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April 2024

**PRINCIPAL'S MESSAGE**

With the arrival of spring, we always anticipate rain. On rainy mornings, students will be admitted into the school starting at 8:45 am where our supervision will take place in the classrooms until our day starts at 9:05 am. We kindly ask that you do not drop off your children before 8:45 am as there is no supervision until that time.

We have many exciting events coming up in the final months of our school year. Please remember to check out the weekly updates you receive each Sunday and the calendar on the school website for updates and events.



**PLANNING FOR 2024-2025 SCHOOL YEAR**

To assist us with making the best decisions possible concerning class organization and student placements for Ontario Public School for the 2024/2025 school year, we would appreciate it if you would let the office know if your family is planning to move in the next few months. Providing us with this information in the spring will also facilitate transportation arrangements for September. We thank you in advance for keeping us informed! School and classroom organization begins at the end of April so sharing this information with us now is very helpful for our planning for next year. We expect another year of increased enrollment and an additional 3 portables to be added at the school.

**ONTARIO SCHOOL CALENDAR AND DAYS OF SIGNIFICANCE**

The Ontario Public School calendar is available on the school website. In addition to our school events, you will find a link to the DSBN Days of Significance calendar on the first of each month. [Click here](#) for more information about the DSBN Days of Significance calendar.

**MARK YOUR CALENDAR**

- Easter Monday Holiday ..... Apr. 1
- Celebrate the Spectrum Day – Wear Tie Dye ..... Apr. 2
- Junior Basketball..... Apr. 2
- Gr 7 Vaccination Clinic..... Apr. 4
- Junior Basketball..... Apr. 4
- Pizza Day..... Apr.4
- PA Day..... Apr. 8
- Junior Basketball..... Apr. 9
- Junior Basketball..... Apr. 11
- Pizza Lunch ..... Apr. 11
- Junior basketball..... Apr. 16
- Pita Pit..... Apr. 16
- Junior Basketball..... Apr. 18
- Pizza Day..... Apr. 22
- Earth Day..... Apr. 22
- TSS Basketball Jamboree..... Apr. 23
- The Granny Awards..... Apr. 24
- The Granny Awards..... Apr. 25

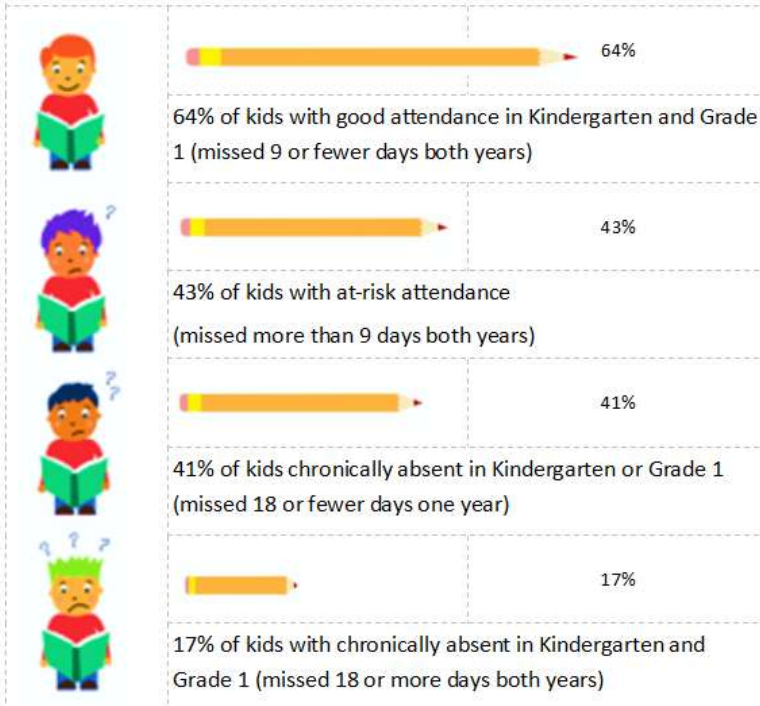
**PA DAY**

On Monday, April 8 all DSBN schools will be closed for a PA Day. To learn about the PA Day learning, please visit the [PA Days site by clicking here](#).



## ATTENDANCE MATTERS – WHY IT MATTERS IN THE EARLY YEARS!

### Who can read on Grade Level after Grade 3?



My child is in Kindergarten or Grade 1. Does their regular attendance really matter?

