



NEWSLETTER

The PRIDE of LYN




PRINCIPAL'S MESSAGE

We have enjoyed some wonderful learning opportunities and spirit days during the month of November. Bullying Prevention and Awareness week with our focus on Kindness and belonging was a wonderful way to shine a light on how special our school really is. Students engaged in a whole school activity learning about kindness and celebrating what is unique and special about one another. Staff and students had a lot of fun with our spirit days. Our school team works hard to go above and beyond for our students, fostering a culture of care, modelling our values daily, and ensuring that all students belong.

Holiday spirit is building at Lyn! Our staff and grade 6 student council are busy planning spirit days and special events for the children. Check out our calendar for our school spirit days and follow our school Facebook page for reminders!



WE ALL BELONG

Student Survey

The We All Belong Survey is open and accepting responses until December 12th! If you haven't had a chance to fill it out, we encourage you to take 15 minutes and complete it with, or on behalf of, your child. All students in kindergarten to Grade 8 have been sent a personalized survey link to their school email address. Student email can be accessed from home at <http://my.ucdsb.ca>. Log in using the same email address and password that your child uses to log in to a school computer.

Most students are familiar with how to log into their email. If you have trouble logging in, please contact your child's classroom teacher directly. While this survey is voluntary, we hope that our students and families will take the time to complete it.

Managing Holiday Season Stress

With the holiday season approaching, some might be anticipating the joy, excitement, and togetherness that the season can bring. Others might be bracing themselves for the challenges that inevitably accompany the holidays. Expectations around the holidays can contribute to increased stress. Children's Mental Health Ontario offers these tips to help families through the holiday season:

1. Do what works for your family: Give yourself permission to prioritize mental health over holiday commitments. Try offering your child(ren) activities to choose from. Don't over commit your schedule and allow for personal time.

2. Plan early: Now is a good time to begin discussions with your child(ren) about holiday plans. Predictability reduces stress! Try letting your child(ren) be part of the planning. What do they feel is most important to do during the holidays.

3. Find a quiet space in a busy place: Identify a spot with your child(ren) that they can retreat to during holiday activities where they can calm down or re-group. Check in with your child(ren) regularly to see how they are doing and if quiet time might be needed.

4. Manage disappointment: Acknowledge with your child(ren) any disappointments that might occur during the holidays. Give kids a safe place to express themselves and provide validation and support.

5. Support through grief: The holidays can be especially hard for grieving families. Remembering your loved one, telling stories, and laughing about good times together are all ok to do, and can provide comfort. Working together to come up with ideas for memorializing your loved one over the holidays is another idea.

6. Take care of you - The holidays are stressful! Make sure that you are eating, sleeping, and making time for yourself as well. Take time when you need it and don't feel guilty about saying no when you need to. Children's Mental Health Ontario (2021). *Ready for the Holidays*. Family Care Centre. <https://www.family.cmho.org/mental-health-ready-for-the-holidays/>





Our next School Council meeting will be on Tuesday, January 17th 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 environmental stewards in so many ways here at Lyn! We don't just reduce and recycle...we reuse too! We are so grateful for all the donations of gently used and new items as well as the gift wrap and bags! The last day to send in donations for the store is December 8th. The Christmas Store will be open on December 12th & 13th. Be sure to send your child with a few dollars so they can buy gifts for the family!



News From the Health Unit - About Language Express

Looking for a parenting program that fits your schedule? Triple P offers three online programs:

1. Triple P Online – support for parents of young children (approximately 0-12 years)
2. Teen Triple P Online – support parents of pre-teens and teens (approximately 10-16 years)
3. Fear-Less Triple P – support for parents of anxious kids (6-14 years)

Registration is free by calling 1-800-660-5853 or emailing triplep@healthunit.org. For other parenting suggestions, visit www.triplep-parenting.ca. Parenting matters!

