

Duke of Connaught Jr. & Sr. P. S.
A Platinum Eco-school

Georgia Koziol - Vice-Principal
Trustee - Sheila Cary-Meagher

Beverly O'Brien - Principal

Kelli Helpert – Vice - Principal
Superintendent – Lucy Giannotta

Duke eNewsletter

April 2016

Message from Principal O'Brien

Dear Parents/ Guardians,

The birds are singing and students' imaginations are flourishing. Students have been engaged in their learning through a number of opportunities. Twenty-one students from grades 6, 7 & 8 presented their ideas and prototypes at the Invention Convention at Humber College this week. Hands on learning truly takes student learning deeper.

We continue to monitor student growth. Teachers are meeting regularly to look at student work as grade teams and to plan next steps.

We had a Danish delegation visit the Duke of Connaught April 6th. We were asked to share our best practices in professional development and planning. They were able to see a few professional learning communities. We had Ministry of Education and Literacy and Numeracy Secretariat visitors here as well.

We were pleased to announce this week that Madame Ramsey's Gr 7 & 8 class won the Parcs Canada contest to feature a park in a promotion video. There were 69 entries and Duke of Connaught won. A team from Ottawa flew in to surprise the students with the news with a video presentation from Minister McKenna and representatives from Parcs Canada, Air Canada, National Geographic and Canadian Wildlife Federation.

We hope to see many families out for our Literacy & Numeracy Evening April 21st from 6:00 to 7:00 p.m.

Staffing transfer and placement is well underway and continues until June. The June newsletter will include the staff list for next year with the knowledge that it can change over the summer. I have shared our class structure for 2016-2017 in this newsletter. Class placements for next year happen over a week in May. Parents can speak to teachers regarding any learning considerations for the following year's placement. Teacher request letters will not be accepted.

Duke of Connaught is a great place to learn.

Sincerely,
Beverly O'Brien

School Information

Student Attendance and Punctuality

Regular student attendance and punctuality are important in order for students to be successful at school. The Education Act states that it is the responsibility of the parent/guardian to ensure that their children attend school regularly. A student's academic progress depends on regular class attendance.

TDSB elementary schools practice the Safe Arrival Program that requires schools to perform a school-home attendance check. Notify the school when your child will be absent. Students are expected to fully participate in learning opportunities and complete all homework assignments and tests when they are absent so make sure your child is getting homework assignments when they are absent.

You can help ensure that your child is in school and on time for classes by:

- being involved in your child's education;
- knowing the school's schedule;
- communicating regularly with classroom teachers (use your child's planner to send notes to the teacher);
- calling the school if your child is going to be absent;
- writing a note if your child is late due to an appointment;
- ensuring that your child gets a good night's sleep so that they have the energy they need for the next day.

Focus On Youth Toronto (FOYT)

FOYT supports quality recreational programs, employment and leadership opportunities for students in Toronto's priority neighbourhoods.

Applications for summer student employment will be open until April 10. Summer employment will run from July 4 to August 12, 2016. For information on requirements and application process, please visit [@TDSB_ConEd](http://www.tdsb.on.ca/focusonyouth)

Caring and Safe News

Student Nutrition Update

There has been some talk that there is to be some changes to the Morning Meal/Snack Program menu, well it is true! It is all good! And it only effects the



program in a positive way. The changes to the program are to reduce the amount of waste that was being created by the amount of packaging coming from the items we received. The children will still receive three food groups as required, fruit or vegetable, grain and dairy, but with less packaging and waste.

We feed over 500 students and the process is quite a production in preparation of the bins for each of the classrooms each day (if you have any free time and would like to help out please come and see me). The new menu starts on Monday April 18th. We are here to help your children be healthy to learn and to support Duke's Eco initiatives.



A copy of the menu will be posted in the Duke website shortly.

Thank you!

Maureen Allen-Doorley
Student Nutrition Program Coordinator



We had our whole school dental check and will be having our vision and hearing screening on **Wednesday, April 20th**. Preregistration is required.

Music Corner

April has been a busy month at Duke of Connaught preparing for our exciting May programming.

Here is a list of the events that will be occurring in the next month as a part of the music program at Duke.

Monday May 2nd - Music Monday - S.H. Gym 12:45pm-1:45pm - Community members are welcome to attend. The school will be participating the the 12th annual Music Monday Celebration. Joining other schools across Canada in celebrating the role of music in our lives.

