



We had a wonderful month of learning together. Students enjoyed our Winter Wellness Week activities, dancing with Mr. Diego, Valentine's Day celebrations, learning about Black History, and Bullying Prevention. The children also enjoyed time spent playing outdoors in February, building in the snow, and playing games outside. Our school pancake breakfast was a hit with both students and staff!

It is hard to believe that March is here, and that spring is just around the corner. With changes in the weather, our yard conditions can become messy and unpredictable. Please ensure that children come to school prepared for the weather and changing conditions for daily outdoor play. Packing an extra pair of socks and pants is always a good idea this time of year. We are looking forward to a wonderful month of learning together in March!

#### UCDSB Service Excellence Awards

Did you know that nominations for the [2023-24 Service Excellence Awards](#) are being accepted from now **until Friday, March 29, 2024**? Do you want to recognize a UCDSB staff member who has made a significant impact on your student, on you or other parents? Maybe they:

- help build a culture of care at their site,
- make you and others feel valued,
- provide individualized care to their students or colleagues, and/or
- collaborate effectively with others

This link provides more information about the Awards, 2022-23 recognitions, and a nomination link: <https://www.ucdsb.on.ca/our-board/recognition-awards/service-excellence-award>

If you have questions, please contact [service-excellence@ucdsb.on.ca](mailto:service-excellence@ucdsb.on.ca)

#### Earth Hour



On Saturday, March 23<sup>rd</sup> it is Earth Hour in Canada. The event is held annually, encouraging individuals, communities, and businesses to turn off non-essential electric lights, for one hour, as a symbol of commitment to the planet. We hope you will take part in Earth Hour with your family on Saturday!

#### News from the Health Unit

**MyView Youth Film Festival is back.** Engage youth in making a short video (5 minutes or less) on a topic of their choice for a chance to win great prizes, including cash prizes of \$500, \$750, and \$1000! Youth ages 10-24 from Eastern Ontario can enter independently or as a group. It is an exciting way to encourage youth voices and creativity. The **submission deadline is May 1<sup>st</sup>, 2024**, and the red-carpet Awards Ceremony will be held at the Brockville Arts Centre on June 12<sup>th</sup>. For more information, visit [www.myviewfilmfest.ca](http://www.myviewfilmfest.ca) or email [info@myviewfilmfest.com](mailto:info@myviewfilmfest.com)

**Heathy Smiles Ontario.** Do you have a child 17 and under, who is in pain, or you think has a cavity? If it would be a financial hardship to pay for dental care, call the Leeds, Grenville, and Lanark District Health Unit to learn more about the free government-funded Healthy Smiles Ontario (HSO) dental program. Call 1-800-660-5853 ext. 2456 or visit our website at <https://healthunit.org/health-information/oral-health/healthy-smiles-ontario/>.

**Self-Care over the Winter Break: Ideas for Students.** March break is just around the corner! While it is a break that many look forward to, the change in routine may cause many different emotions. Here are some self-care tips and tricks that you can discuss with your children/youth: <https://smho-smso.ca/self-care-over-the-winter-break-ideas-for-students/>.



# Winter Mental Health Tips

1



*Thinking About Gratitude*

As a family, think of the things you are grateful for. For younger kids, try helping them journal their feelings using colours.

2



*Stay Connected*

Help your kids stay connected with friends, whether that be virtually or in-person. Create opportunities to help them keep in touch.

3



*Let Your Kids Help Make Plans*

Collaborate with your kids on activities to stay busy. Ask if they want to try anything new or to teach you something like a game or other interest.

4



*Embrace Winter & Stay Active*

Winter offers so many opportunities to stay active by enjoying all the cold-weather activities. As a family, go sledding, ice skating, skiing, or build a snow man!

5



*Keep Healthy Habits and Routines*

Prioritizing healthy habits such as getting enough sleep, eating healthily, and exercising regularly will help to keep your family mentally healthy.

6



*Self-Care for Parents & Caregivers*

It is important for parents and caregivers to keep up with self-care and take time for themselves. Check in with your own mental health and reach out if you need support.

7



## *Reach Out*

It's okay to ask for help if you, your family member, or child is struggling. Help is available from child and youth mental health professionals who can talk to your child or you, or both.

To find local supports & services near you, go to [www.ucdsb.on.ca](http://www.ucdsb.on.ca)





- Click "For Students"
  - "Mental Health & Well-Being"
    - "Community Supports & Services"

The above content was developed from CMHA's Winter Mental Health Tips resource and provided by the UCDSB Mental Health and Wellness Department. Visit <https://www.family.cmho.org/winter-mental-health-tips/> to view the complete resource.

# March 2024



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
3 April Hot Lunch Orders Available On-Line	4 School Council Meeting 6:30 pm	5 Hot Dog Day 	6	7	8 	9
10 Ramadan Begins	11	12	13 March Break	14	15	16
17 	18	19	20	21 World Down Syndrome Day Wear your fun or mismatched socks!	22 Term 2 IEPs go home	23 
24	25 April Hot Lunch Orders Due	26 Dance Showcase @ BCI 	27	28	29 Good Friday No School Today	30
31 						

