



# APPLEWOOD PUBLIC SCHOOL

*Achieving Success Together*

130 Woodrow Street St. Catharines, ON L2P 3T7 905-684-4359 app@dsbn.org

## Month End Wrap Up - Feb. 2018

### IMPORTANT DATES

- Mar. 12-16th—March Break
- Mar. 29th—Fun in the Sun Dance-a-thon
- Mar. 30th—Good Friday



### STUDENT of the MONTH

This year, we are going to focus our student of the month around the LEARNING SKILLS from the Report Card. These are the characteristics and behaviours that help promote success for students. We will be reviewing what these look like in classrooms and help students develop these skills. This month's focus has been INDEPENDENT WORK!

- K 1- Zara P., Maggie C.
- K 2—Gemma B., Danica C., Emerson W.
- Gr. 1— Gage F.
- Gr. 1/2—Kaydenz B., Jayda F.
- Gr. 2/3—Yaseen A.
- Gr. 3/4—Avery B., Brooklyn B.
- Gr. 4—Crystal C., Harlo J., Odin K., Emma S.
- Gr. 5/6—Trinity H-L., Ava F., Alexia G.

In March goals will be determined in each classroom and communicated to students by their teachers!

### DREAMBOX

Please encourage your children to use Dreambox when they are at home! The Dreambox math program is a terrific way for students to consolidate math skills and help them move forward in their learning! Don't hear the dreadful words, 'we're bored!' over the March Break, have them challenge their learning and play Dreambox instead!



### CALLING ALL KINDIES!

Feb. 1st was DSBN's kindergarten registration. If you missed it, it is not too late to register! Please call or visit the office to complete a registration package for any children who will turn 4 by Dec. 31st of this calendar year!

### SCHOOL CLOTHING

A reminder that Applewood t-shirts are available for purchase at any time for \$10. Both red and black shirts are in stock!

### AN IMPORTANT MESSAGE ABOUT INCLEMENT WEATHER PROCEDURES

There may be times during the school year where inclement weather or other situations could cause transportation cancellations or school closures.

At times when student transportation has been cancelled and schools remain open, the decision of whether or not to have children in school on that day rests with the parent/guardian. Should you decide not to send your child to school in the event that transportation is cancelled but schools remain open, or if your child is ill or late, please ensure that you call your child's school to inform them of your child's absence.

A key resource in any emergency is the DSBN Emergency Information form that you filled out at the beginning of the school year. Please let the school know of any changes in contact information or procedures you wish to be followed throughout the school year.

Information about transportation cancellations and school closures will be available as soon as it is available through the following channels:

#### Websites:

<http://www.dsbns.org/inclementweather> or [www.nsts.ca](http://www.nsts.ca)

#### Subscription Features:

- DSBN Facebook or Twitter
- NSTS Transportation Delay or Cancellation Alerts

#### Phone:

Niagara Student Transportation Services 905-346-0290

#### Radio Stations:

- CKTB (610 AM) St. Catharines
- CHRE (105.7 FM) St. Catharines
- WAVE (94.7 FM) Hamilton
- CHTZ-FM (97.7 FM) St. Catharines
- CKOC (1150 AM) Hamilton
- 2DayFM (105.1 FM) Niagara
- CHML (900 AM) Hamilton
- K-LITE-FM (102.9 FM) Hamilton
- CHAM (820 AM) Hamilton
- GIANT FM (91.7 FM) Welland
- Y-108(107.9) Hamilton

#### Television Stations:

CHCH - Hamilton, CTV Toronto



## FUN IN THE SUN DANCE-A-THON

As a School, Applewood runs only one fund-raiser during the school year, the money raised being used to enhance technology, bring in special presentations and purchase additional sports equipment or buses!

**This year's event takes place the afternoon of Mar. 29th!**

We are looking for **prize donations**, if you have a business you would like to promote, or simply a prize to donate, we would greatly appreciate your support! Any donations may be dropped off at the office!

The fund-raising envelopes will be going home with students on March 8th to allow them to seek sponsorships over the Break! Students are asked to collect funds in advance and return them with their envelopes (or a cheque for the amount) the day of the Dance-a-thon! We thank you in advance for your support of this day!



## DSBN PINK SHIRT DAY

On February 28th, we recognized Pink Shirt Day in support of anti-bullying. We reinforced with our staff and students what bullying IS and what it IS NOT. At Applewood, we focus on prevention and the part that each and every one of us plays in making our school as safe and secure as it can be for all who come to learn every day.

One thing that is very important when trying to prevent bullying is that we have a common definition to work with.

The following definition is what we have taught our students. This is what we will continue to refer to at school when discussing bullying.

*"Bullying is when someone repeatedly and purposefully says or does mean or hurtful things to another person who has a hard time defending themselves."*

*"repeatedly"* - Repeated behaviour is more than once or twice. It is behaviour that is repeated over time.

*"on purpose"* - It is intentional and targeted. One incident may be an accident, but deliberate and over time is not!

*"mean or hurtful things"* - This includes physical, emotional, social and cyber occurrences.

*"hard time defending"* - This means that there is a power or strength (physical, social or by knowing another's vulnerability) imbalance between the bully and the victim.

We teach our students to utilize strategies to deal with difficult social situations (DEBUG), and also teach them language to express their feelings and frustrations (ZONES of REGULATION) so that they can be successful in navigating emotional situations! If as a caregiver you feel that your child is being bullied at school and you have concerns, please speak to your child's teacher ASAP! Our children do an exceptional job at school looking out for one another. We thank you for your support as parents in this regard!

## Everybody Present – The Health Promoting Benefits of Mindfulness

Thorold Secondary School - Library

### Description:

The evidence is clear, students today are experiencing high levels of stress and anxiety and this has a direct impact on their overall health and academic performance. A strategy that is showing great promise in helping students cope with stress and boost positive mental health is mindfulness. In this presentation we share what we have learned over 5 years studying mindfulness among university students in The Mindfulness Experiment. Designed for parents, teachers and administrators, participants of this workshop will learn what mindfulness is, why we need it, and how it "works" to promote coping skills, resiliency and academic success for our students.

### Presenters:

Paula Gardner, Assistant Professor, Department of Health Sciences at Brock University and the lead investigator of The Mindfulness Experiment  
Kaitlyn Kerridge, MA Candidate and graduate student in Applied Health Sciences at Brock University studying mindfulness in post-secondary students

### APRIL 26, 2018

Registration & Snacks 5:30 p.m. - 6:10 p.m.

Presentation - 6:15 p.m. - 7:15 p.m.

Q & A - 7:15 p.m. - 7:30 p.m.



## PARKING LOT CONCERNS

We have a great parking lot for parents to enter and exit with ease. Unfortunately, we have had some parents who during busy times of the day are leaving their vehicles in our bus /fire lane or other unmarked parking spaces (ie by the bunker in front of the school). As this prevents emergency vehicles from accessing the building and also blocks the safe arrival of our bus traffic, we have requested that city by-law officials and regional police regularly patrol our parking lot and ticket parking and booster seat infractions. Thank you for playing your part in helping ensure that our parking lot is safe for all!