Noticing Mental Health Concerns: It is important to consider signs that could indicate that your child is struggling with an emerging or escalating mental health problem. Identifying problems early, and providing caring support, goes a long way towards prevention and/or worsening of difficulties. This [resource from School Mental Health Ontario](#) helps parents/caregivers with the following questions:

- How would I know that my child is experiencing a mental health problem?
- How can I get ready to approach my child if I am concerned?
- How can I talk to my child about mental health?
- What can I do to help if my child is struggling with their mental health?
- When should I reach out for additional help?
- How can I access professional mental health help for my child?

For a list of local mental health supports for children and youth visit: [COVID-19 Youth Resources - Leeds, Grenville and Lanark District Health Unit](#).

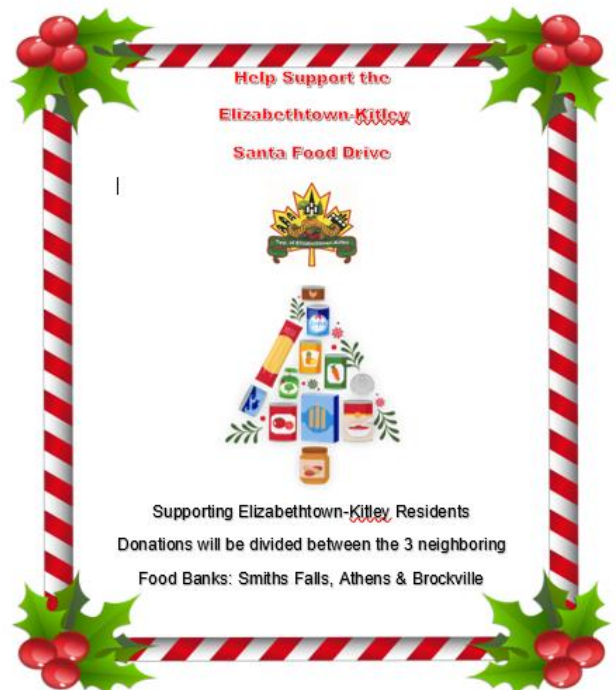
Holiday Concert

We are excited to announce that Lyn will host a holiday concert during the school day on Tuesday, December 20th (with a snow date of Wednesday, December 21st). The concert will highlight student talent in drama, dance, and music. Due to the limited space in our gymnasium, we will be having **two performances of the same concert**. The morning performance will start at 10:30 am and the afternoon show will start at 1:30 pm. **To make this event run smoothly, we are asking parents to attend only the performance that has been designated for their child/children's last name (A-J 10:30 am) and (K-Z 1:30 pm)**. If you have children with different last names, please choose only one session to attend.

Due to our gym capacity and on-going concern for health and safety we must limit the number of guests attending to parents/guardians only (we cannot accommodate extended family). Following Health Unit guidelines, we strongly encourage all attendees to wear a mask to help keep everyone safe. We will continue to monitor our rate of illness and a decision to switch to a virtual concert will be communicated closer to the date if necessary.



Lyn PS will be collecting non-perishable food items from November 28th to December 9th in support of the Elizabethtown-Kitley Santa Food Drive. Santa will be at Lyn on December 12th to collect the donated items. Thank you in advance for your support.





December 2022



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
28 Santa Food Drive Begins	29	30	31	1	2 "Wrap The Door" Decorating Day 	3
4	5 Candy Cane Grams for Sale	6 	7	8 Last Day for Christmas Store Donations	9 Dress Like a Candy Cane Spirit Day (Red & White) 	10
11	12 Christmas Store Santa Visit for Food Drive Collection	13 Christmas Store 	14	15 Grade 5/6 Volleyball Tournament 	16 Holiday Wear Spirit Day (hats, socks, sweaters) 	17
18 Hanukkah Begins 	19	20 Holiday Concert A-J @ 10:30 am K-Z @ 1:30 pm 	21	22 Holiday Band Concert 7:00 pm 	23 Holiday PJ Spirit Day 	24
25 	26 Kwanzaa Begins 	27	28	29	30	31 

