

September 20, 2023

Principal's message;

We have now completed our first two weeks of school and the busy life at Nationview is well underway. We have an incredible group of children, parents and staff who have helped to make a smooth transition from summer to school.

We have many ways of celebrating students who are showing GREAT CHARACTER! Many students are receiving our Knight Stickers—when you see this sticker come home please ask them what great task they did to earn it. We are also regularly recognizing students who are using their WITS to solve problems by Walking away, Ignoring, Talking it out, or Seeking help.

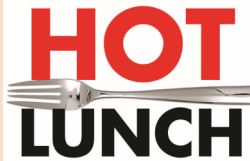
On Sept 25th at 11am we invite you to join us for our September Character Recognition and Kindness Assembly where we recognize students who are regularly demonstrating the Character Always Traits. The Lions Club joins us at our assemblies to jointly recognize students showing kindness.



Our Hot Lunch Program will begin on October 10th

A separate letter will come home on September 25th with full details.

Look forward to pizza, Chicken Caesar wraps, lasagna, subs and white and chocolate milk!



The UCDSB '*Character Always!*' initiative is based on the ten virtues valued most by our school communities: caring, courage, fairness, generosity, honesty, empathy, responsibility, perseverance, respect, and resilience.

Absences and Lates (Safe Arrival) Policy

Please report your child's absence on MyFamilyRoom or call the school (613-989-2600) prior to the start of the school day when your child is going to be absent in order for us to maintain accurate records. Please leave a detailed message providing your name, your child's name and the reason for the absence. Please note that we have safe arrival procedures for elementary students, which require all unaccounted student absences to be followed up. We must call until we get verbal confirmation regarding your child's absence. This will include calls to your identified home number, work number and emergency contact(s) and if no successful contact is made, a call to the police requesting a Wellness Check, may occur. As part of the Safe Arrivals procedures, when inclement weather results in cancelled buses, we require parents of students who don't come by bus to contact the school in the usual manner to confirm the absence. Thank you for your cooperation in this important aspect of school operations.

Fall Open House WED. OCT. 4th 4:30pm -6:00pm

**Visit classrooms Scholastic Bookfair
School Clothing booth School Council voting booth
Popcorn for sale**

Pizza and Drinks for sale by preorder on MyFamilyRoom

at <https://myfamilyroom.ca> If you haven't already, you will be prompted to create a paypal account within MyFamilyRoom where you can add a credit card or bank account for payment. You can also download the app from your device's AppStore. Please be aware that there is a small fee for uploading funds to your account (fee=30cents +1.6% of the amount deposited. Example when depositing \$15, the fee is 54cents). **Please note it can take up to 24 hours for your account to activate – please don't wait until the deadline. Sales will open on Friday Sept 22 and close on THURSDAY Sept 28 at 6pm.**



HEALTH AND PHYSICAL EDUCATION CURRICULUM GRADES 1-8:

HUMAN DEVELOPMENT AND SEXUAL HEALTH TOPICS IN STRAND D ('HEALTHY LIVING')

The UCDSB respects the parent/guardian role in their child's learning and understands that families may choose to approach or teach topics related to Human Development and Sexual Health in a manner or at an age that differs from what is outlined in the Curriculum. Parents/guardians are therefore provided with the choice to exempt their child from participation in all instruction related to the Human Development and Sexual Health expectations for their grade. Your child's teacher will provide notice at least 20 days in advance of the instruction start date when the Human Development and Sexual Health expectations will be taught. Please see attached information

Plans of Care For Students with Prevalent Medical Conditions

Since 2018, we have been working together with families of students with *Asthma, Anaphylaxis, Diabetes, Epilepsy, or Other Life Threatening Medical Conditions*, to develop Plans of Care. We have sent home forms to update the Plans of Care that we had on file at the school from the 2021-22 school year. If your child has been recently diagnosed with one of these medical conditions and does not yet have a Plan of Care, please contact the school and we will work with you to create a new plan. For more information please refer to

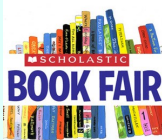
<http://www.edu.gov.on.ca/extra/eng/ppm/ppm161.pdf>

SCHOOL PHOTO DAY NOV 8th.



Scholastic Book Fair!

The Book Fair will run for classes during their Library time on Tuesday Oct. 3rd, students can bring money to purchase items during their library visit. The Book Fair will be open for families during our Open House—October 4th 4:30pm –6:00pm



Concussion Safety



The last Wednesday of every September is designated as *Rowan's Law Day* to honour Rowan Stringer's memory and raise awareness about concussion safety. Rowan, a high school athlete, died tragically in 2013, as a result of head injured sustained playing rugby.