Tuesday May 10th - Kindergarten and Primary Spring Concert - S.H. Gym 6:00pm-7:00pm - Classes that did not participate in the Winter Concert will be performing at this event as well as the Grade 1 and Primary Choirs. Please check with your child's classroom teacher to find out if your child is participating.

Thursday May 12th - TDSB Spring Festival Concert - Massey Hall - 7:30pm - 10:00pm - The Korean Drumming Ensemble has been invited to perform at this event.

Friday May 13th - SING Vocal Music Festival - Metropolitan United Church - 9:30am-2:00pm - Senior choir will be attending vocal music workshops.

Monday May 16th - Junior and Intermediate Spring Concert - S.H. Gym 6:30pm-7:30pm - Classes that did not participate in the Winter Concert will be performing at this event as well as the Junior/Senior Choirs, Band, Strings and Duke's Ukes. Please check with your child's classroom teacher to find out if your child is participating.

Tuesday May 17th - TDSB Non-Competitive Choral Festival - Northern Secondary School 9:30am-11:30am - The Primary Choir will be singing at this festival.

Wednesday May 18th - TDSB Non-Competitive Choral Festival - Northern Secondary School 12:30am-2:30pm - The Junior Choir will be singing at this festival.

Duke of Connaught's GUITAR CLUB is up and running. Guitar club is open for students grade 5-8 to learn new songs or practice what they learn in class. Please pick up a permission form outside Mr Caruso's door.

The last rehearsals for all choirs will be May 24th and 26th.

Mr Caruso's grade 2/3 students are all excited about playing their recorders in class. Ms Pierce's Junior students have started ukulele and her grade 1/2 classes are creating music using the musical elements of tempo and dynamics. All grade 7 and 8 students are currently studying the guitar. If you have any unwanted playable guitars at home or know of someone who does, please let Mr Caruso or Ms Pierce know as we would love to add them to our program.

Music Corner

Here are some pictures from last month's Duke's Got Talent!



For Your Information

The International Day of Pink-- La Journée internationale de la Rose

On April 13 we celebrated The International Day of Pink. A day of action, born when a youth in a high school in Cambridge, Nova Scotia was bullied because he wore a pink shirt to school. His fellow students decided to stand up to bullying; and hundreds of students came to school wearing pink to show support for diversity and stopping discrimination, gender-based bullying, homophobia and transphobia.

Our students and staff were wearing pink in support of diversity, and participating in events and activities that will engage our community to challenge gender stereotypes.

The International Day of Pink is more than just a symbol of a shared belief in celebrating diversity - it's also a commitment to being open minded, to being understanding of differences and to learning to respect each other.

Summer Music Camps

Enrich your child's summer vacation with music camp through three unique programs.

- Summer Sounds – students can play a band or string instrument, guitar, keyboard and sing in a choir.
- DownTown Summer Strings – a great benefit to students who have at least one year experience playing the violin, viola, cello or double bass, and wraps up with a concert open to the public.
- Toronto Summer Music Camps – offerings students in Grades 5-9 an opportunity to attend a residential music camp held at Mono Cliffs Outdoor Education Centre, near Orangeville.

For more information please visit [@TDSB_ConEd](http://www.tdsb.on.ca/summer)

Family Literacy and Numeracy Night Thursday April 21st 6 pm- 7 pm

Please join us on the second floor of the Duke building for a Primary/Junior Focused Family Literacy and Numeracy Night. Children are welcome!

Activities featured include:

Scholastic French Book Fair

A visit from our local Toronto Public Library Librarian

How to Support Your Child with Reading at Home

Math using Technology on Ipad

Three Part Math Instruction - How it works in class

and many more!



On March 23, 2016 two of our grade 7/8 classes had a field trip to the Woodland Cultural Centre in Brantford, Ontario. Our students visited the residential school there and learned about our Canadian history and culture. During their trip students also crafted some art work (shown here) using the First Nations symbolic representations of natural elements.



Safety

Duke Pink Day Door Contest April 13th

The Day of Pink is an international day against bullying, discrimination, homophobia, transphobia, and transmisogyny across the world. Each year on the second Wednesday of April, millions of people wear pink and take a stand. Duke students recognized Pink Day with our second annual *Pink Day Door Decorating Contest*. Congratulations goes out to to this year's winner of a class pizza party, Ms. Astor's grade 7/8 class!

