

Monthly Updates

DISTRICT SCHOOL BOARD OF NIAGARA

Principal:

C. Garcia

V.P.:

A. Salvatori

Secretaries:

K. Nelson

D. Lamb

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Please check the newsletter for other important updates and information.

SCHOOL COUNCIL

The School Council next meeting is on Tuesday January 23rd, 2024 at 6:30 PM in the Learning Commons.

All parents and guardians are welcome to attend. The School Council will receive updates about the school and events that are happening. This is also a great opportunity to meet Mrs. Salvatori, our new Vice-principal. An agenda will be shared out closer to the date.

Feel free to contact the School Council chair or the office with questions.

Jodie Bartlett
GAG@dsbn.org



DECEMBER AWARD WINNERS

- Mrs. Chrastina & Mrs. Belvedere** — Crosby M.L., Keely B
- Mrs. Teather & Mrs. Rossi** — Charlotte R, Freya N, Brooks B
- Mrs. Erickson & Mrs. Ethier** – Tanner E, Ariya B
- Mrs. Kurland** - Nischay K, Jade M
- Ms. Fulford** - Frannie M, Diana Y
- Mrs. Cere** – Jack B, Maddy W
- Mr. Piva** — Oliver A, Calvers S
- Miss. Alles** — Milo S, Audrey H
- Mrs. Fillion** —Jack F, Vienna R
- Mr. Hiller** — Ella P, Spencer L, Scarlett W
- Ms. Coote** — Brody B, Rose BR, Seoel K, Morgan S (French)
- Mrs. VanderWerf** — Sydney M, Carter O, Austin R, Lily (French)
- Miss. Gamm** — Integrity: Colby C, Maisie M, Connor S, Maksim S, Samantha MK (French)
- Miss Gill**— Breanna G, Capreece P, Ted S (French)
- Mrs. Pessoa**—Integrity: Isa, Mark, Emily, Jayda (French)
- Mr. Last** - Aubrey H, Susan T, Avery H (French)
- Mr. Campbell** — Mya C, Jamie L, Alex W, Willow S (French)
- Mrs. Hyatt** — Kat M, Emery R (French)
- Mrs. Furtney:** Maddie L, Maggie L, Noella M, Dima B (French)





ILLNESS AT SCHOOL

To prevent the spread of germs, we encourage all children to wash their hands frequently during the school day or use the hand sanitizers. If your child is not feeling well in the morning, please do not send him/her to school.

Normally, we call home to parents regarding an illness if a child has a fever or is throwing up.

Here are some helpful guidelines to consider when deciding whether to send your child to school.

It is advisable to keep your child at home if:

- he/she has been up during the night due to illness and, as a result, has not had adequate sleep
- your child has had a fever or was throwing up the night before
- he/she has gone home from school the day before with a fever or other illness
- he/she has an unidentified rash not yet seen by a physician
- your child may pass on an illness to another student.



HOLIDAY HAMPER DRIVE

We would like to say a huge thank you to the Glynn A. Green community for your extremely generous donations for this years' Holiday Hamper Drive. In addition, we would like to thank the staff for collecting and organizing items, and Mrs. Garcia for being our main contact and organizer with three local schools. Bins and boxes were overflowing with items, and over \$2500 in gift cards and online donations was collected. We are very grateful to have such a supportive, caring and generous community. Your kindness helped make several local families' holidays a lot more festive.

Thank you!





DSBN
Academy

DSBN Academy Open House

February 6 | 6 - 8pm

Empowering students to become
the first in their family to graduate
from college or university.





INCLEMENT WEATHER REMINDERS

There are times in Niagara when weather conditions are so poor that we must cancel student transportation, and/or close schools to preserve the safety of students and staff.

The decision to cancel transportation and/or close schools is not taken lightly; a variety of factors are considered when making this choice. To learn more about how these decisions are made, please go to <https://www.dsbm.org/inclementweather>.

Transportation Cancellations:

Information about transportation delays and cancellations is posted to <https://portal.nsts.ca/Cancellations.aspx>. When transportation is cancelled, every effort is made to communicate the decision by 6:00 am on the day of the cancellation. There are times when transportation is cancelled, but schools remain open. If, on those days you feel it is best for your child to stay home, please report your child's absence <https://dsbn.org/safearrival/> so we can make sure they are safe at home.

School Closures:

When the decision to close schools is made, it refers to all schools: both in-person and remote learners. Every effort will be made to share school closure information before 6:00 am on the day of the school closure. You will find it on dsbn.org, all school web-sites, DSBM social media, and local media share the news widely as well.