The Upper Canada District School Board (Board) recognizes concussions as a serious injury which requires appropriate follow-up measures to reduce risk of potential additional injury. Concussion awareness, prevention, identification and management are a priority. The Board recognizes that children and adolescents are among those at greatest risk for concussions and that while there is potential for a concussion any time there is body trauma, the risk is greatest during activities where collisions can occur, such as during physical education classes, playground time, or school-based sports activities. It is critical that a student with a suspected concussion be examined by a medical doctor or nurse practitioner as soon as possible on the same day.

If a student has a suspected concussion whether it is school related or not it is imperative that the school be made aware so that a Return to Learn/Return to Physical Activity Plan can be developed in collaboration with the school, home and medical practitioner.

Please access the UCDSB Concussion Policy and Protocol And Appendices to view important information and all of the steps that must be followed at Nationview Public School and the forms that must be used if a student has a suspected concussion or concussion.

[https://go.boarddocs.com/can/ucdsb/Board.nsf/files/BJ3JX74F3E9A/\\$file/Concussion%20Procedure%204001.1_Appendices_2015Nov30.pdf](https://go.boarddocs.com/can/ucdsb/Board.nsf/files/BJ3JX74F3E9A/$file/Concussion%20Procedure%204001.1_Appendices_2015Nov30.pdf)

Copies of the Return to Learning Plan are also available from the school.



Operation Backpack

The House of Lazarus partners with us to offer a supply of nutritious meals and snacks for children to eat over their weekends, free of charge. Each pack contains food for 2 breakfasts, 2 lunches and snacks, fresh fruit and vegetables, as well as shelf-stable milk. This program was made possible, in part, through a Feed Ontario grant with funding from Newman's Own Foundation, it is available at no cost, every Friday throughout the school year. If you'd like to sign up, please email our Office Administrator at lois.serviss@ucdsb.on.ca



Allergies/Sensitivities

We have a number of students in the school who have allergies to peanuts and nuts. Please refrain from sending in products containing nuts. It is the policy of the Upper Canada D.S.B that any nut butter substitute is not permitted in the school. As well, the use of scented perfumes and deodorants is discouraged.



Your child spends a large part of their day at school. Together, parents, guardians, educators, and schools can create a positive school nutrition environment where students can eat well and are encouraged to develop a positive relationship with food. A school lunch that includes a variety of foods from Canada's Food Guide can help kids stay energetic and concentrated in class.

[School Lunch your kids will munch](#) offers tips on how to pack a school lunch.

[Unlockfood.ca](#) provides easy-to-use nutrition information on how to improve nutrition at school, as well as recipes and more lunch ideas.

Check out <https://eohu.ca/en> for more tips

Nationview students continued to be inspired by **Terry Fox!**

We will be running for Terry on September 28th.

Donations can be made online throughout the month, at <https://schools.terryfox.ca/> where you can search for

Nationview, or use our school ID# which is 38426

We're well on our way to meeting our goal!

A big Knights' Thank you to

Mountain Orchards for their kind donation of apples to enjoy after the run!



Did you know that cooking fires are the leading cause of home fires and home fire injuries?
Cooking safety starts with YOU.

Pay attention to fire prevention.



FIRE PREVENTION WEEK



fpw.org

©2023 National Fire Protection Association | Sparky® is a trademark of NFPA



September



Monday	Tuesday	Wednesday	Thursday	Friday
			1 PA DAY	2
5 Labour Day	6 1-A * first day of school *	7 2-A	8 3-A	9 4-A
12 5-B	13 1-B	14 2-B	15 3-B Library Day!	16 4-B
19 5-A Assembly for Junior Students about Electing Student Council	20 1-A Grades 1-6 Trip to the Kemptville Plowing Match	21 2-A	22 3-A Library Day! • IPS Open House 4pm-5:30pm • Book Fair	23 4-A • Terry Fox Run 2:30pm-3pm • Class Reps are elected! • Franco-Ontarian Day wear Green/White
26 5-B Picture Day! 	27 1-B Kinball Workshop 	28 2-B	29 3-B Library Day!	30 4-B

MY FAMILY ROOM

Designed for busy parents in a digital age, My Family Room is a secure website that acts as a one-stop, single point of access to all electronic services provided to parents and legal guardians of students in the Upper Canada District School Board (UCDSB).

Its focus is to enhance Board-Parent communication and provide 24/7 access to useful information related to your child. All parents and guardians with legal custody can register for a My Family Room account.

What are the Benefits?

With this service, you can:

- Receive phone calls, emails or text messages pertaining to your child, such as absence notifications, school emergencies, bus cancellations, and school events.
- Easily customize your contact preferences to receive emergency notifications to one destination (example: your mobile phone) while receiving non-urgent notifications to a different destination (example: your home phone or email address).
- View key contact information for your child's school, such as phone numbers and email addresses for Principals, Vice-Principals, and office staff.
- View your child's transportation, address, phone, absence, and health information.

View your child's school calendar online, including PD days, exam days and other calendar items entered by your child's teachers and school staff.

How do I sign up?

