



Claude Watson School for the Arts

Weekly Update - Friday April 12, 2019

Upcoming Events

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 25

- Yearbook Covers Due

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 at Earl Haig

May 15

- Gauss Test
- New Student Info Night 6 – 7 pm

May 20

- Victoria Day Holiday

May 25

- School Council Event 8 am - 12 pm

May 27 – 29

- EQAO

Communicating and responding to I-messages...



Communicating how we feel in a respectful manner is a skill that we all benefit from. Even in the best of times – things happen, oversights, errors, accidents – things can go wrong. Under pressure we can all potentially speak or behave impolitely with each other as we interpret and misinterpret each other's behavior; extending understanding and grace to each other and being willing to reflect and engage in conversations to clarify situations goes a long way to setting things right.

- “They said something to me and it hurt my feelings...”
- “I lost my cool and said something I shouldn't have...”
- “I was being silly and I guess I went too far...”
- “They accidentally pushed me and I got hurt...”

There are so many instances where it is necessary to communicate how we felt in a particular circumstance. In fact, many of the squabbles between students and peers, and individuals in society are steeped in communication and miscommunication.

This week we have been talking about “I messages”. Often in school we have to revisit models multiple times till it moves from a students' procedural understanding to conceptual understanding. Similarly, “I messages” are a model of communication that we have to teach and revisit until it becomes a natural part of the communication pattern of our students. During these five years at middle school is a perfect time because students are at an age where they are ready and open to learn. Communication is important even in difficult situations. Take the following hypothetical accident on the school yard. We have a small yard at CWSA; students are playing soccer here and basketball there, skipping in that area and sitting over in another. Everyone is happy and then it happens... Morry is running and they're not looking and 'bop' they 'bump' into Jacob, who 'bumps' into Divya who skids into Chantelle who falls on the ground and scrapes her wrist. A conversation could solve this problem:

- Chantelle:** Divya, when, you skid into me I fell and my wrists got scraped. I feel angry cause it hurts.
- Divya:** I'm sorry, Chantelle. I wasn't trying to be mean. It was an accident Jacob bumped into me and then I skid into you. I'm sorry you got hurt.
- Jacob:** Wow, Divya. I guess it was my fault because I bumped you. I'm so sorry.
- Divya:** Don't worry Jacob, I heard you got bumped by Morry so it was an accident, but thanks for saying sorry - it lets me know you really didn't intend for that action to cause me harm.
- Morry:** I'm feeling so bad. I'm not a bully. I was just so focused on the game and getting the ball I didn't watch where I was going. It's all my fault.
- Divya:** Morry. You're not a bully. It was an accident why don't you say something to Chantelle, it will make her understand and it could help clear this whole mess up.
- Morry:** Chantelle, I'm sorry. I took things too far while playing and you ended up getting hurt.
- Chantelle:** That's okay Morry. I feel better – I was just startled, it's only a scrape.

In a school with 300 students, each day there are examples of communication mishaps that can potentially lead to unnecessary anxiety, unplanned hurt, or accidents in the classroom and/or on the school yard. This is natural and as students mature helping them develop the communication skills to share how they feel in certain circumstances is important. It is equally important that we also help students learn how to listen and accept when their actions or words might have unintentionally been misinterpreted. Often our students feel guilt when confronted with I messages – this is okay – we can feel guilty when our action or words have hurt even if it was unintentional. The guilt signals that we need to correct something about our interaction. What we do not want, are our children to feel a sense of shame. This is because shame is a negative emotion that children associate with self. We all make mistakes – there is no shame in that. Let's continue to foster resilience, kindness and generosity of spirit amongst our children. 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 Filion, 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, 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

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.



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 School Arts Academy

CWSA is offering a variety of arts & 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>

Strings Night (revision)

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

Dance Night at Earl Haig

CWSA Dance Night **Thursday, May 9th, 2019**.

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.

“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
- An opportunity to share and discuss with other parents & caregivers

See attached Flyer with Registration.

“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)

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
- Ways to improve communication between parents/caregivers and preteens
- An opportunity to share and discuss with other parents & caregivers

See attached Flyer with Registration.

“Love, Limits, Live it” CWSA Parent Workshop Series

Date: June 6, 2019

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
- Ways to and support youth through their teenage years
- What to do if you think your teen is under the influence of drugs
- An opportunity to share and discuss with other parents & caregivers

See attached Flyer with Registration.

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.