Elementary Schools: Snow Day activities for kindergarten to Grade 8, will be available on the DSBM website on days when schools are closed due to inclement weather.

Secondary Schools: When secondary schools are closed, students are reminded they may access their course's online platform (D2L or Google Classroom) to review classroom notes, lessons, and complete any outstanding assignments or projects.

UPCOMING EVENTS

Please mark these dates on your calendar and plan accordingly.

PD Day (no school for students)

January 19, 2024

Graduation Photos

January 29, 2024

February 16, 2024

PD Day (no school for students)

February 19, 2024

Family Day (School is closed)

March Break

March 9– 17, 2024

Niagara Region Public Health School Health Newsletter

January 2024

Grade 7 Vaccines Catch Up

Niagara Region Public Health has completed all fall school-based immunization clinics for the following publicly funded [routine school vaccinations](#):

Meningococcal
Hepatitis B
Human Papillomavirus (HPV)



Grade 7 students who missed their school immunization clinic can receive these vaccines through the following options:

- **Niagara Region Public Health vaccination clinics** – book an appointment at a community clinic by calling the Vaccine Preventable Disease Program at 905-688-8248 ext. 7425
- **Family doctor or Nurse Practitioner**– Contact your health care provider to discuss vaccine availability. If you do not have one, you can check with a local walk-in clinic.

Wintertime Well-Being

As the weather changes and days get shorter, many people, including children and youth, may feel more anxious, depressed, or tired. It's essential to be mindful of our emotional well-being. Beat the winter blues and check out these simple activities to boost your and your child's mood.

[8 feel good tips to boost your mood](#)

[100 Fun Activities to Boost Your Mood](#)

[Stress relief activities for kids](#)

Help Keep the Classroom Germ Free – Stay Home When Sick

Respiratory viruses like the flu and COVID-19 are spreading in our community. Since these viruses can have similar symptoms, it can be hard to tell what you are infected with based on just symptoms alone.

If your child is sick, they should stay home from school until:

They have no fever, without the use of fever reducing medication **and**

Their symptoms have been improving for at least 24 hours or 48 hours if they have nausea, vomiting and / or diarrhea **and**

They don't develop any new symptoms



By keeping your child home when sick, you help prevent them from spreading whatever infection they have to others.

Snow Safety for Kids

Embrace the thrill of tobogganing this winter, but remember, safety comes first! Whether your child is racing down the slopes or enjoying a leisurely ride, follow these snow safety tips to make [the most of winter adventures](#):

Gear Up: Wear appropriate winter gear such as gloves, and sturdy boots to provide protection from the cold.

Choose Safe Hills: Opt for designated tobogganing hills that are free from obstacles like trees, rocks, or traffic. Avoid hills with steep inclines or crowded areas.

Follow Etiquette: Be mindful of others on the hill. Encourage your child to wait their turn and choose a clear path to avoid collisions. Respect the space and safety of fellow tobogganers.

Think Safety: Help your child to sit facing forward on the toboggan with their feet first. Remind tobogganers to hold on firmly and avoid standing or kneeling during the ride.

Stay Visible: If tobogganing in the evening, ensure visibility. Wear bright colours and consider adding reflective elements to clothing.

[Remember, tobogganing is all about having fun, but safety ensures that the enjoyment lasts throughout the winter season. So, bundle up, find a safe hill, and make lasting memories with your child and friends in the winter wonderland!](#)

[Visit Niagara Families](#) for places your child can toboggan.

Educational Resources



Mindfulness Awareness Stabilization Training

As teachers wrap up their final lessons amidst the excitement of the holiday season, holiday preparation becomes a hectic task. In the midst of this hustle, focusing on the present moment can be challenging. Unity Health Toronto presents [Mindful Awareness Stabilization Training \(MAST\)](#), a program designed to teach emotion regulation skills through psychoeducation and mindfulness practices. With easily accessible handouts and a collection of brief audio tracks, MAST aims to enhance mindfulness not only in individual educators but also within the classroom environment.

Jack.org's Mental Health Promotion

Introduce Mental Health Promotion to the Classroom with [Jack.org's Educator Hub \(edHUB\)](#) resource. This comprehensive and free resource library equips educators with teaching materials to integrate mental health promotion programming into their classrooms. Featuring curriculum-aligned activities, lessons, and a unit plan, this program supports educators by offering safe, youth-friendly, and evidence-informed mental health resources. It empowers educators to enhance their in a learning environment

students' mental health literacy with that fosters growth and well-being.

