



Claude Watson School for the Arts

Weekly Update - Friday April 19, 2019

Upcoming Events

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

The Concept of Forgiveness...

This week we've been contemplating the thoughts of world leaders about the concept of forgiveness. Each day I shared a quote for students to consider. I hope these quotes have led to conversations and debates between your children and their friends and teachers.



Here are the quotes:

Mahatma Gandhi

"The weak can never forgive. Forgiveness is the attribute of the strong."

Desmond Tutu

"Forgiveness is not weak, it is not passive, it is not for the faint of heart... Forgiveness is not a subversion of justice. People will always live with the consequences of their actions."

Dr. Martin Luther King Jr.

"...we must develop and maintain the capacity to forgive. He who is devoid of the power to forgive is devoid of the power to love. There is some good in the worst of us and some evil in the best of us. When we discover this we are less likely to hate our enemies."

If anyone had reason not to practice forgiveness, Nelson Mandela did, however, he chose a different path. Imprisoned 27 years for protesting the injustice of the Apartheid government in South Africa, after his release Mandela led a movement based on reconciliation and forgiveness.

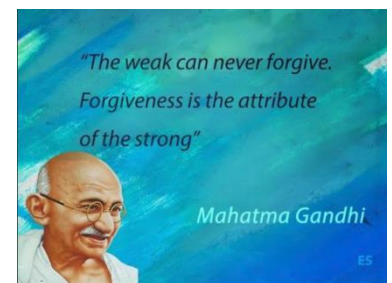
Nelson Mandela

"We must strive to be moved by a generosity of spirit that will enable us to outgrow the hatred and conflict of the past."

This week I am thankful for wisdom and generosity of spirit of those who have gone before us. Perhaps the quotes will lead to further discussions around the dinner table or in other spaces with your children this weekend. May each of us learn to be more generous of spirit!

Have a lovely long weekend with your families.

Ms. Jones



TRACK TRYOUTS WEEK OF APRIL 23-26

****ALL TIMES SUBJECT TO CHANGE!! PLEASE CHECK BULLETIN BOARD OUTSIDE MS. KOTWAL'S ROOM (309) AND LISTEN TO ANNOUNCEMENTS**

	TUESDAY APRIL 23	WEDNESDAY APRIL 24	THURSDAY APRIL 25	FRIDAY APRIL 26
8:15-8:30		Grade 4 & 5 (Kotwal/Rosen) 1500m	***Ms. Kotwal on Field Trip; there may be tryouts as needed by Ms. Rosen or Ms. Teja during the school day!	
11:45-12:30		Grade 4, 5, 6 (Kotwal) 200m		
12:30-1:15	Grade 4 & 5 (Rosen) 800m		*AS NEEDED	*ANY MISSED GRADE 7/8
3:30-4:15	GRADE 6 (Kotwal) Rain or Shine!!!! 80m 200m 400m 800m SLJump	ALL GRADES Rain or Shine!!!! 3:30-4:30 (Kotwal/Teja/Rosen) Hurdles		1:15-2:15 Grade 4 During HPE Class! All other events 2:30-3:30 Grade 5 During HPE Class! All other events

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, our September 2019 incoming Grade 4 students have been invited!

Ms. Song will be the head coordinator for all student performances. The Student Council 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, both prior to and on the day of the event, by signing up via: <https://www.signupgenius.com/go/20f0a4faba62da7f94-claude>

For any queries, please email cwsaevent@gmail.com .

“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

“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

“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

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.

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.

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.

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 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.