



Arthur Public School

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Principal: Marni Barrow Vice Principal: Barb Tomkins

Principal's Message:

Happy New Year! We hope that all our Arthur families enjoyed their time together over the holidays. We recognize that this holiday season was very different from past experiences. Given our current situation, we hope that our families were able to engage in some fun family activities over the holidays. I know for me, I was able to get outside for walks and enjoy the fresh air. Playing board games, doing puzzles and watching a movie or two were all activities that became a part of my holidays. Then came the announcement that we would not be returning to in person learning on January 4, 2021. This announcement was a cause for many mixed emotions. With the current situation of COVID-19 comes the need to consider the safety of everyone. We quickly set up to pivot to remote teaching and learning.

Despite our hopes of returning to school on January 11 as announced, we were flooded with the media sharing that the number of COVID cases is increasing drastically which resulted in the continuation of remote teaching and learning. Here we are, completing the second week of remote learning. As Ms. Tomkins and I visit classrooms remotely, we are amazed by the participation of our students in the learning process. Having said this, we need to acknowledge and show appreciation to our dedicated staff for all their hard work, professionalism and commitment to providing quality online learning experiences. We are all learning together to provide the best possible learning experiences for our students. However, we recognize that in order to do this well, we need the support of our parents.

To our parents and our School Council, we want to thank you for ALL your support in helping us and your child(ren) participate and learn through the online platform. We are so proud of our school community as the participation and support in education during these challenging times has been felt full heartedly. Parents, students, staff, you are all superheroes!

2021 holds the promise of fresh starts and new beginnings. We will get through this together, stay strong, stay safe and stay well.

Ms. Barrow

Talking About Mental Health: Self Compassion January's Umbrella Theme for 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 Here247 at 1-844-437-3247 (HERE247)

Kids Help Phone 1-800-668-6868 or text CONNECT to 686868

