



THE FERNDALE FLASH



From your Admin...

May 2020

From the Principal's Desk,

Under normal circumstances, the May newsletter message would typically include upcoming event reminders such as EQAO, 3 pitch practices and our Volunteer Appreciation celebration ~ however, we are not in ordinary times.

This school year has been, to say the least, unique; one that will be remembered for many years to come! I am so proud of the Ferndale community and how everyone has come together, even when we are physically apart, to continue to foster the learning and the growth of our students. It has not been easy, but we have persevered, problem solved and worked together to overcome many challenges over the past 6 weeks. Parents and staff have put the needs of their children first, which is ultimately why we are here.

Thank you all for your continued dedication, passion and commitment to your children. I look forward to the required gradual move back to normal and our continued productive work with the effort being made in engaging our students as they Learn From Home. We are all in this together!

Stay healthy, Stay positive and Stay safe!

Danielle Mikolic

FROM THE OFFICE

Did you know that Ferndale has a twitter and a Ferndale Falcons Parent Council Facebook page? Take a minute to check them out for information from staff and parent council.



<https://twitter.com/Ferndalerocks>



<https://www.facebook.com/groups/513072469266209/>

ECO CLUB

“Ferndale’s Eco Club is proud to announce that we have been recognized with a special edition 2019-2020 EcoSchools Canada seal. Mrs. Pagano would like to thank all students involved in helping with our certification. Ferndale is now officially certified with EcoSchools!”



SPIRIT WEEK

Although we are not physically in school together, we have put together a spirit week as a way of bringing us together. We are hoping that along with staff, our students and families will join us in the different daily activities. Share photos on the Ferndale twitter, the Ferndale Falcons Parent Council Facebook page or send to your child’s teacher.

MON MAY 11th MOVE IT MONDAY	Take a picture dancing, skipping, yoga, biking, running, sports etc	
TUES MAY 12th TELL A TALE TUESDAY	Take a picture reading a book with family, pet or stuffed animal	
WED MAY 13th WORKING WEDNESDAY	Take a picture learning at home	
THURS MAY 14th THANKFUL THURSDAY	Take a picture with something or someone you are thankful for	
FRI MAY 15th FUN FOOD FRIDAY	Take a picture making a snack, meal, dessert etc alone or with family	

LEARNING DISABILITIES

The Learning Disabilities Association of Niagara is taking registrations NOW for free webinars for caregivers of students with learning needs. Follow this link for more information:

<https://mailchi.mp/dd0081d00261/spring-2020-online-program-update-1692417?e=b144e73745>

MINDFULNESS AT HOME

Mindfulness can boost the quality of our lives in numerous ways, that is especially important during these days of social distancing. Mindfulness can improve level of happiness, mental well being, helps combat anxiety, manage stress and can increase feelings of calm. Mindfulness can also help develop social skills, self regulation, focus and patience.

Mindfulness involves bringing your attention to what is happening in the present moment, being aware of both your internal experiences as well as the world around you. As you observe your internal and external experiences, try not to judge them as good or bad, and try not to react to them. Just be aware and present in the moment.

Activities and Techniques for Teaching Mindfulness to Children

- Mindful colouring—print out a design or use any colouring book, set a timer for 5 to 15 minutes and pay attention to the design and colours and your breathing, you will find your breathing becomes slower and deeper
- Five Senses Exercise—Go for a walk or just stop what you are doing and notice,
 - 5 things you can see
 - 4 things you feel (texture of clothes, breeze on skin, surface of tree or table etc)
 - 3 things you can hear
 - 2 things you can smell
 - 1 thing you can taste (sip a beverage, take a bite of food or search the air for taste)
- Yoga—there are many videos on youtube for all ages
- Face Story Stones—Round up some rocks and give each one a facial feature (eyes, noses, & mouths in different expressions) using paint, markers or crayons. Set them so faces can be made with them.
- Rainbow Walk—Go on a walk and find something red, orange, yellow, green, blue, indigo, and violet as a quick way to practice mindfulness.
- Blowing Bubbles

Try the free Smiling Minds app, available on the App Store and Google Play store for more mindfulness exercises and daily activities.

Try taking 10 minutes a day to practice mindfulness.

Ms Rutledge & Ms Robins Class

Mrs. Rutledge and Mrs. Robins class is doing a butterfly inquiry. A Painted Lady butterfly kit was delivered to Ms Rutledge's house, 17 'cats' as well as a small flight cage, individual containers and food. We're on Day 7 now and the teeny cats have been munching away on their food and are turning into fuzzy caterpillars.

