spending time with your child doing everyday activities makes all the difference in the world. Whether your child is just starting out or can already read and write, there is always room for more learning. As your child grows older, he or she will enjoy new opportunities and new successes because a first teacher – you – took the time at home to actively talk, play, and

listen. All this helps reinforce what your child learns at school. Below you will find a link to a document titled *Reading and Writing with Your Child Kindergarten to Grade 6: A Parent Guide*. This document was created as a guide to help you support your child. All tips are based on Ontario's curriculum and are connected with what your child is learning in school. Remember, lifelong success starts with strong reading and writing skills. And that means your child's lifelong success starts with you. Have fun learning together!

Sources: <http://www.edu.gov.on.ca/eng/literacynumeracy/parentGuideLit2012.pdf>

Mental Health Minute

Stress Response: What is it?

Stress is not new. Thousands of years ago, humans were hunter-gathers. Stress was a trigger for adrenalin; it made people faster, stronger, more alert. We're not hunting or running away from predators much today, but the stress response system, or the "fight or flight response", still kicks in when we're rushing to get to work, meeting deadlines, or taking the heat for a mistake. If daily life is filled with

those stress triggers, it can harm your health – and create tension in the family.

When parents can stop, take a breath and re-think a stressor or problem, kids will also learn to stop and think and become creative problem-solvers rather than meet a problem with a "tiger fighting" response. For stress reducing tips for kids go to: morethanmedication.ca

Digital Citizenship

Respecting Copyright

Students are always eager to enhance their school projects with images, videos, and music they find on the Internet, however, most online content is protected by copyright. Copyright or "the right to copy" gives authors or creators the exclusive right to protect their work. Unfortunately this prevents students from using artists' work in their school projects without seeking the appropriate copyright permissions.

Students can avoid using copyright material by creating their own music, photos, and artwork. Each student has access to a digital camera, camcorder, and music creation software at their school.

Students can also find copyright free material at creativecommons.org. Creative Commons is a non-profit organization that enables the sharing of material through free, easy-to-use copyright licenses.