



James McQueen PS

Together, Making A Difference...One Student At A Time

February Newsletter

From The Principal's Desk

We are looking forward to our School Council Valentine's dance on February 12th, from 6:00-7:30, in the school gym. Donations of food or cash can be made at the door. Mark Haynes will be our DJ for this event. We look forward to seeing you at this fun event!

Sincerely, Mr. Creighton



March Milk Orders Online

March milk orders will be available to purchase on Schoolcashonline from February 7 until February 23rd. You will have the option of white or chocolate on a daily basis for the entire month of March.

Inclement Weather Reminder



Just a reminder, as winter is upon, so is the possibility of bus cancellations and school closures. Please check the [Student Transportation Website](#)

(STWDSTS) for updates or listen to the local radio stations. Remember, we are the BLUE division (Centre Wellington).

Please Note-If your child is a bus student, you do not need to contact the office if they will be absent on a "No Bus" day. However, if your child is a not a bus student, and your child will be absent on a "No Bus", please ensure you contact the office to report their absence

Winter Clothing

We periodically have students coming to school without appropriate winter clothing.



Please try to ensure that your child has snowpants and if possible a spare pair of dry waterproof mitts. If for any reason you are unable to send your child with warm winter gear, please contact the office and we will do our best to make sure that your child is outfitted so that they can enjoy a warm, fun recess.

Also, if you are cleaning out your closets and find that you have snowpants or waterproof mitts that your little ones have outgrown, please consider donating them to the school. We are always happy to have spare items on hand, and they will be put to good use.

Dates to Remember

Tuesday, February 11th

-100th day celebration Gr 1-3 12:05-3 PM

Wednesday, February 12th

-School Council Dance 6-7:30 PM

Friday, February 14th

-Red & White Day

Monday, February 17th

-Family Day

Friday, February 28th

-Comfy Cozy Day

Talking About Mental Health – February 2020 Tests and Stress

Taking tests is stressful for most students. However, there are lots of ways that your child and youth (and you!) can decrease the stress related to tests.

Anticipate stress and be ready for it.

- ✓ Practice relaxing activities every day so during stressful times you already know how to cope.

Eat well

- ✓ Learning and remembering takes a lot of energy. Keep healthy snacks close by so you can refuel easily with what your body needs to feel good and think clearly.

Sleep

- ✓ During sleep, our brains make connections and consolidate our learning. Research has shown that during sleep, our brain cleans out toxins to allow for more learning to occur the next day.

Drink lots of water

- ✓ Hydration is very important for good brain function. Cut down on caffeine, which contributes to the stress response and to poor sleep.

Move

- ✓ Activity increases energy, stimulates brain growth and increases mood. Take regular active breaks; even 5 minutes of walking outdoors can make a difference.

Pause and relax

- ✓ Take time to relax. Do some deep breathing. Listen to music. Meditate. Go outside. Write in a journal. Do some stretches. Go for a walk. Draw or doodle. <http://youth.anxietybc.com/relaxation> has some great examples of how to relax.

Connect

- ✓ Talk to your friends.
- ✓ Talk to your parent or a caring adult about how you are feeling.
- ✓ At school, you can talk to your teacher, principal or CYC for support.

Laugh!

- ✓ Laughter is a great release and allows our brains to recharge and reset.

Jenny Marino is the Mental Health Lead for the Upper Grand District School Board.