

March 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div style="border: 1px solid green; padding: 5px;"> Upcoming Dates: -Good Friday March 29th-No School -Easter Monday April 1st-No School -PA DAY April 8th -No School </div>						
3	4 Subway	5	6	7 Pizza Black History Month Gallery Walk 11:30-12:00 Save the Date!	8 Dance – A-Thon International Women Day	9
10	11	12	13	14	15	16
<div style="border: 1px solid green; padding: 5px;"> ← No School March Break → </div>						
17	18 Subway	19	20	21 Pizza World down syndrome day crazy sock day School Council Meeting 5pm-6pm	22	23
24	25 Subway	26 Purple day to raise awareness for epilepsy.	27	28 Pizza Twin Day	29 No School Good Friday EASTER WEEKEND	30

Reminders!

- Friendly Reminder- As cold and flu season approaches, please continue to communicate with the school and take the necessary precautions when deciding to send your son or daughter to school.
- Also please remember too for your child to have a reusable water bottle at school.
- Seeing how change in temperature is happening outside we kindly ask if you can make sure your child has extra clothes in their backpack.
- Just a reminder Day 2 is Library Day.

Arrival

- Please remember if your child is going to be absent, please email Ms. Boyer (nicole.boyer@ucdsb.on.ca) or call the school/put the absence in My Family Room before 9:00am.
- Reminder to all students and parents/guardians you must sign in your child at the office if they are late, after 9:45am.

End of Day Dismissal:

- -Friendly reminder to please call/email before 2:30 pm if you would like to pick up your child at the end of the day. This allows us to pass the message along in a timely manner.
- - If your child has plans with another student here at the school at the end of day; Ex.-another parent/guardian is picking them up or they are walking to the friend's house, we would like both parents/guardians to confirm this with Ms. Boyer before 2:30pm.
- -Also, bus lanes need to remain free of pick-up traffic. If you are picking up your child, please continue to follow the arrival/departure rules in keeping the bus lanes clear of traffic - thank you!

School Council:

If you would like to join the school council our next meeting is March 21st in the Learning Commons.

Easter Treat Train: on Wednesday, March 27th

More details coming out soon 😊



Winter Mental Health Tips



1

Thinking About Gratitude

As a family, think of the things you are grateful for. For younger kids, try helping them journal their feelings using colours.

2

Stay Connected

Help your kids stay connected with friends, whether that be virtually or in-person. Create opportunities to help them keep in touch.

3

Let Your Kids Help Make Plans

Collaborate with your kids on activities to stay busy. Ask if they want to try anything new or to teach you something like a game or other interest.

4

Embrace Winter & Stay Active

Winter offers so many opportunities to stay active by enjoying all the cold-weather activities. As a family, go sledding, ice skating, skiing, or build a snow man!

5

Keep Healthy Habits and Routines

Prioritizing healthy habits such as getting enough sleep, eating healthily, and exercising regularly will help to keep your family mentally healthy.

6

Self Care for Parents & Caregivers

It is important for parents and caregivers to keep up with self-care and take time for themselves. Check in with your own mental health and reach out if you need support.

7

Reach Out

It's okay to ask for help if you, your family member, or child is struggling. Help is available from child and youth mental health professionals who can talk to your child or you, or both.

To find local supports & services near you, go to www.ucdsb.on.ca



- Click "For Students"
 - "Mental Health & Well-Being"
 - "Community Supports & Services"

**Black History Month Gallery Walk March 7th 11:30-12:00
Save the Date!**

Please see below details for the Black History Month Gallery Walk our Grade 5/6 French Immersion class is holding on Thursday, March 7th from 11:30-12:00 for parents in the gym. Parents are invited to visit our Gallery between 11:30 and noon on March 7th. Please note the school population will be visiting the Gallery prior to 11:30, so early entrance is not available. You are welcome to join us, please check in at the office at 11:30 and then come see our classroom work in the gym.

What: A gallery walk featuring 28 Black Canadians from the past and present. Selected by students, each student will have a bilingual presentation set-up at their table/area in the gym. Visiting students/parents can circulate as they wish, pose questions, and seek answers to the 'seek and find' questionnaire that will be provided upon entrance to the Gallery.

When: The gallery will be open for parents to visit between 11:30-12:00.

For Administrators and Educators:

MyView Youth Film Festival is back. Engage students in making a short video (5 minutes or less) on a topic of their choice for a chance to win great prizes, including cash prizes of \$500, \$750 and \$1000! Youth ages 10-24 from Eastern Ontario can enter independently or as a group. It is an exciting way to encourage youth voices and creativity. The **submission deadline is May 1st, 2024** and the red carpet Awards Ceremony will be held at the Brockville Arts Centre on June 12th. For more information, visit www.myviewfilmfest.ca or email info@myviewfilmfest.com.

March is Nutrition Month! This year's theme is "We Are Dietitians". Did you know the Healthy Schools team has a dietitian that works with your school's Public Health Nurse? The dietitian supports all elementary and secondary schools in LGL by providing consultations related to teaching about nutrition. This includes recommending curriculum-linked lessons based on the most up-to-date evidence and providing training sessions to school staff and volunteers on teaching about nutrition, body image and self-esteem, and food literacy. Contact your school's Public Health Nurse for more information and to connect with our dietitian.

For Families:

MyView Youth Film Festival is back. Engage youth in making a short video (5 minutes or less) on a topic of their choice for a chance to win great prizes, including cash prizes of \$500, \$750 and \$1000! Youth ages 10-24 from Eastern Ontario can enter independently or as a group. It is an exciting way to encourage youth voices and creativity. The **submission deadline is May 1st, 2024** and the red carpet Awards Ceremony will be held at the Brockville Arts Centre on June 12th. For more information, visit www.myviewfilmfest.ca or email info@myviewfilmfest.com

Healthy Smiles Ontario. Do you have a child 17 and under, who is in pain or you think has a cavity? If it would be a financial hardship to pay for dental care, call the Leeds, Grenville and Lanark District Health Unit to learn more about the free government-funded Healthy Smiles Ontario (HSO) dental program. Call 1-800-660-5853 ext 2456 or visit our website at <https://healthunit.org/health-information/oral-health/healthy-smiles-ontario/>.

Self-Care over the Winter Break: Ideas for Students. March break is just around the corner! While it is a break that many look forward to, the change in routine may cause many different emotions. Here are some self-care tips and tricks that you can discuss with your children/youth: <https://smho-smsso.ca/self-care-over-the-winter-break-ideas-for-students/>.

