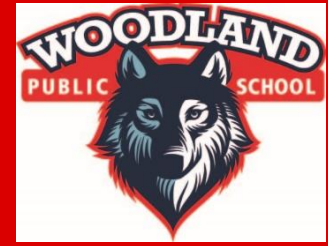


# THE PULSE OF THE WOLF PACK

## Woodland Public School

1511 7<sup>th</sup> Street Louth  
 St. Catharines, ON  
 L2R 6P9  
 905.685.1331



February 2025

#IGNITETHELEARNING

#WOODLANDPROUD

#WOODLANDEXCELLENCE



### PRINCIPAL'S MESSAGE

It is important that we ensure we are maintaining balance with our families. Please ensure you take some time to care for your physical and emotional health and well-being. What can you do as a family to balance these needs? Take a family walk, play with your dog in the backyard, build a snowman, or perhaps bake some special treats. Sending uplifting messages can also improve our own mood. When we share our gratitude, it helps us feel more positive, build strong friendships, and deal with challenges. Tell someone why they are important to you. If you would like to send a "Shout Out" to someone in our Woodland community, please send us an email to [wol@dsbn.org](mailto:wol@dsbn.org) and we will share your thanks or congratulations with them!

With Term 1 Report Cards and the Kindergarten Communication of Learning coming home on February 13, this is a great opportunity to reflect on your child's progress and set some goals for the remainder of the year. If you have any questions, comments, and or concerns, please contact your child's teacher. Please see the important information in regard to our Term 1 report cards and the Term 1 Kindergarten Communication of Learning.

### FEBRUARY IS KINDERGARTEN REGISTRATION MONTH IN DSBN

Families with children turning four in 2025 are invited to visit [www.dsbn.org/childcare](http://www.dsbn.org/childcare) to learn more about Kindergarten programming and online registration. Families can also contact our school office to book a time for in-person registration. We look forward to hosting our new Wolves and their parents/guardians at an Open House on May 14 from 4:00 – 6:00 p.m. Further details about the Open House will be emailed directly to registered families in late April. Please help us spread the word with friends and neighbours!

### TERM 1 REPORT CARD UPDATE

The Elementary Provincial Report Card (Grades 1-8) and the Kindergarten: Communication of Learning will be issued on February 13. Report cards give a summary of student achievement at the end of each term. Teachers use their professional judgement and consider factors such as consistency, recent improvement and amount of evidence in order to determine students' grades or marks. Teachers and students work together to gather evidence of their learning over time from observations, conversations and student products.



### MARK YOUR CALENDAR

- [Kindergarten Registration](#) ..... February
- 100<sup>th</sup> Day of School ..... Feb. 7
- School Advisory Council ..... Feb. 11
- Valentine's Day Celebration ..... Feb. 13
- Family Game Day ..... Feb. 13
- Term 1 Reports and Kindergarten Communication of Learning sent home ..... Feb. 13
- [PA Day](#) ..... Feb. 14
- Family Day Holiday ..... Feb. 17
- Scholastic Book Fair Begins ..... Feb. 25
- Family STEM Night ..... Feb. 26
- Anything Pink Day ..... Feb. 26

### PA DAY

On Friday, February 14 all DSBN schools will be closed for a [PA Day](#) in which teachers will be engaged in assessment and evaluation activities.



## 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.

## 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.

## 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 [February Scholastic Book Club](#) orders are open! 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 pickup option that works for you. Otherwise, we will send all orders home with the students. We will host an in person Scholastic Book Fair the last week in February, providing an opportunity for 'in-person' purchases to students and families. Stay tuned for additional details. Happy reading!

## MEDICATIONS

Prescription medication that is to be taken according to a fixed schedule requires that the parents arrange to have the pre-dosed medication provided to the school with an '[Authorization of Provision of Oral/Topical Prescription Medication](#)' form. This form must be completed by the parent(s)/guardian(s) and be forwarded to the office prior to the providing of any prescription medication. Please note that medications should be stored at the office and not in student's backpacks. This ensures the medication is not lost or misplaced. Please note that this applies to all medications, including those that are required for short-term use. If you have any questions, please contact the office.

