



# NEWSLETTER

## The PRIDE of LYN




## PRINCIPAL'S MESSAGE

January has been a great month at Lyn! The students have embraced 2023 and are setting many new goals for their learning. The children have been flexible and resilient with cold weather, snow days, and icy conditions on the yard. We hope the month of February brings better weather as well as exciting learning opportunities for our students here at Lyn! Term one report cards will be sent home on February 16<sup>th</sup>. Please contact the school to speak with your child's teacher if you have questions regarding progress or achievement.

### Outdoor Recess in Cold Weather

A reminder to families that we have 3 recess breaks during our school day: 15 minutes in the morning, 40 minutes mid-day, and 15 minutes at the end of the day. It is vital that students come to school prepared with **proper winter clothing** so they can remain outdoors in colder temperatures. The following table indicates the expected action for schools based on temperature regarding outdoor routines and recess:

Outdoor Temperature with Wind Chill Factor	Action Regarding Outdoor Routines/Recess
Up to -20° with wind chill	Regular routine of outdoor recess/activities
-20° to -25° with wind chill	Principal discretion -may consider shorter outdoor exposure period
-25° or colder with wind chill	Cancellation of outdoor recess/activities

We closely monitor our students during outdoor play if the temperature reaches these levels with the wind chill. We communicate with our supervising staff and are prepared to bring our students inside if there is an indication that the exposure to the cold is putting our students at risk. Our staff also remind students to wear the outdoor clothing that is sent with them to school.

### Kindergarten Registration

We have started JK registration for September 2023. If you, or someone you know, have a child in the Lyn PS catchment area who will be 4 years old by the end of December 2023 (Junior Kindergarten), we encourage early registration by completing the forms online in [MyFamilyRoom](#). If you have any questions, please feel free to contact the school at 613-345-1242. We are hosting a virtual information session for families on Thursday, February 9<sup>th</sup> at 6:30 pm on MS Teams.

### Kindness Counts!



Our school kindness focus has continued into 2023. Students are developing social emotional skills and learning how to treat others with kindness. Random Acts of Kindness Day is February 17<sup>th</sup> – help make kindness the norm!

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### Pink Shirt Day



Pink Shirt Day is when many people worldwide wear pink shirts to prevent bullying. It's a day to recognize those who have been bullied and to stand up for them. On this day, we all stand united to stop bullying by wearing a pink shirt! This year, Pink Shirt Day is on February 22<sup>nd</sup>.

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### Grade 6 Virtual Transition Meeting and Open House

Brockville Collegiate Institute and Thousand Islands Secondary School will be virtually visiting Grade 6 classrooms in the coming weeks. These meetings will provide students with an opportunity to learn more about the life of an Intermediate student and to learn about the opportunities that both TISS and BCI have to offer. Grade 6 families can attend the Open House sessions on Wednesday, February 8<sup>th</sup> at TIS (5:00 pm) and BCI (6:30 pm).



## Black History Month



UCDSB schools make efforts throughout the year to celebrate the valuable contributions of all Canadians. The communities that we serve are more diverse than ever before and it is very important that all students, staff, and families see themselves reflected in our schools and school curriculum.

February is Black History Month across Canada. Our students will be celebrating Black History Month in many different ways. Here are some things you can do at home:

- Read books, graphic novels, and poetry by Black authors
- Learn the history of Black History Month (check out [www.cbc.ca/kids](http://www.cbc.ca/kids))
- Watch the Heritage Minutes stories of Chloe Cooley, Jackie Shane, and Richard Pierpoint on Histoica Canada ([www.historicacanada.ca/heritageminutes](http://www.historicacanada.ca/heritageminutes))

## BACES: STEPS TO POSITIVE MENTAL HEALTH

**Body** Taking good care of our physical body means we will be better able to cope with emotional problems. Take steps to get enough sleep, eat a healthy diet and stay active.

**Achieve** Our brain gets a boost when we achieve things during the day. Plan realistic and achievable goals every day, such as those concerning work, chores, and study.

**Connect** When we're struggling with our mental health, we can withdraw and isolate ourselves. Connecting with others boosts the neurotransmitter oxytocin in your brain which improves mood and overall wellbeing. Plan to connect with other people every day, particularly with close friends and/or family, but also with the local community.

**Enjoy** When our mood dips and we feel tired, or we withdraw and isolate ourselves, the first things we stop doing are the fun and enjoyable activities. Aim to spend time each day doing something you enjoy.

**Step back** When we feel emotional it is difficult to think clearly and we sometimes react by doing things that are unhelpful. Take a moment to calm your mind and body before deciding how you will respond when under stress.

Carol, Vivyan (2015) *BACES: Steps to Positive Mental Health*, GetSelfHelp  
<https://www.getselfhelp.co.uk/media/e1pfgcie/baces.pdf>



## POPCORN • MAÏS ÉCLATÉ

- The grade 5/6 class will be selling Papa Jack popcorn (22 g snack size bags) at lunch time
- Just send money with your child if you would like them to purchase some
- \$2.00 per bag
- We will begin on Monday February 6<sup>th</sup> – being sold daily, as supplies last!
- Flavours include Butter, White Cheddar, Kaboom (hot BBQ), Sour Cream & Onion, Dill & Salt & Vinegar



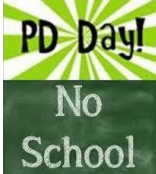

**Teens Can Be Resilient!** Parents and caregivers, you play a vital role in helping your teen become more resilient. Check out the Health Unit's [new guide](#) to support you in raising resilient teens. Learn about some things you can do to develop supportive relationships, and help your teen to build healthy coping skills, optimistic thinking, emotional awareness, and skills for living.

**NEW! Canada Dental Benefit:** The interim Canada Dental Benefit is intended to help lower dental costs for eligible families earning less than \$90,000 per year. Parents and guardians can apply if the child receiving dental care is under 12 years old and does not have access to a private dental insurance plan. Depending on your adjusted family net income, a tax-free payment of \$260, \$390, or \$650 is available for each eligible child. Applications are now open. Applicants must have filed the previous year's tax return and be in receipt of the Canada Child Benefit for each eligible child in their care. This program is a federal program administered by the Canada Revenue Agency (CRA) and not administered by the LGL Health Unit. For more information, please visit [Canada.ca/dental](http://Canada.ca/dental) or call 1-800-715-8836.



# February 2023



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 	2	3	4
5	6  Popcorn sales begin – daily while supplies last	7	8	9 Virtual Kindergarten Information Night 6:30 pm	10	11
12	13 100s Day 	14 Valentine's Day 	15	16 Pancake Breakfast (am) Outdoor Play Day (pm) Report Cards Home Today	17 PJ Day  Random Acts of Kindness Day	18
19	20 Family Day No School Today	21	22 	23	24	25
26	27	28 Hot Dog Day 				

MARCH BREAK is March 13<sup>th</sup> - 17<sup>th</sup>

