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### Principal's Message May 2021:

A Giant Cougar Roar Goes Out again this Year to Our Parents and Kids from our Mascot Roaree!



I want to begin by thanking our parents, grandparents and kids for all the hard work they have been doing each day managing distance education. Our families have been patient managing technology, curriculum and resourcefulness. The staff and I appreciate **all** that you are doing to help maintain your child(ren)'s education and wellbeing at home. Many of us are parents too and we know the effort it takes. Thank you!

The staff continue to work hard through this time finding ways to reach all the kids and keep everyone engaged. Their efforts are also greatly appreciated.

As you can imagine, it has been very difficult for us to continue the Pedal for Hope Campaign as we would

normally. This is an important fundraiser every year to raise money for pediatric cancer. The police made the decision to continue running the campaign and they are completing their bike rides, but they have had to do it in isolation. They have appealed to the schools to support them as much as possible because earlier this year they committed to help kids who are battling cancer. They want to be able to support them and their families because cancer does not stop for Covid-19. To that end, we will continue to support the Pedal for Hope campaign, but we will do it in a way that, we hope, does **not** put extra pressure on families that are already stretched too far financially. Please see the Pedal for Hope section later in this newsletter for details of our inclusive plan.

Next year our school is growing. We anticipate 185 students (up from 171 this year). Our final staffing numbers have been released and we are relieved to know that we will maintain the same staffing this year. This means that we will have the school organization that was shared in the April newsletter unless our enrollment drastically changes between now and September which is unlikely.

During Children's Mental Health Week we featured each day something kids could do to help maintain their own mental wellbeing. Throughout this pandemic we have been challenged on many fronts. Overall, the role of mental health during lockdown and Covid-19 restrictions has emerged as a primary focus for health personnel and educators. We work together to collect resources to support students and staff alike.

Mindfulness activities, yoga and journal writing are just a few of the many tools we use with our students. If you are looking for resources for your child, you may want to go to

<https://www.kprschools.ca/en/students/well-being/mentalhealth.html> for ideas. Of course, for more

serious concerns, please contact your doctor or speak to me about accessing our school board Mental Health Clinician/Counsellor. We want to support our students if they are struggling. Please reach out so that we are aware of any issues your child may be facing.

Best regards,

*Mr. Twiss*



### **Pedal for Hope / Cops for Cancer:**

We are forging ahead with our Pedal for Hope campaign this week and hope to have it wrapped up on Friday, May 28<sup>th</sup>. We recognize that many families would like to participate, but may not be able to support the campaign financially. That is okay! If you or a relative can make a donation, please go to:

[www.cancer.ca/pedalforhope](http://www.cancer.ca/pedalforhope)

- 1) Select Team Name: North Cavan PS
- 2) Click on Make a Donation

Any donation, no matter how small, would be gratefully appreciated by Pedal for Hope.

As an alternative, or in addition to a donation, we are encouraging families to take a picture of their kids or the whole family riding their bikes, scooters etc. If you would be comfortable sharing your photos publically we will put them in our yearbook for this year. We thought this would be a fun way to get everyone involved in some healthy exercise and would be great inspiration for the police who are trying hard to make a difference in the lives of kids fighting cancer. Please just email your photo to [martin.twiss@kprdsb.ca](mailto:martin.twiss@kprdsb.ca) by Friday, May 28<sup>th</sup>. All support is appreciated.

### **EQAO 2021:**

All EQAO testing that had originally been planned for May has been cancelled by the provincial government for this year.

### **2020-2021 Yearbook:**

We will be creating a yearbook again this year. We have enough photos and special events that we feel we can again make a fun yearbook memory for the kids. More information about ordering a yearbook will be shared once details are finalized.

### **Grade 6 Orientation for Crestwood Intermediate School:**

Over the next few weeks our staff will be talking with our grade six students to get them ready for their

transition to Crestwood Intermediate School or wherever else they might be headed. This week, the administration at Crestwood Intermediate gave a virtual tour of the school to the Grade 6 students and answered many of their questions.



### **Thank You To Our Amazing Volunteers:**

We regret not being able to host the Volunteer Tea this year due to Covid – 19 restrictions. We want to acknowledge our amazing volunteers who do so much to support our School Council, our Breakfast Club, our classrooms and all special events we hold at the school. Thank you for all your time, energy and commitment to our students and staff – **you are very appreciated!**

### **Kindergarten Registration:**

Kindergarten registration for the 2021 – 2022 school year is well underway. If your child will be four years old by December 31, 2021 they are eligible for Year 1 Kindergarten. If they are five years old by December 31, 2021 they are eligible for Year 2 Kindergarten. Please contact the office and leave a message to register your child and share this news with friends and neighbours who have kindergarten aged children.



### **'Virtual' Kindergarten Orientation:**

Our Kindergarten teachers and early childhood educators have created, and will share with parents, a document to gather some helpful information from next year's Junior Kindergarten families. This is the first step we are taking to get to know our new students and make them feel welcome. Next we will begin building the Kindergarten classes. The Kindergarten team is currently finalizing a 'Virtual Orientation' of the Kindergarten program which will be shared with our new parents and students. It will include pictures of the staff, the classrooms, washrooms, yard, library, gym etc. and will also go over the same information we normally share at a regular Kindergarten orientation. It is the next best thing! The School Council will also be included to welcome our new families.

### **School Council News:**

In lieu of an end of year trip, the School Council is preparing a gift for each of our Grade 6 students to acknowledge their hard work and perseverance during this challenging year. The Council wants to wish them well as they head off to their new school(s) next year. The gift will be a surprise!

