

The Cougar Chronicle



Martha Cullimore Public School

3155 St. Andrew St.
Niagara Falls, ON L2J 2R7

Principal:
T. Chilcott

Important Dates:

April

- 03 Raise the Flag - Autism Awareness
- 05 Kevin Sylvester Author Visit
- 10 Mad Science
- 14 Good Friday
- 17 Easter Monday
- 18 – 21 Earth Week
- 19 – 21 Human Dev't Classes for Gr 4, 5 and 6
- 21 Trivia Night
- 24 Mad Science
- 28 Celebration Assembly

May

- 01 Parent Night With Dr Stan Kutcher
- 09 Regional Track & Field
- 10 Water Festival Gr 3 & 4
- 12 Jump Rope for Heart Kick – Off Assembly
- 12 Crazy Hair & Board Game Day
- 24 EQAO starts

Message from the Principal

Thank you!

As we enter the home stretch of this school year, we would like to thank all our parents and volunteers for helping to make our school as great as it is. We couldn't do what we do at Martha Cullimore without our amazing volunteers, our unsung heroes. Parents, grandparents, and community members unselfishly give of their time every day to assist in classrooms, organize special events, deliver pizza lunches, help supervise field trips, and more. They do these things for no other reason than they care! They also help ensure the academic growth, safety, and well being of every student in our school. Thank you to our wonderful School Council for their continued efforts throughout the year in making Martha Cullimore such a rewarding and fun place to be. They make such a wonderful difference at school.

Planning for Next Year

We are in the beginning stages of planning the next school year. At this time, we expect that there will be a number of split classes. As a staff, we meet together to place students in situations that are best for them academically. A great deal of time is invested to provide the best placement for each and every student. Teachers try very hard to balance classes when they are created. There are many factors that are considered, including:

- A sense of balance
- Students that should be separated from each other for various reasons
- Grouping of students that will be able to work at various ability levels
- Individual work habits
- Whether the student is in a split grade this year, if possible
- Treating students fairly and equitably

Please be aware that we are not able to create classes based on student friendships. We are not accepting requests for specific teachers. If you have educational concerns regarding your child that you wish the school to consider in class placement, please express these in writing prior to May 8th and submit them to Mrs. Chilcott. Remember, we strive to create the best learning environment possible for each child.

Spring is Here! Some Outdoor Safety Tips

One of the most exciting things about the weather warming up is all the opportunity children have to enjoy outdoor activities such as sports, games and time with friends. With children spending more time outdoors, we would like to remind all students about the importance of staying safe.

To help ensure the safety of all children, we regularly review our safety guidelines with students. We recommend that, when you have an opportunity, that parents/guardians also discuss these guidelines with children at home.

1. Don't talk to strangers
2. Always walk to and from school with a buddy.
3. Do not take short cuts through alleys, parks, fields, etc. even if they are well lit
4. Let someone know where you are and where you are going
5. If you suspect someone is following you, RUN! Go to the nearest safe place
6. If someone makes you feel uncomfortable, go to the nearest safe place
7. Walk confidently and be aware of your surroundings
8. Never, ever get into a stranger's vehicle

We appreciate your help! By working together, we can help students enjoy their time outdoors safely and responsibly.

Kindergarten Registration

It's not too late to register for Kindergarten! Children who will be turning 4 before December 31, 2017 are eligible to start Kindergarten in September 2017. Pop in for a visit or call the school office at 905-358-5142 for more information or to register.

Mrs. T. Chilcott

Supports for Parents – A Great Night With Dr Stan Kutcher – May 1st

The A.N. Myer Family of Schools is hosting an important event for parents this coming May. It's called "Helping Students Be Their Best Selves". Dr Stan Kutcher will offer tools and strategies to help our children develop resiliency and positive coping skills to deal with stress and anxiety. We'd like as many parents from the community as possible to come out. It is our hope that this event continues to strengthen the support network for parents and schools, through relationship and understanding. Please come out and invite a friend or two!



