

Ontario Public School

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October 2023

OFFICE MESSAGE

We would like to extend our thanks to all members of our school community, including students, parents, and staff, for an amazing kick-off to our 2023-2024 school year.

With Thanksgiving around the corner, we encourage our families to reach out to someone who has a positive influence in their lives and let them know! Not only will you be happier but imagine how amazing that person will feel after receiving such a compliment! We are truly grateful to be a part of our amazing Ontario team, and, on behalf of our staff, we wish our families a very Happy Thanksgiving!

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.

SUPERVISION REMINDERS

Your child's safety is very important to us at Ontario. To help us keep your child safe, we ask that you keep in mind the supervision schedule for students. Supervision for students begins at 8:45 am. Students should not be arriving before 8:45 am, as supervision is not provided before that time.

CREED-BASED HOLIDAYS

The Niagara Region is growing more diverse in creed and/or religious beliefs and practices. The District School Board of Niagara (DSBN) is committed to fostering diverse, equitable, and inclusive learning and working environments that promote acceptance and protect individuals from discrimination and harassment based on the protected grounds under the Ontario Human Rights Code. Creed and/or religion is one of the grounds that is both an individual right and a collective responsibility. The DSBN recognizes and embraces the creed diversity represented in its students, staff, and community members. As we start our school year, I invite you to share with me your family's most significant creed-based holiday(s). We will work together through the accommodation request process as Ontario recognizes the importance of families celebrating their creed and/or religious beliefs and practices. The DSBN has created a Family Guide: Recognizing and Respecting Creed Diversity to support families in requesting accommodations. This guide has also been translated into the following languages: Arabic, French, Hungarian, Korean, Mandarin, Spanish, Urdu and Vietnamese, which can be viewed on the DSBN Equity webpage. For a list of Days of Significance, please refer to the Days of Significance Calendar.



PA DAY

Friday, October 6 has been designated as a PA Day for the District School Board of Niagara.

WORLD TEACHER'S DAY – THURSDAY, OCTOBER 5

World Teacher's Day is recognized annually on October 5. I would like to thank our teaching staff for all you do each and every day to ensure that our students are safe, well, and challenged to do their best. Thank you to our amazing teaching staff for making our community an amazing one to be a part of and supporting our Knights to be the best version of themselves in everything they do!

TERRY FOX

In September we participated in the Terry Fox School Run. Thank you to the families that donated directly to the Terry Fox Foundation. Through the generosity of our families and Snack Shack sales, we raised over \$1100 to support cancer research.

SCHOOL PHOTO DAY – OCTOBER 20, 2023

School photo day is coming soon! Our school photos are scheduled for the morning of Friday, October 20, 2023. Further information and reminders will be sent home closer to photo day.

STUDENT NUTRITION PROGRAM

We are pleased to announce that our student nutrition program has begun! Following protocols set out by Niagara Nutrition Partners, students will be able to access 'grab-and-go' snacks, including fresh fruits and grain products, throughout the day. We appreciate the financial support of our partners at Niagara Nutrition Partners!

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. Woodland 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.

ANAPHYLAXIS – BE NUT AWARE!

Anaphylaxis is a severe and potentially life-threatening reaction to certain food substances. We have students in our school who 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 for your cooperation in not sending any snacks or lunches containing nut products with your child or any celebratory treats such as birthday cupcakes.

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.

STUDENT OF THE MONTH-SEPTEMBER

Teacher	Student/Recognition
Phillips/Elliott	Ayya-Helping Hand Bareerah-Inclusive Classmate
Norton	Heba-Enthusiastic Learner Finn-Kind Classmate
Simpson/DeRuiter	Carson-Enthusiastic Learner Alexis-Perseverance
DaEira/Maddalena	Kaiden-Outstanding Organizer Khaleesi-Kind Classmate
Thaler	Sophia-Kind Classmate Khuzaima-Awesome Attitude
Gyugyei/Gill	Emerson-Excellent Effort Cassie-Helping Hands
Gaudreault	Ember-Extra Mile Liam-Helping Hand
Sokach	
Salierno	Amber-Helping Hand Brayden-Excellent Effort
Teakle	Charlie-Going the Extra Mile Skylar-Enthusiastic Learner
Cunningham	Abdar-Enthusiastic Learner Isabella-Awesome Attitude Walker-Problem Solver
Glauser	Muhammed-Math Master Kabir-Math Master
Kaur	Grace-Helping Hand Jace-Enthusiastic Learner
Blackburn	Farzan-Awesome Academics Ebo-Helping Hand Jahmir -Above and Beyond
Garrett	Abdullah-Problem Solver Princesa-Extra Mile Auj-Enthusiastic Learner
Smith	Emma- Academic Initiative Cheyenne-- Academic Initiative
Bishop	Ben-Spectacular Sportsperson Jenna-Excellent Effort Bella-Positivity
Steve Kraus	Gretchyn Enthusiastic Learner Gavin- Enthusiastic Learner

