



OTTAWA-CARLETON
DISTRICT SCHOOL BOARD

Ottawa-Carleton District School Board Trillium Elementary School

1515 Varennes Blvd, Orleans, Ontario K4A 3S1

(613) 841-7393 (613) 841-7392



Principal: Brenda Spearman
Vice-Principal: Aaron Hawley
Office Administrator: Ruth Gabie

March 2018
www.trilliumes.ocdsb.ca
@TrilliumES

Office Assistant: Elizabeth Brooks
Superintendent: Mary Jane Farrish
Trustee: Keith Penny

PRINCIPAL'S MESSAGE

March is upon us and the days are longer and a bit warmer and of course we are facing very unpredictable weather. It is a good idea to send extra socks and extra mittens/gloves as everything seems to be so wet this time of year.

Thank you to the School Council, volunteers, staff, students, and parents for the fun and fabulous Valentine Family Dinner and Dance. I also wish to thank all the students and families for your very generous donations to the baskets and the purchase of the tickets for the basket raffle. This year we raised over \$3,000 due to your generous contributions. Thank you Trillium families! The evening was a tremendous success!

A huge thank you for the support for Toonie Tuesday held on February 27th! We collected \$436.00, which will go directly to students in need in our school district.

VICE-PRINCIPAL'S MESSAGE

Friday, March 2nd is Mindfulness Day at Trillium ES. Students from Kindergarten to Grade 8 will be participating in a series of interactive workshops led by Trillium ES teachers. In groups, they will be learning about mindful relaxation, mindful smelling, mindful movement, mindful listening, and mindful observing. Students will end the day sharing their experiences in community circles with their homeroom teachers.

The OCDSB Community of Character Wheel focus for the month of March is **Perseverance**. Our OCDSB Character Wheel offers the following message on perseverance: *I will work hard and not give up. I will finish what I begin and not give up. I will care enough and not give up.* This message is shared during morning announcements and discussed and celebrated in classrooms. We encourage you to engage your children in a discussion on perseverance.



ARE YOU MOVING?

We are beginning to make plans for the 2018-2019 school year. If you know that your child(ren) will not be attending Trillium Elementary School next September, please send a written note to the office as soon as possible. Thank you!

IMPORTANT DATES:

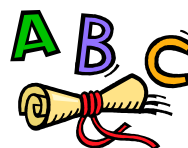
March 2: Mindfulness Day (workshops for students)
March 11: Daylight Savings
March 12-16: March Break (school is closed)
March 30: Easter Friday (school is closed)
April 2: Easter Monday (school is closed)
April 17: Grade 8 Graduation Photos
April 25: Spring Concert

NEW! SCHOOL CASH ONLINE

School Cash Online – Now Available at Trillium ES!

The OCDSB has started rolling out [School Cash Online](https://ocdsb.schoolcashionline.com), an easy to use, safe and convenient way for parents/guardians to pay for their children's school fees, including yearbooks and class trips. Want to say goodbye to writing cheques or sending your child with cash? Sign up today, it takes less than 5 minutes to register.

<https://ocdsb.schoolcashionline.com>



KINDERGARTEN INFORMATION:

Registration is on-going.

Kindergarten registration for Junior and Senior Kindergarten students who will be beginning at Trillium in September of 2018 is ongoing. Please register your child as soon as possible to ensure a smooth start in September.



At the time of registration please bring the following:

- ✓ Proof of age (birth/baptismal certificate, registration of birth, passport)
- ✓ Proof of residence (current utility bill)
- ✓ Your child's Ontario Health Card

SPRING CONCERT AND ART SHOW

Mark your calendars! Our spring concert and art show will be held on Wednesday, April 25th. As usual, the band and choirs will perform. Stay tuned to find out if your child's class will be performing!

THE TRILLIUM ELEMENTARY SCHOOL COUNCIL (TESC) SECTION:



Little Caesars Pizza Fundraiser Delivery Reminder!

