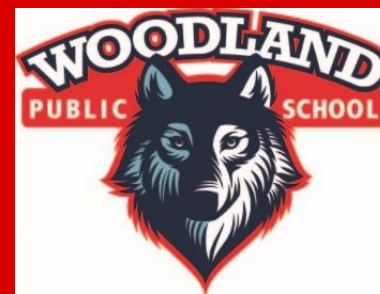


THE PULSE OF THE WOLF PACK

Woodland Public School

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 St. Catharines, ON
 L2R 6P9
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December 2023

#IGNITETHELEARNING

#WOODLANDPROUD

#WOODLANDEXCELLENCE

PRINCIPAL'S MESSAGE

As we look ahead to the month of December and the end to the year 2023, I find myself reflecting on the year. Each year brings change to our lives but it has also shown us how, when we work together, support each other, and focus on the positives, that anything is possible! Thank you to our amazing community (parents, students, and staff) for supporting each other to make Woodland Public School an amazing place to be.

As the calendar year is coming to an end, it is a time to reflect on our fortunes and spread some kindness and generosity to our wider St. Catharines community. It is always a fantastic time to 'give back'. Whether it be through food donations to Community Care, supporting your favourite charity with the priceless gift of your time, all donations are greatly appreciated with all our community partners at this time and throughout the year.

Don't forget that there are many simple gifts to give, like a smile, a kind word, or a random act of kindness. On behalf of the staff at Woodland, we wish you a holiday season filled with joy, peace, and good health!

DRESSING FOR THE WEATHER

As cooler weather approaches, 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.

CONGRATULATIONS AND BEST WISHES MR. JONES

On behalf of the staff, students, and wider Woodland community, we wish Mr. Jones all the best as he retires after a much appreciated career with DSBN, many of those years here at Woodland. His last day with our students will be December 15. Thank you for always taking great care of our school!

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.



MARK YOUR CALENDAR

- Bake Sale Items Due Dec. 1
- Breakfast with the Wolves Dec. 2
- French Immersion Open House (Jeanne Sauvé) Dec. 5
- Lockdown Drill Dec. 5
- Kindergarten Trip to PAC Dec. 6
- Photo Retake Day Dec. 7
- Food Drive Ends** Dec. 8
- Kindergarten Stay and Play Dec. 14
- Big Marcos Lunch Dec. 14
- Bundle Up Day Dec. 15
- PJ Day Dec. 22
- Last Day before winter break Dec. 22
- School Resumes Jan. 8

PA DAY

Winter Break is from Dec. 25 to Jan. 5 inclusive. We look forward to seeing our families on January 8, 2024!



GRADE 1 FRENCH IMMERSION OPEN HOUSE

At the DSBN, French Immersion starts in Grade 1. That's why our French Immersion schools are hosting **in-person French Immersion Information Nights** for parents and caregivers from **Monday, December 4 to Thursday, December 7**. This is your first opportunity to visit the school, meet the staff, get to know the registration process, and learn what DSBN's French Immersion program has to offer your child. If you would like to learn more about the DSBN French Immersion programs, [please click here for dates and times](#) of the open house events and to RSVP. The Jeanne Sauvé French Immersion Public School Open House is on Tuesday, December 5 starting at 6:00 pm.

Interested in Attending? RSVP Today!

WOODLAND GIVES BACK! COMMUNITY CARE INITIATIVES

Woodland is excited to host our annual Community Care Food Drive until December 8. Your donations will ensure families in our larger St. Catharines community feel that they matter! For further details about our Woodland Community Care food drive, [please click here](#). Thank you to all our families for donating so generously to support our larger St. Catharines community!

EDUCATION FOUNDATION OF NIAGARA (EFN) TEACHER TRIBUTE

Are you looking to show your appreciation to your child's teacher or school staff member but not sure how to do that during this time? Please consider making a donation in honour of someone through the [EFN \(Education Foundations of Niagara\)](#). Your gift makes an immediate impact on the lives of DSBN students - whether it's through helping with basic necessities, through providing scholarships, or by enhancing their learning environment. To learn more about EFN, please visit their website at efnniagara.dsb.org.

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.

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.

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.

SCHOOL PHOTO RETAKE DAY – DECEMBER 7, 2023

Did you miss photo day or require a retake? Bring your smile to school on Thursday, December 7. If your child was absent on photo day, we will ensure they get a picture taken. If you require a retake, please let the office know.

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.dsbns.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, DSBNS social media, and local media share the news widely as well.

SCHOOL ADVISORY COUNCIL

Our second School Advisory Council meeting was held on Tuesday, November 14. 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, February 3, 2024, at 6:00 pm. New members are always welcome to join.

