




PRINCIPAL'S MESSAGE

What a wonderful first month of school! I am really enjoying getting to know the staff, students, and families here at Lyn PS! Our educators have been busy conducting baseline assessments with students to plan for literacy and numeracy instruction. This assessment data will enable the educators to target specific skills that each child needs for success. The children in grades 3-6 have been challenging themselves in cross country training sessions. The team is looking forward to attending meets in October!

I would like to thank all of the families that were able to join us in September for Open House, School Council, Fall Fair, and our Terry Fox Event. It has been great to meet everyone and see the fantastic community support of our school.

Please don't hesitate to reach out to me with any questions or concerns!



On Friday, September 30th, we participated in Orange Shirt Day. On this day, we talked about how Canadians wear an orange shirt to demonstrate their commitment to reconciliation by opening and continuing the dialogue about residential schooling. We believe, as educators, it is important that students are aware of this, beginning in the early grades, and lessons focus on what it means 'to matter' and how all children matter in our communities, with a particular focus on Indigenous children and the impact of residential schools. All lessons have been developed to allow for an age appropriate understanding of National Truth and Reconciliation Day.

Terry Fox School Run

On September 23rd our students participated in the Terry Fox School Run. It was great to see everyone outside together and so many parents that were able to join us! Thanks to everyone for the donations this year! We raised approximately \$1200!



Halloween at Lyn PS

We are thrilled to be able to celebrate Halloween with our students this year. We know this is an exciting and fun time for our students so we will be having a whole school Halloween parade and teachers will be planning activities for their own classes.



- Students **must wear their costumes to school and leave them on all day**. Therefore, costumes should be comfortable.
- Students can choose to wear orange and black instead of a costume.
- Props or accessories **may not** accompany the costume. Please avoid a costume that has accessories that students will want to remove or parts that need to be removed for a student to sit.
- If you wish to send in treats for sharing or distribution, please ensure they are individually packaged and nut free.

October is Child Abuse Prevention Month

Staff and students are asked to wear purple on October 27th as a way of collectively speaking up and sharing the message that child abuse and neglect can be prevented and that help is available. This day allows us to have important conversations with our students about safety and well-being, and how to identify helping adults in our community.



Emergency Procedures

We have three emergency codes that we teach our students. *Shelter in Place, Hold and Secure, and Lockdown.* We also practice fire drills three times in the fall and three times in the spring. We have reviewed these procedures with our students and we will continue to work with them in age-appropriate ways to help them understand why and when we use these codes. Similar to a 'Fire Drill', these codes must be understood and practised so that children know what to do in the event of an incident.

Bullying Prevention and Intervention

Bullying is defined as mean, aggressive, repeated behaviour that is intended to cause harm, fear or distress. This behaviour includes physical, verbal, electronic, written or other means. As part of our [school bullying prevention policy](#), the staff and students at Lyn use W.I.T.S. – a strategy that students can use to help with peer conflict. It provides a common language that children and adults at school can use to talk about and respond to peer conflict in a positive way. We encourage students to always Seek Help from an adult if using their WITS is not effective.



We met on Tuesday, September 13th. Allison Myre chaired the School Council meeting and Brandy Smith took the minutes. We will keep you apprised of school council activities on our Facebook page and our minutes will be posted to our school website. Our next meeting is scheduled for **Tuesday, October 11th at 6:30 pm.**

If you are interested in running for the School Council executive (chair, vice chair or secretary) please contact the school with your self-nomination by Friday, October 7th and we will vote at the next meeting. All parents/ guardians are welcome to attend our meetings. Please contact the school if you would like to attend the next school council meeting. Thank you!



Dental Screening is Back! The Health Unit's Oral Health Team will be providing dental screening at all elementary schools in Leeds, Grenville & Lanark during the 2022-2023 school year. At a minimum, dental screening will be offered to all JK, SK, and Grade 2 students. Watch for more information about school dental screening and when we plan to attend your child's school. If your child has urgent needs before this time, and it would be a financial hardship to cover the cost of dental treatment, contact the Oral Health Team to learn more about the Healthy Smiles Ontario (HSO) program. Call 1-800-660-5853 or visit: <https://healthunit.org/health-information/oralhealth/healthy-smiles-ontario/>.