We're excited to see them get even bigger, form a chrysalis and eventually emerge as beautiful butterflies!



PIC•COLLAGE

SURVIVING BOREDOM

Ariyana's Guide to Surviving Boredom

Since COVID-19 caused schools to close down and social distancing to happen, I find myself bored a lot. The past few weeks have not been the best time for me. I like to keep busy, usually having sleepovers with my cousin, having playdates with friends and going to skyzone. For the past 7 weeks I have tried to keep myself busy with lots of activities inside, outside and online. COVID-19 boredom has made me more creative with my activities like last night I set up a big tent in my room and a few weeks ago I made a hammock in my room.

Since the activities that I normally do are mostly not allowed, I have been spending time doing other things. Things that I have been doing inside my house are playing board games with my family, build a fort in my room and made cup-cakes for family members I miss. I spent time painting a cup and Easter eggs that we bought at Micheal's. Activities that I have been doing outside my house are going for walks, runs, riding my bike and playing on the trampoline. Things I have been doing online to keep myself from being bored are play Roblox, making tiktoks and family Zoom calls. Since my friends and I can't see each other, everyday or every other day we talk on facetime and spend some time together. Although I can not do what I usually do I can still make the best of it.

If I was to recommend my friends and family stuff to do during quarantine, I would say they should try to do something you have not done in a long time like build a fort or make slime. They could go for walks, runs or bikes rides. Also they could make something for a healthcare worker for example bake something or make a card to thank them. A fun thing I would recommend that my family did was set a time and date to talk to family on the app Zoom. We had lots of laughs and it was very nice to see my family's faces. I think other people could use my recommendations and feel less bored.

Written by:
Ariyana (Grade 5)

