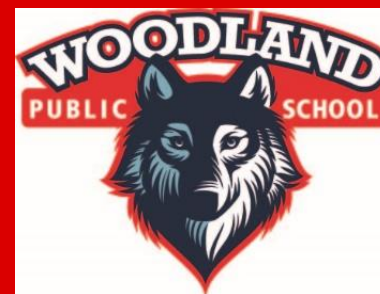


THE PULSE OF THE WOLF PACK

Woodland Public School

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 St. Catharines, ON
 L2R 6P9
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wol@dsbn.org woodland.dsbn.org @WoodlandDSBN



January 2024

#IGNITETHELEARNING

#WOODLANDPROUD

#WOODLANDEXCELLENCE

PRINCIPAL'S MESSAGE

Welcome back! We hope that your holiday season was restful and refreshing. Have you made any New Year's resolutions? A new year provides us with a wonderful opportunity to create resolutions, or promises to make positive changes in our lives like eating better, going to bed earlier, or exercising more regularly.

This is also a chance to talk to your children about ways that they can work toward academic goals. Why not make a New Year school resolution? Try brainstorming good work/study habits, ideas for organization, or ways to overcome pitfalls encountered in the early part of the term. With report cards coming out in February, there can be tangible proof just around the corner that hard work and focused effort really makes a difference!

On behalf of our entire staff, best wishes for a happy and healthy 2024!

DRESSING FOR THE WEATHER

As cooler weather has arrived, please be aware that children are expected to be dressed appropriately for the weather conditions every day. Coats, hats, boots and mittens/gloves are soon going to be necessary for your child to enjoy the outdoor fitness breaks. Students that are well enough to be at school are expected to be outside with their friends during fitness breaks as indoor supervision is not available during this time.

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.

KINDERGARTEN REGISTRATION FOR THE 2024-2025 SCHOOL YEAR

Do you know a child who was born in 2020? If so, spread the word that Kindergarten registration is almost here! Please visit the [DSBN Kindergarten registration link](#) for more details and save Thursday, February 1, 2024, between 10:00 – 6:00 pm for our Kindergarten Open House event!



MARK YOUR CALENDAR

- Welcome Back! Jan. 8
- French Immersion Registration Begins Jan. 8
- Boston Pizza Lunch..... Jan. 11
- Colour House Spirit Day Jan. 18
- PA Day..... Jan. 19
- Big Marco's Pasta Lunch..... Jan. 25
- Kindergarten Stay and Play..... Jan. 25
- Snuggle Up with a Stuffedie Day Jan. 26
- Family Literacy Day Jan. 26

PA DAY

On Friday, January 19 all DSBN schools will be closed for a PA Day in which teachers will be engaged in assessment and evaluation activities.



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PARKING LOT SAFETY REMINDERS

Our parking lot is an incredibly busy place during morning drop off and afternoon pick up and ensuring the safety of our students is a primary concern.

1. Please remind your child(ren) to look both ways in the parking lot. Even though it might not be a street, cars are coming and going, so looking left and right for traffic is important.
2. Bus lines and car lines are separate and we ask that you kindly only enter and exit using the appropriate entry as marked. Please do not enter through the exit or drive through the bus lane.
3. No running or horseplay in the parking lot.
4. Please be patient. Please wait until the car in front has moved prior to proceeding rather than trying to go around a car.
5. If your child can take a bus, please consider this option as this reduces the congestion from cars dropping off and picking up, making the parking lot safer for all our students.

SCHOLASTIC BOOK ORDERS

The January [Scholastic Book Club](#) orders are now open and flyers will come home this 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. We will host an in person Scholastic Book Fair in the February, providing an opportunity to purchase 'in person' to students and families. Stay tuned for more information as we finalize our dates. Happy reading!

FAMILY LITERACY DAY: HAVE A FAMILY PARTY

Family Literacy Day takes place every January 27th to raise awareness about the importance of reading and engaging in other literacy-related activities as a family. Since 1999, thousands of schools, libraries, literacy organizations and other community groups have taken part in the initiative. ABC creates free learning and promotional resources for anyone that wants to get involved. Taking time every day to read or do a learning activity with children is crucial to a child's development, improving a child's literacy skills dramatically, and can help a parent improve their skills as well.

On January 27, we encourage your families to celebrate this day by having a family party. [Click here are ideas from ABC Literacy on learn about your family. with your family.](#)

We are inviting families to join us on Friday, January 26 to participate in Family Literacy Day at Woodland. Join us at 2:45 pm for a half hour of family reading. Gather your Wolves together, spread out in the school and spend a half hour reading a family favourite or a new book selection! Bring your favourite stuffed animal to 'Snuggle Up and Read' together!