As part of our parent literacy showcase, the Duke library will host a Scholastic Festival du Livre the week of April 18-22. This will be Duke's first ever solo French book fair to highlight and celebrate French literacy. The bookfair will run daily until 4pm and during the Family Literacy and Numeracy Night, on Thursday, April 21st until 8pm. See you @ the book fair! Thanks. Ms. McDonald ☺



Earth Day 2016

Duke will be celebrating Earth Day April 22nd with a special assembly followed by our annual *Clean Toronto Together* school clean up.

Library



Exciting news! Thanks to the generous support of SAC, Duke will be hosting two *Festival of Trees'* author visits for our French and English grade 1/2 classes. Sangeeta Bhadra, a local TO author will present her fantastic first book,

Sam's Pet Temper on May 4th. The French grade 1/2 students will enjoy a presentation from Mireille Messier with her new book: *Le Voilier d'Olivier* on April 21st.

Thank you SAC

DUKE WON!

Duke of Connaught Junior and Senior Public School of Toronto, Ontario Mrs. Ramsay's grade 7/8 class at Duke of Connaught School in Toronto, Ontario, highlighted both the natural and cultural significance of Canada's only National Urban Park – Rouge National Urban Park. These talented students were able to share lots of information with the audience in a clear and concise way, highlighting some great camera and audio skills. Because of their informative and entertaining video, they will now be spending the second week of June in Jasper National Park on a once-in-a-lifetime class trip! A Huge thank you goes out to all our families who supported us and voted for our video. Please see the link below. <http://contest.myparkspass.ca/Winners>

Sports News



Gr. 1-3 Indoor Soccer



A drop-in soccer program will begin on Tuesday, April 19. Any student in grades 1-3 interested in developing their soccer skills, come to the SH Gym, Tuesday and Thursday mornings at 8am. Please use the school entrance and not the Community Centre.

Thank you, Ms. Vavala, Ms. Prakesch and our parent volunteer, Ms. Prosser.



Running Club: Open to any student, every Tuesday and Thursday @ 8am. Let's get out there and improve our student health and well-being. The Running Club will provide opportunities for the students to participate and be educated in the sport of running at whatever level they choose. Mme. May

Gr. 7 Co-Ed Volleyball - CONFERENCE



CHAMPIONS!!!!!! The students played a fantastic tournament, going undefeated against Bruce, Winchester, Valley Park and Jesse Ketchum. The team went on to the CONFERENCE FINALS and were victorious in two straight matches against Winchester!

Congratulations on a tremendous season! Way to go Erin, Fabienne, Helen,

Lucy, Ayslin, Ben, Cole, Erik, Ethan and Tristan!

Thank you, Ms. O

Sports News

Gr. 8 Co-Ed Volleyball

The students played a phenomenal tournament, working extremely hard and as a result, went undefeated against Valley Park, Roden, Earl Haig and Queen Alexandra. The team went on to play Annette P.S. in semi-finals. Despite a heroic effort, they lost a contested 2 sets to an exceptionally skilled team. We are very proud of the team's growth and development this year. Way to go Alexa, Iman, Stephanie, Hannah, Jordyn, William, Houzayfa, Wei, and Jonathan!

Thank you, Ms. O.

Gr. 7/8 Co-Ed Badminton

Congratulations to the Senior Badminton team on finishing first place in their tournament this past Friday, April 8th. The team has been practicing since January and all their hard work and effort has paid off, as the team won 14 out of 15 matches, GO DUKE! Good luck to the team in playoffs! Erik, Tristan, Houzayfa, Ethan, Cole, Ben, Lucy, Olivia, Abbey, Pandora, Anna and Stephanie. Thank you, Mr. MacDonald, Mr. Brown, Ms. Lennox, Mme, Kennedy and Ms. Carter.



Gr. 5/6 Co-Ed Badminton

Congratulations to the Junior Badminton team. You have all had such positive growth and skill development over the season. The coaches were impressed with the tremendous progress we saw. Our team brought their skills and positive attitudes to our tournament and had fun. Ms. Cochrane, Ms. Douglas and Mrs. Chung.



Sports News

A friendly note to our families who enjoy the use of the back field before and after school: Please



note that our sports teams require the full use of the field and we respectfully ask our families to allow our students to practice on the field without unnecessary interruption. Please feel free to use the perimeter outside of the field instead of the interior space of the field. Thank you for your cooperation!

