



January 2022
Mitchell Woods Public School
Newsletter

Dear MWPS Families:

As per our [Anti-Bullying and Inclusion Plan](#) and our [School Improvement Plan](#), we are engaging in monthly themes to support the mental wellbeing of our students. This month we are focusing on Empathy. See below for a message from Jenny Marino - the UGDSB Mental Health Lead

Remember we are here if you need anything. Feel free to email your child's teacher or call the office for assistance. One day this will all be over. Until then we need to take turns holding each other up and practicing compassion, kindness and empathy. Thank you. *Mair Ann Gault* - Principal

Hello parents, guardians and families!

This month we are exploring the theme of EMPATHY with students as a part of their mental health skill building. Empathy is about being able to consider what someone else may be going through and imagining how they might be feeling or thinking. It is about walking in another person's shoes - about listening to another perspective non-judgmentally. It's about voicing our understanding of their emotions and validating them. It's about recognizing the humanity of others and challenging ourselves to be present. Empathy is often the first step towards compassionate action and helping others.

Empathy is important because with empathy we:

- Are more likely to treat people the way they wish you would

treat them • Are better able to understand the needs of people around you

- Are able to more clearly understand the perception you create in others with **your** words and actions
- Are able to better understand other people's needs

Here are some activities you can do at home to reflect and build on EMPATHY:

- Help younger children understand how to recognize emotions so they are better able to understand how others may be feeling. You can draw "feeling faces" or take pictures of family members with different feeling faces. Or take turns role-playing different emotions (what would you look like if someone knocked down your Lego? Found a puppy? Etc.)
- You can take turns coming up with situations or scenarios and have each family member share how that would make them feel. It's important for all of us to remember that how we may feel is not always how others feel
- Encourage your child/ren to consider how others may experience certain situations. For instance, if they came home excited about a presentation they really felt good about - celebrate with them and then ask them to consider how the student who didn't present so well may be feeling. Or how the "new" student in the class may feel? Help your child understand that people have specific and unique identities, and these identities mean that different things are available to them, they have different experiences in the world, different interests, and different struggles.
- Help your child understand that different people have different things available to them, different experiences in the world, different interests and different struggles. • If you are reading to your child, stop and ask how different characters may be feeling in the story. How do the character's different behaviours and choices tell us information about how they may be feeling?
- Designate a wall to share ideas/thoughts/pictures about empathy as a family and reflect on it together
- Jenny Marino, Mental Health and Addictions Lead, in collaboration with the Wellness Works Team at UGDSB.
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Important Links with Updates concerning Covid Protocols

Provincial Daily Screening Tool for school and Child Care (completed daily by staff and students)

[COVID-19 School and Child Care Screening Tool](#)

Provincial Guidance for COVID-19 cases and contacts
[Ministry Guidance for COVID-19 Cases - What to do if you've been exposed to COVID-19](#)

WDGPH COVID-19 (guidance and resources for our school community)

[COVID-19 guidance and resources for our school community | WDG Public Health](#)

Kindergarten Registration for September 2022 is now open

[Link for information concerning Kindergarten Registration](#)

JK registrations may continue to be processed online for the 2022-2023 school year. Schools have posted details for completing registrations, including document verification, on the school website. Please visit the [MWPS school website](#) for specific details.

FI Applications are still being accepted in schools for the 2022-2023 school year where there is space.

2022-2023 School Year

Is my child eligible to go to school?

For the 2022-2023 school year

Children who were born in 2018 may attend Junior Kindergarten (JK).

- Children who were born in 2017 may attend Senior Kindergarten (SK).
- If your child attended JK in the Upper Grand District School Board you do not have to re-register

School Council News

Happy New Year Everyone!

Our School Council continues to meet monthly to discuss important school events and possible ways that we can contribute to the school community.

We meet monthly via Zoom (until we are allowed to meet in person). Meetings start at 7:30.

2022 Meeting Dates:

February 7

March - No Meeting

April 11

May 2

June 13

If you're interested in attending a meeting, or you'd just like to receive meeting minutes to catch up on what you might have missed, please e-mail scmittchellwoods@gmail.com and I will add you to our mailing list.

School Arrival

Please discourage your children from arriving before 8:40 a.m. Students must wait in line prior to the bell and it becomes more challenging for them the earlier they arrive at the school.



Outdoor Recess.

It is getting chilly out and snow has begun to fly! Please remember to assist your child(ren) in wearing proper clothing to school. This includes a warm jacket, hat, mitts and waterproof footwear. Thanks for sending labeled extra socks and pants in your child's backpack just in case the first pair gets wet. Twenty minutes can be a very long time if you are not dressed properly.

No Dogs on the Schoolyard

A reminder to parents and visitors that dogs are not allowed on the school yard during the school day. As much as we like and trust our own dogs, when they are on school property and encounter fast moving and often unpredictable children, they can become stressed and a dog's natural reaction is to bite. Please help us to safeguard our students by keeping your dog(s) off school property during school hours.

Parking and Student Safety

Our safety patrols have been doing an excellent job safeguarding our students and parents as they cross onto and off school property. Although we encourage our students and families to walk to school, we do understand that, in certain instances, students arrive by car, and visitors to our school drive. We would like to remind parents and visitors of the following:

Parking on school property is reserved for staff. Those requiring accessible parking may use one of the two designated spaces, provided a valid permit is displayed.

- Please come to a full stop at stop signs
- Please do not stop to let your children off at the crosswalk or wave to students to cross.
- Please take care in attending to our patrols and be patient.
- Please do not park/stop in no parking/no

stopping areas. This blocks the line of view for our patrols.

- U-Turns are not permitted on Willow Road

Walking on to school property:

- Please use the designated crosswalks for crossing on to school property.
- As a safety precaution, we ask that all parents and older siblings, who are coming to the school to pick up students, please meet at an outside meeting place at the end of the day.
- Students are asked to independently enter and exit through their assigned doors.

Your support in keeping your children safe is greatly appreciated. For more information about walking/parking/drop-off/pick-up, please refer to our traffic management plan that is posted on our website: <https://www.ugdsb.ca/mwoods/resources/traffic-management-plan/>

Safety Patrollers and -25c or Below

On extremely cold mornings, patrollers and parents should listen to the radio for an announcement regarding altered patrol post coverage times: If no announcement is made, carry on as usual.

- At -25c (including the wind chill factor) an announcement will be made on air indicating that patrollers will be on duty for only the last five minutes of their scheduled morning time.
- At afternoon dismissal, usually the temperature has warmed up above -25c. If not, then the patrollers would also shorten their time on duty to 10 minutes.

