



NATIONVIEW PUBLIC SCHOOL

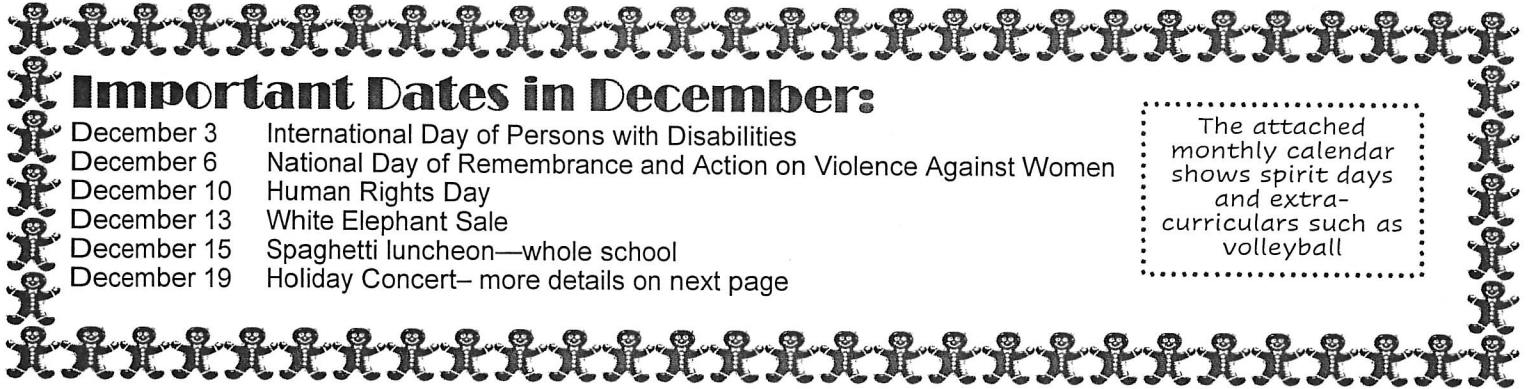
3045 County Road 1, South Mountain



Candy Campbell, Principal
Lois Serviss, Office Administrator

Telephone: (613) 989-2600

December 2023



Important Dates in December:

- December 3 International Day of Persons with Disabilities
- December 6 National Day of Remembrance and Action on Violence Against Women
- December 10 Human Rights Day
- December 13 White Elephant Sale
- December 15 Spaghetti luncheon—whole school
- December 19 Holiday Concert— more details on next page

The attached monthly calendar shows spirit days and extra-curriculars such as volleyball

Principal's Message:

We have enjoyed many wonderful learning opportunities and spirit days through the month of November. Special days and weeks highlighting Kindness and Bullying Prevention and Awareness helped us **U-Knight Against Bullying** and focus on kindness and belonging.

We are looking forward to the great month of December, filled with learning and fun that will lead us right into the holidays! Please see the calendar attached to keep track of our spirit days and special activities.

On Dec. 15th we'll be joining together for a **SCHOOL WIDE SPAGHETTI LUNCHEON**. If you would like to donate dry spaghetti noodles, pasta sauce or parmesan, please send them in by Dec 8th.

