

# THE PULSE OF THE WOLF PACK

## Woodland Public School

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March 2024

#IGNITETHELEARNING

#WOODLANDPROUD

#WOODLANDEXCELLENCE

### PRINCIPAL'S MESSAGE

March Break is just around the corner. This will be a week to find balance between structure and freedom for your children. They will have reached a point in their school year where they are ready for a break, and they will want to enjoy their freedom from the schedule. However, their need for structure will still persist. Before long, they'll be asking "what can I do now?" By planning a balance of indoor and outdoor activities, our Wolves may avoid the "video game trap". I hope you find some time to include reading for pleasure. A simple trip to the book store or library is always a good way to break up the week, while promoting literacy as a family. Perhaps you challenge members of your family to cook or bake a new item for the family to try? Cooking and baking are great ways to apply math skills, such as fractions, reading procedural texts (to follow instructions) and just a great way to spend time together as a family!

Whatever plans you have for March Break, we wish our families a safe and healthy break and look forward to reconnecting once we are refreshed and ready for the remainder of the school year!

### WOODLAND SCHOOL CALENDAR AND DAYS OF SIGNIFICANCE

The Woodland Public School calendar is available on the school website, or by [clicking here](#). In addition to our school events, you will find a link to the DSBN Days of Significance calendar on the first of each month. [Click here](#) for more information about the DSBN Days of Significance calendar.

### STAFF UPDATES

The March Break will bring some staffing changes. We will welcome Mme. Niece back from her maternity leave on March 18 which means it will be time to say 'goodbye' to Mme. Christina on March 8. We wish her all the best and hope to see her at Woodland throughout the remainder of the year.

March 28 will also mark a change in staffing as Mrs. Craig will be retiring and this will be her last day. We wish Mrs. Craig all the best as she begins this new chapter in her life after supporting our Wolves, and students throughout the DSBN during her career. On behalf of the staff, students and parents at Woodland and DSBN, we want to send a huge 'THANK YOU' to Mrs. Craig and Mme. Christina!



### MARK YOUR CALENDAR

- Boston Pizza Lunch.....Mar. 7
- Grade 8 Grad Photos.....Mar. 7
- Beach Day Dance-a-thon .....Mar. 8
- March Break Begins .....Mar. 11
- March Break Ends.....Mar. 15
- Grade 7 Immunizations .....Mar. 27
- Kindergarten Stay and Play.....Mar. 27
- Throwback Thursday Spirit Day ....Mar. 28
- Spring Break Begins (Good Friday)  
.....Mar. 29
- Easter Monday Holiday .....April 1

### PA DAY

March Break is from March 11 to March 15 inclusive. We look forward to seeing our families on March 18 after a restful and healthy break.



## BEACH DAY DANCE-A-THON – FRIDAY, MARCH 8

On Friday, March 8, the School Advisory Council is hosting Beach Day Dance-a-thon. Donations and the purchase of treats to enjoy during the dance-a-thon may be made through School Cash Online until Thursday, March 9 at 9:00 am. Pre-purchasing through School Cash Online ensures we have an adequate quantity of items for our students and students are enjoying treats that parents have selected. Please note all treats must be pre-purchased as there will not be sales on the day of the dance-a-thon. All students in Kindergarten to Grade 8 will have scheduled time to participate. All funds raised will be used to support end of the year trips and go towards our playground funds.

## KINDERGARTEN REGISTRATION FOR THE 2024-2025 SCHOOL YEAR

Did you, or someone you know miss our open house and have a child who was born in 2020? If so, connect with the school and we can make arrangements for a visit. There is still time to register by visiting the [DSBN Kindergarten registration link](#). If you have any questions, please contact the office.



## GRADE 8 GRAD PHOTOS – THURSDAY, MARCH 7

Grade 8 Graduation photos are scheduled for Thursday, March 7 in the morning. All students are encouraged to wear a white, button-down shirt and a tie for the boys. Please see the email that was sent on February 21 with information about photo day and how to order a composite. Please make sure you have completed the consent to include your child's name and photo in the graduation composite through School Cash Online.

## GRADE 8 GRADUATION – SAVE THE DATE!

Grade 8 Graduation has been scheduled for Tuesday, June 25, 2024. Please save this date! Information will be sent home with more details at a later date.

