

January 2022 Newsletter

From the Principal's Desk

Happy New Year! Though this holiday season looked very different than previous years, I hope you were able to enjoy quality family time together. The school staff would like to take this opportunity to express a sincere thank you for the tremendous support we have received during this challenging time. The school community has been very supportive of our efforts to keep students safe, while ensuring quality programming continues. Thank you! Best wishes for a healthy and prosperous new year! We look forward to seeing everyone soon!

Remote Learning January 2022

As you are aware, students will work online during the first two weeks of January. We hope online learning only lasts for two weeks, allowing staff and students to return to the school for the duration of the year.

Starting on January 5, students in the UGDSB will shift to remote learning until at least January 17th, 2022. Wednesday, January 5th will be a day for teachers to plan and prepare for our upcoming time in remote learning and make connections with their students. We do not anticipate staff and students to be fully prepared for remote learning until Thursday, January 6th.

There are no expectations on Wednesday for staff to post asynchronous materials, just to connect with their students. They may choose to post work for their students but are not expected to. Wednesday is really a soft launch for remote learning and a day for students, their families and staff to ensure they are prepared for Thursday.

Technology pick up

A survey was sent to parents via their child's Google Classroom to request to borrow a chromebook. Chromebook distribution is taking place on Tuesday, January 4th between 10am and 12 pm. At the front of the school. If you need an alternate time to pick up a chromebook, please contact Mme Harrison at marina.harrison@ugdsb.on.ca directly to arrange a different time.

[Parent/Guardian Tech Support](#). This link will take you to a tech support page. Please look to the top right hand line to see a variety of options for support, depending on your needs.

[Mental Health-Parent website](#)

JK Kindergarten Registration

Kindergarten registration is from January 4th to 21st at all elementary schools in the UGDSB.

Important information regarding JK French Immersion:

- Each UGDSB elementary school that offers FI has a Junior Kindergarten enrolment cap. JK is the only entry point for French Immersion in UGDSB.
- The 'on-time' application window closes at 4 p.m. on Jan 22, 2021.
- Parents/guardians may continue to apply for JK FI after this date and time, however those applications will be considered 'late'. For more information on the JK FI application process, visit www.ugdsb.ca/jkregistration.
- If the number of registrants exceeds a school's enrolment cap, students will be placed into Junior Kindergarten FI or onto a waitlist in the following prioritized order:
 - Registrants with siblings in FI home school in UGDSB (in-area)
 - Registrants without siblings in FI home school in UGDSB (in-area) Waitlists
 - Waitlists will be created where the number of on-time applicants exceeded the number of spaces available. Students not offered placement as a result of random selection will be placed on a waitlist.
- A waitlist may also be created where a school which didn't require random selection has more applications than available spaces at any time during the school year. Late applications will be placed on a waitlist on a first-come, first-served basis.
- To remain on a waitlist the student must be registered in a UGDSB regular track (English language) school. *The waitlist will remain in place for the length of the child's JK Year.
- Late, in-area, applicants will be considered on a first-come first-serve basis, subject to available space.

Talking About Mental Health: Self Compassion

Welcome back from the Winter Break. This has been a different break than any other year we can remember. We all had to adjust to different traditions, different expectations, different connections and different situations to manage in our lives. January is the beginning of a new year. January's Umbrella Theme for the Upper Grand District School Board is Self-Compassion. What better way than to remind ourselves that we, too, deserve the same kindness, compassion and care that we give to so many others. Here are some ways to help yourself with your own self compassion:

1. Remember it's okay to say "this is really difficult right now." What do you need to take care of yourself? What does your self-care look like? Is it a walk outside? A few minutes of deep breathing in a quiet space? A conversation with a friend or family member? Writing down your thoughts? There are so many different things we do to take care of ourselves. Find your "thing" and give yourself permission to do it. You deserve it.
2. Are you judging yourself? Your situation? Your decisions? Try to notice when you are self-judging and hit the pause button. Can you try being gentle with yourself? Give yourself a

moment of compassion and kindness. Words can be very powerful. What you say to yourself has an impact. Speak and think kindly of yourself. Here are some family activities that you can explore this month alongside your child/ren.

1. Have everyone write a letter to themselves. You can choose to share it with the rest of the family if you want or just spend the time writing together and keep your letter in a special spot.
2. Have everyone go around the table and do “rose, bud, thorn”. What is one thing you really like/appreciate about yourself (rose), What is one thing that you are working on for yourself (bud) and what is something that you are finding difficult (thorn).
3. Have everyone brainstorm ways to be kind to yourself. You can make a big chart or picture and put it up on the fridge. When someone is needing some self-care they can always go to this and choose something that works for them in that moment.

There is no doubt that these are difficult times. It is so important that we are kind to ourselves. Remember to reach out to someone if you are feeling alone and look out for others as well. Remind your kids that they can talk to you when they are feeling sad or down or confused. If you are in crisis and live in Wellington you can call Here24/7 at 1-844-437-3247 (HERE24/7) If you are in Dufferin and are in crisis you can call Dufferin Child & Family Services at 519-941-1530 Kids Help Phone 1-800-668-6868 or text CONNECT to 686868

Holiday Charity Drive for Women In Crisis

A very big thank you to the families who helped support the Holiday Charity Drive. As a result of our families' efforts, the school forwarded \$2239 and at least 15 boxes of goods to the Women In Crisis Centre. Thank you!

Family Literacy Day – January 27th ABC Life Literacy Canada is encouraging Canadian families to have "15 Minutes of Fun" learning together. Learning can happen at any time. Practicing literacy together every day has tremendous benefits for both children and parents. Here are some great ways to get started:

- Read a “wake up” story in the morning (after reading your bedtime story the night before).
- Search online for fun places to go in your community. Pick out a spot for your next family day trip.
- Make up a new recipe together and post it online.
- Tell knock-knock jokes together while doing the dishes.
- Create a story with your family: take turns writing one sentence at a time, then read the whole story aloud when you're done.
- Write a review of a book you read together as a family. Send it to the author through email or snail mail.
- Organize a book swap at your school or with your friends.

- Track your trip to school, the park, and the grocery store on a map. Find a different route to take to each place.
- Learn to play a musical instrument. What about the ukulele?
- Write a note to include in a grown-up's lunch – ask them to write back!
- Make a popsicle stick model with your family.
- Write your names graffiti-style using chalk on your sidewalk – you may need to shovel first!
- Play a board game together.
- Look up the words to your favourite song online. Have a sing-off with your friends!
- Count how many steps it takes to get from your bedroom to your kitchen. Find out who in your family has the most steps to a snack! From:

<https://abclifeliteracy.ca/blog-posts/family-literacy-blog-posts/whats-planned-for-family-literacy-day-2022/>