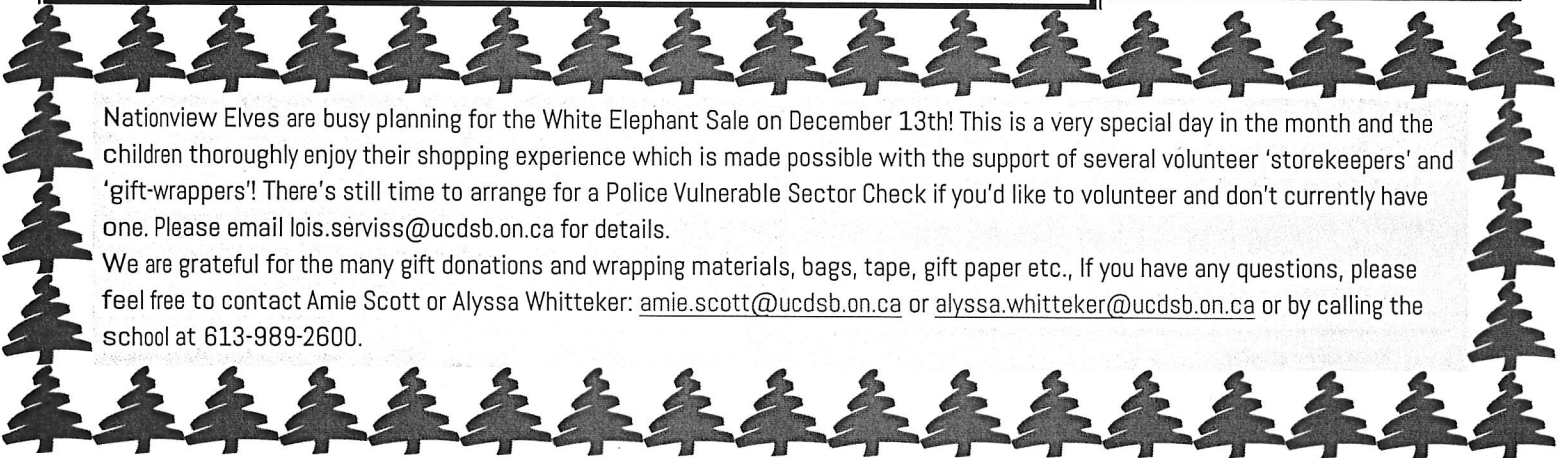
Students in all grades are busy practising and preparing art work for

The **NATIONVIEW MAGICAL HOLIDAY CONCERT** on Dec 19th (weather date- Dec 20).

We hope you can join us!

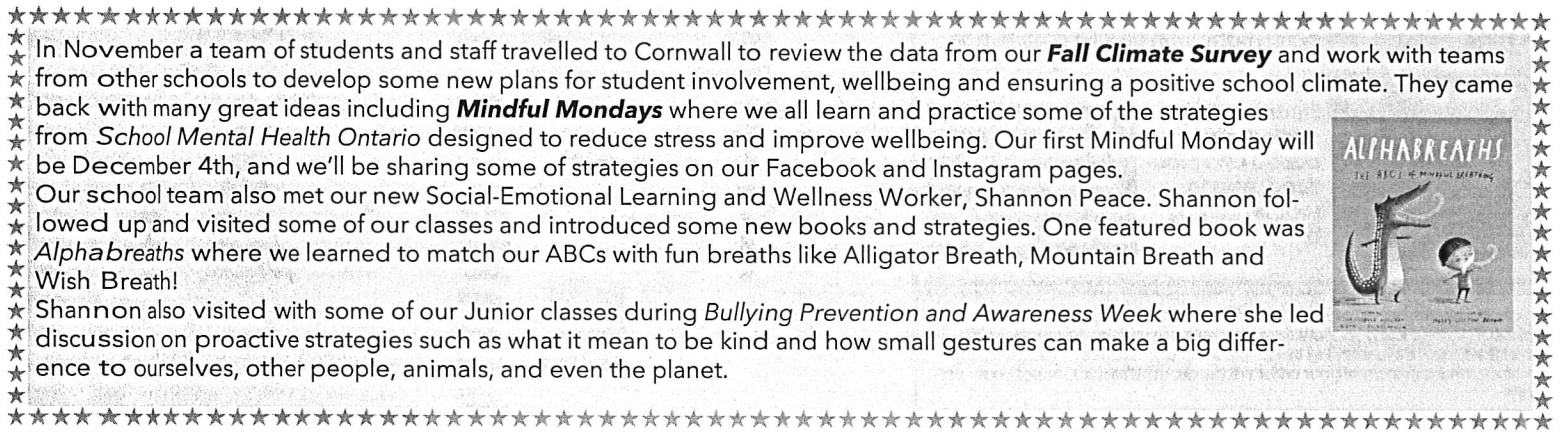
Winter tip:

Please add some extra mitts, and perhaps socks, to your child's bag. Fun in the snow means damp or wet mitts and they appreciate a second pair for after-noon play.