Pizza, bread and cookie kits will be delivered **March 21st**. Your order will be available for pick up from **3:00-5:30** at the school main entrance.

Thank you for helping to raise money for Trillium's Robotics Club.



Valentine's Dinner, Dance & Basket Raffle

THANK YOU to everyone who contributed to the gift basket fundraiser and came to the Valentine's dinner and dance. It was a fantastic evening – the place was rockin' and we **raised over \$3,000** for the kindergarten play structure, scientists in the school program, and the Grade 8 school leaving ceremony.



The Trillium Hot Lunch program is available Monday's (rotation of pita and subs) and Tuesday's (pizza) every week.

To sign-up, go to www.tesc.hotlunches.net. Click on the "register" tab and enter access code **TESHL**.



The Lunch Lady delivers every Thursday. To view menus and place an order please visit www.lunchlady.ca.



REMINDER:

Anytime you visit Boston Pizza Orleans, TESC can accumulate a percentage of all sales. Just write **Trillium Elementary** on the back of your receipt and place it in the box at the hostess desk.

QSP Fundraiser



QSP will accept orders for magazine subscriptions through-out the year. If you have a renewal coming due or are looking to begin a new subscription, please visit www.QSP.ca to shop an extended list of magazines.

Visit www.QSP.ca

1. Select "Parents & Students" and register your child
2. Our school code is 3727724 and begin shopping

Labels for the Stuff Kids Lose!

Mabel's Labels are dishwasher, microwave and laundry safe personalized labels.



Visit www.campaigns.mabelslabels.com and search for **Trillium Elementary School** under the School/Organization drop down to place your order.

Upcoming Events

The following is a list of upcoming TESC events. Further details will be shared with you closer to each event.



If you are interested in helping to support any of these events, please send an email to chair@tesc.ca.

Spring Book Fair (April 23-26)
Family Movie Night (May 11)
Dance-A-Thon (May 11)

TESC School Council Meetings



School Council Meetings are held monthly in the school library from 7:00-9:00. Below are the TESC meeting dates for this school year. You are invited and welcome to attend at any time!

March 8, 2018
April 12, 2018
May 10, 2018
June 14, 2018

Should you have any questions, please feel free to send an email to chair@tesc.ca



**GLOBAL CHILD
CARE SERVICES**
www.gccs.ca

EXTENDED DAY PROGRAM TRILLIUM ELEMENTARY SCHOOL

At Trillium Elementary School, the Extended Day Program is delivered via a partnership with **Global Child Care Services**. Global's Trillium School Age Program offers before and after school care to kindergarten (JK/SK) and school age children (gr. 1-6).

Hours of Operation: 7:05 a.m. to 5:55 p.m.

For more information about Global's Trillium School Age Program, contact:
Krista Johnson at (613) 841-5497

COMMUNITY NEWS

From time to time, the school is asked to distribute information about activities in the community that may be of interest to some parents/students. This information is provided

for your consideration only and should not be viewed as an endorsement by the school or its' staff of any particular organization or activity.

MARCH BREAK:

Menard Safety Courses

BABYSITTING COURSES AGE 10-16

- MARCH BREAK – Thursday March 15th 2018- English or
- Saturday May 12th 2018- English or
- Saturday May 26th 2018- French

Orleans Library, 1705 Orléans Blvd. from 10am to 4pm
– \$60 includes an information package and a certificate.

Babysitting siblings, becoming a mother's helper, interviews, responsibilities, playtime, mealtime, emergency situations, keeping children safe, infant/child CPR, choking & more.

Register online: www.menardsafetycourses.com
or for more information call Elaine Ménard at 613-443-2027

Babysitters Training

We are excited to be offering more **Canadian Red Cross** Babysitting Courses in your area over the next few months.

Feb 16 PA Day Gloucester
Mar 14 March Break Orléans
Mar 16 March Break Gloucester

Use promo code HHFIRSTAIID to save 10%.

