



Newsletter

Westminster Public School

January 2023

Principal's Message

Welcome back!

It is our pleasure to welcome you back after the holiday season. The teachers & staff join me in wishing you good health, happiness, and success in 2023. May you celebrate and enjoy the simple pleasures of life throughout the new year.

I would like to give the reminder that many students received gifts of valuable items over the holidays. While it is natural to want to bring them to school to show and share with friends, families are cautioned that the care and security of those items rest in the hands of your child. Please don't send anything to school that is too valuable to lose or too precious to risk damage.

Electronic gadgets top the list of many students' new acquisitions. We remind parents and students that the use of any electronic device in school should be preapproved by their teacher, this is to ensure there is no inappropriate use. Technology is very useful in today's classroom for learning but please be aware that it is the students' responsibility. Any tech that does come that is not approved must remain in their backpack for the duration of the day.

We have many exciting clubs and extra-curricular activities happening here at the school for our students. It is great to see the number of students participating and enjoying their time engaging with their friends and contributing in a positive way to the school culture. We are so proud of our Westi Wildcats!

JK/K Registration

We are now accumulating names of new Kindergarten students for September, 2023. If you have a child or know of one who will turn four before December 31, 2023, please register him/her on-line by visiting <https://myfamilyroom.ca> or call the school office. There will be a Kindergarten Open House held on Tuesday April 4, 2023 from 5:30 – 7:00pm, so save the date!

From the Health Unit

For Families:

Now that the Christmas holidays are over, do you find yourself struggling to get back into a regular routine again? If so, you are not alone! It's normal for a change in routine to throw everyone off. It can take time to readjust. Our kids may be testing the boundaries a little bit more (which is normal). Be consistent with routines and expectations. It will help kids to adjust more quickly. Sleep, healthy food, physical activity, time for play and one-on-one time with a parent will help your child manage stress better. These things work for parents too!

For more parenting tips, visit www.triplep-parenting.ca, call 1-800-660-5853, or email triplep@healthunit.org. Parenting Matters!

STRESS - You and Your Teen

In today's world many families are experiencing high amounts of stress – and that includes our kids and teens. How can you, as a parent, help your child/teen navigate stress?

- **Tune into your own stress:** how you deal with your own stress is linked to how you help teens, how they experience stress, and how they learn to cope with their stress
- **Maintain your parent-child relationship:** any positive influence YOU want to have on your teen depends on a good relationship
- **Recognize the signs of stress:** symptoms of stress include angry outbursts, moodiness, irritability, sadness, anxiety or panic, headaches, upset stomach and difficulty sleeping
- **Talk about stress, help with problem solving and provide practical support**
- **Provide a healthy home base:** a healthy diet, enough sleep, physical activity and the time and space to relax are the basic tools for coping with stress

**Happy New Year
2023**