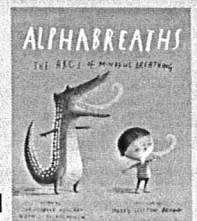
Nationview Elves are busy planning for the White Elephant Sale on December 13th! This is a very special day in the month and the children thoroughly enjoy their shopping experience which is made possible with the support of several volunteer 'storekeepers' and 'gift-wrappers'. There's still time to arrange for a Police Vulnerable Sector Check if you'd like to volunteer and don't currently have one. Please email lois.serviss@ucdsb.on.ca for details.

We are grateful for the many gift donations and wrapping materials, bags, tape, gift paper etc., If you have any questions, please feel free to contact Amie Scott or Alyssa Whitteker: amie.scott@ucdsb.on.ca or alysa.whitteker@ucdsb.on.ca or by calling the school at 613-989-2600.



In November a team of students and staff travelled to Cornwall to review the data from our **Fall Climate Survey** and work with teams from other schools to develop some new plans for student involvement, wellbeing and ensuring a positive school climate. They came back with many great ideas including **Mindful Mondays** where we all learn and practice some of the strategies from *School Mental Health Ontario* designed to reduce stress and improve wellbeing. Our first Mindful Monday will be December 4th, and we'll be sharing some of strategies on our Facebook and Instagram pages.

Our school team also met our new Social-Emotional Learning and Wellness Worker, Shannon Peace. Shannon followed up and visited some of our classes and introduced some new books and strategies. One featured book was *Alphabreaths* where we learned to match our ABCs with fun breaths like Alligator Breath, Mountain Breath and Wish Breath!



Shannon also visited with some of our Junior classes during *Bullying Prevention and Awareness Week* where she led discussion on proactive strategies such as what it mean to be kind and how small gestures can make a big difference to ourselves, other people, animals, and even the planet.



Find us on Facebook <https://www.facebook.com/NationviewPS/>
and Instagram—@nationviewknights



From the Eastern Ontario Health Unit: By talking openly and honestly about body hygiene and puberty, parents can help their children feel more confident and prepared for the changes that are happening to their bodies. This can also help to build trust and strengthen the parent-child relationship. In addition, discussing body hygiene and puberty can help parents identify any health issues or concerns that their child may be experiencing. For more information on discussing body hygiene and puberty with your child, please check out the Always Changing & Growing Up: Guide for Parents/Guardians. <https://ophea.net/always-changing-growing/parentsguardians>

This month, we welcome back Madame VanderMeer from leave. She's excited to begin a dance club in the coming weeks! We're grateful for the wonderful support of Madame Grant who we will continue to see as she covers occasional absences. Merci Madame!



TICKET

BRING YOUR MICKEY OR MINNIE EARS & ENJOY THE MAGIC!

YOU'RE INVITED TO THE

NPS 2023 HOLIDAY CONCERT

DECEMBER 19TH, 2023

Enjoy the show!

10:15 A.M. – LAST NAMES M-Z
1:00 P.M. – LAST NAMES A-L

Nationview School Council



Next meeting Dec 6 5pm

As part of our meeting, we will be viewing a video summary from the in-person UCDSB Sleep and Bell Times Consultations. There will be an opportunity to provide direct feedback to the consultation team, through an online response form. More information regarding the Bell Times Consultation is attached to this newsletter.

All parents and guardians are welcome at all School Council meetings.

Please email candy.campbell@ucdsb.on.ca if you plan to attend, so we can update if there are any changes for example in case of inclement weather.



Check out the attached flyers for more details about December fundraisers! Rideau Roastery Coffee, Papa Jacks popcorn and Curbalicious Cotton Candy.



Available for purchase at the Holiday Concert!

POPCORN \$2 EACH
COTTON CANDY \$5 EACH



<https://www.rideauroastery.com/nationview.html>

Bullying Prevention and Awareness Week

OPP Community Safety Officer, Serge Duguay joined us during Bullying Prevention and Awareness Week, November 19-24, making presentations and leading discussions with our Junior classes. The entire school came together on the 22nd for a read aloud and discussion on The Power of One and how we can promote kindness and be U-Knighted Against Bullying. We are also excited to have been selected as a Focus School by the W.I.T.S. Foundation. We will be receiving and sharing new resources in January. With this newsletter, you'll also receive a copy of the W.I.T.S. at Home pamphlet. A virtual copy is available on our website, along with more information about our Bullying Prevention and Intervention Plan https://nationview.ucdsb.on.ca/for_families/handbook/safe_accepting_schools?action=design

Root of Empathy
Our Baby came for their first two visits in November, to the delight of the students in room 41! Students are busy predicting changes they'll see when Baby visits again this month! In one activity, students compared Baby's length with a kindergartener, using unifix cubes—almost double!