## SCHOLASTIC BOOK ORDERS

Thank you for your support of the Scholastic Book Fair. We will announce our financial totals shortly. Purchasing books through the Scholastic Book Fair and the Scholastic Book Club helps to build our library collection.

The [March Scholastic Book Club](#) orders are open and flyers will come home next week! Every order placed by our families earns rewards for our staff to build our school library. When placing an order, we kindly ask those students in Grades 1-8 use class code RC299022. Please note that orders must be placed prior to the 20th of each month as all school orders will be shipped at the same time. If you are making a purchase as a gift, please let the office know and we will arrange a pick up option that works for you. Otherwise, we will send all orders home with the students. Happy reading!

## ATTENDANCE MATTERS – OLDER STUDENTS

### Did you know?

- Students should miss no more than 9 days of school each year to stay engaged, successful and on track to graduation.
- Absences can be a sign that a student is losing interest in school, struggling with school work, dealing with a bully or facing some other potentially serious difficulty.
- By 6th grade, absenteeism is one of three signs that a student may drop out of high school.
- By 9th grade, regular and high attendance is a better predictor of graduation rates than 8th grade test scores.
- Missing 10 percent, or about 18 days, of the school year can drastically affect a student's academic success.
- Students can be chronically absent even if they only miss a day or two every few weeks.
- Attendance is an important life skill that will help your child graduate from college and keep a job.

### What can you do?

- Talk about the importance of showing up to school everyday, make that the expectation.
- Help your child maintain daily routines, such as finishing homework and getting a good night's sleep.
- Try not to schedule dental and medical appointments during the school day.
- Don't let your child stay home unless truly sick. Complaints of headaches or stomach aches may be signs of anxiety.

If you require some assistance improving your child's attendance, please contact your child's teacher or the school office.

Supports are available to support regular attendance at school. This information is used with permission of Attendance Works.

## MARCH SPIRIT DAYS

Our Wolfpack will be recognizing the following dates with some special activities. We encourage all our Wolves to participate. For our spirit days, we love creativity!

Date	Spirit Day	Purpose of the Day
Friday, March 8	Beach Day	As the School Advisory Council is hosting a dance-a-thon for our Wolves on Friday, March 8, we encourage our students to celebrate the March Break and come in beach attire.
Thursday, March 28	Throwback Thursday	<p>On Thursday, March 28, we will be having a Throwback Thursday spirit day. Choose your favourite decade and dress from that time period. Not sure which decade to choose? Perhaps you are a fan of:</p> <ul style="list-style-type: none"> <li>• Sock hop 50's,</li> <li>• Tie dye 60's,</li> <li>• Disco 70's,</li> <li>• 80's neon,</li> <li>• 90's flannel,</li> <li>• Or perhaps you prefer to go further back in time.</li> </ul> <p>Have fun and be creative!</p>

## EXTRA-CURRICULARS UPDATES

Please note that if NSTS transportation is cancelled, any after school extra-curriculars will also be cancelled.

Activity	Day of the Cycle and Meeting Time	Grades for Student Involvement	Staff Supervisor
Intermediate Basketball Intramural	Intramural games continue with the final game scheduled for March 5. Congrats to all our Wolves that have participated!	Grades 7 - 8	Mr. Luke
Junior Basketball	Practices are held during break Games start after March Break – Please return forms	Grades 4-8	Girls – Ms. Bond Boys – Mrs. Wright and Mr. Luke
DSBN Writes	Tuesdays at first break	Grades 4 - 8	Mrs. Worth
Art Club	Fridays at first break	Grades 4 - 8	Mrs. Strooband
Gymnastics Club	Practices after school on Thursdays from 3:20 – 4:20	Grades 4 - 8	Miss Bridges
Chess Club	Grades 4-8 meet Mondays/Wednesdays at second break Grades 1-3 meet Tuesdays at second break	Grades 1-8	Mrs. Strickland
DSBN Concours	French Speaking Competition will be held in April Practices will be once per week at first break	Grade 4-8	Mme. Christina (Bisnauth)/Mme. Niece

## SCHOOL ADVISORY COUNCIL – TUESDAY, APRIL 16, 2024

Our third School Advisory Council meeting was held on Tuesday, February 13, 2024. All School Advisory Council meeting agendas and minutes will be posted on the [Woodland web site](#) once they are approved. Our next meeting is scheduled for Tuesday, April 16, 2024, at 6:00 pm.

