




PRINCIPAL'S MESSAGE

Staff and students enjoyed lots of great learning in January, despite the icy weather. Our students have been setting goals and settling into learning to start off 2024. We have many exciting opportunities planned for our students in the month of February! We will be engaging in learning for Black History Month, Random Acts of Kindness Day, and Pink Shirt Day. Students will enjoy dance instruction, Winter Wellness Week activities including volleyball, Valentine's Day, pancake breakfast, and a school-wide outdoor play day. We will end the month with Pink Shirt Day.

Term one report cards will be sent home to families on February 15th. Please take the time to review the report with your child and contact the school to speak with your child's teacher if you have questions regarding progress or achievement.

2024 Kindergarten Registration

We have started JK registration for September 2024. 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 2024 (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 an information session for parents on Tuesday, February 27th at 6:00 pm. If you are interested in attending, please call the school at 613-345-1242.

Black History Month



The Upper Canada 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, discrimination, and racism. At Lyn PS, our students will be actively engaged in Black History Month learning and celebrations.

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.

News from the Health Unit



February 17th is Random Acts of Kindness Day. To celebrate, consider visiting www.randomactsofkindness.org for easy, practical ways to help you make kindness the norm at home and in the community. Resources are FREE,

including a kindness calendar, quotes, videos, posters, grab and go games and more!

Physical Activity Outdoors. The positive effects of physical activity are increased when it is done outdoors in nature. According to [ParticipACTION](#), being active outside can boost mood, increase energy, decrease stress and anxiety, increase physical activity and more! To enjoy the outdoors this winter and avoid cold injuries, remember to [dress for the weather](#) and learn [how to prevent frostbite and hypothermia](#).





PINK SHIRT DAY

FEB 28, 2024

Pink Shirt Day, on February 28, 2024, is a day of promoting kindness and acceptance toward ourselves and others, and helping spread awareness about bullying prevention in our schools and communities.



TYPES OF BULLYING

PHYSICAL

- Hitting
- Kicking
- Punching, etc.

VERBAL

- Name calling
- Insults
- Teasing, etc.

CYBER

The use of computers, smartphones or other devices to mock, embarrass, hurt, threaten, or be mean to someone online.

SOCIAL AND EMOTIONAL

Behavioural actions which harm a child or teen's reputation or cause humiliation.

- Lying and spreading rumours
- Mean jokes to embarrass someone
- Social exclusion

1 100 000

CANADIAN YOUTH REPORT BEING BULLIED ONCE PER WEEK.

TIPS FOR PARENTS & CAREGIVERS

IF YOUR CHILD IS BEING BULLIED

- When your child comes to you with a problem, acknowledge their feelings, accept they are feeling left out or mistreated and offer to work on a solution together.
- Talk about healthy coping skills and characteristics of healthy relationships i.e. trust, honesty, respect, etc.
- Model healthy relationships (especially between parents/caregivers).
- Teach children about assertiveness and role play from a young age on how to stand up for yourself.
- Advocate for your child at school. Make sure the school understands that it's a serious problem and steps are taken to resolve it.

IF YOUR CHILD IS BULLYING

- Talk to your child about what might be going on in their lives.
- Listen and explore the situation to identify what might be the motivation behind the bullying.
- Talk about what bullying is, and healthy ways to express emotions and resolve conflict.
- Set limitations at home and reasonable consequences for negative behaviour.
- Consider seeking mental health supports to assist your child in healthy relationship skills.

The above content was developed from BC Children's Hospital's This Pink Shirt Day, Let's Lift Each Other Up resource as well as the Government of Canada's Cyberbullying resource and provided by the UCDSB Mental Health and Wellness Department. Visit <https://keltymentalhealth.ca/blog/2022/pink-shirt-day-lets-lift-each-other> and <https://www.canada.ca/en/public-safety-canada/campaigns/cyberbullying.html> to view each complete resource.



February 2024



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 	2 Dancing With Diego! 	3
4	5	6 Hot Dog Day 	7 	8	9 Dancing With Diego! 	10
11 Winter Wellness Week: February 12-16	12	13 TISS Grade 6 Open House 5:30 pm	14 Valentine's Day 	15 Pancake Breakfast (am) Outdoor Play Day (pm) BCI Grade 6 Open House 6:00 pm	16 Dancing With Diego! 	17 
18	19 No School Today 	20 Grade 5/6 Volleyball Tournament at BCI	21	22	23 Dancing With Diego! 	24
25	26 March Hot Lunch Orders Due	27 Kindergarten Information Night for New JK Parents 6:00 pm	28 	29		

