



Laurelwoods Elementary School Newsletter

February 2022

PRINCIPAL NEWS

Dear Laurelwoods Families,

In February, you will have access to your child's term one report card online through the parent portal. This report, unlike the progress report, will provide you with more detail on how your child is progressing at school in all areas of the curriculum which have been taught this term. Please review the report with your child and discuss the next steps that are suggested for improvement. Although formal interviews occurred in November, please feel free to connect with your child's teacher if you have concerns or questions about your child's progress.

In the month of February, we focus attention on Black Heritage, Black Brilliance, Black Futures Month. We continue to have wellness themes for each of the months of the school year. During the month of February, we will be learning about realistic optimism. Pink Shirt Day (a day to stand up for kindness) will be on Wednesday February 23rd. We have several ECO events this month Winter Walk Wednesday will be on February 2nd and Sweater Day is Thursday February 4th!

It is imperative that our staff, students and families follow the School Board health and safety protocols to keep COVID-19 at bay. I cannot stress enough the importance of using the daily self-screening tool and to not send children to school when the screen test indicates not to. Staff and students must visit the site and self-screen each morning before coming to school at <https://covid-19.ontario.ca/school-screening/>. This step is our first and best defense at keeping our school as safe as possible. Please continue to encourage your child to:

Self-Screen
Social Distance
Wear a Mask
Wash their Hands
Stay in their Cohorts

Again, thank you for your cooperation and partnership. We are looking forward to term two! Should you have any questions or concerns please do not hesitate to contact your child's teacher or the school office.

All the best to you and your family during the coming month.

Lori Shilvock

Beginning Thursday, February 17th, 2022, parents and guardians can download their child's Report Card from our school's website. If you have questions about creating an account or changing a password, please visit: <https://sites.google.com/ugcloud.ca/parenthelp/report-cards-parent-portal>

Inclement Weather

Laurelwoods is a school entirely dependent on bussing. It is important for parents to check the Board's website as well as www.findmyschool.ca for any bus delays or cancellations.



Pink Shirt Day

Wednesday, February 23rd is Pink Shirt Day. Canadians will take a stand against bullying and wear pink shirts to show their support for safe and inclusive schools, workplaces, and communities. The International Day of Pink is April 13th, 2022. Pink shirt day is to focus on working together and treating others with dignity and respect.



Winter Walk Day

Winter Walk Day is celebrated by schools across the province on the first Wednesday of February each year. We encourage you to journey outside during the month of February! Although walking to school is not an option at Laurelwoods, we hope you celebrate by spending some extra time outdoors to explore throughout the month!

Junior & Senior Kindergarten Registration for the School Year - September 2022

Eligible students for the Junior Kindergarten program must be four years of age on or before December 31, 2022. Parents can complete the online registration at www.ugdsb.ca/kindergarten and then call the school between the hours of 10:00 am – 3:00 pm so we can complete the registration via a Google Meet. Please pass this information on to families in our area.

**February 21st, 2022 is Family day and there is no school for students.
March Break is March 11th – 18th, 2022**

Make the Earth better by wearing a sweater

Celebrate National Sweater Day on February 3rd!

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!

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 3rd - 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

Edge Imaging – School Pictures

The grade 8 graduation pictures have been rescheduled for Thursday, April 21st, 2022. More information will follow closer to the date.

Upcoming Food dates

Cookie Days – Wednesdays from February 2nd, to April 13th, 2022

Costs - \$1.00 - **ONLINE ORDERS DUE – FEBRUARY 1ST**

Muffin Mondays – Mondays on February 7th (previously January 17)

February 14th

February 28th

March 7th (previously January 24)

Costs - \$1.50 - **ONLINE ORDERS DUE – FEBRUARY 2ND**

Live Free Popcorn – February 8th & February 22nd

Costs - \$1.00

ONLINE ORDERS DUE – FEBRUARY 4TH

Pizza Days (reopened) - Fridays from February 18th to May 6th

January 14th orders – now April 8th

January 21st orders – now April 22nd

February 4th orders – now April 29th

February 11th orders – now May 6th

Costs - \$2.50 a slice

ONLINE ORDERS DUE FEBRUARY 7th

Wellness Works @ UGDSB

Brought to you by the Wellness Works Team!

This month at UGDSB our Wellness Work's theme is Realistic Optimism. *What is Realistic Optimism?*

Realistic optimism is:

- Believing that you will succeed with the right inputs like hard work and careful planning
- The tendency to look at the favourable side of events
- Expecting a positive outcome while preparing for obstacles and seeing ways to work around them
- A relatively stable expectation that good things will happen instead of bad
- A belief in the ability to learn and grow

Unrealistic
Pessimism

Realistic
Pessimism

Realistic
Optimism

Unrealistic
Optimism

(image from article "[Realistic Optimism](#)" by Chris Loper)

Realistic optimism is not about always seeing the positive. It is about recognizing that obstacles exist, focusing on what we can control, and looking for opportunities to problem solve even during times of struggle. Realistic optimism requires the cognitive flexibility skills explored in October. Here are some ways you can explore realistic optimism this month:

Self-Talk: What we say to ourselves can shift our perspective. Ask kids to listen to that little voice in their heads and notice what it is saying. Identifying what they are saying to themselves is the first step. Next, prompt them to create new statements that are framed in a more positive tone. "I'm going to fail that test tomorrow" could shift to "I am going to do the best I can on that test tomorrow".

Look for the Lesson: When something doesn't go as planned, it can be easy to resort to blame. Often, that blame is turned on ourselves. Instead, look for the lesson. Intentional reflection can help highlight the possibility for personal growth inside of a challenging situation. What has this situation taught you? What have you learned? This is a great skill that adults can also model for their children.

SMART Goal Setting: Sometimes we set goals that are unrealistic or too vague, which leads to feeling failure when we don't accomplish them. Setting goals that are **S**pecific, **M**easurable, **A**ttainable, **R**ealistic, and **T**imely can help us celebrate small wins along the way, especially when connected to action tasks. Imagining what is possible and connecting it to the hard work needed to make it happen is realistic optimism in action!

Equity Team's Six Word Poetry Contest on Empathy

The following is a list of winners chosen by the "JEDI" Team.

Grade 1 / 2 Winner	"Helping people making them feel better"
Grade 3 / 4 Winner	"From your tears to my heart"
Grade 5 / 6 Winner	"Our feelings are like joining hands"
Grade 7 / 8 Winner	"No off switches for beating hearts"