## SPECIAL LUNCH OPTIONS

We plan two special lunch options for each month. When planning our lunch option, we try to alternate between a 'healthier' option and something more fun. We also have a variety of dietary needs that need to be considered. In order to ensure all dietary needs are accommodated and planned for, we order meals that are packaged individually for each student. All orders will be available through School Cash Online and late orders cannot be accepted. Orders close at 9:00 am on the due date.

Lunch Date	Lunch Option	Order Window through School Cash Online
Friday, March 1, 2024 Friday, March 8, 2024 Friday, March 22, 2024	<b>Popcorn</b> Creamy Dill, White Cheddar, Butter & Salt, and Sweet Kettle Corn	Closes the prior Friday at 9:00 am
Thursday, March 7, 2024	<b>Boston Pizza</b> Individual Pizzas (cheese, pepperoni, or gluten-free cheese)	Closes Friday, March 1 at 9:00 am
Wednesday, March 20, 2024	<b>Big Marcos</b> Chicken fingers and potato wedges	Closes Friday, March 18 @ 9:00 am
April Milk Card	<b>April Milk Card</b> Chocolate or white milk card for the month of April	Closes Thursday, March 28 @ 9:00 am

## DSBN SOCIAL WORKER SUPPORT AVAILABLE

Do you have questions about your child's mental health and well-being, such as anxiety, behaviour or self-harm?

Do you need support in accessing supports in the community?

Do you need advice for setting goals to help with regular school attendance?

Do you have any questions or looking for support regarding a certain aspect of parenting?

If these are some questions that you have, please speak with your child's teacher or Mrs. Worth. All DSBN schools work with a DSBN Social Worker who supports families to provide an additional layer of support to help our students and families achieve success. Our DSBN Social Workers are an invaluable member of our Woodland team.

## DSBN eFLYERS

Many community events and activities are posted on the DSBN eFlyers website. I encourage you to take a look, on occasion, to ensure you do not miss any community events that might be of interest to you or your family. To view the eFlyers, please follow the simple instructions:

1. Log onto our website: [www.dsbnet.org](http://www.dsbnet.org)
2. Click on "Community" tab
3. Click on "eFlyer Request" and you may browse through the 'Recent eFlyers' to find offerings from a variety of community organizations.

## ANAPHYLAXIS – BE NUT AWARE!

Anaphylaxis is a severe and potentially life-threatening reaction to certain food substances. We have students in our school that suffer from a severe allergy which can cause an anaphylactic reaction. An anaphylactic reaction is an allergic reaction so severe that in some cases, it can be life threatening. These children have a severe allergy to nuts. Prevention is the best approach. Therefore, we ask your cooperation in not sending any snacks or lunches containing nut products with your child.

School Cash Online is a safe, reliable portal that will ensure the security of your information. The system is already active. You are able to gain access through the School Cash button which has been placed on our school website. We are asking that you click on the button and follow the simple instructions to register. Registration should take less than five minutes. If you registered last year, you do not need to register again!

If you require some assistance registering for School Cash Online, please visit the office and we will be happy to help you get started.

## THE NOSE KNOWS: NO SCENTS MAKES SENSE

Scented products have chemicals that can cause health reactions in people with asthma, migraines, allergies, or environmental sensitivities. Please help keep our air breathable for everyone and use unscented or scent reduced products where possible. Woodland is a Scent-Reduced Environment. Some staff and students have a sensitivity to odours, smells, and scents. Please do not wear, or send your child with, perfume, cologne, after shave, or scented body lotion into the school.

## STAY INFORMED AND CONNECTED

In our busy lives, events can sometimes be overlooked. Technology allows us multiple ways to connect with families. The following is a list of ways we use to connect with families to ensure all families are aware of the many events happening throughout the year.

### SCHOOL WEBSITE - [woodland.dsbm.org](http://woodland.dsbm.org)

Please take some time to visit the Woodland Public School website. Our website includes current newsletters, school calendars, code of conduct, school council information, a school year calendar, classroom websites, and bell times. Our website also includes the most recent Facebook posts and Tweets.

