



News to Families

March 28th, 2024

1.Thank-you: We would like to extend a big thank-you to all volunteers who helped make our clothing swap, games donation, and book fair a successful evening on March 26th. Your commitment and time are most appreciated.

2.Attendance: Our school staff are excited to welcome your child(ren) to school each day, filled with opportunities to learn and engage!

As we head into the final months of the school year, we want to make sure you know that getting into the habit of daily attendance is more important than ever.

Good attendance helps to:

- Build routines that help reduce stress.
- Make new friends or reconnect with their friends and teachers.
- Engage in learning.
- Gain access to fun activities and extracurriculars

Missing 10%, or more than two days a month, can impact a child’s learning, social development and take them off track for developing attendance habits critical to success in school. Attending school every day means success for your child. Please reach out to the school with any questions or for support so that we can help our students have a successful year.

3.Sikh Community Engagement Event:

- What: Sikh Community Engagement Session
- When: April 17, 2024; 5:00 – 7:00 p.m.
- Where: College Avenue Secondary School (700 College Ave, Woodstock, ON)
- Who: Any and all members of the Sikh Community connected to TVDSB are invited to attend.
- How: Register at the following link:

https://tvdsb.ca1.qualtrics.com/jfe/form/SV_8v85IUIObtSOEZO

- Description: The Sikh Community Engagement Session is for Sikh students, families, and community members in London, ON. The session will be an opportunity for Sikh individuals in the community to share their thoughts, feedback, and experiences in TVDSB schools. A free meal will be provided to all attendees. Please see the poster for the session here.

4.Potato Book Character Contest: Congratulations to all our sharks and their families on their creative efforts toward our first potato book character contest. The submissions were outstanding, and our students had fun talking about their favourite book characters and stories they connect with.



5. Empathy and Caring:



Empathy is a skill that can be learned!

Talking about the feelings and different perspectives of others regularly can help children develop empathy

- Try asking your child these questions about their day or when you are reading together:
 - *What made you happy or sad today?*
 - *How do you think [person] felt about [situation]?*
 - *How would you feel in this situation?*
 - *How might someone else feel differently?*
- Empathy is hard when we are stressed. Here are some mindfulness strategies that can help your child manage their stress: colouring, music, art, deep breathing or stretching

Your care and support models empathy for your child every day!

  @mlhealthunit

 BUREAU DE SANTÉ DE MIDDLESEX-LONDON
HEALTH UNIT
www.healthunit.com

Information sources can be found on our website at: <https://www.healthunit.com/school-health-newsletter-inserts>

Upcoming Dates:

March 28th: Cinnabon orders go home today.

March 29th: Good Friday – no classes

April 1st: Easter Monday – no classes

April 2nd: spirit day – wear blue

April 2nd/4th: SC Hot Lunch

April 5th: Spirit Day: fun hat day

April 8th: PA Day – no classes

April 8th: SC/H&S 7:00 LLC

April 9th/11th: SC Hot Lunch

April 17th-30th: Everyone Belongs Student Survey (more info coming home next week)

April 16th/18th: SC Hot Lunch

April 22nd: Earth Day (wear blue and green)

April 23rd/25th: SC Hot Lunch

April 25th: Volunteer Appreciation Social

April 29th: Grade 7 Immunizations

April 30th/May 1st: Hot Lunch



@stoneybsharks