



Nationview Public School

3045 County Road 1, South Mountain Ontario



Ms. Candy Campbell, Principal
Mrs. Lois Serviss, Office Administrator

March 2024

Telephone: (613) 989-2600

Principal's Message

Throughout the month of February, Nationview students at all levels have been learning about the valuable contributions of all members of our society and have been actively engaged in Black History Month Celebrations.

Ending the month, we joined together to recognize Pink Shirt Day. Several classes participated in the Pink Shirt Day Canada interactive show led by the WITS Foundation. We learned how all forms of kindness

contribute to building an inclusive and connected community.

We continue to have a 'green' focus, as we grow vegetables in our indoor Zip Gardens. Stay tuned for details about a Spring Plant Sale—last year's was a huge success and our Garden Team is hard at work planning for planting!

Primary students and several staff members have been very busy crafting keychains in support of the fundraiser led by students in rooms 14 and 15. Their store was open to shoppers this week, and they are thrilled to share that just in keychain sales, they have raised \$728 towards manipulatives for the students at Eabamatoong First Nation School, who sadly lost their school to fire in January. We are so grateful to everyone who created keychains, purchased keychains, and donated school supplies or money. This is certainly another example of Nationview Knights 'Sprinkling Kindness!' Well done Knights!

Roots of Empathy



During the month of February the Kindergarten students in room 4 were learning about sleep during our Roots of Empathy visits. We talked about how people like to sleep (example back, side, or tummy). We may need an object (examples stuffies, blanket, etc.) to help us get to sleep. How we feel when we do not get enough sleep? How may parents feel when they do not get enough sleep? No matter what age you are we all require sleep. Everyone has their own unique way of sleeping.

Baby is growing. The yellow cubes show how big he was on his first visit and the red cubes show how much he has grown in a short period of time. A friend is laying beside the cubes to show how much he has grown!



March

Upcoming Dates:

March 11-15 March Break

March 20— 5:00 pm School Council

March 21 —World Down Syndrome Day—
Rock your Socks and celebrate human uniqueness

March 28— Character Assembly 11am

March 29- Good Friday—no school

April 18- School Council 5pm

Hot Lunch sales open on MyFamilyRoom on March 7th and close on March 21st

School Council

Our next meeting is March 20th at 5:00pm at the school. Please let us know if you're coming. In case of poor weather, meetings move online to TEAMS. You can also join us by TEAMS, if you can't attend in person. Please email: candy.campbell@ucdsb.on.ca

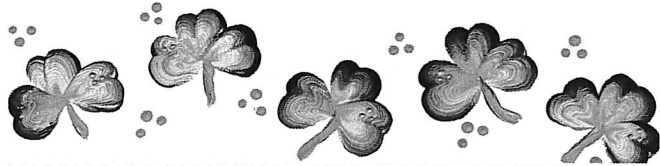




Coming Soon!!

Nationview School Council
will be offering everyone's
**FAVOURITE FUNDRAISER—
LITTLE CAESARS!!!**

More information coming
before March break, in time
to make room in the family
freezer.



The W.I.T.S. Program

- Walk Away
- Ignore
- Talk it Out
- Seek Help

Seek Help is a key piece. Sometimes students need help using the other strategies, and sometimes the problem continues. This is when it's important to seek help from an adult or trusted friend.

The WITS programs are proven to reduce peer victimization (bullying), and have been started in over 1400 elementary schools in Canada and now also in the USA and Europe. Over a hundred thousand children have learned to use their WITS to prevent victimization.

Learn more here-

<https://witsprogram.ca/families/witsathome/>



Several students were recognized at a special school assembly on Thursday February 22nd to give out the awards from the annual Royal Canadian Legion youth poster and poem contest. Through this program the next generation learns about Canadian contributions to peace around the world. Mr. Mike Hayes from Legion Branch 108 awarded students in grades 1 through 6 for colour poster, black and white poster and poems. Two students who won first place at the local level had their art work move on to the District level where they also won prizes. Mr. Hayes also presented Nationview Public School with a "School Program- Poppy Appreciation Award" to recognize the school's efforts in promoting education about the importance of remembrance.



Did you know that nominations
for the
**2023-24 Service Excellence
Awards**
are being accepted from now
**until Friday, March 29,
2024?**

- Do you want to recognize a UCDSB staff member who has made a significant impact on your student, on you or other parents? Maybe they:
 - help build a culture of care at their site,
 - make you and others feel valued,
 - provide individualized care to their students or colleagues, and/or
 - collaborate effectively with others.

This link provides more information about the Awards, 2023-24 recognitions, and a nomination link:

https://www.ucdsb.on.ca/our_board/recognition_awards/service_excellence_award

SECURE SOCIAL MEDIA: Empowering Parents in Navigating Online Safety for Youth

A free workshop with 4 options to attend

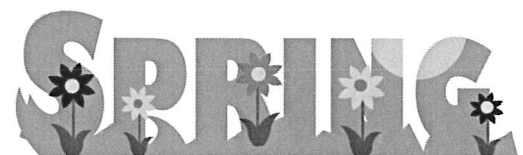


Wednesday February 28th South Stormont Hall	Tuesday March 5th South Mountain Community Hall	Thursday March 21st Cornwall Public Library & Virtually	Thursday April 4th Glengarry Inter-Agency Group Alexandria
--	--	---	---

All workshops run from 5:30pm to 7:30pm
Includes complimentary meal
Childcare & youth activities available



To learn more visit: sdccornwall.ca/secure-social-media



February 23, 2024

Dear Parent/Guardian:

The Eastern Ontario Health Unit (EOHU) would like to alert you to the increase in measles cases across the globe, and to remind you of the importance of your child's routine immunization in protecting against illness.

