



JEAN LITTLE PUBLIC SCHOOL
MR. C. POPOFSKI, PRINCIPAL
MRS. S. SCHOETTLER, VICE PRINCIPAL
MRS. A. CLIFF, OFFICE COORDINATOR
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October 2020 Jean Little Newsletter

Principal and Vice Principal's Message



The first month of school is over, Fall has arrived and the fresh outdoor breeze and bright colours are the perfect landscape for outdoor learning here at Jean Little! Our staff are doing a great job of getting our students outside for periods throughout the day. Students are all settled into their classroom and outdoor routines for safe learning and playing environments. Our Terry Fox Run was well enjoyed by the students who ran laps on the track in the field with their class. We are so impressed with the kids and their enthusiasm as well as the donations by families as we raised \$675. Thank you to everyone who contributed to this good cause.

Bus and Foot Patrollers have been receiving training this past week with Mrs. Schoettler and will have their practical training on Friday with Officer Pettapiece. We are thankful for the turnout of our students who are eager to be leaders in the community to help keep our Jean Little students safe. Patrollers will start their duty next week! Thank you for supporting the safety of our community by doing your part in keeping a distance from our students with vehicles and using the kiss 'n ride drop off (curbside grassy boulevard) in front of the school if driving your child. With colder days ahead, we encourage our students to bundle up and continue to walk to school to minimize the traffic at the beginning and end of the school day. Thank you for all of your support!

In lieu of our traditional open house, we were able to provide the next best option, a Virtual Open House. We hope you enjoyed learning about your child's class and meeting your child's teacher(s). Please know that if you have any questions, you can always connect with the teacher by email or phone.

Sincerely,

Chris Popovski
Principal

Sarah Schoettler
Vice Principal

Parent Council News!



Dear Jean Little Families,

The Jean Little Public School Parent Council would like to welcome you to the 2020/21 school year! We are certainly embarking on a new school year that promises to be unlike any other – one which will bring both challenges and opportunities. We encourage you to get involved and learn about what we do as a council to support the students, teachers and the school. We appreciate that families are coping with unusual demands during these unprecedented times, so we invite you to participate in whatever capacity you are able. Due to COVID19, we do not anticipate being able to hold many of our traditional events, but we will continue to meet monthly to stay connected as a school community and share important updates.

Parent Council will hold virtual monthly meetings on the first Monday of every month at 6:15pm.

The meeting link is available here: meet.google.com/wri-eeof-tpd

EVERYONE is welcome to join us! Our first meeting will be held on Monday October 5. Meeting dates for the year are included on the reverse side of this letter. At our first meeting, we look forward to welcoming new members of the Jean Little community; answering questions from parents/guardians and discussing new ideas and goals for the year. To help us prepare, please send your questions to us at JLPSparentcouncil@gmail.com by 5 pm on the Friday before the meeting.

Working with Principal Chris Popofski, Vice Principal Sarah Schoettler, and the teachers who volunteer their time to help us, Parent Council focuses on key priorities related to building community and raising funds for various programs, projects and initiatives at Jean Little.

We are proud of our recent accomplishments that have resulted in more leveled readers in primary classrooms, more chrome books for students to use, new furniture in the learning commons, and enhancing the kindergarten playground space, among other things. Last year we focused our fundraising efforts on supporting the “Scientists in the Classroom” sessions and bringing our diverse community of families together.

If you are interested in getting involved with PIC and making the best of the 2020-2021 school-year, we’d love to meet you on October 5!

Jean Little Public School Parent Council

School Council Meeting Dates for 2020/2021 School Year

All meetings will take place virtually on the first Monday of each month. Start time is 6:15pm. We anticipate meetings will run less than 1 hour.

- October 5, 2020
- November 2, 2020
- December 7, 2020

- January 11, 2021
- February 1, 2021
- March 1, 2021
- May 3, 2021
- June 7, 2021



Search for Jean Little Public School Parent Council on Facebook. It is a closed group so you will be asked a security question before being granted access.



Back to school means labelling...everything! Support Jean Little Public School when you purchase labels through Mabel's Labels!

<https://mabelslabels.com/support-a-fundraiser/>

Environmental Activities to help celebrate our planet

OCT 7th IS INTERNATIONAL WALK TO SCHOOL DAY!

