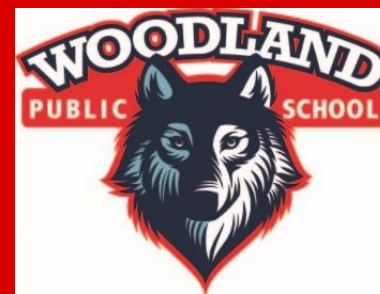


# THE PULSE OF THE WOLF PACK Woodland Public School

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## May 2024

#IGNITETHELEARNING

#WOODLANDPROUD

#WOODLANDEXCELLENCE

### PRINCIPAL'S MESSAGE

As we enter the home stretch of the school year, many significant events will appear on your calendars, including track and field meets and graduation. When schedules get busy, it becomes even more important for students to remain focused and stay the course with their learning goals. Now is a good time for students to review their goals and to finish the year strong.

It is also important to keep a close eye on calendars as they get very busy at this time of year. Please remember to review the weekly updates that are emailed on Sunday afternoons or view [the calendar on the school website](#) for updates and events. Helping your child plan ahead and keep on top of all the events will help your child remain calm and organized. If you haven't had an opportunity to check out our updated website, please take a minute to do so. We are looking forward to a lot of fun and learning during the next two months of school.

### PLANNING FOR 2024-2025 SCHOOL YEAR

In order to assist us with making the best decisions possible with respect to class organization and student placements for Woodland Public School for the 2024/2025 school year, we would appreciate if you would let the office know if your family is planning to move in the next few months. Providing us with this information in the spring will also facilitate transportation arrangements for September. We thank you in advance for keeping us informed! School and classroom organization begins at the end of April so sharing this information with us now is very helpful for our planning for next 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.



### MARK YOUR CALENDAR

- Dress Like a Teacher/Staff Member Day ..... May 3
- Prom Project Niagara ..... May 4
- DSBN Badminton Tournament ..... May 6
- DSBN Writes Conference ..... May 7
- Creative Minds Projects Due ..... May 8
- [Creative Minds Showcase](#) ..... May 9
- DSBN Support Staff Appreciation Day ..... May 16
- Woodland Track Day ..... May 16
- Yearbook Cover Contest Entries Due ..... May 17
- Kindergarten VIP Day ..... May 22
- Group Track and Field Day ..... May 28
- School Advisory Council ..... May 28
- Kindergarten Stay and Play ..... May 29
- Intermediate 3-Pitch ..... May 29

### VICTORIA DAY HOLIDAY

On Monday, May 20 all DSBN schools will be closed for the Victoria Day holiday. We wish everyone a safe and enjoyable Victoria Day long weekend!



## ATTENDANCE MATTERS

With the warmer spring weather finally here and the later sunset, students are outside and perhaps staying up a bit later as well. This can make it difficult to get up for school in the morning. It is still very important that your child be at school and on time each day. There are still many days of learning left in the school year!

Remember these important tips:

- Help your child get into the habit and learn the value of regular routines.
- Teach your child that attending school is nonnegotiable unless they are truly sick.
- Build relationships with other families and discuss how you can help each other out (e.g., drop off or pick up children, babysit, translation assistance) in times of need or emergencies.
- Identify non-academic activities (drama, art, music, etc.) that can help motivate your child's interest in school and learning and seek out the opportunities.

If you require some assistance improving your child's attendance, please contact your child's teacher or the school office. This information is used with permission of Attendance Works.

## DSBN SUPPORT STAFF DAY

Please mark your calendars for May 16 as it is DSBN Support Staff Day. I would like to thank our amazing support staff team for all they do to ensure our students have a safe and caring school. Thank you to Ms. Della Manna, Mr. Luke, Ms. Goddard, Ms. Amanda, Mrs. Roscoe, Mrs. Sterk, Mrs. Ruddy and Mrs. Carlomusto. If you would like to send a special greeting for our support staff, please email it to [wol@dsbn.org](mailto:wol@dsbn.org) and we will make sure they receive your "Thanks".

