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| Superintendent:       | Peter Mangold | <a href="mailto:peter_mangold@kprdsb.ca">peter_mangold@kprdsb.ca</a> |
| Trustee:              | Angela Lloyd  | <a href="mailto:angela_lloyd@kprdsb.ca">angela_lloyd@kprdsb.ca</a>   |
| School Council Chair: | Mary Benson   | <a href="mailto:marysemp863@hotmail.com">marysemp863@hotmail.com</a> |



### March 2020

Thank you to everyone who supported our Dance-A-Thon. It was a lot of fun for the kids who learned lots of fun dance moves and games from Miss Sara (a professional dance teacher) who joined us that day from Premiere Studio of Dance. The students raised over \$3,300.00. We have donated 25% of that amount to the Kids Help Phone as part of our school's commitment this year to supporting mental health and wellbeing. The remaining funds will be used by School Council to support school events for the students and to purchase new gym equipment.

This past Wednesday was Pink Shirt Day. It symbolizes that we are all working together to confront and eradicate bullying. At North Cavan P.S., we are committed to this effort on a daily basis. We teach our students important Character Attributes, such as empathy, honesty and integrity. The school yard is well supervised by adults in orange vests, easily visible to students. We use a restorative process to identify and work through any deeper issues that may arise. We also use the 'Zones of Regulation' which is a resource that helps students identify their mood and feelings so they

can better self-regulate their behaviour by choosing strategies that can help them and their peers. Teachers intentionally highlight students' strengths and support them in their academic, social and emotional growth. We seek to include all students in a variety of ways. Most importantly, we listen and take appropriate action.

In the recent board-wide School Climate Survey, 'Tell Them From Me', North Cavan P.S. students identified that they feel safe at school, comfortable talking with the adults in the building, and that we help them when issues may arise (well above the Canadian average). We continue to help our students learn the difference between conflict, that occurs incidentally, and bullying, which occurs over time. We continue to try to empower students to be problem solvers through the appropriate use of voice, giving them strategies they can use for life. One of the strategies we are using school wide is the 'Zones of Regulation'. The four Zones offer a way for students to identify their mood and feelings as well as how others are feeling. They can then choose appropriate strategies to regulate their emotions and behaviour and make positive choices that will keep them calm, alert and ready to learn. Feel free to ask your child to describe the 'Zones' to you.

Please help us by encouraging your child to talk out their issues and, if they have difficulty, to seek out their teacher or visit us in the office where we will also strive to help them to problem solve and understand things.

This week we were sad to hear that Melanie Assing, one of our former teachers passed away following a long struggle with Kidney disease. She is remembered fondly by several of our staff and will be missed by her friends and family. Our thoughts and prayers remain with them this week.

Sincerely,

*Mr. Twiss*

## **HAVE YOU REGISTERED FOR SCHOOL CASH ONLINE?**

### **Here's how to Register Online:**

Step 1 - go to: <https://kprdsb.schoolcashionline.com>

Step 2 - Register by selecting the "Get Started Now" and follow the online steps.

### **The LOST & FOUND is growing:**

We have 1 full table of Lost & Found clothing near the front office. Please come in and have a look so you can get your children's clothes back home. Any leftover clothing will be bagged and donated locally at the end of school on Thursday, March 12<sup>th</sup>.



### **Earth Hour Sat., March 28<sup>th</sup>, 2020:**

It's back! KPR encourages families to participate in Earth Hour once again on Saturday, March 28<sup>th</sup>, from 8:30-9:30 p.m. Participation is easy; just turn off your lights and electronics for the hour. Try playing a fun family game or sharing fun family stories together. It can be a great experience to discover what life was like during pioneer days!