In December 2023, the World Health Organization reported a large increase in measles cases in Europe. The Pan-American Health Organization has also recently reported measles cases in the Americas, from travel to other countries. There are currently four active cases of measles in Canada, with two cases in Ontario, in the Region of Peel and the City of Toronto.

Measles is not considered a normally circulating illness in Canada. However, measles outbreaks can happen when someone who is more at risk of getting the disease, such as someone who is unvaccinated, travels to a country where measles circulates. They then return to Canada and can spread the illness to their contacts.

As we approach March break, we are reminding you of the importance of vaccination as a preventative measure against certain illnesses, such as measles. We are asking you to make sure you and your child(ren) are up to date on immunizations, including the measles vaccine (MMR), especially if you are planning to travel. In Ontario, children receive two doses of the MMR vaccine, the first dose on or after their first birthday, and the second dose between the ages of 4 and 6 years old.

If you or your child are not up to date on your vaccinations, contact your health care provider to receive missing immunizations. Residents without a health care provider can also receive their routine immunizations at the EOHU.

If you or a member of your family are experiencing symptoms of measles after returning home from travel or believe you may have been in contact with someone with measles, please contact your health care provider or the EOHU at 613-933-1375 or 1-800-267-7120.

Thank you,

Carolyn Armstrong,
Program Manager, Immunization



CORNWALL • ALEXANDRIA • CASSELMAN • HAWKESBURY • ROCKLAND • WINCHESTER

EOHU.ca • 1 800 267-7120 • BSEO.ca

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

Si les renseignements sont requis dans un autre format, veuillez appeler au 1 800 267-7120 et faire le 0.



FOR IMMEDIATE RELEASE

Secure Social Media: Empowering Parents in Navigating Online Safety for Youth

The Social Development Council and its partners are pleased to announce a comprehensive workshop designed to educate parents on the potential risks associated with social media. The workshop will focus on equipping parents with the knowledge and tools to recognize signs of danger, particularly concerning human trafficking, internet child exploitation, and issues related to healthy relationships.

In an era where technology is an integral part of our daily lives, children and teenagers are increasingly exposed to the potential dangers lurking in the digital realm. The workshop aims to empower parents with the information they need to navigate these challenges, fostering a safe and supportive environment for their children.

To ensure the workshop is accessible to parents and guardians during their busy schedules it will be offered in 4 locations across the region.

Wednesday February 28th: South Stormont Hall - 2 Mille Roches Road Long Sault ON

Tuesday March 5th: South Mountain Community Hall - 2967 Lough Rd, South Mountain, ON

Thursday March 21st: Cornwall Public Library - 45 Second St E, Cornwall, ON

Thursday April 4th: Glengarry Inter-Agency Group - 580 Main St S, Alexandria, ON

Each workshop session is scheduled from 5:30 pm to 7:30 pm and will feature concurrent child care and youth activities in a designated room facilitated by BGC Cornwall SDG Staff. Additionally, a complimentary meal will be provided for both parents and children, eliminating potential barriers to attendance and ensuring a seamless experience for all participants.

If parents still can not attend in person, the workshop at the Cornwall Public Library on Thursday March 21st will be offered in a hybrid format and all who register will receive a link to participate via Zoom.

These free workshops are made possible by the generosity of le Centre de santé communautaire de l'Estrie (CSCE).

The workshop will feature expert speakers from local services such as Victim Services of S.D.G. & A, and Maison Baldwin House. Attendees will have the opportunity to engage in discussions, ask questions, and gain practical insights to implement in their parenting approach.

The Youth Wellness Hub will also be present with information on the many community resources available to you and your children.

Registration at the following link is strongly encouraged: <https://forms.gle/EeaHa24hnamm45kv9>

For more information please contact Carilyne Hébert, Executive Director of the Social Development Council of Cornwall and Area at chebert@sdccornwall.ca or 613-930-0211.

These workshops are part of the Vibrant Communities; Our Safety and Well-being Plan. to learn more visit: <https://sdccornwall.ca/vc-plan/>

Winter Mental Health Tips



1 Thinking About Gratitude

As a family, think of the things you are grateful for. For younger kids, try helping them journal their feelings using colours.



2 Stay Connected

Help your kids stay connected with friends, whether that be virtually or in-person. Create opportunities to help them keep in touch.



3 Let Your Kids Help Make Plans

Collaborate with your kids on activities to stay busy. Ask if they want to try anything new or to teach you something like a game or other interest.



4 Embrace Winter & Stay Active

Winter offers so many opportunities to stay active by enjoying all the cold-weather activities. As a family, go sledding, ice skating, skiing, or build a snow man!



5 Keep Healthy Habits and Routines

Prioritizing healthy habits such as getting enough sleep, eating healthily, and exercising regularly will help to keep your family mentally healthy.



6 Self Care for Parents & Caregivers

It is important for parents and caregivers to keep up with self-care and take time for themselves. Check in with your own mental health and reach out if you need support.



7 Reach Out

It's okay to ask for help if you, your family member, or child is struggling. Help is available from child and youth mental health professionals who can talk to your child or you, or both.

To find local supports & services near you, go to www.ucdsb.on.ca



- Click "For Students"
 - "Mental Health & Well-Being"
 - "Community Supports & Services"

MARCH 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 	2
3 	4 JR boys Basketball Tournament 	5 	6 	7 Orders open for APR	8 	9
10	11 	12	13 	14 	15	16
17 	18 	19 	20 	21 	22 Wacky hair day 	23
24 	25 	26 	27 	28 Character Assembly 11:00 Spirit day! School Colours Red, White and Black	29 Good Friday no school	30
31						