## TRACK AND FIELD UPDATE

We are excited that we will be holding our track events on the running track at St. Catharines Collegiate. Students interested in participating in the track (running) events will be bussed to Collegiate on May 16. Please note that all students attending this event will be expected to participate in the track events. Students that choose not to tryout for the track team will have fun, alternate activities at Woodland for the morning. All field events (long and triple jump, shot put, high jump) will take place during gym classes or fitness break clubs at Woodland. All track and field events are open to interested students in Grade 3 to Grade 8. Students that qualify will move on to the group meet that will be held on Tuesday, May 28 at Welland Centennial Secondary School. The DSBN meet (for those that qualify) will be held on June 12 at Welland Centennial Secondary School.

## EQAO – PRIMARY AND JUNIOR ASSESSMENT

Students in Grades 3 and 6 will begin writing the provincial EQAO assessments. It is essential that students attend school during testing and arrive on time at the beginning of the day so that they are able to participate fully in the testing. We encourage our students to try their best on the tests and to put great effort into showing what they know! Additional information will be sent to families in Grades 3 and 6.

## YEARBOOK COVER CONTEST AND ORDERS

Our annual yearbook cover contest has now begun. Entries are due Friday, May 17. Late entries cannot be accepted. Please click here for the criteria ([Yearbook Cover Contest 2023-2024](#)). Yearbook orders will open on Wednesday, May 1 through School Cash Online and will close on Monday, May 27, 2024. Please note that we will only purchase the number of yearbooks purchased by May 27. Extra copies will not be available later in the year.

Through School Cash Online, please also take a minute to complete the consent to have your child's name and photo included in the yearbook

## CREATIVE MINDS SHOWCASE – SPIRIT OF ADVENTURE!

All students are invited to participate and to demonstrate your creative thinking around the theme "Spirit of Adventure". Your entry can be anything you can imagine about 'spirit of adventure'. Students may create using on of these categories: Lego, 3D, Technology, Culinary, Visual Arts, Writing, Photography, Science Fair or Miscellaneous. These projects will be completed at home. [Please see the information flyer that has been sent home.](#) Our showcase date is scheduled for May 9.

## END OF YEAR SCHOOL TRIPS

All of our end of the year school trips are now available through School Cash Online. Please visit School Cash Online to sign the permission form and pay any amount owing. We are excited about the trips that have been planned and look forward to celebrating a great 2023-2024 school year with our classes. If you have any questions, please contact the office. We always have many parents volunteering for our trips, and unfortunately that means that we may have more volunteers than spaces on our bus. If you have volunteered to attend the trip as a supervisor, you will be contacted by the teacher if you have been selected to attend.

Grade	Trip	Date
Kindergarten	Butterfly Conservatory	Wednesday, June 5, 2024
Grade and 1/2 Grade 2/3	River Lions Basketball Game	Wednesday, June 19, 2024
Grade 4/5	Safari Niagara	Thursday, June 13, 2024
Grade 6, 7, and 8	Toronto Trip (Ripley's Aquarium, Museum of Illusion and Old Spaghetti Factory)	Tuesday, June 11, 2024

## DSBN INSTRUMENTAL MUSIC PROGRAM

Registration for DSBN's instrumental music program for 2024-2025 is now open. All students entering Grades 3 to 8 next fall are eligible to take part in this enriching program. Parents are encouraged to go to the program's website ([neimusic.com](http://neimusic.com)) for more information and to register.

## SCHOLASTIC BOOK ORDERS

The [Summer \(May/June\) Scholastic Book Club](#) orders are open and flyers will come home next week! This is the final order of the school year. 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!

## SCHOOL ADVISORY COUNCIL – TUESDAY, MAY 28, 2024

Our final School Advisory Council meeting of the 2023-2024 school year will be held on Tuesday, May 28, 2024 at 6:00 pm. All School Advisory Council meeting agendas and minutes will be posted on the [Woodland web site](#) once they are approved. We would like to thank all of our parents that attended the School Advisory Council meetings throughout the 2023-2024 school year. A special 'Thank you' to our School Advisory Council Co-Chairs, Cassidy Bannon and Karen Weinhardt, and Heather Ferretti for acting as the secretary and taking our meeting minutes.

**DSBN INSTRUMENTAL MUSIC PROGRAM**

Looking for **FUN & AFFORDABLE** music lessons right in your child's school?