SO MANY WAYS TO 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- [Ontario website](#)

Please take some time to visit the Ontario Public School website. Our website includes current newsletters, school calendars, school council information, a school year calendar, classroom websites, and bell times.

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 these social media platforms- [Ontario Public X](#) (formally Twitter) to see updates on exciting events. All posts will be updated on our school website as well. We are looking forward to sharing how we #Ignitethelearning!

MONTHLY NEWSLETTER - All newsletters will be posted to the school website and 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.

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
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.



Niagara Region Public Health School Health Newsletter October 2023

WALKTOBER

As the rush of the new school year starts to settle down, consider walking, biking or rolling with your child to school.



Join families across Niagara and the world in celebrating October's [International Walk to School Month](#) (Walktober). Kids who walk or bike to school arrive alert and ready to learn. If you live too far away to walk or wheel to school, try driving to a location near your school and walk the rest of the way. Using active transportation helps reduce congestion at your school.

This Walktober, enjoy [#ActiveSchoolTravel](#) and leave the car at home more often [@NiagaraParents](#) [@OntarioAST](#) [@NiagaraSTS](#)

Don't Be Scared by Cavities this Halloween!

Keep your child's smile BOO-tiful this Halloween!

Here are some tips to help keep teeth healthy:

- Brush teeth twice a day for two minutes using fluoridated toothpaste
- Floss once a day
- Stay away from sticky, starchy and hard candy
- Limit sugary drinks. Drink water after eating tasty treats to rinse away sugar that may be stuck on your teeth.
- Book a FREE dental appointment at Public Health's dental clinics by calling 905-688-8248 or 1-888-505-6074 ext. 7399 or [live chat with us](#).



To learn more on how to keep your family's teeth healthy, visit www.niagararegion.ca/dental.

Mental Illness Awareness Week 2023 #MIAW

This year, [Mental Illness Awareness Week](#) is from October 1-7. Mental Illness Awareness Week is an annual national public education campaign designed to help open the eyes of Canadians to the reality of mental illness.

Annual Memorial Forest Vigil:

The [Memorial Forest](#) seeks to reduce the stigma around mental illness and promote a greater understanding and compassion from the community as a whole. Each year, a Memorial Forest Vigil is held during Mental Illness Awareness Week to provide an opportunity to share stories of hope and success as told by individuals and family members living with mental illness.

Mental Illness and Stigma:

Stigma is when someone views you in a negative way because you have a distinctive characteristic or personal trait that is thought to be a disadvantage (a negative stereotype). Stigma can occur from a lack of understanding of mental illness. This stigma can lead to discrimination, and it may be direct or unintentional.

Some of the harmful effects of stigma can include:

- Hesitancy to get help or treatment
- Lack of understanding by family, friends or others
- Fewer opportunities for work, school or social activities
- Bullying, physical violence or harassment
- The belief that you'll never succeed at certain challenges or that you can't improve your situation

You can help reduce stigma by educating yourself, being aware of your attitudes and behaviours and choosing your words carefully when you talk about mental illness and substance use disorders.

Helpful Resources:

- [Addressing Stigma](#)
- [Canadian Mental Health Association: Stigma and Discrimination](#)
- [Words Matter \(CAMH\)](#)



Help Keep the Classroom Germ Free – Stay Home When Sick

Fall brings the 'unofficial' start of respiratory illness season. This means that viruses that affect our respiratory system (for example our lungs and throat) begin to spread more often.

Help keep the classroom germ free by keeping your child home if they are sick. If your child is sick, they should stay home from school until:

- They have no fever, without the use of fever reducing medication **and**
- Their symptoms have been improving for at least 24 hours or 48 hours if they have nausea, vomiting and / or diarrhea **and**
- They don't develop any new symptoms

Like every year, different respiratory viruses can be spreading in our community at the same time. These viruses can have similar symptoms. This means it can be hard to tell what you are infected with based on just symptoms alone.

By keeping your child home when sick, you help prevent them from spreading whatever infection they have to others.