New parents are no longer required to contact a school to sign up for a My Family Room account! They now have the option of signing up for an account online. Parents can visit the myfamilyroom.ca and click on the "SIGN UP" button to get started.

You may continue to use your favourite social media account to login if you already have an account.

After a new account is created, parents will have the option of "linking" their children that already attends a UCDSB school to their account so that they can view information related to their child and interact with the school that their child attends through the My Family Room service.

The Upper Canada District School Board is pleased to announce new updates to the My Family Room service that will make it easier for parents and guardians to interact with their child's school.

My Family Room Mobile App! (for Android and iOS)

The Upper Canada District School Board is pleased to announce a "NEW" My Family Room mobile app (for Android and iOS) that will make it easier for parents and guardians to interact with their child's school. [Click here](#) for a video overview!

With the new My Family Room app, you will be able to:

- 1. Reply to notices you receive if your child is absent from school for unknown reasons
- 2. Send in a note if your child is running late for school, or for an upcoming planned absence
- 3. View upcoming class and school events in your child's calendar
- 4. Call your child's school quickly without having to look up the phone number

All from your Android or iOS smartphone, giving you the benefits of these features while you're on-the-go! The My Family Room app is a free download from your devices' App Store. You can use the same login account for the mobile app that you use to login to the My Family Room website.

Here are the direct links to the My Family Room app for iOS and Android, respectively:

Send Absence and Late Notes Electronically

Parents now have the ability to send absence and late notes to your child's school electronically in a few quick clicks. Note that this also works for future-dated absences, so if you're planning that vacation getaway with your child, you can send in an absence notice ahead of time so that you don't have to remember to do it later!

You now have the ability to respond to the absence notifications in the website or on the mobile app to provide a reason for your child's absence. This will allow schools to track down unexplained student absences much faster, resulting in an increase to student safety.

New Recreation Programs in South Dundas!

To register, visit www.southdundas.com, or the Municipality Centre to register in person

Sewing for Kids NEW THIS FALL

Ages: 6-12 years
Mondays 6:00pm-7:00pm
September 19 – October 31
November 07 – December 12



Students will learn some basic sewing stitches to help them in repairing small articles or attaching items on to material or clothing. Students will make a small project to take home by the end of their session. They will have some choice in the project that they work to complete.



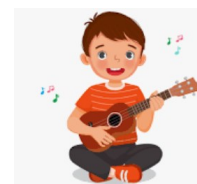
Art Class

Ages: 5-12 years
Mondays 4:30pm-5:30pm
October 03 – December 12

Students will learn about basic acrylic painting techniques and drawing while having fun. All levels are welcome. Supplies are included in the class fee.

Guitar & Ukulele Lessons

Monday Timeslots
September 19 – December 05
9:00am-9:45am
9:45am-10:30am
10:30am-11:15am
Wednesday Timeslots
September 21 – December 07
4:00pm-4:45pm
4:45pm-5:30pm
5:30pm-6:15pm
6:15pm-7:00pm



These private weekly lessons for all levels provide an interactive learning experience. You will learn on the instrument of your choice of either acoustic guitar or ukulele. Classes will focus on posture and theory such as strumming patterns, scales, etc. as well as teach various songs. Lessons are offered on a private, one-on-one basis. Semi-private lessons are available upon request if you wish to share your timeslot with another participant. The students must bring their own acoustic guitar or ukulele.

Taekwondo

Thursdays
September 15 – December 15
Saturdays
September 17 – December 17
White Belt – Green Belt
Ages: 7-12 years
Thursdays 5:30pm-6:30pm
Saturdays 10:00am-11:00am
Blue Stripe – Red Belt
Ages: 7-14 years
Thursdays 6:30pm-7:30pm
Saturdays 11:00am-12:00pm



Taekwondo is a Korean martial art that teaches various self defense techniques. Through consistent training, students will experience improvement in fitness, balance, agility, and self-confidence. Discipline and self-effort are expected. Taekwondo is a unique training program that empowers both children and adults with skills and strategies for lifelong success. Taekwondo classes help students develop self-respect, self-discipline, improved focus, courtesy, goal setting, the desire to excel, social awareness and, of course, self defence skills.

P.A Day Camp

Monday 9:00am-2:00pm
October 24
Friday 9:00am-2:00pm
November 25

Spend your P.A. Day doing a variety of activities including games, arts and crafts, and educational activities.

Science Wonders After School Program

Ages: 5-12 years
Thursdays 4:00pm-5:30pm
October 20 – December 15



Explore, test, and discover! Join us for a fun filled class of hands-on introductory activities that will open your eyes to the wonder and excitement of science.

Art & Games After School Program

Ages: 5-12 years
Tuesdays 4:00pm-5:30pm
October 18 – December 13

Come and explore various introductory techniques and tools used to create a variety of art pieces. Then finish off the day with fun and active games.