**SCHOOL MESSENGER** - Using the School Messenger program, all families will receive an email on Sunday afternoon (Monday's on a long weekend) with reminders about events for the upcoming week. If you are not receiving these emails, please check your contact information with the office to ensure we have the most current information.

**SOCIAL MEDIA** - Please follow us on these social media platforms ([Facebook](#), [Twitter](#) and [Instagram](#)) to see updates on exciting events. All posts and tweets will be updated on our school website as well. We are #Woodlandwolves, #Wolfpackproud, and #WoodlandDSBM!

**MONTHLY NEWSLETTER** - All newsletters will be posted to the school website and sent via School Messenger through email on the first school day of the new month.

## Niagara Region Public Health School Health Newsletter March 2024

### Nutrition Month 2024

March is Nutrition Month! This annual campaign has been created by the Dietitians of Canada to highlight the importance of making informed food choices and developing both balanced eating and physical activity habits. Adults have a unique opportunity to help youth learn that healthy eating is more than the foods they eat. Below are some helpful resources to encourage healthy behaviours in children.



- [Building Healthy Eating Habits | Support Your Picky Eater](#)
- Visit [unlockfood.ca](http://unlockfood.ca) for recipes, food allergies, [menu planners](#), and to also find a Dietitian
- Check out this [free downloadable e-recipe](#) book from a previous Nutrition Month
- For more support around healthy eating, visit [Healthy eating for parents and children - Canada's Food Guide](#)

### World Sleep Day, Sleep is Essential for Health – March 15<sup>th</sup>

Sleep is very important for physical and mental health, but many children and youth just don't get enough. Lack of sleep may cause a number of health problems and have a big impact on your child's school performance, behaviour and mental health.

#### How much sleep does my child/youth need?

AGE	RECOMMENDED SLEEP
Ages 3-5 (Preschoolers)	10-13 hours per day
Age 6-12	9-12 hours per day
Ages 13-18	9-10 hours a night

Source: Recommended amount of sleep for pediatric populations, from the American Academy of Sleep Medicine, 2016



#### Here are a few tips to consider that may help youth sleep better:

- **Limit naps** – some kids are really tired when they get home from school. A short nap can be helpful, but long naps can interfere with nighttime sleep. Consider keeping after school naps short, no more than 30-60 minutes.
- **Spend at least 1.5 hours outside during daylight hours** – natural light from outside helps set the body's internal clock. This is also important for helping a child's eyes develop properly and prevent nearsightedness.
- **Have an electronic curfew** – it can be helpful to have any electronic screens turned off 1-2 hours before bed. Avoiding screens will reduce blue light and help the brain produce melatonin, a hormone that controls the sleep-wake cycles.
- **Have a regular bedtime routine** – typical routines can include brushing teeth, having a bath or shower, putting on pajamas, going to the bedroom and doing relaxing activities such as reading, drawing, writing, or listening to calming music.

For more information, visit [caringforkids.ca](http://caringforkids.ca) - healthy sleep

Source: <https://www.cheo.on.ca/en/resources-and-support/resources/P5643E.pdf>

## Niagara Parents

Public Health Nurses are available to answer questions and provide reliable advice about pregnancy, nutrition for all ages, child or parental mental health concerns, and provide connections to community supports through [Niagara Parents](#).



Individuals can connect with a Public Health Nurse at [Niagara Parents](#) **Monday – Friday, 8:30 a.m. - 4:15 p.m.:**

- Call 905-684-7555 or 1-888-505-6074 ext.7555
- [Email](#)
- [Live Chat](#)
- [Facebook Messenger](#)

## Active School Travel

Walking home from school can take less time than driving. This is especially true if you must arrive early for a parking spot. If you live too far away to walk all the way to school, try driving to a location near your school and walk the rest of the way.



Here are benefits and fun facts about Active School Travel:

- It only takes about 12 minutes to walk 1 kilometre. Try walking to school or a destination near your home. You might surprise yourself with how fast you get there.
- More people walking means fewer cars and less congestion. This makes it safer for everyone. Cars actually drive slower when there are large numbers of people walking.
- Kids who walk or bike to school arrive alert and ready to learn. Practice a walking route to your school to help your child get ready for an active return.