“If children don’t show up for school regularly, they miss out on fundamental reading and math skills and the chance to build a habit of good attendance that will carry them into college and careers. Preliminary data from a California study found that children who were chronically absent in kindergarten and 1st grade were far less likely to read proficiently at the end of 3rd grade.” (attendanceworks.org.)

#### What can you do?

- Talk about the importance of showing up to school everyday, make that the expectation.
- Help your child maintain daily routines, such as finishing homework and getting a good night’s sleep.
- Try not to schedule dental and medical appointments during the school day.
- Don’t let your child stay home unless truly sick. Complaints of headaches or stomach aches may be signs of anxiety.

#### How many days is considered chronically absent?

A student that misses 18 days during the entire school year is considered chronically absent.

#### Did you know?

- Students should miss no more than 9 days of school each year to stay engaged, successful and on track to graduation.
- Absences can be a sign that a student is losing interest in school, struggling with school work, dealing with a bully or facing some other potentially serious difficulty.
- By 6th grade, absenteeism is one of three signs that a student may drop out of high school.
- By 9th grade, regular and high attendance is a better predictor of graduation rates than 8th grade test scores.
- Missing 10 percent, or about 18 days, of the school year can drastically affect a student’s academic success.
- Students can be chronically absent even if they only miss a day or two every few weeks.
- Attendance is an important life skill that will help your child graduate from college and keep a job.

If you require some assistance improving your child’s attendance, please contact your child’s teacher or the school office. Supports are available to support regular attendance at school. This information is used with permission of Attendance Works.

## THE GRANNY AWARDS-APRIL 24 & 25

Ontario PS is thrilled to be bringing back some live theatre. Under the guidance of Mrs. Glauser and Miss Teakle, many students have been working hard on this upcoming production. The Granny Awards is a delightful musical that features many favourite fairy tale characters. More information will come home shortly on how to book tickets for this show! We can’t wait to see our stars shine.

## SCHOLASTIC BOOK FAIR

The Scholastic Book Fair will be returning to Ontario Public School from April 22-26th, 2024.

A percentage of our purchases will come back to the school in the form of fair rewards to buy books for our library. Last year we were able to purchase over \$4500.00 in books for our library!! We sold just under \$8000 in merchandisel

This year the fair is again a **HYBRID** fair.

Hybrid fairs are both *in-person and online*. The link will be sent out to the entire school population via Email before the fair opens.

**\*\*Every virtual purchase will be delivered for free to Ontario\*\***

## MARCH STUDENT OF THE MONTH

Teacher	Student #1	Student #2
Phillips	Leah L- Outstanding Improvement	Imani- Helping hand
Norton	Jaxon- Worker Bee	Muhib- Kind Classmate
Simpson	Nolyn- Enthusiastic Learner	Asees- Outstanding Improvement
DaEira	Cayden- Positivity	Tarak- Reading Rockstar
Thaler	Sam - Helping Hand	Maryam - Outstanding Improvement
Gyugyei/Gill	Levi-setting goals for reading and achieving those goals	Aarti-being a kind and caring friend to our new students
Gaudreault	Caroline - Outstanding Improvement	Charlotte - Outstanding Improvement
Sokach	Faye - Awesome Attitude	Gemma- Awesome Attitude
Salierno	1. Tait - Positive Attitude	2. Novah - Worker Bee 3. Isla - Extraordinary Creativity
Teakle	Jeremy- aspiring author	Luke -outstanding Improvement
Cunningham	1. Louane - Awesome Academics and Homework Hero	2. Bensen - Math Master 3. Japreen - Math Master
Glauser	Braxton, Ali and Firoz - Excellent Effort	Sharon - Awesome Academics
Kaur	Denise - High Five	Lilly - Above and Beyond
Blackburn	Addyson F - Excellent Effort Anaya B - Excellent Effort	Sam V - Positivity
Garrett	Lucy T.- Outstanding Improvement Lucy S.- Creative Thinker	Evan T.- Kind Classmate
Smith	Jaxon-Outstanding Improvement Genevieve - Academic Achiever	Mohamed, Reema - Resilient Researcher
Bishop	Bibi - top-notch independent work Bella - work ethic and contributions to school	Jenna - work ethic and contributions to school
Kraus	Dylan G. Participation/enthusiasm for learning.	Rana A. Participation/enthusiasm for learning.

