



## JEAN LITTLE PUBLIC SCHOOL

MR. C. POPOFSKI, PRINCIPAL

MRS. S. SCHOETTLER, VICE PRINCIPAL

MS. L. ELLIS, OFFICE COORDINATOR

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### March 2021 Jean Little Newsletter Principal and Vice Principal's Message

Dear Jean Little Families,

We have had a great month of February learning about Black Heritage, Black Brilliance and Black Futures, celebrating the lives and accomplishments of Black individuals in Canada and beyond. We appreciate and celebrate our diversity as a school, and continue to work with our students to dismantle racism and build continued understanding and awareness through intentional discussions and lessons. On February 25<sup>th</sup> we also recognized Day of Pink. This is a day where we wear pink for Anti-bullying awareness and to show that we all have an important role in building and maintaining an equitable and inclusive school environment. We also recognize that discussions and learning about identity, diversity, racism, oppression and the -ism's are not isolated to a month in our calendar year, but rather integrated into the teaching and learning in our classrooms throughout the school year. As parents, you can do your part in having discussions about anti-racism and inclusion with your children. Developing your child's understanding and reinforcing the importance of respecting differences, recognizing personal biases and ensuring inclusion, will improve their daily interactions with peers during play and in social groups and media.



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. If your child is experiencing symptoms, please keep your child home and follow the directions in the screening tool found [here](#).

Sincerely,

Chris Popofski  
Principal

Sarah Schoettler  
Vice Principal



## School Council Message

For the time being, the School Council will continue to meet virtually. Our March meeting will be on **Monday March. 1st at 6:15pm**. Our next meeting is **Monday, May 3rd at 6:15pm**. If you would like to receive a link to attend the meeting please email: [JLPsparentcouncil@gmail.com](mailto:JLPsparentcouncil@gmail.com)

## Supply Lunchroom Supervisors Needed!

If you are interested in supporting our school community as a lunchroom supervisor please email Mrs. Schoettler [sarah.schoettler@ugdsb.on.ca](mailto:sarah.schoettler@ugdsb.on.ca) with your resume. Thank you!

## School Covid Safety Reminders:

### 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 have a staggered dismissal from the school building
- Students in grades 1-3 wait 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

## Extra Clothes for Wet Outdoors

With the rainy and wet spring season ahead, it's best for parents to send an extra pair of socks, pants and shirt in a labelled ziplock bag.



## **Girl Power Conference** run by the Guelph Neighbourhood Support Coalition

**Date:** Saturday March 13th

**Time:** 9:30am to 3:30pm (with breaks)

**Who:** Anyone who identifies as being a girl and is aged 11 to 15

**Description:** This online conference will have special guests running workshops that focus on empowerment and will give us a chance to connect while participating in hands-on activities and discussions. There will be crafts, body breaks, and hangouts in between the workshop times. To register and find more details, click here: <https://forms.gle/naoJ36xjLnXxHbGVA>

\*If you plan on signing up your child, please let your child's teacher know as we are collecting a list of students who participate in order for them to receive items for the conference which will be sent to the school.

## **March Parent Newsletter “Talking About Mental Health” Umbrella Theme: Mindfulness**



This month with the Umbrella Project we are focusing on mindfulness. So what is it? Mindfulness is simply being aware of what is happening in the moment. It is about noticing our own thoughts, feelings, sensations and the environment around us. Too often this information is missed as we rush through our days. When we can find the time, even a few minutes, to practice mindfulness we are able to tune into the present instead of looking back in the past or trying to imagine the future.

When we become more aware of our thoughts and feelings we are much better able to manage them. We have to know they are there to bring our focus to them! Also, practicing mindfulness can boost attention and concentration. Some studies have even shown that starting a mindfulness practice can increase brain activity in the area associated with positive emotions.

Mindfulness can be practiced by children, youth, young adults and adults. There are many different ways that you can bring some mindfulness into your everyday practice with your family.

**Mindful Listening:** Go into your backyard, onto your balcony or porch or go for a short outdoor walk. Focus on sounds. Listen to the everything you hear. If you notice your thoughts wandering, simply bring your mind back to the task of listening. You will be amazed at how many sounds are there that you would otherwise not have noticed!

**Mindful Eating:** Have family members take their first bites of food and really concentrate on the taste, textures, temperature and feeling of the food in your mouth. If your mind wanders, bring yourself back. Then share around the table what you each noticed. This can be playful and funny too! And always remember to be grateful for your ability to even have food as there are many families who do not always have easy access to foods.

**Mindful Body Scan:** Get comfortable and close your eyes. Notice your body. What do you feel? Travel from toes to tip of your head. Notice how your body feels on the surface it is on. Try to just notice without judgement or explanation. Gently bring yourself back to the scan if you wander. If possible, share what you discovered. Did anything surprise you?

**Mindful Silence:** This can be really fun but, surprisingly, not always that easy to accomplish! Try and get the whole family to agree to 1, 2, 3, 5 minutes (whatever works for you! Make it realistic). During that time no one is to speak, communicate, sing or make sounds. Simply go about your day to day without speaking. This can be very powerful and interesting. When you are finished your assigned time, share back what it was like.

**Mindful Focus:** Ring a bell or use an online sound for a bell, close your eyes and listen only to the sound. Focus on the sound until it is completely gone. You will be surprised how long it can last if we really focus our attention onto it!

**Last thoughts:**

Sitting in front of screens is the opposite for mindfulness in most cases, but sometimes the right app or use of technology can enhance and support our mindfulness activities.

**You can try:**

- Listening to calming music and noticing your body
- Anxiety Canada website has great activities and resources
- Stop, Think and Breathe app is a mindfulness app specifically to support kids
- GoZen on YouTube has some fun, free videos
- Headspace.com
- <https://www.connectedbreath.co> (.co not .com)

Thanks to Edge Mutual for sponsoring the Umbrella Project at UGDSB!



Jenny Marino  
Mental Health Lead for Upper Grand District School Board

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**

## 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) **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.

## mabel's labels<sup>®</sup> FUNDRAISING

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](https://twitter.com/JeanLittlePS).



