

# THE PULSE OF THE WOLF PACK Woodland Public School

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December 2021

#WOODLANDWOVES

#WOLFPACKPROUD

#WOODLANDDSBN

## PRINCIPAL'S MESSAGE

As we look ahead to the month of December, the holiday season, and the end to the year 2021, I find myself reflecting on the year. The year has brought continued 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 during the last number of months and in particular, in making our return to school such a success.

There is so much beauty in the rich traditions of many faiths during this time. What is truly wonderful about this time of year is the common bonds we share, regardless of our beliefs. Whether you celebrate Hanukkah, Kwanzaa, Christmas or Khushali, family values and the feeling of kindness and helping others, is what we have in common.

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!

## WOODLAND GIVES BACK

Woodland is excited to be participating in a few charitable drives during the month of December. We have our annual Community Care Food Drive wrapping up on December 10 and our Adopt-a-Family campaign that wraps up on December 3. Please see the information emailed on November 24 for additional details. Thank you to all our families for donating so generously to support our larger St. Catharines community!

## EFN (EDUCATION FOUNDATION OF NIAGARA) 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 Teacher Tribute Campaign](#). All proceeds provide basic necessities for DSBN students.



## MARK YOUR CALENDAR

- Urban Cravings Lunch Day .....Dec. 3
- Hanukkah Blue and White Day.....Dec. 6
- PIC Virtual Speaker Series.....Dec. 8
- School Photo Retake Day.....Dec. 16
- Anitpastos Hot Pasta Lunch .....Dec. 17
- Holiday Hat Day .....Dec. 20
- Holiday Sweater Day.....Dec. 21
- Red and Green Day .....Dec. 22
- T'was the Day Before Winter Break PJ Day .....Dec. 23
- Last Day before winter break .....Dec. 23
- School Resumes .....Jan. 10

## WINTER BREAK

Winter Break is from Dec. 24 to Jan.7 inclusive. We look forward to seeing our families on January 10, 2022 after a restful and healthy break!



## STUDENT RECOGNITION

During the month of November, Woodland students were recognized for their work as a learner for their learning skills and/or academics, as an individual for their character traits, and as a community member for contributing to the school and/or classroom. The following students were recognized:

<u>MRS. WIENS AND MRS. SCAPILLATI</u> Everest, Nova, Paxton	<u>MRS. MASTERSON</u> Oliver, Bence	<u>MRS. GABRIEL</u> Vincent, Zev
<u>MRS. SULTSZ</u> Cole, Scarlett, Alex	<u>MISS BRIDGES</u> Harley, Arianna, Lyla	<u>MRS. LEONTIS</u> Quinton, Samantha, Dino
<b>SHOUT OUTS:</b> AMAZING JOB BY THE INTERMEDIATE STUDENTS THAT HAVE TAKEN ON THE MORNING VIDEO ANNOUNCEMENTS AND ADVERTISING FOR THE WOODLAND COMMUNITY CARE FOOD DRIVE!		

## SCHOOL CULTURE SURVEY COMING JANUARY 17 – 31, 2022

We're working towards building an equitable and inclusive school culture across the DSBN, and hearing from you and your child is an important part of this work.

We are proud to be offering the DSBN School Culture Survey to students, families, and staff. You and your child will have the opportunity to share how you experience your school to help us better understand how we can build and maintain a positive culture for all.



What is the School Culture Survey? The School Culture Survey is a valuable opportunity for students in Grades 4-12, their families and DSBN school staff to help us learn more about your experiences at school. The questions will be organized into five main factors that help create your school culture: Well-Being; Caring and Safe Schools; Sense of Belonging; Equity and Inclusion; Teaching and Learning.

When can Students Grades 4-8 and their Families do the Survey? Students in Grades 4-8 will be asked to take the survey during class time between January 17-31, 2022. Families will be sent the survey to take within this time as well. This survey will be entirely anonymous and confidential. While it is voluntary to take, the more responses we receive, the more effective the DSBN can be in supporting your family moving forward.

Where Can I Learn More About This? Check out the Equity, Inclusion and Anti-Racism Team's website for more information and Frequently Asked Questions: <https://www.dsbn.org/equity/school-culture-survey>.

Please reach out to the school directly for additional questions. We're here to help!

## WINTER IS ALMOST 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.

All students will continue to have gym classes outside, in the winter months, weather permitting. 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!

## PARENT'S ROLE IN KEEPING SCHOOLS SAFE

As you are aware, all staff and students must self-screen every day before attending school. As part of our ongoing commitment to student safety, and as recommended by the Ministry of Education and Niagara Public Health, we added an active screening process that allows schools to verify if the daily school screening has been completed. Each day, if the student screener is not completed a follow up email will be sent to parents reminding them to complete it at that time. Everyone has a role to play in keeping families safe and reducing the spread of COVID-19. One of the most effective strategies is keeping COVID out of our schools and the daily COVID assessment is essential in achieving this goal. Please note that the DSBN is not collecting any specific health data about students or the results of the screening. Our system only reports confirmation that the screening has or has not been completed.

