

Ontario Public School

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March 2024

PRINCIPAL'S MESSAGE

March Break is just around the corner. The weather looks like it will be mild, which makes for some great outdoor time. I also hope the children find some time to include reading for pleasure. A simple trip to the bookstore or library is always a good way to break up the week while promoting literacy as a family. Perhaps they can challenge members of their family to cook or bake a new item for the family to try. Cooking and baking are great ways to apply math skills, such as fractions, reading procedural texts (to follow instructions), and just a great way to spend time together as a family!

Whatever your plans for March Break, we wish our families a safe and healthy break and look forward to reconnecting once we are refreshed and ready for the remainder of the school year!



MARK YOUR CALENDAR

- Stem Expo Mar. 5
- Dental Screening Mar. 6,7
- Black Light Dance-a-thon Mar. 7
- March Break Begins Mar. 11
- March Break End..... Mar. 15
- Throwback Thursday Spirit Day Mar. 28
- Spring Break Begins Mar. 29

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.

PA DAY

March Break is from March 11 to March 15 inclusive. We look forward to seeing our families on March 18 after a restful and healthy break.

BLACK LIGHT DANCE-A-THON – THURSDAY, MARCH 7

On Thursday, March 7, our school is hosting a Dance-a-thon. Our students have been looking forward to this special day! Donations for the dance-a-thon may be made through School Cash Online until Tuesday, March 5 and prize donations will be accepted at the school. The top fundraiser for the school will get a special lunch with a friend (delivered from a restaurant of their choice) with Mrs. Falardeau and Ms. Plat. As well, the top class will earn an extra dance period on Thursday. All students in Kindergarten to Grade 8 will have scheduled time to participate. All funds raised will be used to support purchasing gym equipment, production costs for our Spring musical as well as continuing our efforts to purchase additional Chromebooks.

KINDERGARTEN REGISTRATION FOR THE 2024-2025 SCHOOL YEAR

Did you, or someone you know miss our open house and have a child who was born in 2020? If so, connect with the school and we can make arrangements for a visit. There is still time to register by visiting the [DSBN Kindergarten registration link](#). If you have any questions, please contact the office.





ATTENDANCE MATTERS – OLDER STUDENTS

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.

What can you do?

- Talk about the importance of showing up to school every day, 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.

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.

MARCH SPIRIT DAYS

Our Knights will be recognizing the following dates with some special activities. We encourage all our Knights to participate. For our spirit days, we love creativity!

| Date | Spirit Day | Purpose of the Day |
|--------------------|--------------------|---|
| Thursday, March 7 | Neon Day | Dance-a-thon for our Knights and we encourage our students to wear neon, black or white. |
| Thursday, March 28 | Throwback Thursday | <p>On Thursday, March 28, we will be having a Throwback Thursday spirit day. Choose your favourite decade and dress from that time period. Not sure which decade to choose? Perhaps you are a fan of:</p> <ul style="list-style-type: none"> • Sock hop 50's, • Tie dye 60's, • Disco 70's, • 80's neon, • 90's flannel, • Or perhaps you prefer to go further back in time. <p>Have fun and be creative!</p> |

SPECIAL LUNCH OPTIONS

| Lunch Date | Lunch Option | Order Window through School Cash Online |
|---|--------------|---|
| Thursday, March 7, 2024 Thursday, March 21, 2024 Thursday, March 28, 2024 | Pizza Days | Each Sunday at midnight prior the pizza day |

EXTRA-CURRICULARS UPDATES

Please note that if NSTS transportation is cancelled, any after school extra-curriculars will also be cancelled.

| Activity | Day of the Cycle and Meeting Time | Grades for Student Involvement | Staff Supervisor |
|-------------------|--|--------------------------------|---|
| Junior Basketball | Practices are held during break Games start after March Break – Please return forms | Grades 4-8 | Girls – Mrs. Droppert Boys – Mrs. Bishop and Mrs. Hansen |
| DSBN Writes | During Breaks | Grades 4 - 8 | Mr. Smith |
| Coding Club | During Breaks | Grades 2&3 | Ms. Cunningham |
| Chess Club | During Breaks | Grades 1-8 | Mr. Casburn |
| Musical | During Breaks | Grades 3-8 | Miss Teakle & Mrs. Glauser |

SCHOOL ADVISORY COUNCIL – TUESDAY, MARCH 26, 2024

Our next School Advisory Council meeting will held on Tuesday, March 26, 2024 at 7pm. Please email Susan.Plat@dsbn.org for a link to join our meeting on Teams. All are welcome.

