



JEAN LITTLE PUBLIC SCHOOL
MR. C. POPOFSKI, PRINCIPAL
MRS. S. SCHOETTLER, VICE PRINCIPAL
MS. L. ELLIS, OFFICE COORDINATOR

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February 2021 Jean Little Newsletter

Principal and Vice Principal's Message

Dear Jean Little Families,

Reflecting on our pivot to remote learning as a school and the successes and challenges along the way, we are happy to share that most of our students have adapted to the online learning forum. We understand that each family circumstance is unique and so we have been available each and every day to support our students, staff and families to reach the goal of all students attending every day.



To this date, we have handed out 62 chromebooks and though there have been tech challenges along the way, we have worked in creative ways to help students access remote learning successfully and will continue to do so until return to school. Our staff are so happy to continue to teach your children every day as our goal is to keep our Jean Little students on track with their learning as much as possible.

We enjoyed our first online school spirit day - hat day last Friday and our teachers are finding creative and fun ways to continue to keep learning engaging and fun. We want to thank our teachers for their hard work and commitment to bringing a rich and engaging virtual learning forum for our students as they too have children and families at home and work hard to navigate this balance. We know it isn't easy and for that we say thank you!

Our priority is to maintain student and staff safety at school and so in this newsletter you will find safety reminders for our return. If we receive any new updates, they will be sent out through email prior to our return. As always, we remind our families to do the COVID-19 school and child care screening prior to attending school to ensure the direction of public health is being followed.

Sincerely,

Chris Popofski
Principal

Sarah Schoettler
Vice Principal

Kindergarten Registration

We are excited to have registered new kindergarten students to Jean Little for our 2021-2022 school year. Registration continues for anyone who has not had the opportunity to connect with the school yet.



School Council Message

For the time being, the School Council will continue to meet virtually. Our February meeting on **Monday Feb. 1st at 6:15pm is cancelled.** Our next meeting is **Monday, March 1st at 6:15pm.** If you would like to receive a link to attend the meeting please email:
JLPScparentcouncil@gmail.com

Return to School Covid Safety Reminders:

We will continue to follow the protocols we had in place from September to December to ensure safety is the priority at Jean Little.

Morning Drop off:

- Students line up in their designated lines with masks on
- Students on the bus are to wear their masks at all times and sit on their designated seat (Students are aware of their seat as a seating plan was established in September)
- Teachers will stagger student entry to ensure that class cohorts remain distanced
- Students who are late are to come to the front entry doors where a staff member will receive them and take down their name for late attendance

Nutrition Breaks:



Students in Kindergarten to Grade 8 will wear masks both indoors and outdoors as 2 metres of distance is often not followed during play. We encourage parents to send students with more than one mask to use in the day as they collect moisture when outside.

Afternoon Pick Up:

- Grade 1-8 classes will have a staggered dismissal from the school building
- Students in grades 1-3 will be waiting in their lines with masks on for parents to pick up
- Bus students will be supervised and loaded on the bus according to their seating plan
- Students in grade 4-8 are asked to maintain social distance and keep masks on as they leave school property
- Parents picking up are asked to maintain social distance from parents and students and wear a mask

If we receive any new Covid safety updates we will inform parents/guardians by email.

February is Black History Month

During this month of February and throughout the school year, teachers and students recognize the contributions and achievements of Black Canadians both in the past and in the present. *“Black history is not just for Black people – Black history is Canadian history.” Jean Augustine*



February Parent Newsletter “Talking About Mental Health” Umbrella Theme: Healthy Lifestyle



This month at UGDSB we are bringing our focus onto healthy lifestyles. Sounds easy, right? It may seem like eating well, getting enough sleep and prioritizing our own care and health is easy but for many of us this is not the case. From enhanced stressors that you may be facing during the pandemic and beyond – not everyone has the privilege to prioritize healthy living. Sometimes, just getting food into our fridge, a roof over our heads or some extra time is not an option. As you explore healthy lifestyles I encourage you to consider, also, that there are many who may not have the same opportunities. These are also important conversations to have with your children and youth.

Consider what it is that you can do that will add to your overall health. For some this may be changes in diet, more exercise or sleep. For others this may simply be the ability to find 5 minutes to breathe. It will differ for everyone.

