



NEWSLETTER

The PRIDE of LYN




PRINCIPAL'S MESSAGE

I want to take this opportunity to wish everyone a Happy New Year! It is hard to believe we are now in the year 2023! We hope that all of our families had time over the holiday to relax and spend time together. Our Lyn family is looking forward to a wonderful year of learning together in 2023!



SCHOOL COUNCIL NEWS

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.

NUT FREE School Policy

We would like to remind you that we are a **NUT FREE** school. There are children in our school with life-threatening allergies to nuts. This is a medical condition (anaphylaxis) that causes a severe reaction to specific foods that can result in death within minutes.



Peanut butter or products containing nuts of any kind at school are not permitted. Imitation peanut butter or any soy butter is also not permitted in the school as it is hard to differentiate these products from peanut butter or nut spreads. Items from a bulk food store should not be sent to school as there is potential for cross-contamination. Cross-contamination occurs when a safe food comes in contact with a food allergen such as nuts. For those with severe food allergies, eating even the slightest trace of an allergic food can cause a potentially life threatening or fatal reaction. We thank you for your cooperation to maintain this **nut-free policy** and help keep our students with severe allergies safe.

2023 Kindergarten Registration

It is time to start thinking about kindergarten registration for next year. Families who are interested in registering their child for kindergarten by visiting www.myfamilyroom.ca. **When should I register my child for kindergarten?** If your child will be 4 or 5 years old by December 31, 2023, then it is time to register.

What to Expect on a Snow Day:

On days when school transportation is cancelled due to inclement weather, please follow these procedures:

For students coming to school:

- There will be no staff outside on crosswalk duty on snow days. Upon arrival (after 9:15 am) walk your child to the front door where they will enter and go directly to their classroom.
- Pick up your child at 3:30 pm **at the front door**. We will not be walking children to the crosswalk or allowing curbside pick-up on snow days.
- If you are earlier than 3:30 pm, ring the buzzer to let the office know you are picking up your child.
- For those students in before or after school daycare, it is available on snow days.

For students staying home:

- Your child's teacher has provided practice activities to complete during a snow day. They are either located on the online class Teams site, sent in an email, or previously sent home in a folder. These activities are **OPTIONAL**.
- If your child **takes a bus in the morning**, you **DO NOT** need to contact the office to let us know your child will not be at school.
- If your child is **driven to school every morning**, you **DO** need to contact the office and let us know your child is not coming to school. Please put your child's absence in My Family Room, email Kayla at kayla.miller@ucdsb.on.ca or call 613-345-1242.



Stress: How to help the young person in your life



Stress is a response to the demands of everyday life. Stress is common and can be positive because it can bring energy and motivate you to do things. However, too much stress, or feeling stressed all of the time, can take a toll on mental and physical health and well-being.

Common stressors for young people include:

- School work, tests, exams
- Family and friends
- Financial stress within the family
- Gender and sexuality
- Struggles with substance abuse (individually or within the family)
- Feeling isolated
- Physical health
- Body image

Kids Help Phone offers some suggestions for talking to the young people in your life about stress.

Start a conversation:

- LISTEN and try not to rush into problem-solving
- Empathize with the young person
- Normalize the feelings of stress – stress is a typical part of life. It can motivate us to improve ourselves and accomplish what we need to do in a day.

Find out more about the ways stress is impacting the young person. You can ask:

- “On a scale of one to ten (where one is not stressed at all and ten is stressed to the max), how stressed are you right now?”
- “Where in your body do you notice stress?” (Listen for symptoms, such as difficulty sleeping, headaches, stomach aches and muscle tension)
- “When did the stress start? How often do you notice it? How does it impact you?”
- “On a scale of one to ten (where one is no control and ten is total control), how much do you feel you have control over your stress?”
- “What have you been doing to cope with stress?” (Listen and look for negative coping strategies, such as avoiding tasks, drinking alcohol, isolation, etc.)

Encourage the young person to establish priorities:

- If they have control over what is causing them stress (like studying for a test), encourage making a plan
- Suggest that they create timelines that also include stress-reducing activities and sleep.
- Help them to identify people who can support them. Ask: “Is there someone in your life who can help you with your commitments?”

Encourage “positive self-talk” Help the young person to:

- Focus on the facts
- Give themselves credit for each success, big or small
- Show themselves compassion
- Praise themselves for all of their good qualities
- Avoid words such as “should,” “ought to,” “must,” and “have to”

Share ideas for building a healthy and balanced routine with the young person:

- Practice deep breathing and relaxation techniques
- Engage in active time management and scheduling, including building in time for self-care
- Avoid overcommitment
- Eat a health diet (if this is available to you)
- Engage in regular physical activity
- Spend time in nature
- Engage in artistic practice (such as journaling, drawing, photography, or music)
- Participate in cultural activities (such as dancing or drumming)
- Promote the establishment of healthy sleep patterns
- Limit screen time, especially just before sleeping
- Spend time with friends and family

Access the complete Kids Help Phone article *Stress: How to help the young person in your life* at: <https://kidshelpphone.ca/get-info/stress-how-to-help-the-young-person-in-your-life/>

January 2023



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 	2	3	4	5	6	7
8	9 Welcome Back!	10	11	12	13 PJ & Hot Chocolate Spirt Day 	14
15	16	17 School Council Meeting 6:30 pm	18	19	20	21
22 	23	24	25	26	27 	28
29	30	31 Hot Dog Day 	1 			