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 invaluable members of our Ontario team.

IMPORTANT MESSAGE ABOUT INCLEMENT WEATHER PROCEDURES

There are times in Niagara when weather conditions are so poor that we must cancel student transportation, and/or close schools to preserve the safety of students and staff. The decision to cancel transportation and/or close schools is not taken lightly; a variety of factors are considered when making this choice. To learn more about how these decisions are made, please go to <https://www.dsbns.org/inclementweather>.

Transportation Cancellations:

Information about transportation delays and cancellations are posted to <https://portal.nsts.ca/Cancellations.aspx>. When transportation is cancelled, every effort is made to communicate the decision by 6:00 am on the day of the cancellation. There are times when transportation is cancelled, but schools remain open. If, on those days you feel it is best for your child to stay home, please report your child's absence <https://dsbn.org/safearrival/> so we can make sure they are safe at home.

School Closures:

When the decision to close schools is made, it refers to all schools. Every effort will be made to share school closure information before 6:00 am on the day of the school closure. You will find it on [dsbn.org](https://www.dsbnschools.org), all school websites, DSBN social media, and local media share the news widely as well.

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.dsbnschools.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.

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.

School Cash Online is a safe, reliable portal that will ensure the security of your information. The system is already active. You are able to gain access through the School Cash button which has been placed on our school website. We are asking that you click on the button and follow the simple instructions to register. Registration should take less than five minutes. If you registered last year, you do not need to register again!

If you require some assistance registering for School Cash Online, please visit the office and we will be happy to help you get started.

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.dsbnschools.org](https://www.ontario.dsbnschools.org)

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

SCHOOL MESSENGER - Using the School Messenger program, all families will receive an email on Sunday evening (Monday's 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 social media to see updates on exciting events. All posts and tweets will be updated on our school website as well. [Ontario "X"](https://www.ontario.dsbnschools.org)

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.

STUDENTS OF THE MONTH-FEBRUARY

| Teacher | Student #1 | Student #2 |
|--------------|---|--|
| Phillips | Aurora- Amazing Attitude | Mazin- Outstanding Improvement |
| Norton | Izn-Good Friend | Ghaziyan- Excellent Effort |
| Simpson | Jack-Good Friend | Charlie-Good Friend |
| DaEira | Ashvith- Outstanding Organizer | Arya-Reading Rockstar |
| Thaler | Henley - Helping Hand | Baani - Outstanding Improvement |
| Gyugyei/Gill | Auden-co-operates | Kyrie-being math minded |
| Gaudreault | Isla - Difference Maker | Gianna - Math Master |
| Sokach | Ziah - Positivity | Inara - Curious Questioner Evan W - Engaging in his learning and helping others |
| Salierno | Chantel - Helping Hand | Connor - Excellent Effort |
| Teakle | Camryn- Helping Hand | Raina- excellent effort |
| Cunningham | Greyson | Kristen |
| Glauser | Raina, Gunreet - High Five | Dawson - Helping Hand |
| Kaur | Keenan- High Five Award | Jacob- Kind Classmate |
| Blackburn | Jacob Z-High Five Award | Omar A-Perseverance |
| Garrett | Cali Emma | Mahamed |
| Smith | Noah Barend | Luke |
| Bishop | Ben - awesome attitude Carter - quick, detailed worker | Chloe - extraordinary creativity |
| Kraus | Storm-Helping Hand | Issac-Helping Hand |

Niagara Region Public Health School Health Newsletter

March 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 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 15th

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 - [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.