Helping Students Be Their Best Selves

DSBN PRESENTS
Workshops with Dr. Stan Kutcher

Achieving a sense of good mental health and wellness is so important for students. Dr. Stan Kutcher, a world renowned expert in adolescent mental health, will provide parents with concrete tools and strategies to help their children develop positive coping skills to deal with both stress and anxiety.

EVENT INFORMATION

MONDAY, MAY 1
A.N. Myer Secondary School, 6338 O'Neil St., Niagara Falls

6:00 p.m.
Doors Open • Refreshments • Community Carousel

7:00 p.m.
Dr. Stan Kutcher Presentation • Q & A

Child-minding is available for children ages 4-12 upon registration by April 24

To register go to dsbn.org or to your school website

HOSTED BY:
A.N. Myer, Cherrywood, John Marshall,
Martha Cullimore, Orchard Park,
Prince Philip, St. Davids

 **I Matter At DSNB**

Moving?

This is the time of year when staffing is underway for next year. In order to verify our student population for September, it is very important that we know about any plans you may have to move to another school. If you are planning to move, please let our school secretary, Mrs. Lamb, know as soon as possible.

EQAO TESTING

The province wide assessment of Grade 3 and 6 students will take place at our school between:

May 24th to June 2nd

We ask families of these students to not plan appointments or holidays during this assessment time.



Yearbook

We will be offering a wonderful, full colour yearbook to capture the memories of the 2016-2017 school year. More details will follow in a separate note home.

Supports for Students

There are several programs for students being used at school to support students to maintain a sense of well-being, deal with stress and anxiety, and develop their self-regulation skills: Kids Have Stress Too, Fun Friends, Friends for Life, Zones of Regulation.

Kids have stress too!®

Adults aren't the only ones who feel stressed. Kids do too.
Some stress is normal.
Too much stress is not good for children – or adults!

Stress in children shows up in many ways.

They may say that they have headaches, or that their tummy hurts, or that they don't feel well. They may seem sad or panicky. They might get angry more easily. Stressed kids may start fights. Children who are too young to talk about feelings may cry or whine a lot.

They may act differently than they usually do.

Kids may have trouble sleeping or find it hard to relax. They may want to eat more often, or find it difficult to eat at all. Some kids become quieter and do not seem to care about the things they usually like to do. They may not want to go to school. Sometimes they have trouble getting along with their family or their friends. Some children won't show their stress. Other children might show stress by behaving badly.



Kids say their stress comes from many different things.

- Change is difficult for children. Moving to a new home or school can cause stress. Starting school for the first time can be hard too.
- Having too much to do is stressful. Kids need some quiet time.
- Feeling different from other kids is very stressful. Being teased or bullied is too.
- Fighting or arguing among family members is stressful. Not getting along well with brothers or sisters causes stress.
- Having trouble with schoolwork can be another cause of stress.
- Being yelled at by family, friends or teachers is very stressful for kids.
- If families break-up children can feel stress that lasts for a long time.
- But most of all, it is stressful when kids feel lonely and unloved.

How can you help your kids when they feel stressed?

Spending time with your kids is the most important thing you can do. Listen to them when they talk to you. Try to understand how they feel.

We all need love and affection. Show your children that you love them, with words, hugs, and kisses.

Do things with your children. It will help them to feel that they belong in the family.

There are lots of things you can do as a family. Exercise is a great way to burn off stress. So make exercise part of your family life. Play ball or other games. Go for walks. Eat meals together. Talk. Share ideas, fun, and how you feel about things.

Kids also need time to themselves – just to relax and do nothing!

Sometimes the best cure for stress is just to have some quiet time. Kids need some time on their own. Listening to music, reading, or playing quietly may help them feel better. Doing nothing is fine too!

help

There are ways that you can help.

- If you think your kids are feeling stressed – ask them.
- First they will need to calm down so that they can think more clearly. Taking a few deep breaths will help them to relax.
- Ask them how they feel, and why they think they feel that way.
- Next ask them how big the problem is. Listen carefully to what they have to say.
- Help them choose what to do next. Later you can ask if it helped.



stress





These programs aim to:

- Promote resilience in children by providing strategies to help them approach life challenges with confidence.
- Promote empathy in children towards others.
- Assist children to make friends.