Students also studied, discussed and practiced ways to soothe a crying baby.

Our School Council has an on-going fundraiser with Mabel's Labels—you can get great labels to help keep your children and their belongings connected AND support the Council's fundraising initiatives. Just input and select Nationview in the search, and a portion of your order will be directed to the Council—how easy is that?!

Nationview Public School Food Drive

Bring in food for the food bank!

The class that brings in the most items wins a pizza party!

Support our community!

House of Lazarus
Food Bank Needs

- Canned Corn
- Canned Green Beans
- Vegetable Soup
- Chicken Noodle Soup
- Cream of Mushroom Soup
- Canned Tuna
- Canned Salmon
- Canned Ham
- Canned Chicken
- Cereal
- Canned Pasta
- Large Soups
- Canned Fruit
- Mac & Cheese
- Side Meals
- Sugar

Operation Backpack Needs

- Apple Snacks (individual)
- Fruit Snacks (individual)
- Fruit Snacks (individual)
- Fruit Snacks (individual)
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JUST FOR KIDS SHOPPING NIGHT

Children are invited to shop for their families at our Mountain location. While their adults relax, volunteers will be on hand to assist with shopping and gift wrapping.



TO REGISTER CALL: 613-989-3830

WEDNESDAY DECEMBER 13
5PM-8PM

2245 SIMMS STREET, MOUNTAIN, ON

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DECEMBER 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week A International Day of Persons with Disabilities		HOLIDAY 	Food Drive for House of Lazarus Nov. 27th - Dec. 8th		Holiday sweater day 	2
3 Week B	4 	5 	6 National Day of Remembrance and Action on Violence Against Women School Council HOT LUNCH 5:00 p.m.	7 HOT LUNCH	8 Holiday headwear day 	9
10 Week A	11 Holiday Surprise Bags for Sale (Fundraiser for HOL) Orders due Dec. 15th HOT LUNCH	12 HOT LUNCH	13 White Elephant Sale 	14 HOT LUNCH	15 Red, white and green & Grinch and Who 	16
17 Week B	18 Holiday Concert dress rehearsal Holiday Treat bags sent home HOT LUNCH	19 Holiday Concert 10:15 - Last names M-Z 1:00 - Last names A-L HOT LUNCH	20 HOT LUNCH	21 HOT LUNCH	22 Carolling and Holiday PJ day 	23
24	25 WINTER BREAK NO SCHOOL! 	26	27	28	29 First day back after the break... Jan 8th 	30
31						

At the next Nationview School Council Meeting,

~Wednesday, December 6, 2023 5pm~

We will be viewing a video summary
of the recent UCDSB public consultations on

The Importance of Sleep and Bell Times

~All parents and guardians are invited to attend~

Here is some background information:

The Upper Canada District School Board's mission is to "Prepare All Students for a Successful Life." Scientific research shows that good sleep hygiene can increase academic achievement, school attendance, and both physical and mental health of students. For these reasons, the UCDSB is considering earlier start times for elementary students and later start times for secondary students.

The UCDSB Communications Dept is preparing a video summary of the presentations made at the recent in-person sessions featuring a panel of child and youth experts who discussed the connection between sleep, academic achievement, and health for youth.

The video will also be available for personal viewing and information will be sent home to all families and posted on our social media pages. The video will also be posted on the UCDSB website (link below). Families will have an opportunity to provide feedback through an online form as well.

Background & Research

UCDSB Trustees initially discussed amending school start times and the impact it could have on students at the January 26, 2022, Board meeting.

