



What's Up at Westi?



Westminster Public School



March, 2022



Check out our Facebook page at:

<https://www.facebook.com/WestiWildcats>

Parent Council Corner

Next Parent Council Meeting will be held
virtually on April 12th

Please contact Mr. Purvis for the link to the meeting. We would love to have you join us.

My Family Room

Information on how to sign up for "My Family Room" so that you can receive emails and calendar updates from us can be found at the following link: http://www.ucdsb.on.ca/for_families/my_family_room

Contact the office if you would like help setting up your account.

My family room will be our future access to paying for student activities and hot lunch program. It is also a great way to enter your child/ren's attendance if they will be absent from school.

Westminster is Nut Free and Scent Aware!

We would like to remind you that our school has students and/or staff with nut allergies. We kindly ask that you do not send products that contain nuts. There are food suppliers who are marketing peanut-free products that look, taste, and smell like peanut butter. These peanut butter substitute products can cause confusion and create an unsafe environment for our students and staff that are peanut anaphylactic. Therefore, due to the difficulty in differentiating between peanut butter and a peanut butter substitute, we do not allow these products in our school.

We have staff and students who are very sensitive to perfumes and scents. Please be scent aware to help us keep our school community healthy!



Health Unit E-Bits March is Nutrition Month –

let's talk about school lunches and snacks! The food eaten at school provides a major source of energy that kids need to grow, develop, learn and play. To pack a healthy lunch for school, try including one food from each of the three food categories in a school lunch:

☐ Colourful **vegetables and fruit**

☐ Whole **grains**

☐ **Protein** foods: meat, fish, poultry, eggs, beans, nuts, seeds, tofu and dairy products. Try to avoid packing processed and pre-packaged foods like dry noodle soup mixes, pepperoni, and luncheon meats. These foods are often high in fat and salt, and have few nutrients. For drinks, milk and water are great choices. For more information, check out our "What's for Lunch?" resource: https://healthunit.org/wp-content/uploads/Packing_Healthy_School_Lunch_Tips.pdf

The Government of Canada lightens border

measures : Children under 12 years old, travelling with fully vaccinated adults, will continue to be exempt from quarantine, without any conditions limiting their activities. For example, they no longer need to wait 14 days before attending school, camp or daycare. If you are travelling outside of Canada this March break remember to plan ahead. Refer to the Government of Canada's website for more information or call the Public Health Agency of Canada's general inquiries line at 1-833-784-4397.

Did you know? Making mistakes is a normal part of learning for children, teens AND parents.

Kids don't always know that though. They can get discouraged with themselves, or want to quit something that is hard. As parents, we can encourage them to keep trying. We can share our own experiences and the things we have learned. We can help them make a plan to do better. And we can remind them about all the times they have tried and been successful. For extra parenting tips and more strategies, call 1-800-660-5853, email triplep@healthunit.org or visit www.triplep-parenting.ca. Parenting matters!



Kindergarten Registration has started. Call the school or enter your information into My Family Room if you have a child ready to begin school in the Fall. Watch our facebook page for a video about our kindergarten program.

Virtual Open House will be held on April 12th at 6pm.

[Virtual Kindergarten Open House](#)

STEO

If you have questions about your child's transportation, please contact "Student Transportation of Eastern Ontario" at:

1-855-925-0022.



Masks/Hand Hygiene

Masks are required for all students from grades 1-6.

Students will be taught how to store their masks as well as proper hand hygiene.

Please ensure you are washing your child/ren's masks daily.



School Clothing Orders

If you are looking to order school clothing please check out tisportswear.com

There is a variety of choices in clothing. We have also added clothing for Pink Shirt Day...check it out!



SCHOOLS
Bullying Awareness T-Shirt
\$12.00



March Break is the week of 14th to 18th

Check out some of the local camps and activities for kids.

Aquarium Camp, Frontenac Arch Biosphere Nature Camp, Stingers Camp, YMCA activities.