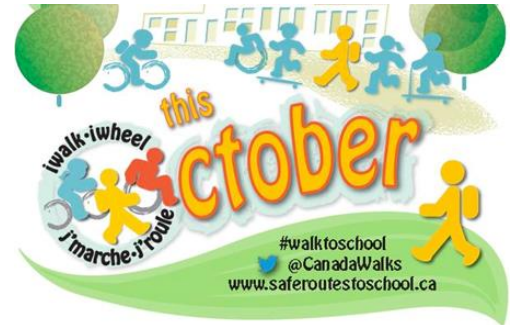


A walk outdoors is good for our hearts and minds!

Participate in International Walk to School Day on October 7th 2020!

In October we celebrate “active travel” by encouraging students to walk or bike between home and school, or to actively travel as much as they can in their local environments.

“In the ParticipACTION Active Healthy Kids Canada Report Card, the overall grade for children remains at a D- for the third year in a row. Overall, only 9% of 5-17 year olds are getting the 60 minutes of heart-pumping activity they need each day. And sadly, only 24% of 5-17 year olds are walking/wheeling/rolling to school. Our tendency to constantly watch over them or keep them indoors to ensure they are safe from risk limits their opportunities for physical activity, endangering their long-term health.” <http://www.saferoutestoschool.ca/>



4 ways that walking, biking or rolling can benefit kids

by Katherine Martinko

- **Outside activity is known to improve academic performance.** Children that have had some outside time in the morning arrive brighter and more alert for their first morning class.
- **Walking gives children good life experience.** It's an opportunity for them to be independent, think responsibly, and make decisions for themselves. Some children feel less anxiety about being at school when they know how to get home.
- **Walking gets children outdoors** – and, according to Richard Louv, who wrote about Nature Deficit Disorder, kids certainly aren't spending enough time outside these days. Find opportunities for your child to get outside and get moving by walking, biking, skipping, or rolling too!
- **Walking/biking/rolling provides daily exercise for children.** Obesity rates have skyrocketed in North America, so incorporating physical activity into a child's daily routine is a good place to start fighting it.

Encourage your children to get outside and get active!

MENTALLY HEALTHY RETURN TO SCHOOL

Welcome back! Whether remote learning or in-building learning, we are all facing a very different return to school. At UGDSB we have committed to ensuring a welcoming, safe and mentally healthy return to school. Although we don't know exactly what the next months will look like we DO know that the best way to prepare for the unknown is to attend to the quality of our relationships (Wheatley, 2004, Disturb Me, Please). We need to all commit to continued learning and, especially, to reflecting deeply on the inequities that have been amplified through the pandemic (School Mental Health Ontario, 2020). We need to SEE students and give them space to tell their stories, to feel like they belong, to build relationships and to feel safe and welcomed. And we need to continue to prioritize mental health and well-being at our schools.



We are excited to share with our parent/family community the launch of the UGDSB Umbrella Project! Through a teacher-led curriculum and school-based activities this program helps us all to explore ways to manage the everyday stressors of life. Every month a new theme will be the focus across the board from staff, to students and beyond. We hope that you will join us in this important work because as caregivers you have a powerful impact on childhood well-being.

WHY AN UMBRELLA? The umbrella represents the ways in which our skill sets can protect us from and help us work through some of the everyday stressors we are faced with. Just like the weather there will be calm days and stormy days. We can't control the weather, but we can keep ensuring that we have a strong umbrella.

HOW CAN YOU PARTICPATE? Every month my Talking About Mental Health article will focus on the theme of the month., This month is the introduction of this important work. So, what can you do at home?

- Talk about what things help you face difficult days?
- Make a list of words that represent "wellness" to you
- Keep a wellness jar with words, pictures or phrases that can be taken out by other family members when they need a little boost
- Put something on your fridge (maybe a big umbrella cutout!) that represents the skills you will be building through the year
- Talk about how to find support if you aren't feeling mentally healthy

Keep your eyes open for next month's theme! Join our wellness community and follow along with the Upper Grand's Umbrella Project each month. You can also follow on social media #UGUmbrella.

Jenny Marino, Mental Health Lead
#ugdsb_mental_health. #UGUmbrella

Inclement Weather Procedures - For information regarding Inclement Weather and how to find out about cancellations, please visit: <https://www.ugdsb.ca/schools/inclement-weather-procedures/>
Also, please review the poster below.

Jean Little On-line Calendar Please visit the Jean Little online calendar for upcoming events and important dates. Visit: <https://www.ugdsb.ca/JeanLittle/>

Twitter

Please follow us [@JeanLittlePS](#).