## CARNAVAL DE WOODLAND

Mme. Niece is excited to plan a 'Carnaval de Woodland'. We are hopeful the weather will cooperate, and our Woodland students will be able to enjoy this day before the winter ends. This, of course, is dependent upon us receiving a significant amount of snow. Should a significant amount of snow fall, we will give families a day or two notice as all students will need to come to school dressed to be outside for a significant portion of the day to participate in these cold-weather, snow-related activities. Please stay tuned and hope for some significant snow to fall! Thank you, Mme. Niece, for planning this event!

## SCHOOL ADVISORY COUNCIL

All School Advisory Council meeting agendas and minutes will be posted on the [Woodland website](#) once they are approved. Our next meeting is scheduled for Tuesday, February 11, 2025, at 6:00 pm.

## COBS FUNDRAISER STARTS FEBRUARY 10

Back by popular demand, the Woodland School Advisory Council is offering a COBS Fundraiser. Starting February 10, you may purchase a 'loaf a month' card for COBS Bakery on Fourth Avenue for \$25. All the details will be posted on School Cash Online. All funds raised will go towards two initiatives: the Woodland playground funds and a portion also supporting our school snack program.

## GRADE 1 FRENCH IMMERSION REGISTRATION

The French Immersion program (offered at French Immersion sites) is open for [registration](#) for all Year 2 Kindergarten students beginning at noon on Monday, January 6, 2025, until Tuesday, February 18, 2025. 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

Learn about the DSBN Academy at the Open House on **Tuesday, February 4, 2025, 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 Tuesday, January 7, 2025, and will close on FEBRUARY 24, 2025. Limited spots available. More information will be available shortly. [Click here for information and the registration link](#).

## 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](mailto: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 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.dsbni.org/inclementweather>.

**Transportation Cancellations:** Information about transportation delays and cancellations are posted to: <https://portal.nsts.ca/Cancellations.aspx>. The BusPlanner Delays App is a free mobile application that can be downloaded and provides real-time "push" notifications for delays and cancellations related to a specific school or route, directly to your mobile device. 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: both in-person and remote/virtual learners. Every effort will be made to share school closure information before 6:00 am on the day of the school closure. You will find information on [dsbn.org](https://www.dsbn.org), all school websites, DSBN social media, and local media share the news widely as well.

**Elementary Schools:** Optional Snow Day activities for Kindergarten to Grade 8, will be available on the DSBN website on days when schools are closed due to inclement weather.

**Secondary Schools:** When secondary schools are closed, students are reminded they may access a course's online platform (D2L or Google Classroom) to review classroom notes, lessons, and complete any outstanding assignments or projects.

## 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.

## VALENTINE'S DAY – FEBRUARY 13

As Valentine's Day is approaching, we have been working on reimagining what Valentine's Day will look like this year. We will celebrate Valentine's Day on Thursday, February 13, 2025. Students are invited to wear clothing to celebrate the day (red, pink, hearts). If you are sending cards for the class, please ensure you include all members of your child's classroom community. Individual classes may have their own classroom-based activities planned for the day, which will include a focus on friendship and kindness and showing our appreciation for our classmates in different ways.

Food Safety is another issue worth discussing at this time of year. Students at Woodland are reminded regularly that **we do not share food**. One of the reasons for this expectation is that we have a number of students that have significant, and in some cases, life threatening food allergies (not only to peanuts) and other significant dietary needs that may cause serious health complications. Although strongly discouraged, if a parent/guardian is wanting to bring food items for the purpose of sharing (e.g., Halloween, birthdays, holidays, etc.), the following needs to take place:

- parent communication with homeroom teacher prior to bringing any food items for the purpose of sharing.
- food items would need to be individually wrapped and peanut/nut free.
- the individually wrapped food items will be provided to the students by a teacher prior to students leaving at the end of the school day (i.e., placed in backpacks), therefore the decision can be made at home as to what to do with the item (eat, discard, etc.).
- individual 'Dollar Store' items (e.g., erasers, pencils) are preferred over food items due to safety (anaphylaxis) and nutrition concerns.

