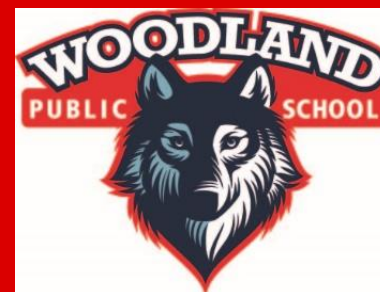


THE PULSE OF THE WOLF PACK

Woodland Public School

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



October 2024

#IGNITETHELEARNING

#WOODLANDPROUD

#WOODLANDEXCELLENCE

PRINCIPAL'S MESSAGE

I would like to extend my thanks to all members of our school community, including students, parents, and staff, for an amazing kick off to our 2024-2025 school year.

Did you know, according to [Harvard Medical School](#), "gratitude is strongly and consistently associated with greater happiness". [Being grateful is important, however expressing your gratitude will have an even larger impact on your happiness.](#) (Check out this link for a fun video about gratitude.) With Thanksgiving around the corner, I encourage our families to reach out to someone who has a positive influence in their life and let them know! Not only will you be happier but imagine how amazing that person will feel after receiving such a compliment! I am truly grateful to be a part of our amazing Woodland team, and, on behalf of our staff, we wish our families a very Happy Thanksgiving!

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.

WORLD TEACHER'S DAY – OCTOBER 5

World Teacher's Day is recognized annually on October 5. I would like to thank our teaching staff for all you do each and everyday to ensure that our Wolves are safe, well, and challenged to do their best. Thank you to our amazing teaching staff for making our community an amazing one to be a part of and supporting our Wolves to be the best version of themselves in everything they do! If you would like to share a "Shout Out" to one of our amazing teaching staff, please send it to wol@dsbn.org.



MARK YOUR CALENDAR

Boston Pizza Lunch.....	Oct. 3
Meet the Teacher Open House..	Oct. 3
World Teacher's Day	Oct. 5
Colour House Day.....	Oct. 10
Dental Health Clinic.....	Oct. 10
PA Day.....	Oct. 11
Thanksgiving Day.....	Oct. 14
Kindergarten Trip – Pumpkin Patch (BryAnne Farms).....	Oct. 16
Take Me Outside Day.....	Oct. 23
Pita Pit Lunch.....	Oct. 24
Fana Soro Presentation.....	Oct. 24
School Photo Day	Oct. 30
Halloween	Oct. 31

PA DAY

Friday, October 11 has been designated as a PA Day for the District School Board of Niagara.



SUPERVISION REMINDERS

Your child's safety is very important to us at Woodland. To help us keep your child safe, we ask that you keep in mind the supervision schedule for students. Supervision for students begins at 8:45 am. Students should not be arriving prior to 8:45 am, as supervision is not provided prior to that time. When there is inclement weather, students will enter the school from the doors closest to the bus drop off starting at 8:45 am.

DAYS OF SIGNIFICANCE

The Niagara Region is growing more diverse in creed and/or religious beliefs and practices. The District School Board of Niagara (DSBN) is committed to fostering diverse, equitable, and inclusive learning and working environments that promote acceptance and protect individuals from discrimination and harassment based on the protected grounds under the Ontario Human Rights Code. Creed and/or religion is one of the grounds that is both an individual right and a collective responsibility. The DSBN recognizes and embraces the creed diversity represented in its students, staff, and community members.

As we start our school year, I invite you to share with me your family's most significant creed-based holiday(s). We will work together through the accommodation request process as Woodland Public School recognizes the importance of families celebrating their creed and/or religious beliefs and practices.

The DSBN has created a [Family Guide: Recognizing and Respecting Creed Diversity](#) to support families in requesting accommodations. This guide has also been translated into the following languages; Arabic, French, Hungarian, Korean, Mandarin, Spanish, Urdu and Vietnamese, which can be viewed on the [DSBN Equity webpage](#). For a list of Days of Significance, please refer to the [Days of Significance Calendar](#).

TERRY FOX

On Friday, September 27, our Woodland Wolves participated in the Terry Fox School Run. Thank you to the families that donated directly to the Terry Fox Foundation through the [Woodland Public School donation page](#). Through the generosity of our families, we raised \$1325 to support cancer research. If you would like to donate, please click the link as well.

SCHOOL PHOTO DAY – OCTOBER 30, 2024

School photo day is coming soon! Our school photos are scheduled for the morning of Wednesday, October 30, 2024. Further information and reminders will be sent home closer to photo day.

STUDENT NUTRITION PROGRAM

We are pleased to announce that our student nutrition program has begun! Following protocols set out by Niagara Nutrition Partners, students will be able to access 'grab-and-go' snacks, including fresh fruits and grain products, in their classrooms throughout the day. We appreciate the financial support of our partners at Niagara Nutrition Partners! If you are interested in providing some support to our Student Nutrition Program, please visit School Cash Online. Any financial support is greatly appreciated!

