



# Laurelwoods Elementary School Newsletter

*March 2022*

## **PRINCIPAL NEWS**

Dear Parents/Guardians,

I hope that this newsletter finds you well. With spring just around the corner, I am hopeful that bus cancellations and system shut downs will soon be behind us however, during the next few weeks I encourage you to keep checking for late buses, cancellations and system shut downs due to weather conditions.

Please remember that Term 1 report cards for all students, kindergarten through grade 8 are still available online at the UGDSB Report Card Portal <https://mwweb.ugdsb.on.ca/lwood/parents> If you have not had an opportunity to read your child's report, I would encourage you to do so. Each child received a hard copy of the parent signature page. We would ask that you complete that page, with your child, and return it to the school at your earliest convenience.

The next Parent Council meeting is Wednesday, March 30, 2022 at 6:30 pm virtually. A meeting link will be sent out that day. On behalf of the staff and students at Laurelwoods I would like to extend a huge thank you to the Parent Council for their continued support of school initiatives.

I wish all of you a safe and adventurous March Break!

Sincerely,

Lori Shilvock

## **Junior & Senior Kindergarten Registration for September 2022**

If you have not already registered your child for full day every day Junior Kindergarten in September 2022, please complete the registration online ([www.ugdsb.ca/kindergarten](http://www.ugdsb.ca/kindergarten)) and call into the office so a virtual meeting can be scheduled to complete the registration. Eligible students for the JK program must be four years of age on or before December 31<sup>st</sup>, 2022.

## **March Break & Easter**

This is a reminder that March Break holiday begins on - Friday, March 11, 2022 and goes to Friday, March 18, 2022.

Good Friday is on April 15<sup>th</sup> and Easter Monday is on April 18<sup>th</sup>. There will be no school for students on either day.



## Earth Hour

Started by WWF and partners as a symbolic lights-out event in Sydney in 2007, Earth Hour is now one of the world's largest grassroots movements for the environment, engaging millions of people in more than 180 countries and territories. Earth Hour is held every year on the last Saturday of March. Join the millions of people around the world and switch off your lights in support of nature and our planet on Saturday, March 26<sup>th</sup>, 2022 at 8:30 pm. - <https://www.earthhour.org/>

### Ideas for your family to do for Earth Hour!

Earth Hour belongs to you. Celebrate your commitment to the planet with your friends, family, community or at work - in your own way.

A simple event can be just turning off all non-essential lights on March 26<sup>th</sup> from 8:30-9:30 pm. For one hour, focus on your commitment to our planet. To celebrate, you can:

- *prepare a candle lit dinner,*
- *talk to your neighbours, or invite people over*
- *stargaze, or go camping in your backyard*
- *play board games, or charades*
- *host a concert, or a sing-a-long*
- *create or join your own community event*
- *have an Earth Hour every month*



The possibilities are endless!

## Grade 8 Graduation photos

A photographer from Edge Imaging will be at the school on Thursday, April 21<sup>st</sup> to take the Grade 8 graduation photos. Approximately 2 weeks after photo day, your proofs will arrive at the school. Please place all orders online at [edgeimaging.ca/order](http://edgeimaging.ca/order).

In addition to the Grade 8 portrait session, students have the option to purchase an 11" x 14" Graduating Class Composite in an embossed hard cover folder. Simply go to: [edgeimaging.ca/mycomp](http://edgeimaging.ca/mycomp) to purchase your composite using school code: LAU



## Parent Council

Thank you for supporting our pizza and popcorn days, we are excited to be back in the school and raising funds for our school community. We are looking into "Make it Sow" once again to help get your garden growing this year, please stay tuned for more information.

The Laurelwoods Parent Council generously purchased books for parent sign out. If you are interested in borrowing one of these books please contact the school office, at 519-940-3666, to arrange for pick up. The resources available for parent sign out can be viewed at <https://www.ugdsb.ca/laurel/resources/parent-lending-library/>

## Food & Friends Student Nutrition Program

Thank you for supporting our Live Free Campaign this past month by purchasing muffins and popcorn as well as making monetary donations. Core funding from the Children's Foundation Food & Friends program is not enough to maintain our student nutrition program so all your support is greatly needed and appreciated. All money raised goes directly back into our student nutrition program which provides a variety of nutritious snacks available in every classroom and to every student. Food & Friends, along with 400 volunteers provides healthy meals to more than 17,000 children and youth in the Dufferin-Wellington Area. Many children come to school unprepared to learn. Our program helps children reach their potential by providing nourishment so they can focus on learning. Friday

March 4th is Live Free Day, we encourage you and your child to give something up that you may take for granted. For example, chocolate, tv or computer and make a donation via our school cash online portal as a symbol of what you are "living free" of. Thank you again for supporting our Food & Friends Student Nutrition Program at Laurelwoods.