At the April 12, 2023 Board meeting, UCDSB Chief Psychologist Dr. Jennifer Curry along with Clinical Psychologist Dr. David Armstrong presented to the Board, indicating that changing the school start times would be beneficial for teenagers and younger students.

The current school start time for secondary school students is 8:00 a.m. For elementary students it's 9:20 - 9:30 a.m.

There is no timeline for implementation at this time.

There are additional resources on the UCDSB website

<https://www.ucdsb.on.ca/cms/One.aspx?portalId=148427&pageId=37403968>

Nationview School Council

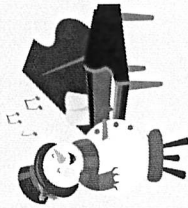
POPCORN AND COTTON CANDY FUNDRAISER

Dec. 19, 2023


Available for purchase at the Holiday Concert!

POPCORN \$2 EACH

COTTON CANDY \$5 EACH



School Council



Light, medium & dark roast, decaf, holiday blends, whole bean & ground”

School Council


COFFEE FUNDRAISER

Rideau Roastery

Nationview PS School Council is raising funds for activities, field trips, and equipment for students.

To order, please follow the link... <https://www.rideauroastery.com/nationview.html>

*Delivery to the school will be the week of December 18th, available for pick up at the Holiday Concert (Dec. 19th), or sent home with your child, upon request. Orders can be placed up until December 15th at midnight EST.



Nationview School Council

Some of our students have developed two fun
Real World Learning Projects to help support
the House of Lazarus!



FUNDRAISER

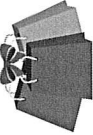
Holiday Surprise Treat Bags

ALL PROCEEDS WILL GO TO THE
HOUSE OF LAZARUS FOOD BANK



House of Lazarus

To buy fresh produce,
milk, eggs and meat for
families this holiday!



Small 1\$
large 2\$

Order DEC. 11-15
GOING HOME ON DEC. 18th

Christmas

HOLIDAY FUNDRAISER

★

Bookmarks, bracelets and
keychains, ornaments etc. made
★ by the students at NPS

GET YOUR GIFTS AND DECORATIONS WHILE
SUPPORTING OUR LOCAL FOOD BANK

DECEMBER 19TH

★

PROCEEDS WILL GO TO HOUSE
OF LAZARUS FOOD BANK

Merry
Christmas

The WITS Programs

The WITS Programs bring together schools, families and communities to create responsive environments that help elementary school children deal with bullying and peer victimization.

WITS Primary Program

- Stands for **W**alk away, **I**gnore, **T**alk it out and **S**eek help
- Teaches Kindergarten to Grade 3 children to make safe and positive choices about peer conflict
- Provides a common language children and the adults in their environment can use to talk about and respond to peer victimization

WITS LEADS Program

- Stands for **L**ook and listen, **E**xplore points of view, **A**ct, **D**id it work? and **S**eek help
- Teaches problem-solving strategies to help Grade 4-6 children deal with conflict and stay safe
- Provides developmentally appropriate strategies and resources to older elementary students so they can become WITS Leaders in their school

“ WITS helps you connect to the school because you’re using the same language. It’s just so simple. ”

DORIAN BROWN, PARENT

The Role of Parents

Talking about WITS at home teaches children to apply these strategies beyond the school walls. When parents help children process strategies to deal with conflicts, they:

- Empower their children to stand up for themselves
- Show they are available to help solve problems
- Teach their children the skills they need to solve problems before they escalate

Tips to Share with Your Children

- **If it’s hard to stand up for yourself, ignore the bullying, walk away and tell someone who can help.**
- **Get funny!** Humour shows you’re not bothered.
- **Be assertive, not aggressive; fighting back makes the bullying worse.**
- **Remember that telling is not tattling.**
- **If you walk away and get help, you are part of the solution. If you stay and watch, you are part of the problem.**
- **Put yourself in the other kid’s shoes. Would you want to be picked on or left out?**
- **Apologize to the kids you have bullied.**
- **Be a real leader. Treat others with respect.**
- **Remember that no one deserves to be bullied.**

Additional Resources

Books

- *Bullying Prevention: What Parents Need to Know.* By Drs. Wendy Craig, Debra Pepler & Joanne Cummings. Published by Createspace (2013).
- *Words Wound: Delete Cyberbullying and Make Kindness Go Viral.* By Drs. Justin Patchin & Sameer Hinduja. Published by Free Spirit (2014).