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.

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 ADVISORY COUNCIL

Our first School Advisory Council Meeting was held on Tuesday, September 24. Thank you to all the parents that attended our meeting. At this meeting, our executive was elected. Our executive for our council is as follows:

Co-Chairs: Cassidy Sotola and Karen Weinhardt (2nd year of 2-year term)

Secretary: Heather Ferretti

Treasurer: Lanny Pizzingrilli

All School Advisory Council meeting agendas and minutes will be posted on the [Woodland web site](#) once they are approved. Our next scheduled meeting is Tuesday, November 12 at 6:00 pm.

New members are always welcome to join!

BREAKFAST WITH THE WOLVES AND STRAWBERRY SOCIAL – HELP WANTED! (MESSAGE FROM SCHOOL ADVISORY COUNCIL)

At our meeting on Tuesday, September 24, both 'Breakfast with the Wolves' and the 'Strawberry Social' were discussed. Both events require the support of a number of volunteers to make them successful. If you are interested in helping plan and/or assist during either (or both) events, [please complete the Google form by clicking here](#). This information will be shared with the sub-committee planning these events. Those that indicate their interest in supporting this event will be contacted with the location of the sub-committee meetings.

DSBN PIC CONFERENCE – STUDENT WELL-BEING IN THE DIGITAL AGE

This year's Parent Involvement Committee Conference is taking place on Wednesday, November 6 from 4:00 to 8:15 pm. at Eden High School in St. Catharines. This year's theme is Student Well-being in the Digital Age.

This conference is a great way for all DSBN parents and caregivers to network with those who are dedicated to supporting student learning. The event is an ideal opportunity for interested parents to connect with each other, share best practices and learn effective strategies to support student success.

Conference attendees will have the opportunity to participate in two one-hour workshops. Some sample workshop topics are Social Media and Mental Health, Cyber Safety, Technology Addiction, and Proactive Parenting. Dinner and childcare are provided. For those who may need transportation to the conference, please have them call me at the school and we will make sure they are able to get to the event.

The registration window will open in October, and will be posted on all school websites and on DSBN social media including Facebook, Instagram and X.

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.

EXTRA-CURRICULARS UPDATES

We are looking forward to offering a variety of extra-curricular opportunities for our Wolves during the 2024-2025 school year. Here is what is currently being offered!

Activity	Day of the Cycle and Meeting Time	Grades for Student Involvement	Teacher Supervisor
Cross-Country	Meet on October 2 (Burgoyne Woods) DSBN Meet on October 9 (Fireman's Park – by invitation)	Grades 3 - 8	Miss Bridges and Mrs. Strickland
Intermediate Soccer	Tournament on October 3 @ Sir Winston Churchill Secondary School	Grades 7 - 8	Mrs. Wright
Intermediate Volleyball	Season begins week of October 15	Grades 7 - 8	Ms. Bond
Junior Co-Ed Flag Rugby	Practice during first break Festival date in mid-October to be announced	Grades 4-6	Ms. Clarke and Mrs. Wright

OCTOBER 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, October 10	Colour House Day	We will be having a colour house day on Thursday, October 10. Students are encouraged to wear something in the colour of their colour house.
Wednesday, October 23	Take Me Outside Day – Nature Theme	On Wednesday, October 23, all students at Woodland will spend time learning outside. Come dressed inspired by nature. <ul style="list-style-type: none"> • Make a nature crown out of leaves, cardboard or twigs • Use a cardboard box and paints to make beautiful butterfly wings • Wear camouflage • Wear a t-shirt with an outdoor image, tree, lake, etc. Be creative in celebrating 'Take Me Outside Day'.
Tuesday, October 31	Halloween Day	Plans are already being made to celebrate Halloween at Woodland. As you prepare for Halloween for school with your child(ren) please remember to avoid costumes that are disrespectful to others and that are overly violent in nature. We ask that props (such as knives, spears, hooks, etc.) and Halloween masks be left at home. More detailed information will be sent home in the next couple weeks.

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.

SPECIAL LUNCH OPTIONS

We are finalizing our plans for our special lunch days and hope to have these ready to go shortly. We try to plan two special lunch options for each month, in addition to offering milk (daily) and popcorn on Fridays. 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. 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. Stay tuned for additional lunch options! All funds raised through our lunch options will be directed to extra-curricular programs at Woodland.

