

Issue # 6

FEB2020



Believe • Persevere • Achieve

Lakewoods P.S.

<http://www.lakewoods.ddsb.ca>

“Believe-Persevere-Achieve”

It's amazing to believe that the start of February means that we are already halfway through the school year! It is incredible to see how much our students —your children—have learned so far this year. From Kindergarten to grade 8 the focus continues to be on teaching and learning and I always love to see how much our students grow academically: hesitant readers become more confident, students smile when they solve that hard math question. This is why it is a privilege to be an educator who helps students learn and grow.

Our next SCC meeting is February 14th at 9 am in the library Parents and guardians are welcome and encouraged to attend. This is a great way to get involved in your child's school.

Kindergarten registration has already begun. If you or someone you know has a child who will turn 4 in 2020 then make sure they have registered. In order to help children with the transition to school the Durham District School Board offers a Great Beginnings Start at the DDSB school success program. The program runs at Bobby Orr and is a free drop off program which will run Tuesdays and Thursdays from 9:30—11:30 am. This is a great opportunity to help children develop the skills that will help them be successful in school.

Thank you for being our partners in your child's education. As always if you have any questions or concerns please contact the school.

Yours in education.
Paul Haines

Principal: Mr. Haines

Vice-Principal: Mrs. Thomas

Administrative Assistant: Mrs. Reader

Trustees:

Michael Barrett 905-725-2980

E-mail address: michael.barrett@ddsb.ca

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Ashley Noble 905-259-8846

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323 Chaleur Ave, Oshawa ON L1J 1G6 905-576-8820

Winter Walk Day—Feb 5th



Grade 8 to Grade 9 Transition for Students with Special Education Strengths & Needs

An online presentation is now available to provide information to families and community partners supporting transitions of students with special education strengths & needs from Gr8 to Gr9 for September 2020. Available digitally, the information is accessible in an 'on demand' format to meet the time and location preferences of those accessing.

Individual sessions continue to be facilitated at each secondary school.

The information can be found through YouTube on the Inclusive Student Services channel
Link: <https://youtu.be/oQJLYUHpxRA>

Head Lice—Pediculosis

We continue to request your assistance in checking your child(ren)s hair on a regular basis to ensure we lessen the spread of head lice.

Treatment is covered under the OHIP with a doctors prescription. If you detect nits or live lice, please check your child's hair on a daily basis for at least 30 days.

Kindly report any cases of Head Lice to the office so we can notify the families of each classroom. Thank you for your ongoing support.

Pink Shirt Day—Feb 26th

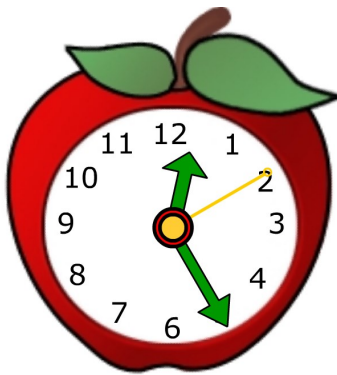
On February 26th, students and staff are encouraged to wear a pink article of clothing to send the powerful message that discrimination related to homophobia, transphobia, and sexism will be challenged. This Anti-Bullying Day grew from a student protest against an incident of homophobic, sexist bullying in a Nova Scotia high school. This positive social action was initiated by David Shepherd and Travis Price, who bought and distributed over 50 pink shirts to raise awareness in response to the incident, where a male student was called a homosexual for wearing a pink shirt on the first day of school.



Kindergarten Registration

DDSB online registration is now available for students turning 4 years of age on or before December 31st, 2020.

For families that do not have access to a computer, please visit the school for online access.



BE ON TIME for School!

- Check the weather forecast before bed
- Select and lay out your clothing for the next day, or select 2 options only to decide
- Students set their own alarm clock
- Prepare lunch and snacks in the evening
- Place coats, gloves, hats, boots, backpack at front door
- Have breakfast set out for the morning, bowls & spoons
- Post a morning routine checklist;
- NO morning TV or electronics until everything is completed
- Allow enough time to walk and meet friends on yard before bell time
- Getting a drive? — avoid front of school, drop off at side street or path entries

Lakewoods start time is 8:40am. Supervisors are on duty 8:30am



Great Beginnings

START AT THE DDSB

KINDERGARTEN REGISTRATION

JANUARY 13, 2020
Registration starts online at 4:00 p.m.

www.ddsbc.ca

Kindergarten is a child-centred, play-based educational program that provides children with a stronger start in school and in life. Kindergarten average class size is two educators for 26 students.

