

JOHN BLACK PUBLIC SCHOOL

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Principal: Sarah Schoettler

Office Coordinator: Sheri MacKenzie

January 10, 2022



Dear John Black Families,

I hope that the holiday season brought you rest, relaxation and time with family and friends. As we have entered into the new year, our shift to online learning has been relatively seamless as staff collaboratively worked together to plan, distribute chromebooks, and respond to parent technology inquiries in order to be ready for our first day of online learning last Thursday.

While we truly hope this time online is short-lived, we are thankful for your patience and support in helping your children from home. We know this is not easy for many of our students and families as every circumstance is unique; however, we notice that many of our students are managing the online forum with more ease and comfort as they are familiar with how it works, and they have had time in class to build relationships with their teachers and classmates and understand the classroom routines that have been easily transferred to the online setting.

We look forward to an in-person return and hope that all of our families remain healthy and safe and wish you all the best for 2022!

Sincerely,

Sarah Schoettler
Principal



Annual Food Drive: Our John Black Annual Food Drive was a wonderful success. With over 2000 items, it took 2 truck loads, an SUV and a car with a full load, to bring the items to the food bank. It was received by an exceptionally happy Food Bank staff. Big thank you to Mrs. Mooney for organizing yet another successful food drive to support our community, and to our grade 8 students who worked hard to pack the items for delivery.



A Message from School Council:

Our January meeting is tonight, **Monday the 10th, at 6:30pm.** Our next School Council meeting is **Monday, February 7th at 6:30pm.** All are welcome to join! Meeting minutes can be found on the John Black PS school website in the School Council section.

Please use this link to join us through Google Meet:

School Council Meeting
Monday, January 10 · 6:30 – 7:30pm
Google Meet joining info
Video call link: <https://meet.google.com/iwg-zxdn-mxd>
Or dial: (CA) +1 613-916-0940 PIN: 608 656 971#

December School Virtual Assembly:

Mrs. Mooney and our Student Council created our first virtual assembly of the year. One was geared toward our primary students and one for our junior/intermediate students. The virtual assembly was shared with classes the week before the holidays. One of the most anticipated parts of the assembly was the long-awaited **final results of the Badgers v.s. Bears John Black mascot vote.**

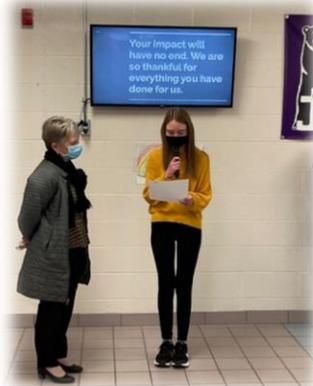


And the winner for our new school mascot is...

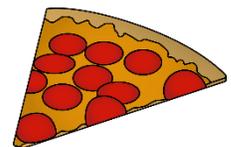
The **John Black Badgers have made a come back!** We look forward to rebranding our logo and plan to have our students vote on the logo they like best. Stay tuned for the update and big reveal!

New Superintendent for Family of Schools:

Cheryl Van Ooteghem, our highly respected Superintendent, retired from the Board at the end of December. We are very happy for her new adventure to begin, and to show our appreciation for her unwavering support, we prepared a little send-off for her. Our students presented her with flowers and a book, shared some kind words and then performed the song, Lean on Me. Belal Taha has been appointed our new Superintendent. He is newly hired to the Board, and has already been an amazing support. We look forward to Superintendent Taha visiting our school in the near future, so that we can share all of the wonderful things about our students, staff and John Black school community.



Pizza Days on Hold: Pizza days are currently on hold until further notice. When we receive information from the board we will let families know if we are able to continue with pizza days when we return in person. If not, we will be providing families with a full refund. Thank you for your patience.



Your Input Is Valuable to Us!

It is the UGDSB's mission to create and encourage school climates that promote a healthy and inclusive relationship between staff and students, make students and staff feel safe and encourage positive leaders in our school community and outside of it. It's also the goal of our school and community of schools, to learn more about our students and families so that we may plan and implement school-wide practices that are accessible, equitable and inclusive of our members. We are seeking your input to help us with achieving our goal and so we kindly ask that you share your feedback by taking a few minutes to complete this survey: <https://forms.gle/rtexPqbN2HncYwVe8>

Wellness Works: this month is EMPATHY



Hello parents, guardians and families!

This month we are exploring the theme of EMPATHY with students as a part of their mental health skill building. Empathy is about being able to consider what someone else may be going through and imagining how they might be feeling or thinking. It is about walking in another person's shoes - about listening to another perspective non-judgmentally. It's about voicing our understanding of their emotions and validating them. It's about recognizing the humanity of others and challenging ourselves to be present. Empathy is often the first step towards compassionate action and helping others.

Empathy is important because with empathy we:

- Are more likely to treat people the way they wish you would treat them • Are better able to understand the needs of people around you
- Are able to more clearly understand the perception you create in others with your words and actions
- Are able to better understand other people's needs

Here are some activities you can do at home to reflect and build on EMPATHY:

- Help younger children understand how to recognize emotions so they are better able to understand how others may be feeling. You can draw "feeling faces" or take pictures of family members with different feeling faces. Or take turns role-playing different emotions (what would you look like if someone knocked down your Lego? Found a puppy? Etc.)
- You can take turns coming up with situations or scenarios and have each family member share how that would make them feel. It's important for all of us to remember that how we may feel is not always how other's feel
- Encourage your child/ren to consider how other's may experience certain situations. For instance, if they came home excited about a presentation, they really felt good about -

celebrate with them and then ask them to consider how the student who didn't present so well may be feeling. Or how the "new" student in the class may feel? Help your child understand that people have specific and unique identities, and these identities mean that different things are available to them, they have different experiences in the world, different interests, and different struggles.

- Help your child understand that different people have different things available to them, different experiences in the world, different interests and different struggles. • If you are reading to your child, stop and ask how different characters may be feeling in the story. How do the character's different behaviours and choices tell us information about how they may be feeling?
- Designate a wall to share ideas/thoughts/pictures about empathy as a family and reflect on it together

Jenny Marino, Mental Health and Addictions Lead, in collaboration with the Wellness Works Team at UGDSB.

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