The School Council is preparing a Yearbook for this past school year. If you have any photos of your kids from school or doing their on-line learning, please send them to Mary Benson, our school Council Chair, [marysemple863@hotmail.com](mailto:marysemple863@hotmail.com) and we will try to add them to the yearbook.



### **Attendance at School:**

While we would all love to have our schools reopen, the Ontario Government has not made any new announcements about when this might happen. In the meantime, schools and teachers are required to keep attendance. If your child is attending the online learning activities with their teacher daily or they are submitting school work and assignments from the teacher, then we consider them attending and record them accordingly. If a student has not participated for an extended period then the teacher and subsequently the principal will reach out to the family. If there is no participation after 15 consecutive days then the student may have to be demitted from the school. It is very important to participate in the school's teaching both for your child's continued learning success and for recording of attendance.



### **June Report Cards:**

The final report card will be coming before the end of June. It would greatly help our teachers if you could make sure that your children are submitting all their work and assignments. Teachers will be counting on this to help gauge their evaluation of your child for the June report card. If work is not being submitted, then teachers may have to indicate an 'N' (Needs improvement) for Learning Skills and an 'I' (Insufficient information) as a subject evaluation. If you are uncertain about what your child has submitted, please email your child's teacher(s).



### **Good Character makes a Difference:**

This month's character trait is **HONESTY**. *I TRY TO BE HONEST WITH MYSELF FIRST. THEN I CAN BE HONEST WITH OTHERS.*

At North Cavan we try to help develop children of good character by encouraging students to be **responsible, respectful, honest, and to act with integrity.**

### **Thank You to Our Breakfast Club Sponsor's:**

We would like to thank our sponsors who have funded our Breakfast Club program this year. Each school day, 171 students enjoyed free, healthy and nutritious breakfast snacks thanks to the generosity of the following organizations:

- Peterborough Child and Family Centres
- PC (President's Choice) Children's Charity
- The Super Store
- RJ's Produce
- Individual donations from Families and Community Members

We would also like to thank the Breakfast Club volunteers and Angela Fuchs (Community Development Coordinator, Food for Kids). We could not do it without all of you!! Thanks!

### **Mental Health and Wellbeing:**

We recognize the pressures that the pandemic is causing everyone. If you or a loved one needs some support please remember that the following resources may be helpful:

- 1) Kids Help Phone Line 1-800-668-6868
- 2) School Mental Health Ontario: <https://smho-smso.ca/blog/how-to-support-student-mental-health-during-the-covid-19-pandemic/>
- 3) Canadian Mental Health Association <https://ontario.cmha.ca/>
- 4) Board Web Site: <http://www.kprschools.ca/>
- 5) School Board Mental health Clinician/Counsellor (Sarah Sperry). Please contact Mr. Twiss [martin\\_twiss@kprdsb.ca](mailto:martin_twiss@kprdsb.ca) if you wish to request support from our Board Counsellor.

### **Help! Steps for Parents to Support Distance Learning:**

(If your child is grade 4-6, they can often do this

themselves)

1. **Breathe!** Be patient with yourself and your child. We are all in this together. We are not perfect, and we will make mistakes. This is how we learn.
2. **Re-read the question.** Sometimes another look will reveal the key to understanding.
3. **Ask your child.** Most of the time, our students are familiar with a process or the content shared by the teacher.
4. **Ask a buddy.** Reach out to another student in the class, or to their parent. Learning is usually a social exercise. Talking out your thinking helps.
5. **Ask the teacher.** Send a message to ask for clarification, after you have tried steps 1-3.
6. If the question is about technology and the teacher cannot help you troubleshoot, please call 1-877-741-4577 ext. 3001 for Peterborough assistance.
7. If a resolution is not found, please email Mr. Twiss at [martin\\_twiss@kprdsb.ca](mailto:martin_twiss@kprdsb.ca) and he will gladly respond to you. Together we will find the answers!



### **Play for Health!**

One way you can nurture your child's wellbeing and help them release their emotions in a healthy way is by engaging in play – an essential component to developing their resilience, confidence, happiness and overall health.

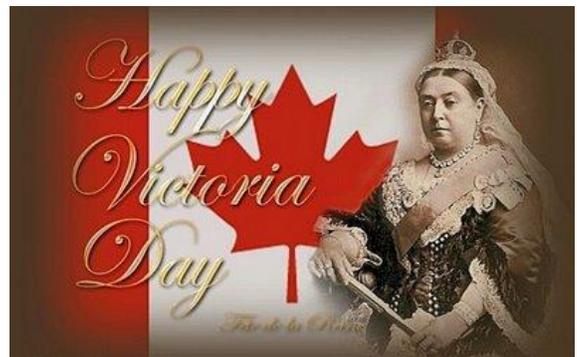
By playing with your kids you create a stronger bond, showing you care and appreciate them. You can support your child's play experiences by being present and engaged in:

- Outdoor fun – a walk, a hike, a bike ride, rollerblading, shooting some hoops
- Games – mini stick hockey, cards, board games, hide and go seek, scavenger hunt, video game for 2
- Activities – crafts, painting, baking, jigsaw puzzles, Lego

- Music – sing, dance, play an instrument, create a song together
- Books – take turns reading out loud, act out the characters in the story, make funny voices, change the ending.

A great way to get things started is to just ask your child what things they would like to do with you. You can then pick something off their list to get started. Even when you are super busy, if you can manage to find even 15 minutes for your child you may find that the health benefits are significant for them but also for yourself! Kids are fun!!

## **Happy Victoria Day Weekend!**



### HEALTHY SUMMER snacks

pinkstarch  
SIMPLE.FIT.FORTY.