- To be eligible for Junior Kindergarten (Year One), children must be four years old by December 31, 2020.
- To be eligible for Senior Kindergarten (Year Two), children must be five years old by December 31, 2020.

Available JK spots at single track French Immersion schools will be filled on a first come, first served basis only.

Healthy Sleep Routines for your Family

It is important for your child to get enough sleep. Getting enough sleep helps to better prepare your child to tackle their day and learn at school.

A great way to help your child get the sleep needed is to establish a bedtime routine. A happy bedtime routine combines what both you and your child need.

Here are some tips for a happy bedtime routine:

- It is important for a child's bedroom to be an enjoyable place to spend time and not a place for discipline (e.g. try not to use bedtime as a punishment or threat).
- Some foods or drinks may make it more difficult for your child to sleep, such as those high in sugar and caffeine.
- Try to give some notice of when bedtime is coming up; this will help your child to get ready for what is coming next.
- Try to use the time before bed to do a calming activity (e.g. bath, read a story). Activities such as watching TV or video games are stimulating and might excite your child more.
- Try to put your child to bed when sleepy but not yet asleep. This will help your child to learn to fall asleep on their own.
- Tucking your child into bed helps gives a sense of security.

How much sleep does your child or youth need every night?

- Children aged 3-5 need 10-12 hours of sleep.
- Children aged 5-13 need 9-11 hours of sleep.
- Youth aged 14-17 need 8-10 hours of sleep.



For more information on sleep and bedtime routines for your children, contact Durham Health Connection Line at 1-800-841-2729.



durham.ca



If you require this information in an accessible format, contact 1-800-841-2729.

Tips to Reduce Screen Time

Did you know? Recreational screen time should be no more than 2 hours a day for kids aged 5-17 years. Reducing screen time can improve learning, attention, language and social skills, self-confidence and overall health.

Also, reducing screen time to less than 2 hours a day allows more time for being physically active!

Use these tips to reduce screen time in your home:

- Be a role model! Limit your own media use
- Set limits and track screen time with a scheduling sheet
- Designate one day a week or month as a “screen-free day” for the whole family
- Prepare a list of active indoor or outdoor activities as an alternative to screen time
- Turn the television off and put away electronic devices during meals
- Remove televisions, computers and game consoles from your child’s bedroom
- Just let them play...outside!



durham.ca/physicalactivity



If you require this information in an accessible format, contact 1-800-841-2729.

Immunization—important date

Durham Regional Health department has sent notices to students that require updated immunization records. **If you received a FINAL notice—due date is Feb 20th.** Kindly provide a copy of updated records to the office if you have not submitted directly to Durham Health.



Attendance MATTERS



Act early! Let the school know right away if there is a problem or concern. There are lots of ways we can work together to get attendance back on track or prevent an attendance problem from starting.

Breakfast Club daily @ 8am

Please share a thank you to Ms. Comeau, Ms. Bobko and Ms. Pender for organizing and running our morning Breakfast Club.

Each morning from 8:00 am to 8:20am students are welcome to join in for a healthy start to the day. This is a free program open to all students.

This program would not run without the generous support of the Ministry of Children & Youth Services, “Breakfast for Learning” donations received each year!

Dates to Remember

Feb, every Tue	Their Opportunity 3:15pm-5:15pm
Feb 5th	Winter Walk Day!
Feb 14th	SCC meeting 9am
Feb 17th	Family Day—school closed
Feb 26th	Pink Shirt Day
Feb 26th	MADD presentation for Grades 7 & 8
Feb 27th	Bus Safety & Behaviour Program
March 13th—20th	March Break

SAFE ARRIVAL

1-844-350-2646

attendance.ddsb.ca

Please report planned absences in advance by contacting the above Safe Arrival options.

SCHOOL CASH ONLINE

ddsb.schoolcashionline.com

School Cash online is a web based solution that gives parents the ability to pay for student items online.

Have your students OEN# to set up today