



# NEWSLETTER

## The PRIDE of LYN



### PRINCIPAL'S MESSAGE

June is going to be an exciting month at Lyn PS! The last 4 weeks are a busy time of year as we wrap up our curriculum and celebrate the accomplishments of our year. As always, we have many wonderful learning experiences planned for the children this month. Parents are reminded to check notes, email, and classroom/school Facebook pages frequently for information regarding year end celebrations and special events. We want to make sure that all students can participate and enjoy the activities planned for their classes. Please ensure all permission forms are signed and returned on time – we do not want anyone to miss out!

Every class will be going on a year-end field trip this month. A huge thank you to our School Council for fundraising; as a result, there will be no cost to students for the year-end celebratory trips.

Our staff and students in Grade 3 and Grade 6 are preparing for the EQAO assessment. While the Grade 3 assessment is a culmination of the curriculum from all primary grades and the Grade 6 assessment is a culmination of the curriculum from both the primary and junior grades, we recognize that, due to the pandemic many students have had disruptions to their learning over the past 3 years, these results may not be as high as we would expect prior to the pandemic - for reasons beyond our control. We wish the children good luck on the assessments!

#### French Film Festival



Mme Hunt and Mlle Walker have been working with the children to showcase their French learning and acting skills this spring. We would like to invite families to join us on **June 14<sup>th</sup>** for our "French Film Festival". The films will be shown in 2 sittings to accommodate students and families in the gym. We hope to see you there!

1:00 – 2:00 pm: McElrea/Stadig, Crotty, McNish, Cross  
2:15 -3:15 pm: MacArthur/Roy, Shupe, Synnott, Bradford

#### June is Pride Month



The Upper Canada District School Board is committed to providing and maintaining an educational environment that is free of racism and discrimination. We are also committed to ensuring that our students, staff, and communities are educated about the valuable contributions of all members of our society and have the knowledge and skills to identify and address prejudice, racism, and discrimination. During Pride Month, UCDSB celebrates the significant contributions of our two-spirit, lesbian, gay, bisexual, transgender, queer, questioning, intersex and asexual students, staff members, and families. We continue to work towards making our schools places where all students and families feel safe and included throughout the school year. We are inviting all students, staff, and families to "Say It with a Rainbow" and celebrate Pride Month by wearing their favorite rainbow colours to School on, Thursday, June 1<sup>st</sup>.

#### Band Concert

Students from Mrs. Bradford's and Mr. Cross's classes will be performing on Thursday, June 1<sup>st</sup> at 6:30 pm at the school. Families are welcome to attend. We look forward to sharing the wonderful progress that the children have made this year with their instruments. We have some very talented students! A big thank you to Mrs. Bradford and our wonderful music volunteers: Mr. LaBonte, Ms. Oxford, and Ms. Revell for all of their hard work and dedication to our music program this year.



## Track and Field Days

Our grades 3-6 students enjoyed a fantastic track and field day on May 25<sup>th</sup>. The students had a great time – we really appreciated all of the support from the student and parent volunteers to help our event run smoothly. Our dedicated track coaches – Mr. McElrea, Mr. McNish, and Mr. Cross did a wonderful job organizing the day.

On June 20, we will have a fun Outdoor Day for our younger learners (JK-2) in the morning, followed by our Family picnic (JK-6) at noon. Parents are welcome to come to the school to cheer on their child and enjoy a picnic lunch. We ask that parents enter the school building to access the yard for the event as the gates will be locked to ensure student safety. If you plan to take your child home with you at the end of the day event, please ensure you stop by the main office to sign him/her out before you go.



The end of the school year is upon us. Lyn Parent Council would like to thank everyone for their continued support. Thank you to those who have volunteered to support the track and field day events and run the canteen. The final meeting of the school year is Thursday, June 15<sup>th</sup> @ 6:30 pm. We hope to get a jump start on plans for our Fall Fair. All are welcome to attend the meeting at the school.

## Bus Driver Appreciation Month

For many students, the school day unofficially begins when they board the bus each morning. Bus drivers play an integral role not only in overseeing the safety and well-being of their student travelers, but in setting the tenor for the remainder of their day at school. June is Driver Appreciation month, and we hope that you will take this opportunity to express your thanks to your child's bus driver for all they do to keep your child safe and happy. Lyn PS will show our appreciation by recognizing Karen, Paul, Don, Bob, Norm, and Sue for their service to our students and their families.



## Tick Prevention

Tick season is here! Please check your child daily for ticks. If we find a tick on your child at school, we will contact you immediately. The school cannot remove a tick from your child.