[The Daily Screening Tool can be found by clicking here and using your child's login information to complete the screening process.](#) We thank you for your cooperation in completing the Daily Screening Tool each day.

## 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.

## HANUKKAH BLUE AND WHITE DAY – DECEMBER 6

This year, Hanukkah is celebrated starting on November 29 for 8 days, ending on December 6. Hanukkah is a celebration of family, freedom, and light. As the last day of Hanukkah is on December 6, we encourage our Wolf Pack to recognize the end of Hanukkah by wearing blue and white.

## WOODLAND DOOR DECORATING CONTEST

The staff at Woodland is excited to be planning and participating in our annual door decorating contest. Our classroom doors will be decorated to recognize some of the [Days of Significance](#) that fall within the month of December. We will be posting pictures of our 'creative masterpieces' on social media and we encourage our community to vote for their favourite. Stay tuned!

## FAMILY GINGERBREAD HOUSE CHALLENGE

Did you know that Sunday, December 12 is Gingerbread House Day? We challenge our families to get creative and make a gingerbread house. Share a picture of your gingerbread house with us at [wol@dsbn.org](mailto:wol@dsbn.org) that we can share with our Wolves at school and on social media. We can't wait to see the creativity of our Wolf Pack families!

## SCHOOL PHOTO RETAKE DAY – DECEMBER 16

Did you miss school photo day or need a retake? December 16 we will welcome back our school photographers to retake any photos that need to be completed. Please send a message to your child's teacher or to the school office if you require a retake to ensure we don't miss any students.

## SPECIAL LUNCH OPTIONS

Woodland is pleased to offer optional lunch choices for our students. We are working to offer a variety of options to our students while supporting different businesses in our local school area. All lunches will come individually packaged and labelled with your child's name. If you are interested in ordering, please place your orders through School Cash Online. In order to ensure we have the information to our business partners in a timely manner, late orders cannot be accepted. Our December lunch options are as follows:

- Urban Cravings – December 3 (orders were due on November 26)
- Anitpastos Hot Pasta Lunch – December 17 (orders due on December 10)

## HOLIDAY SPIRIT WEEK – DECEMBER 20 – DECEMBER 23

We are looking forward to celebrating a week of Holiday Spirit. There are many holidays and celebrations throughout the month of December and our Wolf Pack families celebrate a variety of holidays. On our Holiday Spirit Days, our Wolves are encouraged to share the holiday spirit representing a holiday of their choice.

Holiday Hat (or Hair Accessory) Day – December 20  
 Holiday Sweater Day (homemade and creative can be fun!) – December 21  
 Red and Green Day – December 22  
 T'Was the Day Before Winter Break Pajama Day – December 23

## SCHOOL CASH ONLINE

With School Cash Online, you will be able to approve permission forms and make payments for items online. Understanding that we're quickly becoming a cashless society, we know it can sometimes be a challenge to find exact change for items and then send it to school through your child's backpack. Using School Cash Online, you'll be able to use your debit, credit card or echeque to make quick and easy payments online. It will also allow you to track payments made and receive an invoice for your purchases. The link to School Cash Online can be found on the [Woodland Public School website](#).

## IMPORTANT MESSAGE ABOUT INCLEMENT WEATHER PROCEDURES

### Transportation and School Closures

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.dsbnschools.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: both in-person and remote 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 it on dsbn.org, all school websites, DSBN social media, and local media share the news widely as well.

## 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.

## DSBN PIC SPEAKER SERIES – ANTICIPATING AND COPING WITH HOLIDAY STRESS

We are proud to have our very own DSBN Social Worders discussing 'Anticipating and Coping with Holiday Stress'. This virtual session will be on Wednesday, December 8 and you may find additional information at the [DSBN PIC Speaker Series website](#).

## SCHOOL ADVISORY COUNCIL

Our Woodland School Advisory Council met for the second meeting of our 2021-2022 school year on Tuesday, November 9. At this meeting, our minutes from the September meeting were approved. Please take a minute to read the minutes from September and our agenda for November as they are posted on the [Woodland web site](#). All minutes will be posted once they are approved. Our tentative schedule of meetings for the remainder of the 2021-2022 school year is as follows:

- January 25, 2022 @ 6:30pm
- March 22, 2022 @ 6:30pm
- May 24, 2022 @ 6:30pm

New members are always welcome to join and meetings may be added if the need arises.

## 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 Worker, Ms. Katherine Clemens, is an invaluable member of our Woodland team.

## 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.

## 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.dsbns.org](http://woodland.dsbns.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 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.

# IMPORTANT INFORMATION FROM NIAGARA REGION PUBLIC HEALTH

## Niagara Region Public Health School Health Newsletter



### COVID-19 UPDATE

The Niagara Region Public Health [Schools & Child Care During COVID-19](#) webpage provides Niagara specific guidance for schools and childcare settings, along with helpful resources to support parents/caregivers.