SCHOOL ADVISORY COUNCIL

Thank you to all the families that were able to support the Woodland School Advisory Council's 'Breakfast with the Wolves' by attending the event, and/or making a donation to the bake sale or raffle basket. We raised a total of \$2630.

We are also excited to announce that our total amount raised through our COBS Bakery card fundraiser was \$1250. Thank you for your continued support of our council's activities.

GRADE 1 FRENCH IMMERSION REGISTRATION

The French Immersion program (offered at French Immersion sites) is open to all Year 2 Kindergarten students from Monday, January 9, 2024, until Tuesday, February 20, 2024. If you want your child to develop a high proficiency and fluency in Canada's two official languages, French Immersion has a great deal to offer. For more information about French Immersion in the District School Board of Niagara, [please click here](#).

DSBN ACADEMY: OPEN HOUSE COMING SOON

Learn about the DSBN Academy at the Open House on **Tuesday, February 6, 2024 from 6:00- 8:00 pm!** Join us to find out:

- How this unique program prepares students to attend, and succeed at, college and university
- What extra opportunities are offered and how your child can benefit
- If the DSBN Academy is a good fit for your child

The DSBN Academy is a Grade 6-12 public school designed to support and empower students to be the first in their family to graduate from college or university. Staff and students are committed to the belief that, with hard work, all students can achieve their dreams.

Online registration opens the week of January 8th at ACADEMY.DSBN.ORG/APPLY. Registration will close on **FEBRUARY 26, 2024**. Limited spots available. More information will be available shortly.

WINTER IS HERE!

With the cold and wet weather upon us, we have a few reminders for comfortable and safe outdoor play during the winter months:

1. Bring appropriate outdoor clothing to school daily (hat, mitts, jacket, snow pants, and boots).
2. Have dry indoor shoes and keep an extra outfit at school too (in case shirt and pants get wet outside).
3. Students are not permitted to throw snow or slide on ice patches. Students who disobey these rules will be sent indoors to the office.

If you need a winter coat, snow pants, boot, hats, gloves, or mitts, please contact the school office by phone or email (wol@dsbn.org) to inquire about the support we can provide in getting these much needed items for your children.

Kindergarten children will also continue to have outdoor exploration time during the winter months.

Our 2 outdoor fitness breaks will occur regularly throughout the winter except in when an extreme cold weather alert is issued by the Niagara Region. For this reason, it is essential that students come prepared for the weather! We appreciate your efforts!

IMPORTANT MESSAGE ABOUT INCLEMENT WEATHER PROCEDURES

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.dsbn.org/inclementweather>.

Transportation Cancellations:

Information about transportation delays and cancellations are 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. 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 websites, DSBN social media, and local media share the news widely as well.

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.

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.

JANUARY 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
Thursday, January 18	Colour House Day	Colour houses give our students an opportunity to connect with students from all grade levels and further strengthen our Woodland community. On Thursday, January 18, we ask all students wear their 'colour' to school as we will be meeting in our colour houses to have some fun together.
Friday, January 26	Bring your 'Stuffie' Day for Family Literacy Day	Tomorrow is Family Literacy Day so we are celebrating today. This is a day to celebrate and appreciate literacy with our family. We invite our families to join us at 2:45 for a half hour of reading together. You will be able to gather as a family, spread out within the school and read some of your favourite books together. Don't forget to bring your stuffie as we 'Snuggle Up and Read' together!

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.

Lunch Date	Lunch Option	Order Window through School Cash Online
Friday, January 12, 2024 Friday, January 26, 2024	Popcorn Creamy Dill, White Cheddar, Butter & Salt, and Sweet Kettle Corn	Closes the prior Friday at 9:00 am *Orders for Jan. 12 close on Mon. Jan. 8 @ 9:00 am
Thursday, January 11, 2024	Boston Pizza Individual Pizzas (cheese, peperoni, or gluten-free cheese)	Closes Monday, January 8 at 9:00 am
Thursday, January 25, 2024	Big Marcos Pasta with optional meatballs Gluten-free option available	Closes Thurs. Jan. 18 at 9:00 am

EXTRA-CURRICULARS UPDATES

We are looking forward to offering a variety of extra-curricular opportunities for our Wolves during the 2022-2023 school year. Here is what is currently being offered!

Activity	Day of the Cycle and Meeting Time	Grades for Student Involvement	Teacher Supervisor
Intermediate Basketball Intramural	TBD	Grades 7 - 8	Mrs. Leontis
Arts Club	Meet Fridays at first break	Grades 4 - 8	Ms. Strooband

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.dsbn.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.

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.dsbn.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 #WoodlandDSBN!

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

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:

1. **Gear Up:** Wear appropriate winter gear such as gloves, and sturdy boots to provide protection from the cold.
2. **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.
3. **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.
4. **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.
5. **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.