**Helmet Fitting Using the 2V1 Approach:** By law, cyclists under the age of 18 must wear an approved bicycle helmet. For children aged 16 and under, a parent or guardian must make sure they wear a helmet. Follow Parachute Canada's 2V1 approach to make sure a helmet fits right!

- The helmet should cover the top of the forehead and should rest about 2 fingers' width above the eyebrows.
- Side straps should fit snugly around each ear in a "V" shape.
- Buckles on the side strap should fit right under the ear. Buckle the chin strap. Tighten it until you can fit only 1 finger between the strap and your chin.
- Shake your head from side to side and from front to back. The helmet should not move around.
- Make sure to check the fit of the helmet every time.

Check out this helmet fitting video: Brain Waves - Helmet fitting activity - YouTube. For more information on helmets visit: Helmets for bicycles, inline skating, scooter riding and skateboarding – Parachute (parachutecanada.org)

## **How Do I Send in Immunization Records to the Health Unit? There are 3 ways to send in this information:**

### **1. Online submission tool:**

- Health Card not required but is very helpful information.
- We require proof of immunization provided to you by a health care provider. We are not able to accept summaries from an immunization tracking app.

### **2. ICON Online Tool:**

- You will need a valid Ontario Health Card
- You will be able to see what records we already have on file at the Health Unit

### **3. Mail or drop off immunization records:**

- You can send to the Health Unit by mail or drop it off at any Health Unit office location. For more information visit: Immunization Record Submissions - Leeds, Grenville, and Lanark District Health Unit.

## Summer Reminders



## Noticing Mental Health Concerns for Your Child

Reports suggest that child and youth mental health concerns have been rising over the time of the pandemic. For parents and caregivers, it can be tricky to know what might be a typical reaction to stressful times, and what signs and symptoms may suggest that professional mental health assistance could be beneficial. Here is some information to help.

You may notice changes in behaviours and emotions that could be potential signs of a mental health problem. Ask yourself:

- Are these behaviours and emotions out of character for my child?
- Are they having a negative impact on my child's ability to enjoy everyday life?
- Are these concerning behaviours happening more often, more intense and/or lasting longer?

It's important to recognize that an increase in anxiety and challenges with mood can be normal reactions to difficult times—it's been a challenging few years. If you're concerned about your child's emotional health, you can start by talking to your child:

- Start the conversation by describing changes you have noticed (e.g., "I have noticed that you seem to be getting frustrated more easily these days, and not as patient with others as you usually are.")
- Share that you wonder about how your child might be feeling and if there is any way you could be helpful (e.g., "Is there something bothering you, or something I could do that might help?")
- For younger children, it can sometimes be useful to help them to name the emotions they are feeling (e.g., "It sounds like you miss your friendship with Rohan and that you are feeling sad about that. Do I have that right?")
- Stay calm and don't abandon the conversation if your child responds with "nothing is wrong...leave me alone". If this happens, reassure your child that you are there for them. Give your child some time and then try again.

## Tips for Supporting Your Child's Mental Health

- Take pressure off where you can. For example, avoid talking about things causing you stress. Try not to expose them to worrisome news in the media.
- Listen to your child as they describe their thoughts and emotions. Reflect on what you hear and validate their experience. Try not to judge, jump in with quick solutions, or minimize the concern. Seek to understand.
- Connect with your child in meaningful ways as often as possible. Children and youth rely on the caring adults in their life to lead them through difficult situations and emotions.

If your child does not seem to be improving with the actions you have tried, you may wish to reach out for help. Your family doctor is a great place to start. For additional community supports and services in your area please refer to the UCDSB website under mental health and wellness.

Learn more about developing healthy sleep patterns at <https://keltymentalhealth.ca/sleeping-well>



# June 2023



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1  Band Concert 6:30 pm	2 Grade 3-6 Track Team Relay Meet @ TISS	3
		Grade 3 EQAO Testing	→			
4	5 Grade 6 EQAO Testing	6	7	8	9 Grade 5/6 Baseball Tournament @ FOY	10
	→					
11	12 Wear Your Lyn Lions Gear! UCDSB Dance Video Day	13 Hot Dog Day Grade 2/3/4 Trip to Ottawa	14 French Film Festival 1:00 – 2:00 pm 2:15 – 3:15 pm	15 School Council Meeting 6:30 pm	16 JK/SK Trip to Aquarium Grade 5/6 Trip to Camp Iawah	17
18 	19 Grade 5/6 Pen Pal Trip Grade 4/5 Trip to Prescott	20 Primary Fun Track Day Family Picnic @ 12:00 pm	21 National Indigenous Peoples Day	22 JR Track Team to TISS Meet Grade 1/1/2 Trip to Ottawa	23	24
25	26 Grade 6 Leaving Ceremony 1:30 pm	27 	28 PA Day	29	30	