## FAMILY GAME DAY – THURSDAY, FEBRUARY 13

We are excited to invite families to join us as we kick off the Family Day weekend in February. On Thursday, February 13, we invite families to join us at Woodland, starting at 2:15 pm for an hour of board games. Bring your favourite family board game, find a spot in the school and enjoy each other's company as you play some games together to kick off the Family Day long weekend.

## FAMILY STEM NIGHT – WEDNESDAY, FEBRUARY 26

The staff at Woodland is excited to welcome our families to learn about STEM (Science, Technology, Engineering, and Math)! Families are invited to visit a variety of STEM activities and to see STEM in action. The Scholastic Book Fair will also be open for purchases during this time. Please join us anytime between 5:00 – 7:00 pm on Wednesday, February 26.

## WEAR ANYTHING PINK DAY – WEDNESDAY, FEBRUARY 26

Anti-Bullying Day, also known as Pink Shirt Day, is recognized on the last Wednesday in February in Canada. Pink Shirt Day is a platform for engaging students and building knowledge in bullying prevention, acts of kindness, upstandership and supporting students through critical conversations. Everyone has the power to prevent bullying. Being an upstander is one of the best ways to make a difference in our school. Wear Anything Pink Day reminds us that everyday we have the opportunity to do something kind for someone else. How can you show kindness to someone at school?

### What is bullying?

Bullying is aggressive behaviour that is typically repeated over time. It is meant to cause harm, fear or distress or create a negative environment at school for another person. Bullying occurs in a situation where there is a real or perceived power imbalance.

### Is conflict the same as bullying?

People may sometimes confuse conflict with bullying, but they are different. Conflict occurs between two or more people who have a disagreement, a difference of opinion or different views. Conflict between students does not always mean its bullying. Children learn at a young age to understand that others can have a different perspective than their own but developing the ability to gain perspective takes time and the process continues into early adulthood (Stepping Stones: A Resource on Youth Development, page 26). (The above information is taken from [www.ontario.ca/page/bullying-we-can-all-help-stop-it](http://www.ontario.ca/page/bullying-we-can-all-help-stop-it))

### How can I be an upstander?

- Be a friend
- Interrupt the bullying
- Speak up
- Stop rumours and mean messages from spreading
- Tell an adult
- Remember that you are brave, and your actions make a difference

## FEBRUARY 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, February 13	Valentines Day	We will be celebrating Valentines Day on Thursday, February 13. Students are encouraged to wear Valentine apparel or red, white, or pink.
Wednesday, February 28	Anything Pink Day	Pink Shirt Day is recognized on the last Wednesday in February in Canada. We encourage our Woodland Wolves to wear anything pink on Wednesday, February 28.

## 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 All orders close at 9:00 am
Friday, February 7, 2025 Friday, February 21, 2025 Friday, February 28, 2025	<b>Popcorn</b> Creamy Dill, White Cheddar, Butter & Salt, and Sweet Kettle Corn	Orders for Feb. 21 close Thurs., Feb. 13 All other orders close Friday before
Thursday, February 13, 2025	<b>Boston Pizza</b> Individual Pizzas (cheese, pepperoni, or gluten-free cheese)	Closes Friday, February 7
Thursday, February 27, 2025	<b>Firehouse Subs</b> 6" or 12" white, whole wheat, or gluten-free subs with a variety of toppings	Closed Friday, February 21

