



École Trafalgar Elementary School
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Newsletter #10

Friday, February 1, 2019

Dear Parents and Guardians,
GLOBAL SCHOOL PLAY DAY 2019 – A Priority on Unstructured Play



Many classes at Trafalgar are going to take part of the day on February 6th to participate in unstructured play, we will be joining the Global School Play Day. Our objective is to start a conversation in our school community about how kids spend their free time. Please watch the following TED talk to learn more about the research behind this initiative.

Psychology professor, Peter Gray's TED talk "The Decline of Play" outlines the impact of loss of play on our kids. <https://ed.ted.com/on/bt6AeE9S> In the talk, Gray details how over the decades, we have gradually taken more and more play away from kids and replaced it with structured activities, academic work, and digital experiences to the point where they hardly ever "play" at all. As this trend has continued, we've seen a rise in childhood anxiety, childhood suicide, and a growing number of kids who simply don't know how to play.

And as our school counsellor, Dr. Garzitto says, "unstructured play is how our brain learns social emotional regulation."

Three California educators—Eric Saibel, Scott Bedley, and Tim Bedley— along with a group of other educators launched Global School Play Day in 2015. Now in its fifth year, Global School Play Day has spread across the world. One day out of the year isn't nearly enough, we are hoping that the day will inspire families to build more time for unstructured play into every day.

WHAT IS GLOBAL SCHOOL PLAY DAY? <https://www.globalschoolplayday.com/>

Following the Global School Play Day, staff will share their observations and discuss next steps.

We welcome feedback on this day.

Sincerely,
Jacquie Lavoie
Principal

Santa Sale Profits

Thank you to everyone who supported our Santa Sale back in December. We are pleased to share that the profit was \$1050. The students in Mr. Kabele's Grade 7 class, who worked hard that day with parents to run the sale, have decided to split the profits and send half to Covenant House and half to the YMCA's Let's End Poverty charities. Thank you again for a successful event!



There off to Quebec

On Wednesday, February 6th, 34 of our Grade 7 French Immersion students, along with Mme Louise, Mme Nadine, Mme Michele and M. O will depart for Québec City, to participate in a cultural exchange with École L'Aubier. Students have been twinned with a student of the school and have been communicating with their twin since December. They will be billeted with their twin's family for the duration of their stay in Quebec.



The students and staff will be in Quebec for one week, and will have the opportunity to visit, with their twin, many historical sites, cultural events, participate in the winter Carnival, and visit the school.

This trip would not be possible without the support of the parents, who fundraised, as well as support from the staff. We thank them for providing the students with this once in a lifetime opportunity. We were also very fortunate to receive a federal grant from Experience Canada. This federal agency covers the cost of the flights.

In May, our students will be hosting their billets and sharing with them our beautiful city. Students are very excited to meet their twin and we know this is an experience that students will treasure forever.

French Immersion Kindergarten

A reminder that families with siblings, who are interested in the French Immersion Kindergarten program, must register for this choice program on-line by February 4, 2019.

Spring Festival

Trafalgar School is celebrating Lunar New Year on February 8th, starting with an assembly

at 11:00 am. We will begin the assembly with a Lion Dance, followed by many presentations, including a play with six staff members participating. Join us if you can!

In the afternoon, all classes will attend a short Artistic Sugar Candy making presentation and partake in traditional calligraphy and paper making activities.



A big thank you to Lily Jiang, Christiana Luo and Annie Li for championing this event, and a very special thank you to Christiana, Luaren, Jessie, Rachael, Helen, Cindy, Ava, Ada, Emma, Snow, Nora and Qiu for their contributions, which will make it possible for all of our students to enjoy the Spring Festival event. We truly appreciate your generosity!

Pink Day Shirts

February 27th is Anti-bullying Pink Shirt Day, and once again Trafalgar will be participating in activities around this important topic. Student Council will be hosting Trafalgar Circles that. On that day, Student Council invites all students, staff and parents to dress in pink in honour of Anti-bullying.

Need a pink shirt? We can help! Place your order for a pink shirt- only \$10.00. See order form attached. This year, shirts are available with a French slogan. The shirts will arrive on time for Pink Day.



Mural Project Community Paint Night - March 5



The students have completed the collage stage of our school mural project based on their vision of a UNESCO-themed utopian landscape. Next step, Paintillio will photograph the original mural and digitally print it into a paint by



number mural, which will be 35 ft. long, covering the wall by the main entrance. After the students have started painting it in February, we will be hosting a community paint night for teachers, parents and caregivers to help us finish painting it. Save the date of **Tuesday, March 5 from 3-7 PM** and join us for some snacks and painting fun with your kids. On March 7, there will be a mural unveiling ceremony with a slideshow and a performance of our new school song, "Trafalgar HOWL," written by our students in collaboration with musician [Will Stroet from Will's Jams](#). More information will be included in the next newsletter.

Who is Paintillio?

[Paintillio](#) is a local small business that creates custom paint-by-number canvases + murals featuring your favourite photos. They create community activations + art kits for parties, festivals, weddings + team building events.

Their mission? To gather people together to celebrate, create, and collaborate - and to make art—and the sense of connection it inspires—accessible by and inclusive for any and every body. Visit www.paintillio.com for more information.