Here are some ideas for conversations and activities at home that you can do during February as we work on the theme of Healthy Lifestyles.

- Talk with your kids about the importance of fresh air. Getting outside – whether it is stepping outside or exercising outside – can be very refreshing and also provide us with that bit of time to move around, reflect on nature, and, when we are able, to step out of our everyday routine. Physical activity can reduce stress, increase energy and confidence, enhance memory and help with sleeping.
- Have everyone in the family keep a log of their eating for a day or two. What do you notice? Use this as an opportunity to discuss the ways in which this may be challenging in your household and/or how the availability of food is not always something everyone “just has”
- Talk to your kids about sleep. Quality of sleep is as important as number of hours. Try to minimize electronics, caffeine, and sugar at least an hour before bedtime to give your brain time to detox. Try different ways to help you fall asleep like deep breathing, listening to soothing music, etc.

- Water is an important and valuable resource that we can use to enhance our overall health. Keep track of how much you drink daily and then challenge yourself to do a bit more. Drinking enough water daily can aid in better sleeps, and also helps to carry important nutrients to your cells.

Thanks to Edge Mutual who are the proud sponsors of the Umbrella Project @ UGDSB



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If you are in crisis and live in Wellington you can call Here247 at 1-844-437-3247 (HERE247)

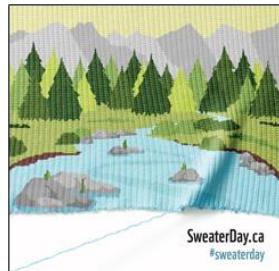
If you are in Dufferin and are in crisis you can call Dufferin Child & Family Services at 519-941-1530

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



Monthly environmental activities to help celebrate our planet

February 4th is National Sweater Day!



Make the Earth better by wearing a sweater
Celebrate National Sweater Day on February 4th!

National Sweater Day is a way to learn about the importance of saving energy and to inspire you to use less energy all winter. Heating accounts for 80% of residential energy use in Canada. If all Canadians lowered their thermostats by just 2 degrees Celsius this winter, it would reduce greenhouse gas emissions by about 4 megatons – that's equivalent to taking nearly 700,000 cars off the road! http://www.wwf.ca/events/sweater_day/

National Sweater Day is about thinking differently about how we use energy, where our energy comes from and how we can play an important role in fighting climate change by using energy

wisely. It is designed to help raise awareness about renewable energy and change behaviours around energy consumption in Canada. assets.wwf.ca/downloads/nsd_2017_en_school_toolkit.pdf

Ideas for your family to celebrate Sweater Day

- Turn down your thermostat and wear a sweater on Feb 4th - and every day this winter!
- Ask your children to brainstorm with you about ways to save energy at home. Make a pledge to implement as many as you can. For extra ideas go to: <https://www.ontario.ca/page/how-use-less-electricity-home>
- Read a children's book on conservation such as: *Why Should I Save Energy?* by Jen Green. Encourage lots of questions and find the answers together.
- Learn about Green Energy sources. What types of renewable energy are available in Ontario
- Wind? Solar? Geothermal?
- Valentine's Day is just around the corner - use recycled materials to create your cards this year! To learn more about how recycling saves energy go to Alliant Energy Kids: www.alliantenergykids.com/UsingEnergyWisely/SavingEnergyAtHome

Bus Cancellations due to Weather Conditions

What happens when my child's bus is cancelled? Elementary schools in Division 1 (Yellow - South Wellington/Guelph/Puslinch) and Division 2 (Blue - Centre Wellington/Erin/Rockwood) **will remain open to both staff and students on bus cancellation days**. If parents are not able to drive their child to school, they can access their child's Google Classroom for tasks posted by the classroom teacher.



School Closures

On the rare occasions when schools and board sites are closed to staff and students (power outages, weather closures etc.), students and teachers will pivot to remote learning. This means that students will participate in Google Classrooms (asynchronous) or engaging in some synchronous learning activities with their classroom teacher.

Drop off and Pick up at School

The Kiss 'n Ride located at the front of the school at the boulevard is our designated drop off and pick up zone. There are no parking zones along the street and parents are asked to adhere to signs as cars may be ticketed. We also ask that cars are not parked or waiting in front of neighbourhood driveways as it poses a safety concern for our Jean Little students.



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/>

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](#).