Online Resources

- **Adults Make a Difference:** The Protective Factors of Parent and Teacher Emotional Support on Emotional Behavioural Problems of Peer-Victimized Adolescents. Published in *The Journal of Community Psychology* (2010).
www.witsprogram.ca/pdfs/schools/research-evaluation/adults-make-a-difference.pdf
- **WITS Parent Toolkit**
www.witsprogram.ca/families/wits-toolkit.php

This pamphlet was developed through an ongoing collaboration among the Rock Solid Foundation and researchers from University of Victoria’s Centre for Youth & Society.

Centre for

Youth & Society



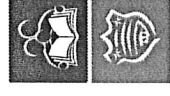
ROCK SOLID
FOUNDATION

Using Your WITS at Home

A Resource for Parents



Creating responsive communities for
the prevention of peer victimization



Walk Away
Ignore
Talk it Out
Seek Help

www.witsprogram.ca

How can you use the WITS Programs at home?

1. **Adopt the WITS Language at home** – Remind your children to *Walk away, Ignore, Talk it out* and *Seek help* when competing for toys, television and who gets to go first or for more serious problems like hitting, pushing, teasing and threatening.
2. **Read WITS Books with your children** – Borrow a WITS Book from the library. Find our book lists at www.witsprogram.ca/schools/book-lists/.
3. **Watch TV with your children and their friends** – Talk about characters' actions in resolving conflicts by posing some of the following questions: What problem did the main characters face? Could they resolve it alone or did they need help? How do *you* know when to ask for help and when to work it out on your own? Have you ever had a similar problem? How was it resolved? How would you use your WITS to solve a similar problem? How did the other characters act? How did their actions make the main characters feel? Could they have acted differently? Which of their WITS could they have used?
4. **Use WITS Timeouts** – A timeout is a great chance for children to *Walk away* and *Ignore* a conflict in order to think of a good solution. After a timeout period (one minute per year in age is a good guideline), discuss the conflict with your child alone and then together with a sibling or friend. Ask them to talk about how things got out of hand, how they could have used their WITS to avoid the conflict and how they would do things differently in the future.
5. **Use WITS to solve your own conflicts** – If your children see you using your WITS to deal with problems, they will better understand how WITS strategies can be used in many different situations and environments.
6. **Offer praise when your children use their WITS** – Encourage your children to continue using their WITS and to address conflicts positively and proactively.

How can I support my older child?

WITS LEADS helps older children deal with more subtle and social kinds of bullying by using five essential strategies:

- **Look and listen** - To develop positive relationships, we must be active listeners and look beyond first impressions. Encourage your children to verbalize what they see and hear, and help them explore their judgments about people and experiences.
 - **Explore points of view** - To really understand people and situations, we need to see them from multiple perspectives. When reading books or watching TV with your children, discuss characters' feelings or thoughts as they face challenges.
 - **Act** - Talk to your children about how it feels to positively respond to a conflict or bullying situation, even as a bystander. Explore the bystander's powerful role by taking our quiz at www.witsprogram.ca/pdfs/families/bystander-quiz.pdf
 - **Did it work?** - Explore strategies people use to resolve conflicts by asking your child to compare behaviours. Which actions led to positive outcomes? Which had negative ones?
 - **Seek help** - Seeking help is a skill we all need. Talk about ways adults seek help when faced with challenging situations, and encourage your child to keep seeking help until they get the help they need to solve the problem.
- For more ideas about how to support your child with LEADS, go to www.witsprogram.ca/schools/leads-training-program/.



Four Steps for Solving Sibling or Peer Conflicts

1. Ask what the conflict is about.
2. Ask the children which of their WITS they could use to solve the conflict. They may need to try all the WITS strategies in order to find a resolution.
3. Ask what they think might happen if they used their WITS.
4. Talk about why using their WITS is a better choice than fighting.

