



December Newsletter

Hello Kenilworth Families!

It is hard to believe it is December already.

We had a wonderful month of sharing Kindness here at Kenilworth PS. We had our virtual assembly this week organized by Mrs. Capell, Mrs. Doney and the Kindergarten crew! Congratulations to the following students who received a Well Being Certificate for demonstrating Kindness. In Kindergarten Jasmyn, Sully and Sophie, in Gr $\frac{1}{2}$ CJ and Vannah, in Gr $\frac{3}{4}$ Ava and Easton and Gr $\frac{5}{6}$ Quinn and Collin..



Thank you to parents for meeting with staff virtually. It is very important that we continue the home-school connection.



A big thank you goes to our PATS group for a successful Poinsettia winter fundraiser raising just over \$800. As well thanks to previous fundraising, the PATS group was able to complete repairs on our playgrounds.

We also wanted to let our families know that we will be holding our Second Annual "Art Extravaganza". Please stay tuned for more information regarding this event and as well some fun activities we will be doing closer to the holidays!



I would like to take this opportunity to wish all of the Kenilworth Families Happy Holidays.

Mrs. Cozzarin

Extra Masks:

With the colder weather arriving and noses getting cold, some of the students' masks are getting wet. If possible please send an extra mask with your child.

Screen Daily:

Please continue to screen your child(ren) each day before they come to school. Please go to the Ontario screening website [Coronavirus \(COVID-19\) school screening](https://www.ontario.ca/covid-19-screening).

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, cancellations.

When Kenilworth buses are cancelled, we will pivot to online learning. We know that access to technology and the internet is difficult for some of our families. Activities assigned on these days will be for review purposes only.

PATS:

Poinsettia pickup will be **Thursday Dec 2 from 1-4:00**. Poinsettias will be in the gym. Please walk along the front of the school to the gym door at the side of the school (by the portable). Please wear a mask and stay socially distant.

There will be no PATS meeting this month. The next meeting is scheduled for Thursday January 13, 2021 at 6:30. Google Meet Link will be posted to the school Website.

Kindergarten Registration:

Looking for students who were born in 2017 and 2018! Kindergarten Registration for September of 2022 will begin on Tuesday January 4th, 2022. For families interested in registering for French Immersion, the application window will be open for an additional week this year, from January 4th - January 21st at 4:00pm. All registrations will be completed online with verification of documents virtually using Google Meet. If you do not have access to the internet you will need to call the school 519 848-3320 to make an appointment to verify documents.



Monthly environmental activities to help celebrate our planet



December 10th is HUMAN RIGHTS Day!

“You cannot get through a single day without having an impact on the world around you. What you do makes a difference, and you have to decide what kind of difference you want to make.” –Jane Goodall

Celebrate Human Rights Day on December 10th!

Human Rights Day calls on everyone to stand up for someone's rights. It starts with each of us. Step forward and defend the rights of someone whose voice is not being heard. Recognize that human rights include the right for everyone to have access to clean water, unpolluted air and healthy food. <http://www.un.org/en/events/humanrightsday/>

Simple yet meaningful ways for your family to celebrate the rights and responsibilities that we all share as human beings!



- **Learn about how children live in other parts of the world.** Find out about their schools or traditional food and language.
- **Read the book: We Are All Born Free: The Universal Declaration of Human Rights in Pictures** by Amnesty International.
- **Read the Ontario Environmental Bill of Rights.** Decide if there is a cause your family wants to support, or an Ecojustice action you want to take on.
- **Make a World Wishes Dove with your family.** Cut feathers from white paper. Have everyone in the family write their wish for the world on a feather. Cut out the body of a dove and glue all the feathers on it.
- **Start a tradition of doing a family service project on Human Rights Day.** Find an opportunity to volunteer in your local community and make a difference.

“For the bigger picture we can (and should) do what we can to fight injustice. But on a smaller scale, in the day-to-day, practicing kindness can help knit a web of compassion to give humanity a boost of resilience” by Melissa Breyer

Wellness Works December 2021

Gratitude

Gratitude is not just “good manners” and it plays a significant role in overall wellbeing. Gratitude can be expressed by a simple “thank you” but there are many other ways to nurture and identify gratitude. Gratitude can happen in four ways:

- NOTICE what it is that you are grateful for
- THINK about why you are able to be grateful or why the thing you are grateful for is there
- Identify how you FEEL about the things we are grateful for
- DO express appreciation back “outwards”

Gratitude is not just about receiving, it is also about giving. So what can you do with your child/ren or even yourself?

- Point out the things you are grateful for and remember that modeling for your child/ren is a very powerful technique
- When you are grateful make sure to point out why you feel grateful
- Help your child/ren find gratitude in the things they may take for granted such as something in nature, or a simple meal
- Encourage them to use their own areas of strength to give back and be helpful and cooperative with others
- Notice accomplishments - even the smallest ones are something we can be grateful about
- Have a gratitude wall or space on your fridge where everyone can write something they are grateful for - the whole family, visitors, friends. Seeing what others are grateful about is also quite powerful
- Identify someone your child/ren is grateful to have in their life (e.g., an extended family member, an elder, a peer, a teacher, a principal, a counsellor) and encourage them to let that person know

Taking just a bit of time to identify gratitude can have an impact. We are very grateful to all of the parents, guardians, elders, and caregivers who support our communities' children and youth.

Jenny Marino, Mental Health Lead
And the Wellness Works Committee