Public Health recommends all eligible individuals be vaccinated against COVID-19. Vaccination is the best line of defense for preventing COVID-19 in the school and childcare setting. Visit a [Niagara Region Public Health COVID-19 Vaccination Clinic](#), book an appointment online through the provincial portal at [Ontario.ca/bookvaccine](https://ontario.ca/bookvaccine) or call the booking system at 1-833-943-3900.

For up-to-date information on COVID-19 and vaccine eligibility, please visit the Niagara Region Public Health's [website](#), [Facebook](#), [Twitter](#) and [Instagram](#). Public health professionals are available to answer any questions through the COVID-19 Info-line Monday to Friday, 8:30 a.m. to 4:15 p.m.

- 905-688-8248 or 1-888-505-6074, press 7
- [COVID-19 Info-Line wait times](#)
- [Chat online](#) in 90 different languages with auto-translate

### INTERNATIONAL TRAVEL

To help prevent the spread of COVID-19 and variants in Canada, the Government of Canada has put additional measure under the Quarantine Act. For more information, please visit [Mandatory Requirements FOR UNVACCINATED CHILDREN](#)

#### Unvaccinated children 11 years and under AND unvaccinated youth aged 12 – 17

For 14 days after arrival back in Canada, the child **must not**:

- ✘ attend school, camp or day care
- ✘ attend a setting where they may have contact with vulnerable or immune compromise people (e.g., long-term care facility), regardless of that person's vaccination status or public health measures
- ✘ travel on crowded public transportation (i.e., bus, subway, train)
- ✘ attend large, crowded settings, indoors or outdoors, such as an amusement park or sporting event

- [International travel \(land & air\) - Children](#)
- [Travel Advice and Advisories \(Travel.gc.ca\)](#)

### MENTAL HEALTH DURING THE WINTER BREAK

With the winter break around the corner, it is important to still keep in mind that the pandemic has not disappeared and taking care of our mental health is still very important. Winter can be more difficult for others due to the time change and having less exposure to daylight. Some may experience mental health impacts, such as sleep disturbances, low interest in activities, fatigue, and irritability (CMHO, 2021). Check out the PDF [Putting Your Family's Mental Wellness First - 7 Tips to get Ready for the Holidays](#), with winter mental health tips created by Children's Mental Health Ontario and School Mental Health Ontario.

#### Resources:

<https://www.family.cmho.org/mental-health-ready-for-the-holidays/>

<https://www.family.cmho.org/winter-mental-health-tips/>

# IMPORTANT INFORMATION FROM NIAGARA REGION PUBLIC HEALTH

(CONTINUED...)

## Niagara Region Public Health School Health Newsletter



### COVID-19 TESTING – WHICH TYPE OF TEST IS REQUIRED?

Below is a chart that outlines the two most common tests used to detect COVID-19.

Although these tests are confusing, we can help shed some light on the difference between the COVID-19 Rapid Antigen and the polymerase Chain Reaction test, most commonly called the PCR test.

<p><b>COVID-19 <u>lab-based PCR test*</u></b></p> <ul style="list-style-type: none"> <li>• If a child has COVID-19 symptoms</li> <li>• If a child is a high-risk contact of someone with COVID-19</li> <li>• If a child tested positive on a rapid antigen test</li> </ul>
<p><b><u>Rapid Antigen Test</u></b></p> <ul style="list-style-type: none"> <li>• Only for screening a child who does <b>not</b> have COVID-19 symptoms</li> </ul> <p>If a child tests positive on a rapid antigen test, they must isolate and <u>have a lab-based PCR test</u> within 48 hours to confirm the positive result.</p>

\* This is the most accurate type of test for COVID-19

For more information, visit <https://www.niagararegion.ca/health/covid-19/testing.aspx>

### CELEBRATING SAFELY – TIPS AND REMINDERS

This holiday season, we are encouraging the families to enjoy the holidays while being mindful of COVID-19 precautions. It is important that families continue following Public Health guidelines when gathering with those who do not live in the same household

[Guidelines for hosting indoor and outdoor gatherings](#)

[When to wear face coverings](#)

When gathering indoors:	When gathering outdoors
<p><b>with a group of fully vaccinated individuals</b>, you may consider removing your face covering if everyone is comfortable</p>	<p><b>with a group of fully vaccinated individuals</b>, no face covering, or physical distancing is necessary</p>
<p><b>with people from multiple households who are unvaccinated, partially vaccinated or status is unknown</b>, you should wear a face covering and physically distance</p>	<p><b>with people from multiple households who are unvaccinated, partially vaccinated or vaccination status is unknown</b>, you should consider wearing a face covering if physical distancing cannot be maintained</p>

For more information on staying safe, please visit: [How to Protect Yourself and Others](#)