



November Newsletter

Dear Kenilworth Families,

I can't believe November is already here!



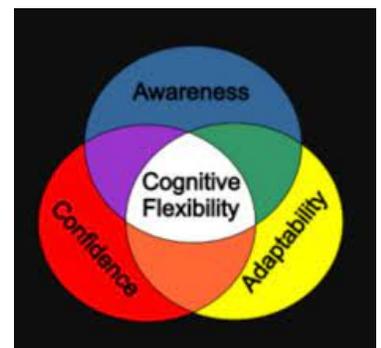
As the colder weather is arriving, (I have heard sooner than later!) We will be changing our hand sanitizing routines. Students will continue to enter with their colour group based on their bus number. Students will hang winter attire on the hooks and sanitize their hands once they enter their classroom. All students are assigned a colour based on their bus number. We bring one colour group at a time. The students are doing great at getting their things off quickly and heading to the classroom so that the next group can come inside. Just a reminder that playgrounds are also closed November 1st.



At this time, if parents wish to send in a pair of indoor shoes they may do so at this time. I know we have some students with sweaty feet from wearing rain boots all day! Please remind your child to put their indoor shoes on top of the rack each night and keep their items

together.

In the month of October we learned about Cognitive Flexibility. Cognitive Flexibility is the skill that helps us understand the unfamiliar. It's important for innovating, coming up with new ideas and solving problems and is essential to creativity. It helps us easily switch from task to task, which can improve our success at school and work. Cognitive flexibility can also improve our relationships, break down stereotypes and help us understand our world from different perspectives.



Life doesn't always follow a predictable pattern; cognitive flexibility helps us navigate uncertainty and feel like we have more options when faced with challenges. As things change around us we need to change in order to maintain well being.

Congratulations to the following students who received a Well Being Certificate for Cognitive Flexibility. In Kindergarten Colton and Callie, Grade 1/2 Niah and Brian, Grade 3/4 Amelia and Allie, Grade 5/6 Brea and Chloe. Thank you to Ms. Mensinga for organizing October's Virtual assembly!

Mrs. L. Cozzarin

School Cash Online

Just a reminder that we will be using School Cash Online for all things required to purchase at school. This will be the only way to accept payment. Please take some time to register. To register, please go to the School Cash Online home page ugdsb.schoolcashonline.com and select "Get Started Today". Complete each of the three Registration Steps *For Security Reasons, your password requires 8 characters, one uppercase letter, one lowercase letter and a number.

UGConnect



Kenilworth's Public School's main mode of communication with families will be the UGDSB School Messenger App which is a communication tool for your smartphone.

Designed to streamline communication between schools and the communities they serve, the Upper Grand Mobile app provides parents with a simple interface with up to date information including news, calendars and social media feeds.

The Upper Grand Mobile App (called UG Connect) is available at either the Google Play Store or at iTunes. Use the search term "Upper Grand" to find the app. Once you have the Upper Grand app on your device, go into "Settings" within the app and select Kenilworth Public School. Information from our website can be seen in the News section of the app and our calendar details will show up there too!

Parent Teacher Interviews

Again Parent-Teacher interviews will look different this year, but it is still a very important time to connect with your child's teacher. Interviews will happen via a Google Meet or phone interview. More information will be shared closer to the end of the month. The PA Day for Interviews is Nov 26.



PATS

The School Council would like to thank the community for supporting the Little Caesars Fundraiser. **Our next fundraiser will be Poinsettias. Orders are due Tuesday November 23 and pick up will be Thursday, December 2 from 1-4:30.**



Next Meeting will be Thursday, November 11 at 6:30. If you would like the google meet code emailed to you please contact the school. The Google Meet Code can be found on the school website as well.

Winter Weather

Inclement weather closures and bus cancellations are announced in a variety of ways. To hear about cancellations/closures please listen to Magic 106.1, 1460CJOY, or 570News. To access by internet you can go to <https://stwdsts.ca/>, or www.ugdsb.ca. To read news on your cell phone, please access the UGConnect app. It is also highly recommended that you subscribe at <https://stwdsts.ca/bus-subscription/> to receive notifications about bus delays, and cancellations.



This year we will continue using the Google Classroom for learning on No Bus days. Staff will continue to follow their regular schedule for that day. Please reach out to your child's teacher if you are unable to access Google Classroom.

Talking About Mental Health: November 2021

This month our Wellness Works theme is KINDNESS.

Did you know that there are scientifically proven benefits of being kind? That's right. Just the act of being kind has been shown to stimulate the same part of the brain as those who receive an act of kindness. The simple act of kindness can:

- Reduce the stress hormone cortisol
- Increase sense of positive mood and satisfaction
- Help with physical health including lowering blood pressure
- Increase sense of happiness
- Increase feelings of "calm"
- Improve the mood of somebody simply witnessing the act of kindness

Kindness is also something that is TEACHABLE. Dr. Ritchie Davidson of the University of Wisconsin states that: "It's kind of like weight training, we found that people can actually build up their compassion 'muscle' and respond to others' suffering with care and a desire to help."

As a family, you can:

- Make a conscious effort to recognize and say something kind about each other or someone else
- Give everyone in the family sticky notes to leave kindness notes to each other around the house

- Challenge everyone to do a random act of kindness every day for a week and have dinner time discussion about what everybody did that day
 - Make an effort to identify and appreciate kindness that has been received
- Go out and notice kindness, receive kindness and give kindness this month.

Monthly environmental activities to help celebrate our planet



Friday November 26th is BUY NOTHING Day!

Don't buy, give. "No one has ever become poor by giving", Anne Frank
Celebrate Buy Nothing Day on November 26th!

Buy Nothing Day is an awareness day highlighting society's habit of buying too many things. It is a day for society to examine the issue of over-consumption and is held on 'Black Friday', which is one of the busiest shopping days in the United States. <https://en.wikipedia.org>



“We are also consuming and trashing clothing at a far higher rate than our planet can handle. Today's trends are tomorrow's trash. The only solution is to reduce our levels of consumption.”
Dr Kirsten Brodde of Greenpeace Germany- <https://www.telegraph.co.uk>

Repair, reduce, re-use, recycle – 4 R's are best!

It's time for a new kind of materialism, based on an economy of better, not more... that makes things which last and can be repaired many times before being recycled, from furniture to tools, cars, fridges, clothes and food. 'Repair, reduce, re-use, recycle' could be the new model. <https://www.theguardian.com>

Some great ideas for your family on Buy Nothing Day!

- Instead of shopping, enjoy a day in the great outdoors by walking trails or going to the park.
- Recycle school supplies such as binders, workbooks, pens and pencils instead of buying new.
- Donate clothes, books, toys and games your family does not need any more.
- Think of things you can make or do for people as gifts without spending any money.

Either way, there's no doubt that going without buying anything for an entire day is quite a challenge in the modern world, and will serve to make you think about what your life is really about!

<https://www.daysoftheyear.com/days/buy-nothing-day>