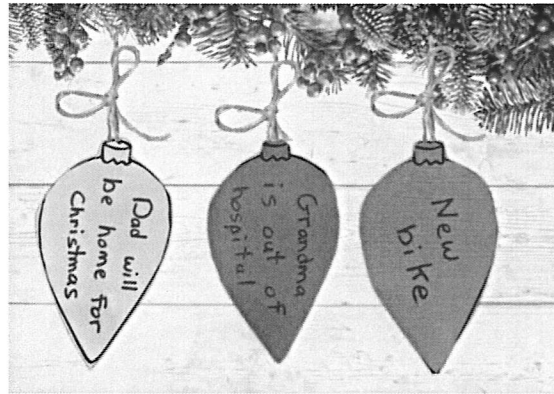
Gratitude: Helping kids show appreciation this holiday season.

We teach our children to say thank you because we want them to appreciate others and not take things for granted, but learning to be grateful can have other significant benefits. Practicing gratitude can help children and youth to empathize with others and build positive relationships. It also contributes to overall happiness! This holiday season, help your child to understand the importance of gratitude and find meaningful ways to express gratitude as a family. Here are some tips:

Show examples of gratitude by offering a genuine “thank you” to others or pointing out acts of generosity. Your children watch and learn from you so be sure to express how these acts of gratitude make you feel.

Let children choose how they want to show their gratitude. Work with your child to find a way of expressing gratitude that is meaningful to them. It could be linked to a special interest like drawing or baking. Let your child know that you are proud of them for expressing gratitude.

Make gratitude a daily practice by setting time aside for each member of the family to express what they are grateful for. Share verbally as a family or be creative! Write what you are grateful for on a cookie, ornament or decoration or create your own family gratitude tree or wreath!



This content was developed from the Child Mind Institute website. Visit <https://childmind.org/article/10-tips-raising-grateful-kids/> for the full article and for more children’s mental health articles.

Looking for mental health support in your community? Visit the Mental Health and Wellness pages of the Upper Canada District School Website where you will find a [list of community supports and services](#) by community.

Provided by the Upper Canada District School Board, Student Mental Health and Wellness Department.

November 22, 2023

Dear Parent/Guardian,

RE: How to Protect Yourself and Your Children from Respiratory Illnesses

As we head further into the fall season and start spending more time indoors, the number of people affected by respiratory illnesses like the common cold, the flu, respiratory syncytial virus (RSV), and COVID-19 increases. However, there are measures you can take to help prevent the spread of viruses and keep your family healthy this respiratory illness season.

Staying Up to Date on Immunizations

Respiratory viruses can cause serious illness in children and individuals who are immunocompromised. The flu and COVID-19 vaccines are the best way to protect yourself and your children and are available for everyone aged 6 months and older. The vaccines are available through your healthcare provider and local pharmacies. Appointments may also be available through your local public health unit.

For more information on receiving a flu or COVID-19 vaccine in your region, visit:

- Leeds, Grenville & Lanark Region: <https://healthunit.org/health-information/immunization/>
- SDG, P-R, and the City of Cornwall: <https://eohu.ca/en/my-health/flu-season-is-near-now-s-the-time-to-get-your-flu-shot> for information about the flu vaccine and <https://eohu.ca/en/covid/list-of-upcoming-covid-19-vaccination-clinics> for information about the COVID-19 vaccine.

Other Measures to Prevent the Spread

Besides making sure your children are up to date on their immunizations, remind them to take the following measures to help prevent the spread of respiratory illnesses:

- Cover their mouth with their sleeve or elbow when they cough or sneeze, not their hands.
- Wash their hands frequently with soap and water. If they don't have soap and water, they can use hand sanitizer to clean their hands.
- Avoid touching their face, including their nose, mouth, and eyes with unwashed hands.
- Stay home if they're feeling sick and complete the [self-assessment tool](#) for guidance on returning to school. They should also avoid spending time with individuals who are at higher risk of severe illness, including young children and infants, older adults and anyone who is immunocompromised.
- Wear a mask if they must go out while sick and avoid non-essential activities where they need to remove their mask. When symptoms have improved and they return to their regular activities, they should wear a mask for a period of 10 days from symptom onset.