Registration is now open for **2023-2024**

For more information visit [neimusic.com](http://neimusic.com)

## SCHOOL PROPERTY, THE PLAYGROUND AND THE OUTDOOR CLASSROOM

Now that the warm weather has arrived, we seek your cooperation in reducing school vandalism. If you notice any vandalism or damages to DSBN schools or properties and are looking to report it, please call Password Protection Services. The phone number is 1-800-561-3099. Once notified, they will then contact the appropriate personnel at DSBN and the issues will be dealt with in a timely manner. Thank you for your support in keeping our school and community safe and for your help in keeping our building safe for when our students return!

## MAY SPIRIT DAYS

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

Date	Spirit Day	Purpose of the Day
Friday, May 3	Dress Like a Teacher Day	Today we are going to switch role. Students, you are challenged to dress like a teacher, or any staff member at Woodland. Teachers, you are challenged to dress like our students today! Have fun and be creative!
Thursday May 16	Woodland Spirit Day	Today is Track Day at St. Catharines Collegiate. Let's celebrate our Woodland pride by wearing our Woodland gear, whether you are attending the track meet or staying at school! Wear your Woodland gear or the colour red. We are #WolfpackProud!

## EXTRA-CURRICULARS UPDATES

Activity	Day of the Cycle and Meeting Time	Grades for Student Involvement	Staff Supervisor
DSBN Writes	DSBN Writes Conference Tuesday, May 7 at Club Roma	Grades 4 - 8	Mrs. Worth
Art Club	Fridays at first break	Grades 4 - 8	Mrs. Strooband
Intermediate Badminton	DSBN Tournament – Monday, May 6 @ Brock University	Grades 6-8	Mme. Niece
Track and Field	Woodland Track Meet – May 16 (St. Catharines Collegiate) Group 4 Meet* – May 28 (Welland Centennial) DSBN Meet* – June 12 (Welland Centennial)	Grades 3-8 *students must qualify to attend	Mrs. Strickland and Mrs. Worth
Co-Ed 3-Pitch	<u>Tournaments</u> Intermediates (Grade 7 and 8) on May 29 Junior (Grades 4-6) June 20 Both at Joe McCaffery Park	Grades 7-8 and Grades 4-6	Mrs. Gabriel

## 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, May 3, 2024 Friday, May 10, 2024 Friday, May 17, 2024 Friday, May 24, 2024 Friday, May 31, 2024	<u>Popcorn</u> Creamy Dill, White Cheddar, Butter & Salt, and Sweet Kettle Corn	Closes the prior Friday at 9:00 am *May 31 will be the final popcorn day of the school year
May 2, 2024 May 30, 2024	<u>Boston Pizza</u> Individual Pizzas (cheese, pepperoni, or gluten-free cheese)	Closes the prior Friday at 9:00 am
Thursday, May 16, 2024	<u>Pita Pit</u> Variety of pita with gluten-free options available.	Closes Friday, May 10 @ 9:00 am

## 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.

## A FRAGRANCE/SCENT-REDUCED ENVIRONMENT AT WOODLAND

Within our Woodland family, we have students and staff who have sensitivities to fragrances and scents. Exposure to these scents can trigger serious health reactions in individuals with asthma, allergies, migraines, or chemical sensitivities. By working together to reduce fragrances within our building we can help our Woodland family members and community members feel safe and healthy when they are in our building.

### What can you do to help?

- Be considerate of those who are sensitive to fragrances or scents.
- Avoid using these products in the school.
- If fragrances or scented products must be used, do so sparingly. A general guideline for fragrances and scented products is that they should not be detectable more than an arm's length away from you.
- Discuss this with your child.

Thank you for your thoughtfulness, consideration, and co-operation in making Woodland safe for everyone.

## 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](http://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](http://woodland.dsbn.org)

Please take some time to visit the Woodland Public School new and updated website.

**SCHOOL MESSENGER** - Using the School Messenger program, all families will receive an email on Sunday afternoon (Monday 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](#), [X \(formally Twitter\)](#) and [Instagram](#)) to see updates on exciting events. All posts will be updated on our school website as well. We are #Wolfpackproud, #WoodlandDSBN, and look forward to sharing how we #Ignitethelearning!

**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. Accessing the newsletter through the website or email allows you to click on links to learn more about items highlighted in our newsletters.