Helping Hands First Aid Training

[613-323-0469](tel:613-323-0469)
info@helpinghandsfirstaid.ca
www.helpinghandsfirstaid.ca

FREE WORKSHOPS

EarlyON Child and Family Centre
Spring 2018
240 Centrum Blvd. Unit 105, Orléans

*Registration is required for all workshops: 613-830-4357

*Three Year Olds Don't Think Like We Do

(for adults of children 2 to 4 years)
Even if three year olds may be able to talk in sentences, that doesn't mean we can expect them to have adult reasoning capabilities, emotional control and social skills. This workshop will help you understand your child's development so that you'll be better able to choose discipline tools that work.

Saturday March 24, 9:00-11:00am, facilitator: Betsy Mann, Certified Canadian Family Educator

***FOR DADS ONLY* Helping Children Behave Well**
(for fathers of children 6 years and younger)

Real discipline means teaching *good* behaviour, not just punishing bad behaviour. The way we organize the routine and the environment have a big influence. So do our words of encouragement. This workshop will give you some tools to help children act in acceptable ways.

Wednesday April 4, 7:00-9:00 pm, facilitator: Betsy Mann, Certified Canadian Family Educator

***CHILD CARE OFFERED DURING THIS WORKSHOP!**

(for adults of children 6 years and younger)

Emotion Coaching - A Model For The Prevention Of Mental Health Issues In Children

Parents have a tremendous opportunity to influence their children's emotional development. Specifically, parents can "coach" their child to become aware of their emotions and associated needs, as well as to regulate their upset feelings more easily. This workshop will cover a brief introduction to emotion and emotional development, the problem with emotional avoidance, and the 5-step model of emotion coaching. Workshop participants will also be provided with specific skills in order to manage the expression of different emotions in children, including extreme emotional experiences.

Wednesday May 16, 9:00-11:00 am, facilitator: Stacey Kosmerly, ADHD & Development Lab, University of Ottawa

*** Growing up with more than one language**

(for adults of children 6 years and younger)

Talk to your child in your first language. In this interactive workshop, parents learn about the importance of first language use and how to promote bilingualism. Topics include: mother-tongue language, second language learning, ways to promote learning both languages, speech and language milestones for children birth to 5 years and information on how to access free First Words services.

Wednesday May 23, 7:00-8:30 pm, facilitator: Roxanne Bélanger
www.firstwords.ca

Sleep Workshop (for adults of infants and toddlers)

Are you an exhausted parent that has tried everything and cannot get your baby to sleep? Are you confused by the contradictory recommendations? Do you want to find a solution that is not crying it out? Join Erin to discuss creating safe sleep spaces, healthy and realistic expectations around infant and toddler sleep patterns. Early brain development is dependent on responding to

our children's emotional needs. Leave feeling confident in your choice to parent your baby and young child to sleep and explore your community support system.

Wednesday May 23, 1:30-3:00 pm, facilitator: Erin Shaheen, Registered Social Service Worker

For more information about our programs and services, please visit our website: www.crcoc.ca



Kids and Mental Health

One in five children in Ontario has a mental health problem. Changes to your child's mental health may not be obvious.

Warning signs to look for:

- Mood swings and changes in eating habits.
- Headaches and sore stomach.
- Low energy and not sleeping well.
- Missing school and/or having trouble at school.
- Spending less time with friends and family.
- Wanting to be left alone.
- Feelings of anger and rage.

Remember:

- Listen to your child and trust your judgment.
- You are the best person to notice changes.
- Talk to your child's teacher, he or she may have seen some changes too.
- It's okay to ask for help and talk to your family doctor.

For more information on kids and mental health please visit www.kidsmentalhealth.ca, www.cheo.on.ca/en/cheomentalhealth, or Ottawa Public Health at 613 580-6744, www.ottawa.ca/health.

For updates, visit our website:
www.trilliumes.ocdsb.ca
or join us on Twitter: @TrilliumES