



# APPLEWOOD PUBLIC SCHOOL

*Achieving Success Together*

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## Month End Wrap Up - Mar. 2017

### IMPORTANT DATES

- April 13th—Applewood's Annual Dance-a-thon
- April 14th—Good Friday
- April 17th—Easter Monday
- Hold the Date—gr. 6 Celebration—June 22nd



strategies they have used to solve problems. Thanks to Mrs. Marr's and Mrs. Rogers' Kindergarten class for leading us in this initiative.

### KINDERGARTEN REGISTRATION!

We had a wonderful turn-out for our kindergarten registration on January 28th! If you didn't make it, it doesn't mean you are too late! If you or a friend/neighbor have a child turning 4 before December 31st 2016—come on in and register! We'd love to register your child up for kindergarten!

### THOROLD SECONDARY SCHOOL — PARENT INFORMATION NIGHT!

On April 12 you have the opportunity to attend a parent information night at Thorold Secondary School. The topic will be "Anxiety- How can we support our children? and Peer Pressure - some resources to support parents"

Schedule:

- 5:30- 6:00 Refreshments and school tour available
  - 6:00- 7:00 Speakers (Social Workers from elementary and secondary panel)
  - 7:00- 7:15 Opportunity for Q & A with speakers
- Childcare is available. Parents need to register for childcare in advance by calling their school secretary and giving number of children and ages so preparation can be made.

### DANCE in the SUN DANCE-A-THON

On Thursday April 13th, Applewood students will head to the gym with their dancing shoes on! Students will enjoy the atmosphere of crazy hats, disco lights and awesome treats available for purchase. We thank you in advance for supporting our fund-raising efforts, by helping your children gather sponsorships for the dance-a-thon! We are hoping that we can match the \$5000 raised during last year's event so that we are able to purchase all of the items from our wish list! The amazing student prizes include a helicopter ride, Niagara Parks passes and Sky-zone passes! Thank you for your support!



### APPLEWOOD COMMUNITY INFORMATION NIGHT!

Please save the date for our parent night on May 10 when our focus will be "Services available to families and how to access them". More information to follow.

### EQAO TESTING

EQAO testing is scheduled to happen from May 25th through to June 8th. We are asking the parents of grade 3 and 6 students to please avoid scheduling any appointments or activities that will take your child(ren) out of school during this time. Please look for more information regarding EQAO coming home at the beginning of May!



### PARENT LENDING LIBRARY

We have a selection of books about parenting, children's health, character education, grieving, etc... available for parents to borrow. The books are located in our Learning Commons. Feel free to stop by the office anytime and ask to browse the books. There is a sign out binder with the books, just inside the door to the Learning Commons. If you can't make it by the school, email Mrs. Vince with the subject you are interested in, and she will let you know what is available. (sally.vince@dsbn.org)

### ALLIGATORS CARE

During the month of March, our focus was acknowledging how much we know about solving social problems. The theme of "In like a lion, out like a lamb" encouraged students to share

### GRADE 6 STUDENT PHOTOS NEEDED!

A reminder to grade 6 students to begin bringing their baby / childhood photos in for the grade 6 Celebration slide show. Photos can be sent as jpeg images through D2L or sent in as hard copies which will be returned when scanned! Thanks!

## KEEPING YOUR CHILD'S TEETH HEALTHY!

Children can receive a free fluoride varnish application from the Niagara Region Public Health dental program. Fluoride varnish is a protective coating that is painted onto the teeth with a tiny brush. It helps reduce cavities if applied twice a year.

### Why do we recommend fluoride varnish?

Tooth decay is the number one chronic disease of children

In the 2015/2016 school year over 25,000 school-aged children were screened by Public Health. 39 per cent of those school-aged children were identified having as having cavities.

Untreated cavities can lead to difficulties eating and sleeping, self-esteem issues, decreased school performance and attendance, pain, discomfort, infection and poor overall health

Fluoride is not added to Niagara's drinking water

### Tips to keep your child's teeth healthy...

Brush teeth **two times** per day

Use a pea-sized portion of **fluoride** toothpaste

Spend **two minutes** brushing each time with help from an adult

Floss daily

Provide a healthy diet and limit sugary drinks, sticky candy and snacks. **Water is best.**

Schedule regular dental checkups at least once a year (cleaning, fluoride varnish application and sealants).

For more information on dental services and programs please call the Dental Health Line at 905-688-8248 or 1-888-505-6074 ext. 7399 or visit

[www.niagararegion.ca/health](http://www.niagararegion.ca/health).

**REMEMBER TOOTH DECAY IS A PREVENTABLE DISEASE!**

**Niagara // Region**  
PUBLIC HEALTH

## HOW AFFECTION SHAPES A CHILD'S HAPPINESS FOR LIFE!

How often do you hug your children?

We all live busy, stressful lives and have endless concerns as parents, but it is clear that one of the most important things we need to do is to stop and give our kids a big loving squeeze. Research over the past decade highlights the link between affection in childhood and health and happiness in the future.

According to Child Trends - the leading nonprofit research organization in the United States focused on improving the lives and prospects of children, youth, and their families - science supports the idea that warmth and affection expressed by parents to their children results in life-long positive outcomes for those children.

Higher self-esteem, improved academic performance, better parent-child communication, and fewer psychological and behavior problems have been linked to this type of affection. On the other hand, children who do not have affectionate parents tend to have lower self esteem and to feel more alienated, hostile, aggressive, and anti-social.

There have been a number of recent studies that highlight the relationship between parental affection and children's happiness and success. In 2010, researchers at Duke University Medical School found that babies with very affectionate and attentive mothers grow up to be happier, more resilient, and less anxious adults. Then 30 years later, those same individuals were interviewed about their emotional health. The adults whose mothers showed "extravagant" or "caressing" affection were much less likely than the others to feel stressed and anxious. They were also less likely to report hostility, distressing social interactions, and psychosomatic symptoms.

So, how can you bring more hugs into your family's day? From the moment you bring your baby home from the hospital, be sure to hold, touch, and rock them in your arms. Spend many precious moments caressing your baby so that their skin can touch your skin.

As they get older, be playful by doing fun activities like dancing together or creating silly games like pretending to be a hugging or kissing monster. Set a reminder to make sure hugging is part of your daily routine. In the recent Trolls movie, the Trolls wore watches with alarm clocks that would go off every hour for hug time. If that's what it takes, then set yourself an alarm. Or make sure to give your kids a hug during certain times of the day, such as before they leave for school, when they get home from school, and before bedtime.

Another interesting idea is to use affection while disciplining your child. As you talk to them about what they did wrong, put your hand on their shoulder and give them a hug at the end of the conversation to ensure them that, even if you are not pleased with their behavior, you still love them. If your children hit their sister or brother, hug them and explain how hugging feels better than hitting.

Finally, be careful not to go overboard and smother your kids. Respect their individual comfort level, and be aware that this will change as they go through different stages.

Article from [www.parent.co](http://www.parent.co)