It's also important for parents to keep in mind that respiratory illnesses pose a bigger threat to young children and infants, so try to keep them away from large crowds as much as possible.

How to Treat Respiratory Illnesses

Despite taking all the recommended measures, your children may still get sick from time to time. In most cases, respiratory illnesses can be treated at home using over the counter medications. If their symptoms persist or worsen, contact their healthcare provider, or call 811 to speak to a registered nurse. The service is available 24 hours a day, 7 days a week.

If your child starts experiencing the following symptoms, call 911 or take them to an emergency room immediately:

- Working hard to breathe
- Bluish skin
- Unable to breastfeed or drink
- Very sleepy or difficult to wake
- Peeing less than usual
- Fever with rash

.../2

- Seizures or convulsions
- Fever in an infant younger than 3 months

For more information about how to keep your family healthy this respiratory illness season, visit EOHU.ca/Respiratory and healthunit.org/health-information/covid-19. We also encourage you to consult the attached **Prevent the Spread of Respiratory Illnesses!** factsheet.

Kind Regards,

Original signed by:

Dr. Paul Roumeliotis, MD, CM, MPH, FRCP(C), CCPE

Medical Officer of Health and Chief Executive Officer, Eastern Ontario Health Unit

Dr. Linna Li, MD, FRCPC

Medical Officer of Health and Chief Executive Officer, Leeds, Grenville and Lanark District Health Unit



PREVENT THE SPREAD OF RESPIRATORY ILLNESSES!

As the weather cools and we start spending more time indoors, the number of people affected by respiratory illnesses like the common cold, the flu, respiratory syncytial virus (RSV), and COVID-19 increases.

You can help prevent the spread with simple actions.

TIPS TO DECREASE YOUR CHANCES OF GETTING SICK:



- Wash your hands frequently with soap and water. Use hand sanitizer if you don't have soap and water.



- Avoid touching your eyes, nose, and mouth with unwashed hands.



- Wear a mask and avoid non-essential activities where you need to take off your mask.

- Disinfect commonly touched areas, like door handles and counters.

- Stay up to date on your immunizations, including the flu shot and COVID-19 vaccine (both available to people 6 months of age and older).

- For more information on receiving a flu or COVID-19 vaccine in your region, visit:

- **Leeds, Grenville & Lanark Region:**
<https://healthunit.org/health-information/immunization/>
- **SDG, P-R, and the City of Cornwall:**
<https://eohu.ca/en/my-health/flu-season-is-near-now-s-the-time-to-get-your-flu-shot> for information about the flu vaccine and <https://eohu.ca/en/covid/list-of-upcoming-covid-19-vaccination-clinics> for information about the COVID-19 vaccine

RESPIRATORY ILLNESS TREATMENT:



- In most cases, respiratory illnesses can be treated at home using over the counter medications.



- If your symptoms persist and you are concerned, or to inquire about your eligibility for Paxlovid antivirals, contact your healthcare provider or call 811 to speak to a registered nurse 24/7.



- If symptoms worsen and you start experiencing the following symptoms, call 911 or visit an emergency room immediately:

- Shortness of breath
- Chest pain
- Loss of consciousness
- Confusion



- If children start experiencing the following symptoms, call 911 or take them to an emergency room immediately:

- Working hard to breathe
- Bluish skin
- Unable to breastfeed or drink
- Very sleepy or difficult to wake
- Peeing less than usual
- Fever with rash
- Seizures or convulsions
- Fever in an infant younger than 3 months

TIPS TO PREVENT SPREADING ILLNESSES TO OTHERS:



- Cover your mouth with your sleeve or elbow when you cough or sneeze, not your hands.



- If you must go out while you're sick, wear a mask and avoid non-essential activities where you need to take off your mask. Continue this for 10 days after symptom onset.



- When sick, don't spend time with individuals who are at higher risk of severe illness, such as children under 5, older adults (over 60), and anyone with underlying medical conditions or who is immunocompromised.



FOR MORE INFORMATION, VISIT:



EOHU.ca/Respiratory

1 800 267-7120



healthunit.org/health-information/covid-19

1-800-660-5853

If you require this information in an alternate format, please call 1 800 267-7120 and press 0.