From Duke coaches

SPRING SPORTS

Our final set of sports teams for the year have started. If you are interested, it is not too late. Please see the following staff members to obtain a permission form to tryout for the team. Thank you.

Gr. 5/6 Boys Soccer - Ms. Hodgins & Mr. Aishford

Gr. 7/8 Boys Soccer - Ms. Frost & Ms. Miller

Gr. 5/6 Girls Soccer - Mr. Gordon

Gr. 7/8 Girls Soccer - Ms. Zwolinski

Gr. 6-8 Co-Ed Cricket - Ms. Astor

Gr. 7/8 Co-Ed Ultimate Frisbee - Ms. Bartzis & Mr. Fothergill (parent volunteer)

Gr. 3-8 Track and Field - event tryouts will take place during p.e. classes. Please note, as per TDESSA's new constitution, Gr. 2 students will not longer compete in the inter-school Meet.

* May 18 - Gr. 7/8 Meet @ Birchmount

* May 19 - Gr. 3-6 Meet @ Birchmount

* June 9 - Gr. 4-8 Conference Finals @ Birchmount

* June 14 - Gr. 4-8 City Finals @ Birchmount

News from the Pool

News from the pool

The Duke Swim Team had an amazing season. First, I would like to say how proud the coaches are to have had the great pleasure of training this group of wonderful boys and girls in the pool. They came to every practice ready to give their 100%. They were enthusiastic and very coachable with tons of potential.

First was the Jr. Swim meet: we were all in the front lobby at 6:45 a.m. on the day of the ice storm only to be told at 7:00 a.m. that the swim meet was cancelled due to the weather. So, we all went down to the pool and had a practice instead. The swim meet was then rescheduled a few days later and we traveled to Harbord Colligate Institute where all the students swam their events and had lots of fun. Thanks to Mrs. Zolowinski for her support !

Many thanks to all the parents and grandparents who came out to cheer!

The Sr. Swim Meet was held the next day at Harbord Colligate in the afternoon. I would like to say how mature and respectful this group of young ladies and gentlemen were and how everyone cheered and supported each other during their races. It was such a wonderful thing to see. The Sr. swimmers were terrific in each of their events. Thanks to Ms. Hodgins for her support, and all the parents and grandparents who were able to come out and cheer!

Finally the CITY FINALS!!

16 SWIMMERS QUALIFIED! This means they finished with one of the top 6 times in the entire city, just to make it this far is quite an accomplishment.

Sandra Gothreau

Classes for 2016-2017 School Year

<u>English</u>	<u>French Immersion</u>	<u>Extended French</u>	<u>Spec Ed</u>
JK/SK x4	SK x 2	4	Gifted 4/5 x2
1/2 x 2	1/2 x 3	5/6	Gifted 5/6
2/3 x 2	2/3 x 4	6/7	PR/JR ISP
3/4	3/4	7/8	Jr/Int HSP
5/6 x 3	4/5		Pr HSP
7/8 x 4	5		
	5/6		
	6/7		
	7/8		

Duke of Connaught Jr. & Sr. P. S.

“STEAM” Summer School

STEAM- Science, Technology, Engineering, Arts and Math

For students in grades 4-8

If you are currently in grade 4-8, please join us for Summer School

From July 4-29, 2016 (9:00 a.m. -12-noon, Monday to Friday)

Registration forms due May 27th.

Please see school website for Registration form, Media release and Snack forms.

Register Today!

NEW AT S.H. ARMSTRONG THIS SPRING

Girls Instructional Basketball

Starting Friday April 8th

Girls Basketball –Skills and Drills

Age: 6-8yrs

Time: 3:30pm-4:30pm

Cost: \$41.00

Barcode: 2857574

Girls Basketball –Skills and Drills

Age: 9-12yrs

Time: 4:45pm-5:45pm

Cost: \$41.00

Barcode: 2857575



SPRING 2016

S.H. Armstrong

Community Recreation Centre

56 Woodfield Road

416-392-0734



Spring & Summer 2016 Registration

Go to **efun.toronto.ca** & follow the link to Search and Register Online.

Please read all information prior to registering.

Touch Tone Registration-TTR (7am – 12 midnight):

Call **416-338-0000** and follow the voice prompts.

Telephone Assisted (8:30am – 4:30pm): **416-338-4386** during regular business hours and speak to a customer service representative.

In Person: Register in person at your local recreation centre or visit the Toronto City Hall or any civic centre during regular business hours.

