



NEWSLETTER

The PRIDE of LYN



October was a great month at Lyn PS – we had lots of great learning and wrapped things up with our Halloween celebrations! Our outdoor Halloween parade was enjoyed by all. The weather cooperated and our students had so much fun showing off their costumes and taking in all of the other students' costumes! Thanks to Mrs. Bradford, Mr. McNish, and Mrs. Shupe for organizing the staff costume – dressing up as a staff to surprise the students as they arrive to school is one of our wonderful Lyn PS traditions!

The days are getting colder and shorter, it seems like winter is on its way! Please ensure that children are dressed appropriately for the weather each day – mittens, hats, warm coats, extra socks, and outdoor footwear. During the month of November, we will be learning about peace and kindness together.



Every public school board in Ontario is now required to collect identity-based data about students, in compliance with the Anti-Racism Act, 2017. The UCDSB has developed the We All Belong Student Survey, which is an opportunity for students to **share their voices and opinions** and help to create more inclusive schools and programs. Students and families will receive additional information about the survey over the next few weeks.

Elementary Progress Reports

Parents will be provided with an Elementary Progress Report for students on November 10th. The purpose of the Progress Report is to communicate a student's development of learning skills and work habits during the fall of the school year, as well as the achievement of curriculum expectations in the different subject areas. You are encouraged to contact your child's teacher directly if you would like to discuss your child's progress. Improved student achievement and well-being are our primary goals.

Supporting Social Emotional Learning at Home

Social-Emotional Learning is the development of skills that help us become more self-aware and better able to manage difficult emotions and situations. Social and emotional skill building contributes to success in relationships, improved ability to solve problems, reduced anxiety, improved mood and improved academic performance. We work to build these skills in the classroom, here's a fun way to work on social emotional skills at home!

Try making a Kindness Jar at home! Here's how:

- Gather a large see-through jar and items such as marbles or jellybeans (or any small item you have a collection of in the house).
- Talk about what an act of kindness is (e.g., sharing a toy with a sibling)
- Add a marble, jellybean, etc. to the jar for each kind act that someone notices someone else doing.
- Share with each other when an "act of kindness" is noticed.

The sharing can happen when the family is together, such as during a meal.





Nutrition for Kids Program

Thanks to funding from the Ministry of Children, Community and Social Services and under the umbrella of (HEBL/N4K/FFL), our school is pleased to offer healthy food options to all students. Student Nutrition Programs (SNPs) are a great way to provide students with nutritious food to fuel their minds and bodies. The program is something we believe in and pride ourselves in providing. We understand the important role that nutritious food plays in creating a better learning environment for our students. The Ministry of Children, Community and Social Services has created guidelines that our program follows to ensure that we are offering your child/children with the best possible food options. The Student Nutrition Program functions in collaboration with Community Development Coordinators from the Upper Canada Leger Centre for Education and Training to ensure that the Ministry guidelines are being followed and the SNP is running correctly. Our Student Nutrition Program is overseen and delivered entirely by staff volunteers who ensure that healthy food is available daily to all students in our school. We are always open to welcoming new helping hands and greatly appreciate the effort our volunteers put into our program. So many students benefit from this program, and we truly appreciate all the support. We all achieve more when we are well-nourished.

Student Personal Items at School

We ask for your support in limiting your child's personal items that are brought to school. Students should not bring toys, stuffed animals, trading cards or any other unnecessary personal items to school. We understand that, on occasion, their teacher may allow them to bring something to school for a special event (e.g., Stuffie for PJ Day or an item for Show and Tell). The school is not responsible for these personal items if they are lost, stolen or damaged. Thank you for your support.

Bullying Prevention and Intervention Week

November 20th – 26th is Bullying Awareness and Prevention Week in Ontario. At Lyn Public School, our students are learning about being kind to build an inclusive school community. Bullying awareness and prevention promotes the development of healthy relationships that involve kind and respectful interactions between people, face to face, and on-line. We believe that a sense of belonging and positive peer relationships leads to improved mental health, wellness, and achievement. We have many wonderful learning opportunities planned for our students and will celebrate our learning with a Spirt Week!

Our next School Council meeting will be on Tuesday, November 22nd at 6:30 pm. The meeting will be in person in the learning commons. If you would like to join virtually, please contact the main office and we will ensure that you receive a meeting invitation.

The ECO Christmas Store

We are accepting donations of gently used and new items for our ECO Christmas Store. Gift wrap and bags are helpful too!

Donations can be dropped off in the main office. The Christmas Store will be open on December 12th and 13th this year.



News From the Health Unit

Anxiety...stress...fear...common emotions our children and youth are dealing with these days. In fact, some experts would say these are on the rise.

Did You Know?







Triple P has the Fear-Less program to give parents and caregivers the skills and strategies to support their child or youth overcome fears and build confidence and resiliency. These sessions can be accessed in the following ways:

1. Virtual groups being offered through various agencies across ON – found at <https://www.triplepparenting.ca/ont-en/find-help/find-a-session/>
2. Online program where parents work at their own pace – info found at <https://www.triplep-parenting.ca/onten/find-help/fear-less-triple-p-online/>. Parents/caregivers can access this online program for FREE by calling the Health Unit at 1-800-660-5853 or emailing triplep@healthunit.org
3. Local group that will be offered either virtually or in-person – dates TBD
4. One-on-one with a local trained practitioner – Parent/caregivers can access this support for FREE by calling the Health Unit at 1-800-660-5853 or emailing triplep@healthunit.org



November 2022



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2 Grade 5/6 Soccer Tournament 	3	4	5
6	7 Treaties Recognition Week 7 th – 11 th	8	9 JK/SK & Grade 2 Dental Screening 	10 Progress Reports go home	11 Remembrance Day 	12
13 	14	15	16	17	18	19
20	21 Bullying Prevention Week Begins!	22 Crazy About Kindness – Crazy hat or hair day!  School Council Meeting 6:30 pm	23 Rainbow Day – Celebrate Diversity! 	24 Team Up for Kindness -Wear your Lyn Gear (or Green) 	25 PA Day	26
27	28	29	30			