DECEMBER 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, December 15	Bundle Up Day	Winter is officially around the corner! Bundle up in your favourite sweater, hat, and/or scarf to stay warm today!
Friday, December 22	PJ Day	One of the most popular spirit days of the year, we invite our students to wear their PJs and stay cozy and warm as we prepare to head off on our Winter Break for some rest and relaxation! Bedhead is optional!

EXTRA-CURRICULARS UPDATES

We are looking forward to offering a variety of extra-curricular opportunities for our Wolves during the 2023-2024 school year. Here is what is currently being offered!

Activity	Day of the Cycle and Meeting Time	Grades for Student Involvement	Teacher Supervisor
Intermediate Co-Ed Volleyball	Tournament Date - December 6 at Niagara College	Grades 7 - 8	Ms. Bond
Junior Co-Ed Tripleball Intramurals	Games are Thursdays (first break or after school)	Grades 4-6	Ms. Bond
Arts Club	Meet Fridays at first break	Grades 4-8	Ms. Strooband

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, December 1, 2023 Friday, December 8, 2023 Friday, December 15, 2023 Friday, December 22, 2023	<u>Popcorn</u> Creamy Dill, White Cheddar, Butter & Salt, and Sweet Kettle Corn	Closes the prior Friday at 9:00 am *Orders for Dec. 1 closed on Thurs. Nov. 23 @ 9:00 am
Thursday, December 14, 2022	<u>Big Marcos</u> Chicken fingers and potato wedges	Open now and closes Friday, December 8 at 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.dsbm.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.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 #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

December 2023

Holiday Expectations

The holidays may be a difficult time for your child. A change in routine and different holiday expectations can be stressful and isolating. Here are some tips and resources to share with your child throughout the holiday season:

- 1. Validate Feelings:** Let your child know it's okay not to feel happy during the holidays. Their thoughts and emotions are valid. Encourage open conversations about any concerns.
- 2. Find Quiet Relief:** When things get overwhelming, suggest to your child that they find a quiet place to take a break. This can help alleviate anxious feelings.
- 3. Explore Support:** Help your child discover available support services and guide them in accessing what they believe will be most beneficial. Use this time to prepare them for post-high school life and independence.

For more information about the different services available for



Youth in Niagara visit: <https://www.niagararegion.ca/health/schools/youth-services.aspx>

Reminder to Report your Child's Vaccines to Public Health

Don't forget to let Public Health know about your child's vaccinations! Sometimes, even if your child is all caught up on shots, Public Health might not have the record.

Every time your child receives a vaccine, be sure to report it:

- [Online](#)
- By phone: 905-688-8248 or 1-888-505-6074 ext. 7425 or
- Fax: 905-688-8225

[Find out which vaccinations are required and recommended](#) for children attending school.

Report your child's vaccines

Each time your child receives a vaccine, report it to Public Health.

Health care providers don't do this for you.

If there is a disease outbreak, Public Health uses the vaccine information to:

- Identify children at risk
- Reduce the spread of disease



Giving Back

Supporting families in need during the holiday season is a wonderful way for a school community to come together and make a positive impact. Here are some charities and organizations in the Niagara region, or those that have a presence in the area, that you can consider supporting:

[Community Care](#)
[Newark Neighbours](#)
[Salvation Army Community and Family Services](#)
[Pelham Cares](#)
[The HOPE Centre](#)
[Project SHARE](#)
[Grimsby Benevolent Fund](#)
[Port Care Reach Out Centre](#)
[Open Arms Mission](#)
[United Way Niagara](#)
[Jammies for Families](#)



Niagara Parents

[Niagara Parents](#) provides a variety of services to help you raise a happy and healthy family. Individuals can connect with a Public Health Nurse instantly in whichever language they are most comfortable speaking.



Providing supports & services to help you raise a happy and healthy family

Connect with Niagara Parents

Live chat or speak with a public health nurse in **90 different languages available:**

 niagararegion.ca/parents

 905-684-7555
or 1-888-505-6074 ext. 7555

 parents@niagararegion.ca

 Niagara Parents

 [niagaraparents](https://www.instagram.com/niagaraparents)

Niagara  Region

Services offered:

- Questions or concerns about parenting, your child's health, or pregnancy.
- Parenting classes, breastfeeding support, prenatal appointments and more.
- Postpartum support.
- Links to services within the community.

Connect with a Public Health Nurse Monday to Friday, 8:30 a.m. to 4:15 p.m. through phone, live chat, video call, or email. Live chat is available in 90 different languages.

Find Niagara Parents on [Facebook](#), [Instagram](#) or [Twitter](#) for different activities you can do with your kids, relevant resources and virtual events for parents.