NEW AT S.H. ARMSTRONG THIS **SPRING**

Instructional Basketball

Starting Wednesday April 6th

Basketball –Skills and Drills

Age: 9-12yrs

Time: 5:15pm – 6:00pm

Cost: \$41.00

Barcode: 2849167



Mental Health and Well-Being Belongs to Us

Put it All Together: Perseverance, Grit, Self-Regulation and Executive Functioning & You Have a Recipe for...Well-Being



MARCH 2016

Issue #17

Grit: Passion and Perseverance for Long Term Goals

Dr. Michael Ungar, a leading researcher on resilience, reports that nurture trumps nature and that grit and perseverance can be taught. He notes that the more troubled an individual, the more our efforts to help count. It takes a family, a community and a school to nurture resilience. He also found that adaptive and maladaptive behaviours can both be successful coping strategies depending on the context in which they are used. Reflecting on the last statement, there are many ways that students are "gritty" and persevere. Dr. Ungar (2014) reminds us that development of resilience and grit need to be culturally meaningful. He reminds us that individuals need to be able to navigate their way to multiple resources and be able to negotiate for resources they need.

School communities have a great deal to offer in supporting students find and access multiple resources, developing resilience and supporting development of grit and perseverance through caring and responsive school environments. Dr. Ungar poses these four important messages from home and school to support risk-taking, responsibility-seeking and supporting gritty youth: You Belong! You're Trustworthy! You're Responsible! You're Capable!

Dr. Angela Lee Duckworth has received a great deal of attention for her studies of grit. Many people agree with Duckworth that grit is a strong predictor of success – that doing well in life depends on much more than your talent, IQ or your ability to learn quickly. "Gritty" individuals are resilient and persistent and overrepresented among highly accomplished scientists, novelists, artists and entrepreneurs.

Grit in the Classroom

Duckworth's research suggests that possessing a growth mindset goes a long way toward building grit. A growth mindset seems to contribute to the tendency to sustain effort toward and commitment to goals. There appears to be a strong relationship between grit and an "optimistic explanatory style." Optimists tend to attribute good events to global and stable causes and bad events to temporary and specific causes. They also rate themselves higher in both grit and life satisfaction, and those two qualities have been shown to predict success.

Many educators and mental health professionals see grit as ideally suited for the education sector and indeed, the concept has been applied and promoted in several classrooms. The messaging that achievement is more about effort, persistence and bouncing back from failure rather than IQ or background understandably resonates loudly. Certainly, Michael Ungar promotes a positive application of grit that aligns with mental health strategies. However, research into how to integrate, cultivate and measure grit in school settings is still in the very early stages and broad application may be premature. Of particular concern are applications that judge, compare or evaluate students on their levels of grit, or challenge students to prove their grit. We need to consider the impact of viewing students through this "gritty" lens when there are circumstances or life experiences that prevent a primary focus on achievement and may even impair cognitive functioning (e.g., trauma). Most importantly, we need to maintain perspective and understand that grit is not the only lens or sometimes the right lens in which to view achievement, success or failure. Research tells us that sometimes walking away from a goal rather than pushing ourselves to the limit is the healthier choice.

The best way to get to the "nitty gritty" on grit in education is to learn about it not only within the context of "achievement", but within the context of positive psychology and student mental health and well-being. Read about grit and the research behind it and watch the "Ted Talks" videos. Get informed about what proponents and detractors have

to say about grit in education and consider all perspectives. Learn about positive psychology by reviewing writings and research on strength focused approaches, self-compassion, mindfulness, pathways to resilience and the role of the human spirit and meaning in both goal achievement and facing adversity.

(Adapted from School Mental Health Assist February 2016 Personal Resiliency Newsletter)

Additional Resources:

- How Children Succeed: Grit, Curiosity, and the Hidden Power of Character by Paul Tough
- Mindset by Carol Dweck
- Man's Search for Meaning by Victor Frankl - Critical Opinions on Grit in Education
- A Skeptical Look at the Latest Educational Fad, By Alfie Kohn <http://www.alfiekohn.org/article/download-grit/print-pdf>
- Ted Talks: http://www.ted.com/talks/angela_lee_duckworth_the_key_to_success_grit.html (6 mins.)
- <http://www.youtube.com/watch?v=qaeFruSPSC4> (18 mins.)
- The Atlantic "When Grit Isn't Enough" <http://www.theatlantic.com/education/archive/2015/11/when-grit-isnt-enough/418269/>