



What's Up at Westi?



Westminster Public School



November, 2022



Check out our Facebook page at:

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

Parent Council Corner

Parent Council Members for 2022-23

Chair - Brodie Church

Secretary - Gil Pankhurst

Treasurer - Nina Vanderlinden

Fundraising Coordinator—Maria Psihogios

Next Meeting is November 10th at 6pm

If you would like to join us contact the school.

MY Family Room Contact the office if you would like help setting up your account. Attendance/Field Trip forms/Hot Lunch payments can all be done using this.

Nut Free and Scent Free School

Help us keep our school safe for all!

We All Belong Student Survey

Every public school board in Ontario is now required to collect identity-based data about students, in compliance with the Anti-Racism Act, 2017. The UCDSB has developed the We All Belong Student Survey, which is an opportunity for students to **share their voices and opinions**, and help to create more inclusive schools and programs. Students and families will receive additional information about the survey over the next few weeks.



Health Unit E-Bits

COVID-19 isn't the only virus we all want to avoid. A COVID-19 test may not be needed when you only have a runny nose or a sore throat but these symptoms can still spread illness to others. Don't go to school, work or visit others if you are feeling sick. Talk to your health care provider or call the School Health Line at 1-866-236-0123. Complete the school screening tool before each school day at: <https://bit.ly/3v8r8RG>

Anxiety...stress...fear...common emotions our children and youth are dealing with these days. In fact, some experts would say these are on the rise.

Triple P has the Fear-Less program to give parents and caregivers the skills and strategies to support their child or youth overcome fears and build confidence and resiliency. These sessions can be accessed in the following ways:

1. Virtual groups being offered through various agencies across ON – found at

<https://www.triplep-parenting.ca/ont-en/find-help/find-a-session/>

2. Online program where parents work at their own pace – info found at <https://www.triplep-parenting.ca/ont-en/find-help/fear-less-triple-p-online/>

Parents/caregivers can access this online program for FREE by calling the Health Unit at 1-800-660-5853 or emailing triplep@healthunit.org

3. Local group that will be offered either virtually or in-person – dates TBD

4. One-on-one with a local trained practitioner – Parent/caregivers can access this support for FREE by calling the Health Unit at 1-800-660-5853 or emailing ...

triplep@healthunit.org

Our Cross Country Team enjoyed a fantastic season and great weather at each meet! We are proud of our Wildcat Athletes.



Feeding the Community

Thank you for all the food donations. The Brockville Food Bank was grateful for the donation. We raised over 1000 food items that are now on the shelf at Brockville Food Bank. It was wonderful to work with the Brockville Rotary Club on this great initiative that had us working to do something helpful to support the community we live in.

Supporting Social Emotional Learning at Home

Social-Emotional Learning is the development of skills that help us become more self-aware and better able to manage difficult emotions and situations. Social and emotional skill building contributes to success in relationships, improved ability to solve problems, reduced anxiety, improved mood and improved academic performance. We work to build these skills in the classroom, here's a fun way to work on social emotional skills at home!

Try making a Kindness Jar at home! Here's how:

Gather a large see-through jar and items such as marbles or jelly beans (or any small item you have a collection of in the house).

Talk about what an act of kindness is (e.g. sharing a toy with a sibling)

Add a marble, jelly bean, etc. to the jar for each kind act that someone notices someone else doing.

Share with each other when an "act of kindness" is noticed.

The sharing can happen when the family is together, such as during a meal.

STEO

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

1-855-925-0022.



Reading Mentors from the High School working with two of our primary classrooms. Wonderful to see the excitement of sharing a favourite story book with older students while learning and practicing important reading strategies.



Special Recognition Days in November

Nov. 6-12 - Treaties Recognition Week

Nov. 8 - Indigenous Veterans Day

Nov. 11 - Remembrance Day

Nov. 13 - World Kindness Day

Nov. 14-18 - Bullying Awareness and Prevention Week

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! Order cut off for guaranteed Christmas delivery is Nov. 12th



SCHOOLS
Bullying Awareness T-Shirt
\$22.00



**Our Students will be taking part in a
Remembrance Day Service**



Lest We Forget.

Weather is changing and the days are growing colder. Please remember to encourage your children to dress appropriately for the weather to ensure they stay dry and warm during our fun outdoor play time each day.

