

**Mitchell Woods Public School  
670 Willow Road  
Guelph, Ontario**

Principal: Mair Ann Gault

Vice Principal: Sarah Garrett

**MARCH 2021**



Hello Parents and Guardians:

Just a reminder to please complete the Daily Screening tool daily for your child. The tool information gets updated on a regular basis, so it is your best resource for knowing next steps if your child or anyone in the home has symptoms. It is vital that when you get a RED do not go to school result, that you read all the next steps on that page. Rarely does a RED result lead to immediate return to school when symptoms are gone. Thanks for your help keeping our students as safe as possible.

Please review updated documents on the Public Health Webpage:

- [Daily Screen Tool](#)
- [Most up to date information from Public Health Re: COVID-19 protocols](#)
- [Return to School Protocol for Children with COVID-19 Symptoms](#) - Updated Feb. 21 - please check the above link for updates to this protocol.

Sincerely,

Mair Ann Gault ☺ - Principal, Mitchell Woods Public School

**STUDENT SAFETY**



Please note that the staff parking lot is not to be used for parents either dropping off or picking up children at the beginning and end of the school day. Thank you for keeping our children safe.

**MOVING**

Planning for the 2021-22 school year is already underway. If you will be moving this summer, or know of someone moving into the school area, please notify the office as soon as possible. This will help with the organization of teachers and classrooms at Mitchell Woods P.S.

**KINDERGARTEN REGISTRATION**

If your child will be new to the school and you have not had a chance to register for junior or senior kindergarten as of yet, please do so as soon as possible. In addition, if you have a new neighbour, please pass on this message to them so that they register quickly.



**EXTRA SOCKS, DRY PANTS AND SHOES**



Students are reminded to bring extra socks, pants or rain pants to the school at this time of year as the snow melts and the playground becomes muddy. A pair of indoor shoes is also a must

for all students, as the floors are often wet following recess.

### INCLEMENT WEATHER

March is upon us and should bring on very changeable weather, which could include snow, ice and/or fog.

**It is the parent's responsibility to determine whether or not it is safe for his or her child to leave for school in inclement weather.** A parent must be aware of the following:



- When a bus does not travel a route in the morning due to fog, ice or snow conditions, it will not travel that route in the afternoon.
- While we have an excellent transportation system, buses may be delayed in the morning due to traffic, poor road conditions, mechanical breakdowns, etc. To ensure your child is not stranded at his/her pick up point, please make sure they know what to do and where to go if their bus is more than 15 minutes late.
- Remember to listen to CJOY 1460 AM or Magic 106.1 FM in the event of inclement weather.
- They will broadcast bus cancellations or school closures.
- You can check the Transportation website : <http://www.stwdsts.ca/> by 6:30 AM each day.

### SCHOOL COUNCIL

Welcome back after our extended stay-at-home order. It's wonderful to see all of our students and staff back in the building, excited to see each other and get back to COVID-normal. As your school council we have been active and doing our best to contribute to a positive environment for all students.



Just before the Christmas break, council was able to purchase more outdoor items from the Fundscrip fundraising campaign. Items purchased include: crazy carpets, snow brick makers, snow shovels and paint brushes.

Thank you to Stacey Murphy for doing our shopping for us!

Thank you to all who have purchased gift cards through Fundscrip. Remember, this is an ON GOING fundraiser, so make sure to visit [fundscrip.com](http://fundscrip.com) and do your shopping with gift cards to support our school. Thank you to Katie Mathies who continues to run this campaign.

On Friday, February 12<sup>th</sup> we were able to provide an outdoor fun day for students. Thankfully, we got some fresh snow earlier in the week, so every class got a chance to use the new crazy carpets and have some time dancing on the hard top. It was a chilly day but everyone kept warm going up and down the hill and dancing up a storm. Treat bags were also delivered to every student with the help of student council. A big thank you to Stephanie for coordinating the event and putting the treat bags together, Ms. Battaglia for her input and coordinating the distribution of the treat bags, Ms. Stronach for teaching the kids a new dance and setting up the outdoor speakers and Sheila Thomson for being there all day to help sanitize the crazy carpets and make sure students were where they should be.

Our Mabel's Labels fundraiser has begun! Make sure to check the school website for details as well as watch for a flier to come home in your student's backpack. These sticker-type labels are great for shoes, clothing, school supplies and household items. They are dishwasher and laundry safe! Funds raised will go towards our "One Child, One Toy" campaign. Thank you to Sheila Thomson and Leila El-Ayoubi who are running this campaign.

Finally, due to restrictions for gatherings, our monthly meetings will continue to be held

on-line. If you are interested in attending those meetings please contact Amanda Dawson at [scmitchellwoods@gmail.com](mailto:scmitchellwoods@gmail.com) and she will make sure you have access. Meetings are held from 7:30-9:15PM. The following are tentative dates for the year:

May 3- June 7

If you have any questions about school council, please contact Amanda at [scmitchellwoods@gmail.com](mailto:scmitchellwoods@gmail.com).

Amanda Dawson  
Chair  
School Council Mitchell Woods P.S.  
670 Willow Rd, Guelph, ON  
N1H 8K2

### REMINDER

Please remember to call the school if your child will be absent or late for school. Our answering machine is on 24/7. It can take many phone calls to ensure that one child is at home sick. We are required to make contact with the parents of each child that we have not heard from. Your support in assisting in reducing the number of calls that are necessary would be greatly appreciated.

### MARCH BREAK (Now the April Break!)

March (April) break will run from April 12<sup>th</sup> – April 16<sup>h</sup>. Students will return to school on Monday, April 19<sup>th</sup>.

Have a wonderful March (April) Break with your family!



### NUMBER TALKS BULLETIN FOR PARENTS

Have you ever heard your child talk about Number Talks? Please go to the link below to learn more.

[Number Talks Parent Bulletin](#)

### TALKING ABOUT MENTAL HEALTH

Random Acts of 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

We can give our brain and our mental  
health a winter “boost”! So go out and  
notice kindness, receive kindness and give  
kindness this month.

Jenny Marino, Mental Health Lead  
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