Dance-a-thon Thank You!

Our Dance-a-thon on March 3rd was a great success! The students were very enthusiastic participants on the dance floor and in gathering pledges beforehand. There were happy feet and smiles all around! We raised \$2245.00 toward our playground and technology for learning!



Author Visit on April 5th

We look forward to the upcoming visit of author and illustrator, Kevin Sylvester, to Martha Cullimore School on the afternoon of April 5th. He has a number of well-loved and celebrated children's picture books, fiction stories and non-fiction texts, which we're sure have come across your path at some point: the Silver Birch Award-Winning Neil Flambe and the Marco Polo Murders, The Neil Flambe Capers, Splinters, Don't Touch That Frog! and Gold Medal for Weird (to name a few). Aside from writing and illustrating, Kevin is a broadcaster based in Toronto. We look forward to gaining insights about how he uses visualization and idea planning to create such engaging texts.



Students are asked to wear sports jerseys and sports attire in celebration of Kevin on Wednesday, since he has spent a valued part of his career commentating on sports.

Earth Week

The week of April 18th to 21st, we'll be exploring Earth themes and engaging in critical thinking challenges with our Colour Houses that raise awareness and appreciation for the globe, its beauty and our responsibility in its stewardship.



Congratulations to students who made some amazing accomplishments and reached personal bests this month!

TEACHER	I Matter STUDENT OF THE MONTH
K – Hollemans Empey	Emma, Jaimee
K – Brennan Longhouse	Arya, Xenia,
1 - Carnegie	Melodee, Spencer, Tabitha
2 – Reid	Jackson
4 – Jane	Alex D, Lola-Jane, Matthew,
4/5 – Fortuna	Gabriel, Jayke, Joon, Owen
6 – West	Josh, Keira, Kwame
FR - Michaud	Riley, Thomas M,

2ND ANNUAL Triv?a Night

DATE: Friday, April 21st, 2017
 TIME: 6pm-10pm
 COST: \$25 per person (includes full buffet dinner)
 Cash bar, 50/50 draw, raffle prizes, silent auction and first place prizes.

Two seating options:
 Reserve a table of 8 (\$200) or purchase a single/pair of tickets (\$25/\$50) and we assign your spot.

DELPHI BANQUET FACILITIES
 4414 PORTAGE RD

Gather your family, friends or co-workers and come join in the fun!! It will be a great night filled with food, drinks and lots of laughs. This is an evening without the kids event.

Tickets now on sale.
 Contact mctrivianight@gmail.com or 905-347-3346 for details.
 The proceeds raised from this event will go towards the Martha Cullimore Public School Technology Fund

Congratulations to Our Primary Kickball Champions:

Damian G., Emma M., Lara G., Mya M., Charisah S., Sean, Ayla, Hudson, Paige and Jordan M.

Thank you to Mrs. Niven for coordinating this event for us!



The Story String Quartet from Niagara Symphony Orchestra – on May 17th students will experience an interactive story-telling concert where they are involved in putting ideas to music!

School Council Meeting
Tuesday, April 24th at 6:00 p.m.
 Come out and be a part of the exciting school life at Martha Cullimore!

Track & Field Club begins in April!

Students must return forms in order to participate. We look forward to the upcoming season in athletics!



Would you like to be reminded of upcoming events at Martha Cullimore? Join Martha Cullimore's Remind in order to receive one-way update messages directly to your cell phone. Remind is a free service that lets the school send quick messages via text, push notifications, or email to everyone at once. You can stay in touch without revealing your personal contact information. Signing up for Remind is easy and is intended for parent use only. For Terms of Service, please visit <https://www.remind.com/terms-of-service>.

To receive text messages:

- Step 1. Enter the number: 289-804-1235 (This is a telephone number used for Remind. Personal Phone numbers are not shared or visible to the school.)
- Step 2. Text this message: @marthacu (This code is unique to Martha Cullimore.)
- Step 3. You will receive a welcome text from Remind and be prompted to reply with your name so that you can be added to Martha Cullimore's Remind system.