



# Service Principal's MESSAGE

As we welcome the spring season, I am delighted to share some exciting updates and upcoming events with all of you. Firstly, I want to extend my heartfelt appreciation to our dedicated staff, students, and families for their support and commitment to our school community. April brings with it a sense of renewal and growth, and here at Lyn Public School, we are embracing this sprit wholeheartedly. Our classrooms are buzzing with engaged learners, eager to explore new concepts and ideas. I encourage our students to continue their hard work and perseverance as we approach the end of the school year.

Looking ahead, we have some exciting events planned for the month of April, including Music Festival, badminton, and our Earth week activities. I encourage all families to stay informed about these events by regularly checking our school's Facebook Page. Wishing you all a wonderful month ahead!

#### Earth Week



April is Earth Month, and we're gearing up for a week of exciting activities to celebrate and promote environmental stewardship. Kicking off our Earth Week on Monday, April 22<sup>nd</sup>, we're

thrilled to reintroduce the Great Sunflower Challenge! Every class will receive sunflower seeds to plant and nurture, with the hope of showcasing some magnificent blooms at our Fall fair. On the 22<sup>nd</sup>, we will also launch our Eco Book Swap/Sale, encouraging students to exchange and purchase pre-loved books. On April 25<sup>th</sup> we will do a school yard and community clean-up. We're inviting all staff and students to show their commitment to the planet by wearing GREEN on Friday, April 26th, symbolizing our collective dedication to sustainability. Let's make this Earth Week a memorable and impactful experience as we come together to celebrate and protect our planet!



At Lyn, our commitment to fostering а safe and supportive school community is evident through our utilization of the WITS program. This initiative serves as a cornerstone in preventing peer conflict by

instilling pro-social behaviors and social competence in our students. Through a shared language among teachers, students, and parents, WITS equips children with consistent strategies that extend beyond the classroom into various facets of their lives.

We encourage parents to embrace this approach and incorporate its principles into their interactions with their children, empowering them with effective tools for navigating challenging situations. However, when peer conflict becomes chronic and requires intervention, parents can utilize the WITS Bullying Prevention Toolkit as a resource. By employing reflective questions such as "What did your child tell you?" and "Did your child's actions solve the problem?" parents can gain insights into the severity of the situation and determine whether further assistance is necessary.

For further details and resources, please visit the WITS website. Together, we can create a nurturing environment where every child feels valued and respected.



#### April 8<sup>th</sup> Solar Eclipse

On April 8th, 2024, a total eclipse will grace parts of Ontario, beginning in Brockville at 2:10 pm and lasting until 4:35 pm, with totality at 3:24 pm. The

Aquatarium has generously provided solar eclipse glasses for all our staff and students. These glasses will ensure safe viewing of the eclipse, protecting eyes from harmful solar radiation. Families, please review the safety information sent home with the eclipse glasses should you choose to use them. Let's enjoy this rare celestial event responsibly!

# Learn more about

# One Stop Talk

# ABOUT THE PROGRAM

One Stop Talk offers children and youth (aged o-17) immediate access to free mental health support. The program provides single session counselling support and ensures direct referral to additional service when needed. Services are provided through an integrated network of infant, child and youth mental health agencies across Ontario.



# TO BEGIN YOUR SESSION



Online chat option for (audio and video call): www.OneStopTalk.ca

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For the phone option, call:

1 (855) 416-8255 or 1 (855) 416-TALK

One Stop Talk is committed to be an inclusive service for every child and youth across Ontario.

# KEY INFORMATION

One Stop Talk



HOURS OF OPERATION (EST): Monday to Friday: 12PM - 8PM Saturday: 12PM - 4PM

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# EASY TO ACCESS

Access the program online or by phone to connect with registered mental health professionals for brief therapy. There is no limit on the number of times you can contact One Stop Talk.



# SESSION DURATION

1-hour long and typically focus on a single issue.



# INTERPRETERS AVAILABLE

Services are offered in English and French. You can request an interpreter (available for 200+ languages including ASL) for a session in your preferred language, before connecting with our therapists.

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# SESSION OUTCOME

You receive access to help right away and co-develop an 'action plan' after a therapy session.





http://www.ucdsb.on.ca/school/lyn