## LOCKDOWN DRILL

All schools within the DSBN practice lockdown procedures as part of the school's emergency preparedness. The simulation will allow students and staff to implement our School and Board Emergency Response Plan to ensure the safety of all students and staff, should an emergency lockdown situation occur.

This is to inform you that Ontario Public School will be involved in a practice lockdown procedure on April 19, 2024. Similar to fire evacuation drills, classroom teachers will review the steps that students must follow during a lockdown. As always, staff will make sure students are prepared and feel safe during the practice. The practice lockdown is expected to take approximately ten minutes. If you require any additional information, please contact me at the school.

Keeping students and staff safe while at school is paramount to us. Practicing safety drills helps our students and staff to respond appropriately in the event of a real emergency. If you have any questions about this or any of our safety drills, please contact me at the school.

## APRIL SPIRIT DAYS

Our Knights will be recognizing the following dates. We encourage everyone to participate. For our spirit days, we love creativity!

Date	Spirit Day	Purpose of the Day
Tuesday, April 2	Celebrate the Spectrum for Autism Acceptance Day	Autism Acceptance Day is officially held on April 2. On Tuesday, April 2, wear tie-dye to show your support for people on the Spectrum. This is an opportunity to provide spaces of support and advocacy for our diverse communities, learn about autism, and how to make our communities more inclusive for people on the autism spectrum.

## GRADE 8 GRADUATION

In the next week, we will have an update on plans for our Grade 8 Graduation. Due to the increasing enrollment, we are investigating an alternate location as our gym is simply not large enough to comfortably accommodate our graduates and their families. We will send an email this week with further information.

## DSBN SOCIAL WORKER SUPPORT AVAILABLE

Do you have questions about your child's mental health and well-being, such as anxiety, behaviour or self-harm?

Do you need support in accessing supports in the community?

Do you need advice for setting goals to help with regular school attendance?

Do you have any questions or looking for support regarding a certain aspect of parenting?

If these are some questions that you have, please speak with your child's teacher or Mrs. Falardeau. All DSBN schools work with a DSBN Social Worker who supports families to provide an additional layer of support to help our students and families achieve success. Our DSBN Social Workers are an invaluable member of our Ontario team.

## PROM PROJECT NIAGARA

Grade 8 Graduation is coming! We encourage students to come in clothes they feel comfortable wearing to celebrate their milestone achievement. Prom Project Niagara is a one-day, fun, free formal wear extravaganza for girls and guys! Students can select their perfect head-to-toe look for their prom, formal, or **graduation** for FREE!

If you know of a student who could use this program, please join us on Saturday, May 4, from 9:30 a.m. – 2:00 p.m. at St. Catharines Collegiate. More information will be shared shortly!

## DSBN eFLYERS

Many community events and activities are posted on the DSBN eFlyers website. I encourage you to take a look, on occasion, to ensure you do not miss any community events that might be of interest to you or your family. To view the eFlyers, please follow the simple instructions:

1. Log onto our website: [www.dsbn.org](http://www.dsbn.org)
2. Click on "Community" tab
3. Click on "eFlyer Request" and you may browse through the 'Recent eFlyers' to find offerings from a variety of community organizations.

## THE NOSE KNOWS: NO SCENTS MAKES SENSE

Scented products have chemicals that can cause health reactions in people with asthma, migraines, allergies, or environmental sensitivities. Please help keep our air breathable for everyone and use unscented or scent reduced products where possible. Ontario is a Scent-Reduced Environment. Some staff and students have a sensitivity to odours, smells, and scents. Please do not wear, or send your child with, perfume, cologne, after shave, or scented body lotion into the school.

We have had some students spraying perfumes, body sprays and other scented products in the halls. We kindly ask that you review the Scent-Reduced Environment message with your child.

## **ANAPHYLAXIS – BE NUT AWARE!**

Anaphylaxis is a severe and potentially life-threatening reaction to certain food substances. We have students in our school that suffer from a severe allergy which can cause an anaphylactic reaction. An anaphylactic reaction is an allergic reaction so severe that in some cases, it can be life threatening. These children have a severe allergy to nuts. Prevention is the best approach. Therefore, we ask your cooperation in not sending any snacks or lunches containing nut products with your child.

## **STAY INFORMED AND CONNECTED**

In our busy lives, events can sometimes be overlooked. Technology allows us multiple ways to connect with families. The following is a list of ways we use to connect with families to ensure all families are aware of the many events happening throughout the year.