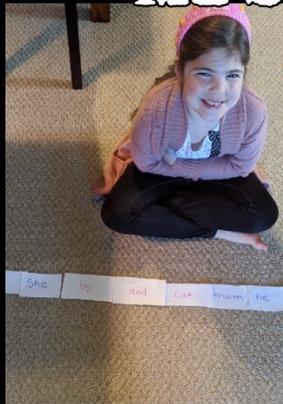


Mrs. Nash pandemic survival for April

FALCONS WORKING HARD AT HOME



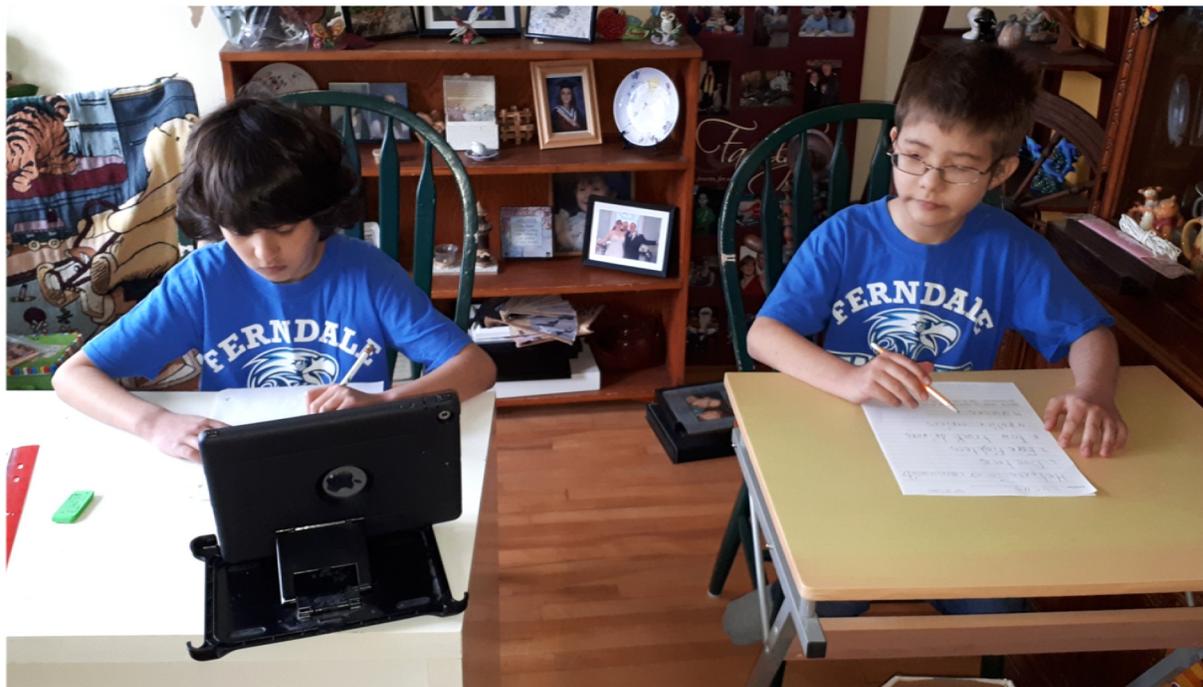
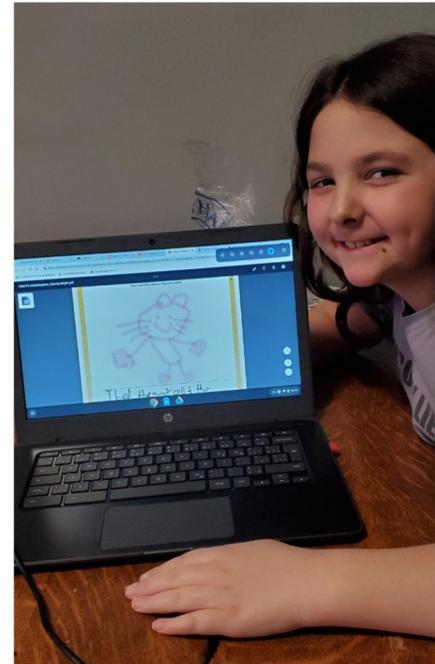
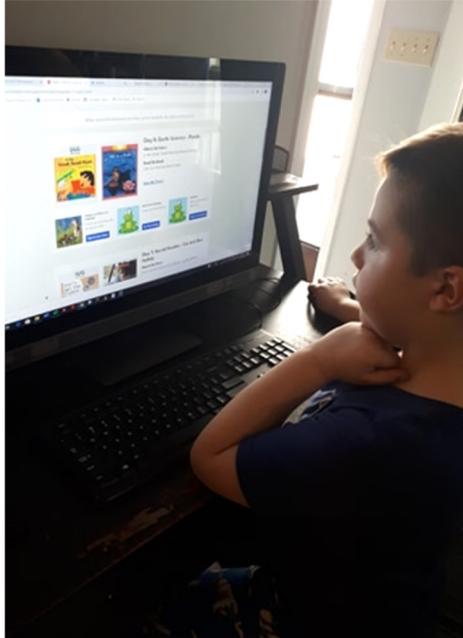
Mrs. Bussi and Mrs. Dixon's class



Don't count the days,
make the days count

— Muhammad Ali —

FALCONS WORKING HARD AT HOME



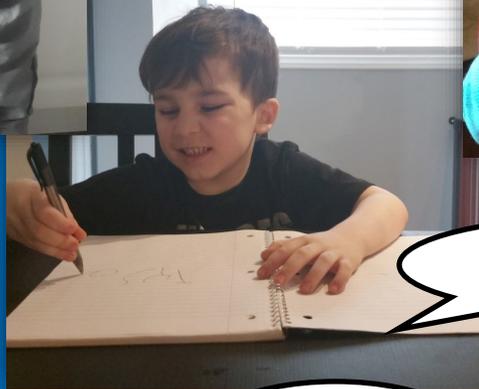
FALCONS WORKING HARD AT HOME



Making a homemade balance

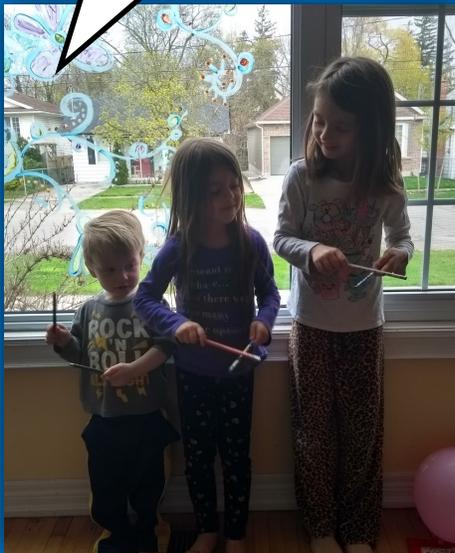


Making puppets for a story telling activity



Practicing Printing

Making and playing with homemade instruments



Ordering containers from greatest to least



Well done 6N!!! Keep up the fantastic reading work! So proud of you all!