

PAISLEY ROAD PUBLIC SCHOOL – DECEMBER NEWSLETTER 2020

Proud Responsible, Striving for Excellent



Feir, Responsible Viser l'Excellence

Talking about Mental Health-December 2020

As we head through December and towards the holidays, it is important to be aware that this can be a very exciting time of year, but for some it is also a difficult time of year.

REMEMBER:

- eat well and get good sleep
- stay connected to family and friends
- keep daily routines going
- avoid over-use of technology
- get outside and enjoy the crisp, fresh air

Who you can call for mental health support:

Here 24/7 (for crisis and support with mental health or addiction concerns in Guelph/Wellington) <http://here247.ca/>
1.844.437.3247

Dufferin Child and Family Services (DCAFS) (for crisis and mental health supports for children/youth in Dufferin)
<https://dcafs.on.ca/> 519 941 1530

Kids Help Phone <https://kidshelpphone.ca/> 1 800 668 6868

Your family physician or family health team

Have a mentally healthy holiday season!

SAFE ARRIVAL

It is crucial that you call the school each morning your child will not be attending for whatever reason it may be. This helps us know that your child is safe. When we do not receive a call, the office must call each family that has not called in. The school has an answering machine that will take calls 24/7, 519-822-0675 ext. 100. Thank you so much to all the families that have been calling in their child's late arrival or absence.

We thank you in advance for your cooperation.

Cold Days - Wet Weather- Recess

It is getting chilly. Please remember to assist your child in wearing the proper clothing to school. This includes a warm jacket, hat, mittens, and waterproof footwear. To follow safety and Covid tracking in our schools we asked that items not

come to school after classes have begun unless in the case of an emergency. The school does have extra masks and water bottles for student. All students are expected to wait in line while we follow Covid friendly protocols in the morning, no matter the weather. They also participate in outdoor recess, as this important active break aids concentration and success in the classroom. Indoor shoes are essential to help keep our classrooms clean and dry.

Important CoVid Related Reminders

We are working hard to keep everyone safe at school. Parents and guardians, we would really appreciate your help reminding your children to come to school as close to 8:45 am as possible, wear a mask, and getting into line with their classmates. It is very important that they don't play during this time, but stay in their designated line area. Also, please help them remember, as difficult as it is, to try to stay 2 metres away from each other when at school. Naturally, children struggle with this expectation when they are playing, but it is vital to encourage physical distancing as much as possible. Thank you for your assistance as we work together to keep our students safe.

New: Starting December 1, students will line up on the hardtop for arrival, recess re-entering and dismissal.

Parents are asked to stay well back of the lines.

Thank you so much for your ongoing support.