**SCHOOL WEBSITE** - Please take some time to visit the Ontario Public School website.

**SCHOOL MESSENGER** - Using the School Messenger program, all families will receive an email on Sunday afternoon (Monday on a long weekend) with reminders about events for the upcoming week. If you are not receiving these emails, please check your contact information with the office to ensure we have the most current information.

**SOCIAL MEDIA** - Please follow us on X (formerly Twitter) see updates on exciting events. All posts will be updated on our school website as well.

**MONTHLY NEWSLETTER** - All newsletters will be sent via School Messenger through email on the first school day of the new month. Accessing the newsletter through the website or email allows you to click on links to learn more about items highlighted in our newsletters.



## Niagara Region Public Health School Health Newsletter

### April 2024

#### Nutrition Month 2024

March is [Nutrition Month](#)! This annual campaign has been created by the [Dietitians of Canada](#) to highlight the importance of making informed food choices and developing both balanced eating and physical activity habits. Adults have a unique opportunity to help youth learn that healthy eating is more than the foods they eat. Below are some helpful resources to encourage healthy behaviours in children.

- [Building Healthy Eating Habits | Support Your Picky Eater](#)
- Visit [unlockfood.ca](http://unlockfood.ca) for recipes, food allergies, [menu planners](#), and to also find a Dietitian
- Check out this [free downloadable e-recipe](#) book from a previous Nutrition Month
- For more support around healthy eating, visit [Healthy eating for parents and children - Canada's Food Guide](#)



#### World Sleep Day, Sleep is Essential for Health – March 15<sup>th</sup>

Sleep is very important for physical and mental health, but many children and youth just don't get enough. Lack of sleep may cause a number of health problems and have a big impact on your child's school performance, behaviour and mental health.

##### How much sleep does my child/youth need?

AGE	RECOMMENDED SLEEP
Ages 3-5 (Preschoolers)	10-13 hours per day
Age 6-12	9-12 hours per day
Ages 13-18	9-10 hours a night

Source: Recommended amount of sleep for pediatric populations, from the American Academy of Sleep Medicine, 2016



##### Here are a few tips to consider that may help youth sleep better:

- **Limit naps** – some kids are really tired when they get home from school. A short nap can be helpful, but long naps can interfere with nighttime sleep. Consider keeping after school naps short, no more than 30-60 minutes.
- **Spend at least 1.5 hours outside during daylight hours** – natural light from outside helps set the body's internal clock. This is also important for helping a child's eyes develop properly and prevent nearsightedness.
- **Have an electronic curfew** – it can be helpful to have any electronic screens turned off 1-2 hours before bed. Avoiding screens will reduce blue light and help the brain produce melatonin, a hormone that controls the sleep-wake cycles.
- **Have a regular bedtime routine** – typical routines can include brushing teeth, having a bath or shower, putting on pajamas, going to the bedroom and doing relaxing activities such as reading, drawing, writing, or listening to calming music.

For more information, visit [caringforkids.ca](http://caringforkids.ca) - [healthy sleep](#)

Source: <https://www.cheo.on.ca/en/resources-and-support/resources/P5643E.pdf>

## Niagara Parents

Public Health Nurses are available to answer questions and provide reliable advice about pregnancy, nutrition for all ages, child or parental mental health concerns, and provide connections to community supports through [Niagara Parents](#).



Individuals can connect with a Public Health Nurse at [Niagara Parents](#) **Monday – Friday, 8:30 a.m. - 4:15 p.m.:**

- Call 905-684-7555 or 1-888-505-6074 ext.7555
- [Email](#)
- [Live Chat](#)
- [Facebook Messenger](#)

## Active School Travel

Walking home from school can take less time than driving. This is especially true if you must arrive early for a parking spot. If you live too far away to walk all the way to school, try driving to a location near your school and walk the rest of the way.



Here are benefits and fun facts about Active School Travel:

- It only takes about 12 minutes to walk 1 kilometre. Try walking to school or a destination near your home. You might surprise yourself with how fast you get there.
- More people walking means fewer cars and less congestion. This makes it safer for everyone. Cars actually drive slower when there are large numbers of people walking.
- Kids who walk or bike to school arrive alert and ready to learn. Practice a walking route to your school to help your child get ready for an active return.