Issue # 6

FEB 2023

"Believe-Persevere-Achieve"

The start of February means that we are already halfway through what will no doubt be a memorable school year. We thank you as always, for your support of your child(ren)'s education. We believe that working together as a team is the best way to support students and families.

February is a busy month with lots of wonderful things happening inside and outside of your child's classroom. Students will be engaging in activities and learning about Black History in Canada. In addition to all the activities taking place in class, we will also be learning about the history of Pink Shirt Day and recognizing Pink Shirt Day on Wednesday, February 22nd.

Believe · Persevere · Achieve

NOODS DO

Kindergarten registration has already begun. If you or someone you know has a child who will turn 4 in 2022, please make sure they have registered. More information about our Welcome to Kindergarten program will be provided soon. This is always a great evening of learning how our youngest students learn and we know there are things that new families will find valuable so that they can help their child get ready for school.

Character Trait focus for February is Kindness. We are encouraging our students to be generous with others, giving your time and care to support those who are in need. In addition to learning about Kindness in our classrooms and during our monthly Character Education assembly, students will have the opportunity to practice Random Acts of Kindness on February 17th.

As always, if you have any questions or concerns, please contact me.

P. Bozanis

IT'S TIME TO TALK ABOUT BULLYING, HOMOPHOBIA & TRANSPHOBIA

Principal: Mr. Bozanis Vice-Principal: Mrs. Jeffrey Administrative Assistant: Mrs. Reader <u>Trustees:</u> Shailene Panylo 905-391-0813 Email: Shailene.panylo@ddsb.ca Deb Oldfield 905-391-0764 Email: Debora.oldfield@ddsb.ca Linda Stone 289-671-7374 Email: Linda.stone@ddsb.ca

Parent Portal Link: <u>https://ddsbps.ddsbschools.ca/public/home.html</u>

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

Parking Lot Safety

Parking cars and dropping off children continue to be a safety issue. Lakewoods Public School is a community school and we encourage students to walk to school. Thank you to our families that continue to respect our community members by following courteous driving/parking guidelines. Drivers are reminded that you must park your vehicle in an authorized parking space and that the circular driveway and front lot is not for stopping or parent parking.

If you must drive your child to school or pick up your child at the end of the day, please consider meeting the student on Sauble St. or Sharbot St.

PLEASE DO NOT PARK IN THE CIRCULAR DRIVEWAY OR ALONG THE DRIVEWAY ENTRANCE



Stone Street Park Outdoor Ice Rink Opens

I am pleased to let you know that the outdoor ice rink will be opening Friday February 3rd.

Hours of Operation

South Oshawa Community Centre: Stone Street Park Outdoor Rink

PUBLIC SKATE Monday 9 a.m. to 5 p.m. Tuesday 9 a.m. to 9 p.m. Wednesday 9 a.m. to 9 p.m. Thursday 9 a.m. to 9 p.m. Friday 9 a.m. to 9 p.m. Saturday 9 a.m. to 5 p.m. Sunday 9 a.m. to 5 p.m.

STICK AND PUCK

Monday 5 p.m. to 7 p.m. Wednesday 5 p.m. to 7 p.m. Sunday 5 p.m. to 7 p.m.

Parent Portal Link: https://ddsbps.ddsbschools.ca/public/home.html

Twitter: <u>@LakewoodsPS</u>

Facebook:

@WeAreLakewoods

Website: https://lakewoods.ddsb.ca

ODSB

CELEBRATING

RI ACK

FEBRUARY

KINDNESS

I am **Sensitive** to people's feelings.

> l am never mean or hurtful with my actions or words.

CHARITABLE.

SAFE

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).

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.



- 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.

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







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

Parent Portal Link: https://ddsbps.ddsbschools.ca/public/home.html

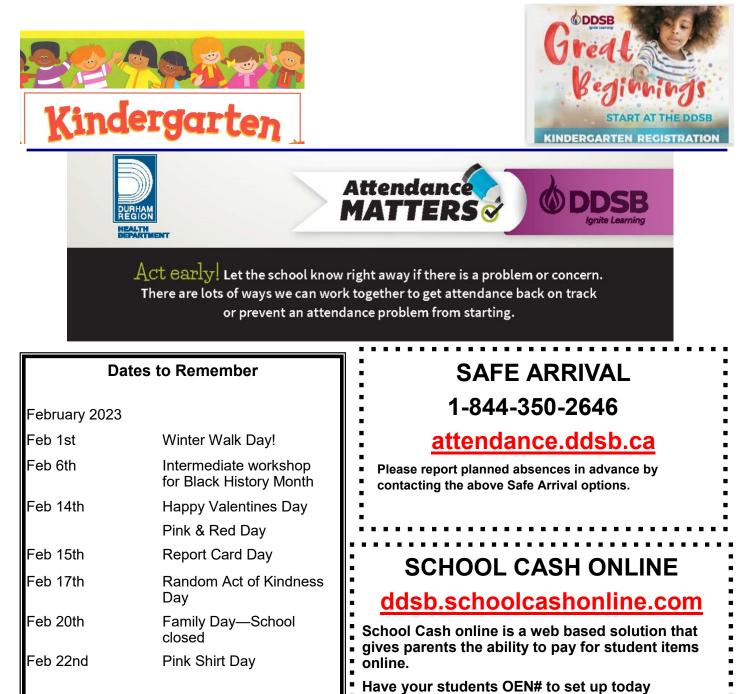
Kindergarten Registration

DDSB online registration is now available for students turning 4 years of age on or before December 31st. 2023.

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

https://www.ddsb.ca/en/our-schools/register-for-school-registering-for-kindergarten.aspx

Lakewoods Kindergarten information



March 10th—17th March Break—School closed

Parent Portal Link: https://ddsbps.ddsbschools.ca/public/home.html