



# What's Up at Westi?



Westminster Public School



December 2023



Check out our Facebook page at:

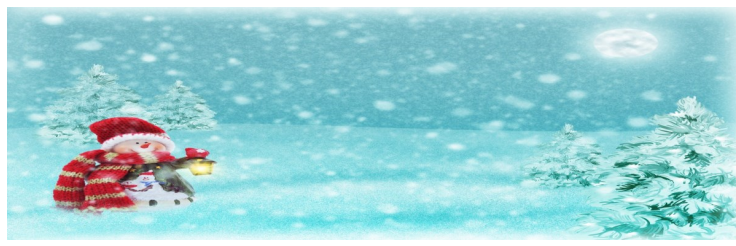
<https://www.facebook.com/WestiWildcats>

## Parent Council Corner

Next Parent Council Meeting: Jan. 22nd via TEAMS

Parent council would like to thank you for your support of the caramel Fundraiser. We raised close to \$1000. 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/K. Korczynski

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.

Sign up for STEO notifications through the APP on the website.

It will give you updates for inclement weather and bus cancellations.



## Gratitude: Helping kids show appreciation this holiday season.

We teach our children to say thank you because we want them to appreciate others and not take things for granted, but learning to be grateful can have other significant benefits. Practicing gratitude can help children and youth to empathize with others and build positive relationships. It also contributes to overall happiness! This holiday season, help your child to understand the importance of gratitude and find meaningful ways to express gratitude as a family. Here are some tips:

**Show examples of gratitude** by offering a genuine "thank you" to others or pointing out acts of generosity. Your children watch and learn from you so be sure to express how these acts of gratitude make you feel.

**Let children choose** how they want to show their gratitude. Work with your child to find a way of expressing gratitude that is meaningful to them. It could be linked to a special interest like drawing or baking. Let your child know that you are proud of them for expressing gratitude.

**Make gratitude a daily practice** by setting time aside for each member of the family to express what they are grateful for. Share verbally as a family or be creative! Write what you are grateful for on a cookie, ornament or decoration or create your own family gratitude tree or wreath!

**Our safe and Accepting School Team travelled to Perth alongside 14 other schools from the District.**

**We examined our school culture survey results and came up with a plan to support the areas of need when it comes to a safe and inclusive school.**

**Our team here at Westminster meets monthly and works to ensure the culture of Westminster is one where all students feel like they belong.**



**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 Information

**Looking for a parenting program that fits your schedule?** Triple P offers three online programs:

1. Triple P Online – support for parents of young children (approximately 0-12 years)
2. Teen Triple P Online – support parents of pre-teens and teens (approximately 10-16 years)
3. Fear-Less Triple P – support for parents of anxious kids (6-14 years)

Registration is free by calling 1-800-660-5853 or emailing [triplep@healthunit.org](mailto:triplep@healthunit.org). For other parenting suggestions, visit [www.triplep-parenting.ca](http://www.triplep-parenting.ca). Parenting matters!

**Noticing Mental Health Concerns:** It is important to consider signs that could indicate that your child is struggling with an emerging or escalating mental health problem. Identifying problems early, and providing caring support, goes a long way towards prevention and/or worsening of difficulties. This [resource from School Mental Health Ontario](#) helps parents/caregivers with the following questions:

- How would I know that my child is experiencing a mental health problem?
- How can I get ready to approach my child if I am concerned?
- How can I talk to my child about mental health?
- What can I do to help if my child is struggling with their mental health?
- When should I reach out for additional help?
- How can I access professional mental health help for my child?

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