## PROM PROJECT NIAGARA



Powered by volunteers from



Presented by Title Sponsor



**SATURDAY  
MAY 4, 2024  
10:00AM - 2:00PM**

**FREE & OPEN TO  
GRADE 6, 8 & 12  
GRADS IN  
NIAGARA!**

\*FREE transportation provided by



**\*PRE-REGISTRATION REQUIRED  
\*LIMITED SEATS AVAILABLE**



<p><b>St.Catharines Collegiate</b></p> <p>34 Catherine St. St.Catharines</p>	<p><b>Stevensville Memorial Hall</b></p> <p>2508 Stevensville Rd. Stevensville</p>
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**DONATIONS ACCEPTED AT THESE LOCATIONS UNTIL APRIL 26:**

-  The Pen Centre
-  Pen Financial Garrison Branch
-  Pen Financial Fourth Ave Branch
-  Pen Financial Fonthill Branch

Also supported by




**NO EVENT REGISTRATION REQUIRED!**

**QUESTIONS?  
EMAIL  
EFN@DSBN.ORG**



## Niagara Region Public Health School Health Newsletter May 2024

### Vision Health Month

Visual health is an important part of a child’s overall health and well-being. Proper vision is important for a child’s movement and coordination, independence, play and learning. If left untreated, vision problems may become serious and prevent a child from reaching their full potential.



A yearly eye exam is **FREE** – the Ontario Health Insurance Plan (OHIP) covers the cost of an eye exam every 12 months for children up to the age of 19 with a valid OHIP card. [Find an eye doctor near you.](#)

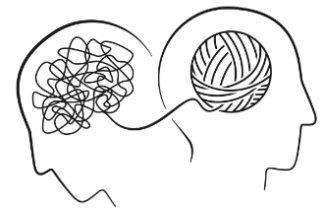
Also, contact an eye doctor if you see **ANY** of these signs:

<ul style="list-style-type: none"> <li>• Squinting or holding objects close to the eyes</li> </ul>	<ul style="list-style-type: none"> <li>• One eye that turns out or in</li> </ul>
<ul style="list-style-type: none"> <li>• Blinking often</li> </ul>	<ul style="list-style-type: none"> <li>• Rubbing, tearing, itchy or burning eyes</li> </ul>
<ul style="list-style-type: none"> <li>• Turning or tilting the head to the side often</li> </ul>	<ul style="list-style-type: none"> <li>• Reporting blurry or double vision</li> </ul>
<ul style="list-style-type: none"> <li>• Covering or closing one eye</li> </ul>	<ul style="list-style-type: none"> <li>• Reporting headaches, nausea or eye strain</li> </ul>

For more information on vision screening, please visit <https://www.niagararegion.ca/health/schools/vision-screening.aspx>.

### Mental Health Week: A Call to Be Kind

Showing compassion toward others can have a huge impact on someone’s life. Mental Health Week in Canada runs from May 6 to 12, and this year’s theme is focussed on the healing power of compassion. One of the most important ways that we can demonstrate compassion is through active listening without judgment. Actively listening can create a safe space for people to share their thoughts and feelings. You can do this by avoiding interrupting or dismissing their experiences.



Let’s all learn to be more present, attentive, and empathetic.

- [Explore how compassion connects us all](#)
- [Learn to safely support someone struggling with their mental health](#)

#CompassionConnects #MentalHealthWeek

## Dangerous Nicotine Product Accessible to Children and Youth: Nicotine Pouches

Local health experts are warning of the dangers posed to young people about new flavoured nicotine pouches. There are multiple brands (Zonnic, Zyn etc.) and concentrations of nicotine pouches currently available for purchase in Canada.

Although this product is not intended for those under 18, youth are becoming their main market. These products come in flavours such as berry frost and tropical breeze. Health Canada approved Zonnic last as a quit smoking aid under the country's natural health product regulations, with no restrictions on how it's advertised, where it's sold, or at what age someone can buy it. This means that these products are being sold in local convenience stores and gas stations to youth without any age verification and are found to be stored next to candy and gum.

### What's the danger?

Nicotine is a highly toxic and powerfully addictive substance. Children and teenagers are at a higher risk due to the addictive properties of nicotine as brain develops into adulthood. Even using small amounts of nicotine may increase the risk of developing a dependence on nicotine in the future.

Please talk to your children about nicotine pouches and other nicotine products to discuss the risks associated with their use.

For more information about these products, visit: [Dangers of Nicotine Pouches - Canada.ca](https://www.dangersofnicotinepouches.ca)