Walktober is almost here! October is Walk to School Month. While the weather is still nice, consider walking your children to school instead of driving. This will create less traffic and pollution around the school contributing to safer school zones. Live too far away from the school? Try parking a block away from the school and walking the rest of the way. The active journey outside can reduce stress, depression, and anxiety, increase happiness and supports healthy brain development in children. You may also create some great memories with your kids along the way. For more information on active school travel and safety tips visit: <https://healthunit.org/healthinformation/physical-activity-rest/active-school-travel/>.

Fire Prevention Week



October 9th to 15th, 2022 is Fire Prevention Week across Canada! This year Fire Prevention Week focuses on "Fire won't Wait. Plan your Escape." Today's homes burn faster than ever. You may have as little as two minutes to safely escape a home fire from the time the smoke alarm sounds.





School Anxiety: Supporting children to get to school

As parents and caregivers, we know that it is important for children and youth to be at school. The school environment is not only important for academic learning, but also social-emotional learning around building and maintaining positive relationships, dealing with difficult emotions and problem solving. The school environment, however, can be hard for kids. If you missed the Upper Canada District School Board's [Tips for Supporting a Mentally Healthy Return to School](#), you can review on the Upper Canada District School Board (UCDSB) Facebook page or on the UCDSB website under Mental Health and Wellbeing. Children and youth who are experiencing anxiety have a tougher time in the school environment and may seek to avoid school altogether. When children and youth do not attend school, this leads to further isolation which will exasperate emotional problems. When children struggle, it impacts the whole family. We know how difficult this can be and the UCDSB is committed to creating welcoming, inclusive classroom environments and building meaningful relationships with students and their families so they feel more confident and connected at school. Here is what you can do at home to support your anxious child getting to school:

Focus on your relationship. It is important to build a trusting relationship with your child so they feel comfortable talking to you about the issues contributing to their anxiety and school avoidance so you can tackle the issues as a team. When your child says "I don't want to go to school" try saying "I know getting to school is hard for you, let's talk" rather than "I know, but you have to go" or "you'll be fine." Your efforts to provide reassurance might be seen as dismissive of their real concerns and could lead to further upset. According to Children's Mental Health Ontario (2021), it is helpful to "find out what they need or what they feel might make the school experience different. If we focus too much on our child's refusal, it can create tension and could become a power dynamic."

Take time to understand the issue. Explore with your child their worries about attending school, if your child states "I don't know why I don't want to go," you may consider wondering aloud. You might say "I wonder if there are any

kids at school that aren't nice to you" or discuss an experience you might have had as a child for example, "I remember feeling really worried that I wouldn't be able to find my classroom when I was a kid, I wonder if that is something you worry about.?" Taking time to explore the issue will help your child to see that you understand they are struggling and that you are there to support them

Be committed. Staying home is not an option. Getting your child to school is an important strategy for reducing school anxiety, even if it is for short periods. Not attending altogether is not an option, but there may be many things that could change to make attending more manageable. Try to validate your child's feelings using the strategies listed above before you jump into problem solving and be sure to set limits around what takes place when your child is home during school hours. This is time to do schoolwork or participate in constructive, meaningful activities. Children and youth who use this time to sleep or be on screens will have more difficulty re-entering the structured environment of school.

Try a scaffolding approach. Your child's journey to attending school consistently for the full day may be slow. It is important to set small manageable goals with your child to begin with. For example, the first step may be to drive to the school or have your child agree to attend their favorite class only.

Connect with the school. It is sometimes difficult to talk with others about the emotional challenges your family is experiencing, but it can be extremely helpful to inform your child's school staff that your child is having anxiety about school. Staff will be able to better understand the situation and can help in many ways. School can be a challenging environment for many students, but it is our hope that with wrap around support from family members, school staff, friends and, when needed, health or mental health care providers, your child will gain confidence and be able attend and feel more comfortable at school.

The above content was developed from Children's Mental Health Ontario's Family Care Centre website. Visit [School Refusal - Children's Mental Health Ontario \(www.family.cmho.org/school-refusal/org\)](http://www.family.cmho.org/school-refusal/org) for the full article and more children's mental health resources. 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.



October 2022



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2 	3	4	5 	6	7	8
9	10 	11 Cross Country Brockville School Council Meeting 6:30 PM	12	13	14	15
Fire Prevention Week						
16	17	18  IEPs Home Today	19 Cross Country Meet Maynard	20	21 School Photo Retake Day	22
23	24 	25	26 Cross Country Meet Brockville (Upper Canada Cup)	27 Wear Purple 	28	29
30	31 					