Feelings Corner by Dr. Garzitto- school counsellor Stop Using the Word Bully

A seven year old boy is playing on the monkey bars. He has a hard time managing his excitement and as he progresses through the monkey bars, his body becomes more and more uncoordinated and unpredictable. Other children around him begin to feel unsafe and they move away and try to get him to slow down or stop. But it is too late and his knee strikes another child in the face causing a significant injury.

An eight year old girl consistently pushes other girls from the back or pulls on their hair whenever she feels like she is not getting her way or when she feels others are excluding her in their play.

A 12 year old girl puts a note in one of her classmate's backpack. In it she calls her classmate "fat and ugly" and says "we only hang out with you because we feel sorry for you."



In all three of these cases, parents responded by reporting these incidents to teachers or administration and calling it bullying. Are any of these three incidents examples of bullying? No, technically they are not.

Does it matter that we use the word bullying to describe unregulated, mean or unkind behavior? In my view, absolutely, and here is why.

An act of bullying requires two things; one, an imbalance of power. The person doing the bullying needs to have more power than the person who is being bullied.

The second requirement is that the behavior has to be repeated.

A grade 7 boy asking for lunch money from a grade 3 boy, repeatedly is an act of bullying. A grade 7 boy asking for lunch money from a grade 3 boy once is not.

A grade 5 girl who repeatedly socially excludes the one vulnerable girl who does not have the cognitive or social emotional skills to stand up for herself is a bully. A grade 5 girl who socially excludes her peer is not.

Peer to peer teasing, unkindness, disregulation, rough play or name calling is not okay. Both the 'victim' and the 'perpetrator' need help in managing their feelings, standing up for themselves, creating boundaries, and repairing harm. They need a hand. Not just from the teacher, the counselor and the administrator but from the parents, the siblings, the school community, support workers and playground supervisors. Unkind behavior or disregulated behavior provides a learning opportunity.

The big problem I have when we use the word bully is that we immediately position two children – one as the bully and the other as the victim. The bully must be stopped and the victim must be protected. In most cases, it is not so simple. There is rarely a case of a pure bully and a pure victim and there is often a back story of hurt feelings, previous exclusion or misread social cues. It's complicated. Even for six year olds.

In the majority of cases that we call "bullying" what we must do is help everyone get practice at naming and regulating their feelings, taking responsibility for their actions and repairing harm. We as adults need to give the message that we will help empower children to stand up to unkind behavior and that we will help them practice this at every turn.

When your children come home and tell you that someone has been "mean" or "bullied" them, take a breath and pause. Avoid the word "bully" and get specific about what is really going on. Once the exact behavior has been named, help the child practice strategies that would help them push back or problem solve. Find out how your child is feeling and work towards supporting your child with strategies to take care of herself. A great book to help you do this is, "Blue Cheese Breath and Stinky Feet" by Catherine Depino. <https://www.amazon.ca/Blue-Cheese-Breath-Stinky-Feet/dp/1591471125>

Valentine's Bake Sale

Need a little sweetness in your life? Well we've got the thing for you!

The grade 4 French immersion students will be having a bake sale on Wednesday, February 13th at 3pm.

All proceeds will go to help send the students to Camp Jubilee.

There will be ready to eat items, as well as packaged goodies and gifts for your valentine.

The bake sale will be set up in front of the school.



Cash for Clothes Fundraiser

GRADE 7 QUEBEC TRIP FUNDRAISER

Developmental Disabilities Clothing Drive

Thursday, February 14th – Friday, February 22nd

This is an easy and simple way for us to raise money for the Grade 7 Quebec Exchange. The Developmental Disabilities Trust offers us the opportunity to raise funds by collecting used clothing, purses, sewing materials, towels, bedspreads, shoes. They will also include toys, games, knick knacks, and small household items, **to a maximum of 20%**.



WE WILL RECEIVE

**\$2.00 per bag for 75-150 full bags and
\$3.00 per bag if we exceed that number!**

**** The definition of a "bag" is any large (approx 36" X 26") black or green garbage bag.**

We would like to challenge each students household to drop off at least one bag each!

We invite everyone to participate in the clothing drive. Trafalgar families, your friends, neighbours and relatives, as well as the entire community.

Please spread the word!

Keep in mind while you are cleaning out your closet, that you'll not only be supporting the school, but also helping people with developmental disabilities and the environment, and most importantly highlighting for the students of Trafalgar Elementary the importance of these causes.

DROP OFF DATES

Thursday, February 14th – Friday, February 22nd

***** No bags accepted after 9am on February 22nd *****

Location is: Trafalgar School Lobby along the wall

Thanks for your Support!

Direct Questions to: galiphtiras@gmail.com

IMPORTANT DATES

February 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28	29	30	31	1	2
3	4	5	6 DAY OF PLAY	7	8 Spring Festival Assembly 11 AM	9
10	11 Chinese PAC Meeting at 9 AM in the activity room	12 PAC meeting 7 PM	13	14 Valentine's Day CSL reports go home	15 DISTRICT WIDE NON_INSTRUCTIONAL Curriculum Implementation Day	16
17	18  family day	19	20	21	22	23
24	25	26	27 Pink Day	28	1	2