## 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
<b>Intermediate Basketball</b>	Girls Tournament – Feb. 24 Boys Tournament – Feb. 25	Grades 7 - 8	Ms. Bond, Mrs. Wright and Mr. Luke
<b>Board Game Club</b>	First break – listen to announcements	Grades 1-8	Ms. Bond, Ms. Clarke
<b>Gymnastics Club</b>	Practices after school on Mondays from 3:20 – 4:30	Grades 4 - 8	Miss Bridges
<b>Speed Stacking Club</b>	Day 8 - second break	Grades 4-6	Ms. Newton
<b>Yoga Club</b>	Learn some yoga and mindfulness Grades 1/2 - Day 2 (second break) Grades 2/3 - Day 4 (second break) Grade 6-8 - Wednesdays	Grades 1-3, 6-8	Ms. Newton Mrs. Chiodo
<b>WeVideo - STEM Club</b>	Club meets during recesses - listen to announcements Team Competition (for those selected to represent Woodland) March 25, 2025	Grades 6-8	Mrs. Wright

## 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 DSNB schools work with a DSNB Social Worker who supports families to provide an additional layer of support to help our students and families achieve success. Our DSNB 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](http://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](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.

**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 visit our [Instagram](#) platform for updates and reminders. 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 February 2025

### Welcome to Kindergarten!

#### Do you have a little one starting Kindergarten?

- Public Health works in partnership with teachers, support staff, students, and parents to build a healthier school community.
- Check out our [School Health webpage](#) for some important links and supports:
- [Childhood illnesses of diseases and public health significance](#)
- [Non-reportable illnesses and exclusion periods](#)
- [Dental Screening](#)
- [School-aged vaccines](#)
  - Parents and legal guardians of junior and senior kindergarten registrants and students new to Ontario are asked to report their vaccinations to [Public Health](#).



### Is Your Child Due for Vaccines?

Go to [Immunization Connect](#) to review your child's immunization history and check the **Immunizations Needed** section for missing vaccines.

If your child is missing any vaccines, book an appointment to get them vaccinated. Vaccines are available at healthcare providers' offices, walk-in clinics or Public Health vaccination clinics.

Bring your yellow card or immunization record print out from [Immunization Connect \(ICON\)](#) to each vaccine visit. This will help you and your health care provider keep an up-to-date record of which vaccines have been received.



**Can't find any immunization records?** Here are some [tips](#) to help you.

- **Previous healthcare providers** will keep records for a limited time. Also check with local health units, your pharmacist, and any urgent care clinics, as well as hospital emergency departments.
- **At home** – Close family members such as parents or guardians may have copies of your childhood immunizations in old papers, including baby books and school or camp forms.
- **Schools, colleges, universities or other post-secondary institutions** may still have records for you or your child.
- **Previous employers**, including the military, may still have records from your employment.

If your family is having trouble with locating or transferring immunization records, please [contact the Vaccine Team](#) and a nurse will discuss what needs to be done. Translation services are also provided.





## Eating Disorders Awareness Week

From **February 1st to 7th 2025** join, National Eating Disorder Information Centre (NEDIC) and eating disorder groups nationwide that come together to observe [Eating Disorder Awareness Week](#). This dedicated week of action aims to educate the public about eating disorders, raising awareness of their impact, dispelling harmful stereotypes and myths, and highlighting available support for those living with or affected by these disorders.

Discover the support services provided by the National Eating Disorder Information Centre for [parents and caregivers](#). Below are some resources worth exploring:

- [Niagara Region x National Eating Disorder Information Centre “Transform the Narrative” Livestream](#)
- [A Parents' and Caregivers' Guide to Supporting Youth with Eating Disorders](#)
- [A Guide to Discussing Your Concerns with Your Child's Primary Care Provider](#)
- [Coping Strategies for Families and Partners of an Individual Living With an Eating Disorder](#)

## Family Day

Family Day is coming up on **Monday, February 17<sup>th</sup>** and it's a great chance to spend time with loved ones. Whether it's starting a new tradition like a family hike, playing outdoors, trying a nutritious recipe, or enjoying a fun board game together, this Family Day can be all about building lasting memories and promoting a healthy lifestyle.

To support you in making Family Day a meaningful occasion, we invite you to explore local programs and events to make the most of the day and keep your family active, engaged, and healthy!

