



January Newsletter

Westminster Public School

January 2024

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 2024. 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

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 2024, please let the office know. We will have our Welcome to Kindergarten evening event for the new JK students in April. Tentative date for this event is April 11th



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!

Building Strong Connections with Children at Every

Age: Warm, responsive and consistent connections with children are crucial for their learning, development and wellbeing. As a parent or caregiver, it can be challenging to know when and how to develop that connection. It can be helpful to think of it as a series of small, meaningful moments instead of one big thing. As children grow, showing genuine interest in their thoughts, playing together, emotional support, routines, boundaries and consistency can boost their self-regulation, social skills and resilience. When they enter pre-teen and teen years, making a few communication tweaks can help build trust and keep relationships strong. Try to have realistic expectations, listen actively, validate their feelings and spend quality time together. Every little moment can make a difference, and supportive connections can help children thrive and reach their full potential. For simple, everyday strategies, [read our article](#).

The Triple P – Positive Parenting Program® gives practical steps to raise happy, confident, resilient kids. For parenting tips and suggestions, call 1-800-660-5853, email triplep@healthunit.org or visit www.triplep-parenting.ca.

School Fundraisers

mabel's labels

Our school is fundraising with Mabel's Labels! If you're not familiar with Mabel's Labels, they are personalized, durable, waterproof labels. They are great for everything from shoes, clothing tags, water bottles and backpacks. You can customize them with your name and a design, and they are dishwasher, laundry and microwave safe.

Mabel's Labels also offers clothing stamps, silicone bands for water bottles and medical alert labels. This is a great way to ensure your items don't end up in the lost & found or mixed up. To reduce the spread of germs, we highly recommend labelling but they are also useful for everyday life.

To support our fundraiser, visit [Mabel's Labels](#) and select Westminster Public School. You can pick out whatever labels or product you want, and it will ship for free directly to your house! Thank you for supporting us! 😊



Early Dismissal Time

Student safety is our priority and if you must pick your child(ren) up before the end of the school day, we kindly ask that you call the school to inform the office before 2:00pm.

Early pick ups MUST be before 3:15pm.



Tru Earth

Make a substantial impact on the health of our world. To do our part, we promise to match all subscription purchases by donating to families in need across the globe. Because at Tru Earth, we know many small hinges can swing very, very big doors.

Each laundry strip packs ultra-concentrated, hypoallergenic, cleaning power into a tiny, pre-measured strip of liquidless laundry detergent that you just toss in the wash. Its low-sudsing formula works in all types of washing machines, including high-efficiency (HE).

Tru Earth's mission is to make true lasting change that helps save the planet. The focus is the elimination of plastic. Since April 2019, Tru Earth changemakers have prevented 107,000,000 plastic household containers (*and other single use plastics) from being produced. This number will continue to grow with every fundraising purchase. Tru Earth's donation program started as an initiative due to COVID-19 when household supplies were hard to find and aid organizations were struggling to ensure everyone had clean clothes. We saw this as a call for help and jumped into action. Since March 2020, the Tru Earth team has donated 25,000,000 eco-strips and have reached more than 880+ organizations in need across North America, South America, Africa, and the United Kingdom.

Here is a small explanation that is ready to copy and paste with your Fundraising Link.

Our organization will earn at least 20% on every sale made through our fundraiser, allowing you to purchase any time you need. The complete lineup of Tru Earth's eco-friendly products is available on our fundraising shop page. All you need to do is purchase through our link and you are supporting our efforts!

Click here to shop: [Tru Earth Store - Tru Earth](#)