Lunch Date	Lunch Option	Order Window through School Cash Online
October Milk Card	October Milk Card Chocolate or white milk card for the month of October	Closed on Friday, September 27, 2024
Thursday, October 3, 2024	Boston Pizza Individual Pizzas (cheese, pepperoni, or gluten-free cheese)	Closed on Friday, September 27, 2024
Thursday, October 24, 2024	Pita Pit Choose from a variety of proteins and/or veggies, toppings and sauces in a pita, flatbread, or rice bowl.	Closes Friday, October 18, 2024
Friday, October 4, 2024 Friday, October 18, 2024 Friday, October 25, 2024	Popcorn Creamy Dill, White Cheddar, Butter & Salt, Sweet Kettle Corn, and Salt & Vinegar	Closes the prior Friday at 9:00 am *Oct. 18 orders close on Oct. 10 due to the PA Day
November Milk Card	November Milk Card Chocolate or white milk card for the month of November	Closes Friday, October 25 at 9:00 am

SO MANY WAYS TO 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.

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](#) 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!

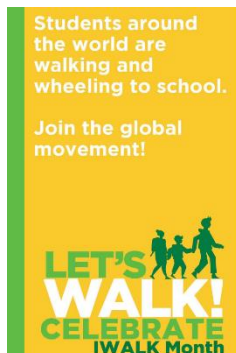
MONTHLY NEWSLETTER - All newsletters will be posted to the school website and sent via School Messenger through email on the first school day of the new month. Accessing the newsletter through the website or email allows you to click on links to learn more about items highlighted in our newsletters.



Niagara Region Public Health School Health Newsletter

October 2024

WALKTOBER



As the rush of the new school year starts to settle down, consider walking, biking or rolling with your child to school.

Join families across Niagara and the world in celebrating October's [International Walk to School Month](#) (Walktober). Kids who walk or bike to school arrive alert and ready to learn. If you live too far away to walk or wheel to school, try driving to a location near your school and walk the rest of the way. Using active transportation helps reduce congestion at your school.

This Walktober, enjoy [#ActiveSchoolTravel](#) and leave the car at home more often [@NiagaraParents](#) [@OntarioAST](#) [@NiagaraSTS](#)

Don't Be Scared by Cavities this Halloween!

Keep your child's smile BOO-tiful this Halloween!

Here are some tips to help keep teeth healthy:

- Brush teeth twice a day for two minutes using fluoridated toothpaste
- Floss once a day
- Stay away from sticky, starchy and hard candy
- Limit sugary drinks. Drink water after eating tasty treats to rinse away sugar that may be stuck on your teeth.
- Book a FREE dental appointment at Public Health's dental clinics by calling 905-688-8248 or 1-888-505-6074 ext. 7399 or [live chat with us](#).



To learn more on how to keep your family's teeth healthy, visit www.niagararegion.ca/dental.



Mental Illness Awareness Week 2024

This year, [Mental Illness Awareness Week \(#MIAW\)](#) is from October 1-7. Mental Illness Awareness Week is an annual national public education campaign designed to help open the eyes of Canadians to the reality of mental illness.

Mental Illness and Stigma:

Stigma is when people think badly of someone because of a certain characteristic or trait they have, which is seen as negative. This often happens because people don't fully understand things like mental illness. Stigma can lead to unfair treatment, which can be on purpose or by accident.

Some of the harmful effects of stigma can include:

- Hesitancy to get help or treatment
- Lack of understanding by family, friends or others
- Fewer opportunities for work, school or social activities
- Bullying, physical violence or harassment
- The belief that you will never succeed at certain challenges or that you can't make things better for yourself

You can help reduce stigma by educating yourself, being aware of your attitudes and behaviours and choosing your words carefully when you talk about mental illness and substance use disorders.

Helpful Resources:

- [Addressing Stigma](#)
- [Canadian Mental Health Association: Stigma and Discrimination](#)
- [Words Matter \(CAMH\)](#)

Annual Memorial Forest Vigil:

The [Memorial Forest](#) seeks to reduce the stigma around mental illness and promote a greater understanding and compassion from the community as a whole. Each year, a Memorial Forest Vigil is held during Mental Illness Awareness Week to provide an opportunity to share stories of hope and success as told by individuals and family members living with mental illness.



Help Keep the Classroom Germ Free – Stay Home When Sick

Fall brings the 'unofficial' start of respiratory illness season. This means that viruses that affect our respiratory system (for example our lungs and throat) begin to spread more often.

Help keep the classroom germ free by keeping your child home if they are sick. 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

Each year, different respiratory viruses can be spreading in our community at the same time. These viruses can have similar symptoms. This means it can be hard to tell what you are infected with based on just symptoms alone. For more information on, visit [Managing Illness - Exclusion periods](#) and our downloadable resource [Respiratory Illnesses: Protect Yourself and Others](#).

By keeping your child at home when they are feeling sick, you are actively helping to prevent the spread of infection and disease among the entire school community.

