



## February 2023 Westminster Public School

### Principal Message

As we welcome in February, we are also looking forward to the second half of the school year. It's amazing how quickly time races by and that the year is more than half over! It just goes to show you that being as busy as we have been here at Westminster with learning, playing, and recess clubs that time passes by quickly. The kids are having fun at Anime Club, Chess, Checkers and Card Club, Lego Club, Colouring Club, Mini Stick Intramurals, Leadership Club, Equity/Inclusion Club, Eco Club, and Yoga Club. The junior basketball teams have been practicing for their tournament day at BCI on February 13th and our students involved in the musical production of Frozen are practicing daily to prepare for the big performance in May.

### Report Card – Feb 16th

Report cards go home on Feb. 16<sup>th</sup> and will reflect the learning from September until the end of 1<sup>st</sup> term. If you have any questions about your child's progress, please reach out to the teachers. The most important thing you can do to support your child's success and academic growth is to keep continuous communication with your child's classroom teachers.

### JK/K Registration ~

For new junior kindergarten students, we are now accumulating names for next year. If you have a child or know of someone who expects to start school in September, please let the office know.

You can register two ways: **Online: [myfamilyroom.ca](https://myfamilyroom.ca)** **By phone: 613 345 5552**

*We look forward to welcoming new students and being part of their educational journey.*

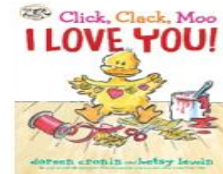
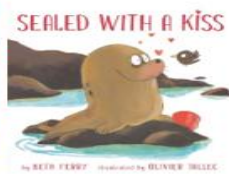
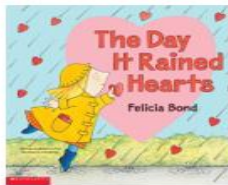


**Kindergarten Open House will be April 4<sup>th</sup> 5:30–7pm**

## Valentines ~ Feb 14<sup>th</sup>

If your child(ren) would like to bring in Valentines for their classmates, reach out to your teachers for specific details. If you want to bring in treats to share with the class please ensure they are store bought, pre-packaged and peanut free. If you have any questions, please feel free to call the office at 613-345-5552.

Looking for a good Valentines Day book to read? How about one of these?



## Pink Shirt Day ~ Feb 22nd

**Pink Shirt** Day is when many people worldwide wear **pink shirts** to focus on the prevention and intervention of bullying. It's a day to recognize those who are bullied and to stand up for them. On this day, we all stand united to stop bullying by wearing a **pink shirt**!



## Parent Council Update:

Thank you for the wonderful support with the fudge fundraiser that we held just before Christmas. We raised \$2843.75 to support our children in participating in field trips and gaining more access to technology for their learning.

Next Parent Meeting is March 28<sup>th</sup> at 6pm. If you would like to attend, please reach out to the school or the Chair of council: Brodie Church. We will be starting to plan a fun family event that will take place in June for our students and their families.

## Inclement Weather ~

For the 2022-2023 school year when school transportation is cancelled...Announcements regarding the cancellation of school bus and special vehicle transportation will be made no later than 6:15 a.m.

Parents/guardians and students can verify if buses are cancelled by accessing:

1. STEO's website at [www.steo.ca](http://www.steo.ca) and clicking on the link "Bus Delays or Cancellations."
2. STEO's free Bus Planner App for your Apple or Android device. Use the access code STEO.
3. STEO's Parent Portal for email updates on delays and cancellations (alerts) specific to your child's transportation. Visit [www.steo.ca](http://www.steo.ca) and scroll down to PARENT PORTAL LOGIN to create an account.
4. STEO [Facebook page](#) or on Twitter @STEO\_news and @steocancels
5. STEO's inclement weather hotline at 866-629-0629 (updated no later than 6:15 a.m.)
6. UCDSB Social media platforms, including the school district Facebook (<https://www.facebook.com/UCDSB>), Twitter (@UCDSB), and Instagram (@uppercanadaDSB), as well as the Facebook page of your child's school.
7. Parents registered with My Family Room will receive bus cancellations through their preferred communication, email, text message or telephone. If you are not signed up for My Family Room, you can do so here: <https://myfamilyroom.ca/>

Please do not call the bus companies directly for inclement weather cancellation updates, as the STEO website will reflect the most accurate information. Winter weather conditions can change suddenly. If roads become impassable during the school day, or if they are judged to be too risky, students will be kept at school until either their parents/guardians can pick them up or it becomes safe to resume school vehicle transportation.

## Health Unit News

**Teens Can Be Resilient!:** Parents and caregivers, you play a vital role in helping your teen become more resilient. Check out the Health Unit's [new guide](#) to support you in raising resilient teens. Learn about some things you can do to develop supportive relationships, and help your teen to build healthy coping skills, optimistic thinking, emotional awareness and skills for living.

**NEW! Canada Dental Benefit:** The interim Canada Dental Benefit is intended to help lower dental costs for eligible families earning less than \$90,000 per year. Parents and guardians can apply if the child receiving dental care is under 12 years old and does not have access to a private dental insurance plan. Depending on your adjusted family net income, a tax-free payment of \$260, \$390, or \$650 is available for each eligible child. Applications are now open. Applicants must have filed the previous year's tax return and be in receipt of the Canada Child Benefit for each eligible child in their care. This program is a federal program administered by the Canada Revenue Agency (CRA) and not administered by the LGL Health Unit. For more information, please visit [Canada.ca/dental](http://Canada.ca/dental) or call 1-800-715-8836.

## BLACK HISTORY MONTH

UCDSB schools make efforts throughout the year to celebrate the valuable contributions of all Canadians. The communities that we serve are more diverse than ever before and it is very important that all students, staff and families see themselves reflected in our schools and school curriculum.

February is Black History Month across Canada. Our students will be celebrating Black History Month in many different ways. Here are some things you can do at home:

- Read books, graphic novels and poetry by Black authors
- Learn the history of Black History Month (check out [www.cbc.ca/kids](http://www.cbc.ca/kids))
- Watch the Heritage Minutes stories of Chloe Cooley, Jackie Shane and Richard Pierpoint on Histoica Canada ([www.historicacanada.ca/heritageminutes](http://www.historicacanada.ca/heritageminutes))

## BACES: STEPS TO POSITIVE MENTAL HEALTH

### Body

Taking good care of our physical body means we will be better able to cope with emotional problems. Take steps to get enough sleep, eat a healthy diet and stay active.

### Achieve

Our brain gets a boost when we achieve things during the day. Plan realistic and achievable goals every day, such as those concerning work, chores and study.

### Connect

When we're struggling with our mental health, we can withdraw and isolate ourselves. Connecting with others boosts the neurotransmitter oxytocin in your brain which improves mood and overall wellbeing. Plan to connect with other people every day, particularly with close friends and/or family, but also with the local community.

### Enjoy

When our mood dips and we feel tired, or we withdraw and isolate ourselves, the first things we stop doing are the fun and enjoyable activities. Aim to spend time each day doing something you enjoy.

### Step back

When we feel emotional it is difficult to think clearly and we sometimes react by doing things that are unhelpful. Take a moment to calm your mind and body before deciding how you will respond when under stress.

Carol, Vivyan (2015) *BACES: Steps to Positive Mental Health*, GetSelfHelp <https://www.getselfhelp.co.uk/media/e1pfgcie/baces.pdf>