## **March 2022 Wellness Works! @ UGDSB March theme is Self-Compassion**

This month we collectively focus on reminding ourselves that we, too, deserve the same kindness, compassion and care that we give to so many others. This is especially true as we all work individually, and collectively, to make our way through the pandemic.

Here are some ways to help yourself with your own self compassion:

1. Remember it's okay to say "this is really difficult right now". What do you need to take care of yourself? What does your self-care look like? Is it a walk outside? A few minutes of deep breathing in a quiet space? A conversation with a friend or family member? Writing down your thoughts? There are so many different things we do to take care of ourselves. Find your "thing" and give yourself permission to do it. You deserve it.
2. Are you judging yourself? Your situation? Your decisions? Try and notice when you are self-judging and hit the pause button. Can you try being gentle with yourself? Give yourself a moment of compassion and kindness. Words can be very powerful. What you say to yourself has an impact. Speak and think kindly of yourself.

Here are some family activities that you can explore this month alongside your child/ren.

1. Have everyone write a letter to themselves. You can choose to share it with the rest of the family if you want or just spend the time writing together and keep your letter in a special spot
2. Have everyone go around the table and do "rose, bud, thorn". What is one thing you really like/appreciate about yourself (rose), What is one thing that you are working on for yourself (bud) and what is something that you are finding difficult (thorn).
3. Have everyone brainstorm ways to be kind to yourself. You can make a big chart or picture and put it up on the fridge. When someone is needing some self-care, they can always go to this and choose something that works for them in that moment.

There is no doubt that these are difficult times. It is so important that we are kind to ourselves. Remember to reach out to someone if you are feeling alone and look out for others as well. Remind your kids that they can talk to you when they are feeling sad or down or confused. 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 2SLGTQA+ Text or Call 226-669-3760.

## **Ministry Changes**

Recently the Ministry has approved some changes in the restrictions in our school. We are slowly reintroducing students sitting in different groupings, learning carpets, and the return of teams and clubs. These are some exciting changes for sure! We need some time to get things out of storage and cleaned before use.

Currently the Ministry directive around elementary recess cohorting remains in effect until further notice. Elementary students are required to stay within their cohort during recess and breaks outdoors, and distancing should be maintained between cohorts as much as possible.

**The Ministry is now providing COVID-19 guidance, the best and most current information is embedded within the screening tool. The tool also accounts for individuals who tested positive in the last 90 days.**

<https://covid-19.ontario.ca/school-screening/>

Please do not send your child to school if they do not pass the screening and follow the advice that is given when you receive your child's self-screening results. There are significant changes to the tool, along with isolation requirements and what to do if you have already tested positive in the last 90 days. Here is some of the important information:

- If a student/staff is experiencing at least one symptom most commonly associated with COVID-19 or two or more symptoms less commonly associated with COVID-19, they must self-isolate.
- If a student/staff is experiencing only one symptom less commonly associated with COVID-19, they must stay home until their symptom(s) has been improving for 24 hours (48 hours for nausea, vomiting and/or diarrhea).
- Most Common: Fever, cough, shortness of breath, decrease or loss of smell and/or taste.
- Less Common: Runny nose, headache, sore throat, aches, extreme fatigue, gastrointestinal symptoms
- Provincial guidance on – [What to do if you've been exposed to COVID-19](#)

## **WHY Survey for Parents: We Need Your Help**

- The UGDSB and Wellington-Dufferin-Guelph Public Health are inviting parents/ guardians to participate in a survey. We are asking students, parents, teachers and school staff to share their opinions and experiences about student well-being.
- We want you to answer the questions on this 10-minute survey. There are no right or wrong answers. If you don't know the answer to a question, leave it blank. You can also skip any question if it makes you uncomfortable. If you need help filling out this survey, feel free to call Public Health for support (1-800-265-7293 ex. 4312).
- The UGDSB and Wellington-Dufferin-Guelph Public Health are inviting parents/ guardians to participate in a survey. We are asking students, parents, teachers, and school staff to share their opinions and experiences about student well-being. Link to survey for parents/guardians to complete (your opinion is valued and important to us):  
<https://survey.wdgppublichealth.ca/surveys/index.php?s=Y3MDMYWMH7>

## Butterflies

The Painted Lady butterflies have emerged from their chrysalis's in the Kindergarten classes. We are hoping for some eggs to start the life cycle again!



## Dufferin Parent Support Network

Please see the attachment regarding information on FREE parenting workshops and programs being held in Dufferin County during the month of March 2022. The workshops are provided by Early ON, Dufferin Parent Support Network, and DCAFS (Dufferin Child and Family Services)! Enjoy.

[March 2022 Parenting Workshops Poster.pdf](#)