### **Safe Arrival - (Absent/Late Student):**

When your child is going to be absent or late, please be sure to call the student absence reporting system at 1-844-434-8119 or go to: [studentabsence.kprdsb.ca](http://studentabsence.kprdsb.ca)

### **Kindergarten Registration:**

Kindergarten registration for the 2020 – 2021 school year is well underway. If your child will be four or five years old by December 31, 2020, they are eligible for Year 1 or Year 2 Kindergarten. Please contact the office to register your child and share this news with friends and neighbours who have kindergarten aged children. So far we have 20 JK students registered for next year!

### **School Council:**

The next North Cavan School Council meeting is on Wednesday March 11<sup>th</sup>, at 6:00 p.m. in the library.

School Council would like to thank the following sponsors and individuals who supported our Dance-A-Thon with prizes etc.:

Peterborough Public Health  
Laurie Grof Tax Services  
Premiere Studio of Dance  
The Dubblestine Family  
The Benson Family  
Cavan Costumes  
David Haley (Author)  
The Sage Family



### **Vari SAFE Home Alone and Stranger Safety Course (8-11 years old):**

The Vari SAFE Home Alone and Stranger Safety Course course designed to teach safety skills, communication, prevention, responsibility and confidence when alone or at home alone.

One day class: 10:00 a.m. – 4:00 p.m.

**Sat., April 26<sup>th</sup>** in Peterborough. Cost is \$53.10 plus HST.

**Register Online:** [www.varisafe.ca](http://www.varisafe.ca)



### **Parents Make a Difference in success at school:**

Parents have an enormous impact upon children's success at school both academically and socially.

- Reinforce with your child that it is important that they do well in school and that they always try to do their best.
- Show an interest in your child's school life, check the planner regularly.
- Give your children praise when they try hard, not just when they do well.
- Tell them it is okay to make mistakes. That is how all of us learn sometimes.
- ***Reading together is the single most important activity that you can do to boost your child's success. This could involve reading stories, comics, recipes, magazines or newspapers. After reading, talk about what you've read, and ask questions.***



- Ask your child what they did or learned at school or in a specific class and don't accept 'nuthin' for an answer.
- At supper have each child share something they did that day.

## ***INITIATIVE***



### **Character Education for March (Initiative):**

This month's character attribute is Initiative. Initiative is defined as the ability to assess and initiate things independently. I am eager to do what needs to be done without being prompted by others. I seize opportunities and willingly take the steps necessary towards achieving a goal.

### **Important Upcoming Dates**

#### **March:**

Wed., Mar. 11 School Council (Library 6:00 p.m.)  
 Fri., March 13-20 **March Break**  
 Mon., Mar. 23 School Resumes  
 Thurs., Mar. 26 NCPS Night at the Petes 7:00 p.m.  
 (Peterborough Memorial Centre)  
 Sat., March 28 Earth Hour 8:00 p.m.

#### **April:**

Wed., Apr. 8 School Council Mtg. (6:00 p.m. Library)  
 Day of Pink  
 Fri., Apr. 10 Easter Good Friday Holiday  
 Mon., Apr. 13 Easter Monday Holiday  
 Thurs. Apr. 16 Grade 6 and Senior Kindergarten Grad  
 Photo Day and Sibling Photos  
 Fri., Apr. 24 P.A. Day (No School)

#### **May:**

Wed., May 13 School Council Mtg. (6:00 p.m. Library)  
 Fri., May 15 Pedal for Hope (Cancer Fundraiser)  
 Mon., May 18 Victoria Day Holiday (No School)  
 Thurs., May 21 Junior Kindergarten Orientation Night  
 6:00 p.m. (Gym and Classrooms)  
 Mon., May 20 Victoria Day Holiday – No School

### **NCPS Night at the Petes:**

We are hoping to organize another NCPS night at the Petes where families can enjoy a playoff hockey game together and with their friends and neighbours. We are tentatively set to go on Thursday, March 26<sup>th</sup> at 7:00 p.m. Once we have confirmation from the Petes for that night we will send home a flyer. Tickets for both kids and adults will be \$7.00 and will be available for purchase through School Cash Online.

