



What's Up at Westi?

Westminster Public School



December 2022



Check out our Facebook page at:

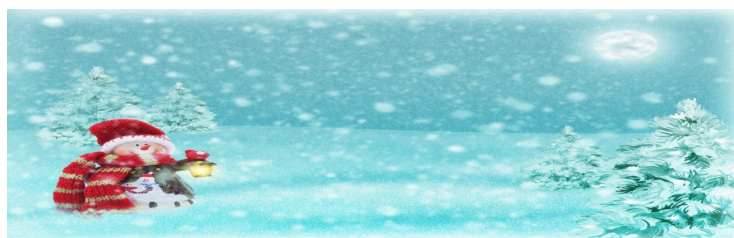
<https://www.facebook.com/WestiWildcats>

Parent Council Corner

Next Parent Council Meeting: Jan. 17th via TEAMS

Parent council would like to thank you for your support of the Fudge Fundraiser. All proceeds go to supporting our students in many different ways. Transportation, technology for learning and guest speakers.

The staff at Westminster would like to wish you and your family a very happy holiday! May it be filled with love, laughter, family and friends.



Message from Administration

J. Moore/M. Crawford

November was a month full of lots of great learning here at Westminster. We had so much fun that we were shocked when we realized December had arrived! This month we are focused on the character trait of Kindness. We have an initiative going on where we are focused on "catching people in the act of kindness". The hope is that with the students deliberately engaged in doing kind deeds and making kind comments, then we will begin to see these habits transfer into consistent daily occurrences over the year. Ask your child about all the kind acts they have been doing at school.

STEO

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

1-855-925-0022.

Update your MyFamilyRoom for inclement weather notifications



Managing Holiday Season Stress

With the holiday season approaching, some might be anticipating the joy, excitement, and togetherness that the season can bring. Others might be bracing themselves for the challenges that inevitably accompany the holidays. Expectations around the holidays can contribute to increased stress. Children's Mental Health Ontario offers these tips to help families through the holiday season.

- 1) **Do what works for your family** – Give yourself permission to prioritize mental health over holiday commitments. Try offering your child(ren) activities to choose from. Don't over commit your schedule and allow for personal time.
- 2) **Plan early** – Now is a good time to begin discussions with your child(ren) about holiday plans. Predictability reduces stress! Try letting your child(ren) be part of the planning. What do they feel is most important to do during the holidays.
- 3) **Find a quiet space in a busy place** – Identify a spot with your child(ren) that they can retreat to during holiday activities where they can calm down or re-group. Check in with your child(ren) regularly to see how they are doing and if quiet time might be needed.
- 4) **Manage disappointment** – Acknowledge with your child (ren) any disappointments that might occur during the holidays. Give kids a safe place to express themselves and provide validation and support.
- 5) **Support through grief** - The holidays can be especially hard for grieving families. Remembering your loved one, telling stories, and laughing about good times together are all ok to do, and can provide comfort. Working together to come up with ideas for memorializing your loved one over the holidays is another idea.
- 6) **Take care of you** – The holidays are stressful! Make sure that you are eating, sleeping and making time for yourself as well. Take time when you need it and don't feel guilty about saying no when you need to.

Children's Mental Health Ontario (2021). *Ready for the Holidays*. Family Care Centre. <https://www.family.cmho.org/mental-health-ready-for-the-holidays/>

The **We All Belong Survey** is open and accepting responses until Dec. 12! If you haven't had a chance to fill it out, we encourage you to take 15 minutes and complete it with, or on behalf of, your child. All students in Kindergarten to Grade 8 have been sent a personalized survey link to their school email address. Student email can be accessed from home at <http://my.ucdsb.ca>. Log in using the same email address and password that your child uses to log in to a school computer.

Most students are familiar with how to log into their email. If you have trouble logging in, please contact your child's classroom teacher directly. An email was sent to each family with the info to log in.

While this survey is voluntary, we hope that our students and families will take the time to complete it.

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!

For a list of local mental health supports for children and youth visit: [COVID-19 Youth Resources - Leeds, Grenville and Lanark District Health Unit](#).

