



Trustee: Mr. D Smith

Superintendent: Ms. L. Dilworth

Principal: Mr. N Gordon

Vice-Principal: Ms. Fox-Casey

IONVIEW PUBLIC SCHOOL

AT IONVIEW,
BE THE CHANGE YOU WISH TO SEE IN
THE WORLD!

Hello Ionview!

The last few days with all the beautiful sunny weather has had me looking for the 'little things' that bring a smile to my face. From the warm sun beating down, to the chirping birds and the green grass I have found myself being grateful to be able to work in such an amazing community such as Ionview. I am sharing this with you as I hope that you are able to find the little things that bring a smile to your face.

As you are aware the government has announced a two week extension of the stay at home order. I remain hopeful that we will be able to return together at some point in June to bring closure together to the most unique school year on record.

We always love to see the ways in which students are learning and sharing their work and I again encourage the community to share pictures of our Ionview scholars doing amazing work. This week I encourage students and their families to take pictures of students showing gratitude to a family member or friend.

Ionview be well, be safe and we will see you soon!

Mr. Gordon and Ms. Fox-Casey

BUILD CHARACTER
BUILD SUCCESS

Character Trait for May

Integrity

DON'T FORGET TO
FOLLOW US ON
TWITTER AT

@IonviewPS

AND ON THE WEB AT

[https://schoolweb.tdsb
.on.ca/ionview](https://schoolweb.tdsb.on.ca/ionview)

HAPPY BIRTHDAY GOES TO:

Have a wonderful birthday Ionview Scholars! Your birthday pencil awaits once we return to school!

Daniel C **May 17th** Hamdi A **May 23rd**

Tihami **May 23rd**



SPECIAL ANNOUNCEMENTS

- 1. Summer School Opportunity:** For interested Ionview families please see link to summer school offerings for the summer of 2021. Most programs run from 9 to 12 in the month of July. This link will take you to the full list of summer school programs and the area of focus. Please note that each school has an individual registration link and space is on a first come first served basis. If you have any questions or concerns, please do not hesitate to reach out to us: <https://www.tdsb.on.ca/About-Us/Innovation/Elementary-Summer-School>

Please note that the school board has announced that all Summer School Programs will be virtual this summer.

Gratitude:

COVID-19 has impacted the lives of so many people on so many different levels. From the significant health impact it has had on parts of the population to the impact on our daily lives from work to shopping. Research has found that having gratitude can:

- Help you make friends. One study found that thanking a new acquaintance makes them more likely to seek a more lasting relationship with you.
- Improve your physical health. People who exhibit gratitude report fewer aches and pains, a general feeling of health, more regular exercise, and more frequent checkups with their doctor than those who don't.
- Improve your psychological health. Grateful people enjoy higher well-being and happiness and suffer from reduced symptoms of depression.
- Enhance empathy and reduces aggression. Those who show their gratitude are less likely to seek revenge against others and more likely to behave in a prosocial manner, with sensitivity and empathy.
- Improve your sleep. Practicing gratitude regularly can help you sleep longer and better.
- Enhance your self-esteem. People who are grateful have increased self-esteem, partly due to their ability to appreciate other peoples' accomplishments.
- Increase in mental strength. Grateful people have an advantage in overcoming trauma and enhanced resilience, helping them to bounce back from highly stressful situations.

Some Activities to consider:

1. Gratitude Journal: Having students keep a journal on things they are grateful for.
2. Gratitude Jar: Keep a jar and decorate it. Children are tasked with finding three things they are grateful for throughout the course of the day. Write it down on a slip of paper and place in jar. Share at the end of the week.
3. Gratitude Scavenger Hunt:
 - Find something that makes you Happy. - Something to give someone else to make them smile
 - Find something you like to smell - Find one thing you enjoy looking at
 - Find something that is useful to you - Find something you can use to make a gift for someone
 - Find something you are grateful for in nature
 - Finding something that's your favourite colour
 - **WHAT OTHER THINGS COULD YOU DO OR FIND THAT MAKE YOU GRATEFUL!**

IONVIEW POSITIVE WORDS



On behalf of the entire staff at Ionview I want to express our sincere gratitude for the hard work of all our students and the amazing support of all our families. We know this is hard, but we are in it together and we will see you soon!

Mr. Gordon and Mrs. Fox-Casey