

The Cougar Chronicle



Martha Cullimore Public School

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

Principal:
T. Chilcott

Important Dates:

February

- 03 Gr 4-8 & K Tae Kwon Do – AM
- 05 Twin Day!
- 06 School Closed
- 07 School Closed
- 14 PA Day
- 17 Family Day
- 24 Mad Science Show!
- 26 Pink Shirt Day!

Message from the Principal

DSBN Pink Shirt Day – February 26th!

At Martha Cullimore, we want to work together to maintain a school culture that is respectful, welcoming and mindful of every individual's uniqueness – we all matter at our school. This month, we will celebrate Pink Shirt Day across the DSBN. Our students will be meeting for an assembly on February 26th to further develop our sense of belonging, understanding and kindness toward one another. Students will also be involved in activities and discussions about kindness in their classrooms this month.



Sometimes it's easy to be kind "on the surface" by being polite, sharing and so on. That is a good thing. However, we want to take this idea of being kind a little deeper. Sometimes a special type of kindness is required to make this world a better place. A type of kindness that follows out of empathy. Empathy is the ability to understand and share someone else's feelings; kind of like thinking about what it would be like to walk in someone else's shoes. We wonder what would happen at our school if we all became more "other-centred" than "me-centred". It's easy to see things from our own perspective, but what if we took a little more time to think of someone else's? If we understood how others feel a little better, maybe it would change how we make our decisions or how we interact with each other. We share this Earth together, let's make the most of it!

Mrs. T. Chilcott



**We look forward to seeing our new kindergarten students next year!
It's not too late to register! Contact the office at 905-358-5142.**

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



TEACHER	I MATTER STUDENT OF THE MONTH	COUGAR CHARACTER AWARD
K – Hollemans Empey	Addy M, Taylor N, Zander M-J	Emilia W-F
K – Brennan, Gibson & Camillo	Emily P, Owen N, Sofia S	Yousof M
1 – Lopez	Claire P	Nicholas C
2 – Edwardson	Chloe E, Trivian H	Sela O
2/3 – Meger	Kaylin Q, Sawyer G	Mila K
3 – McGowan	Cole R, Matteus C	Theoni R
4 – Dinga	Liam D, Matt Y	Declan P
5 – Lane	Livia B, Max P	Sean L
5/6 – Goode	Emma M, Kyla H, Taylor H	Ben W
7 – Jane	Deniz G, Jace H	Ethan A
7 – Ibey	Jeff V, Rebecca S, Tray P	Broden W
8 – Fortuna	Bella D, Keven G, Madison D, Morgan H	Jenna O



The character trait for February is Cooperation.

Here are some statements that the students were challenged to think about and apply as we work on cooperation as a community: "I work together with others to do something better than if we were working alone. I lend support to others. I receive help from others. I am patient and work through disagreements so that the result of our work together is meaningful and successful." We look forward to celebrating at the end of February.

Tae Kwon Do – A Big Success at Martha Cullimore!

In January, almost half of our students participated in Tae Kwon Do. That is amazing! Students from kindergarten through to grade 8 were introduced to basic martial arts, as they developed skill in balance, blocking and kicking. They focused on concentration, listening skills, cooperation and courtesy. All students who participated at school are invited to Jeong's Family Taekwondo for a celebration session in February. Funds raised through this initiative will go toward athletics and team uniforms. We are very grateful for the generosity of the instructors at Jeong's Family Tae Kwon Do for their genuine and enthusiastic investment in our students, along with volunteering their time.

School Council Meeting – Tuesday, February 25th at 6:00 p.m.
Come out and be a part of the exciting school life at Martha Cullimore!

PA DAY
Friday, February 14, 2020
There will be no school as teachers will be involved in professional activities.

TWIN DAY
Wednesday, February 5, 2020
Show your cougar spirit! Dress the same as a friend, teacher or stuffed animal! Have fun!

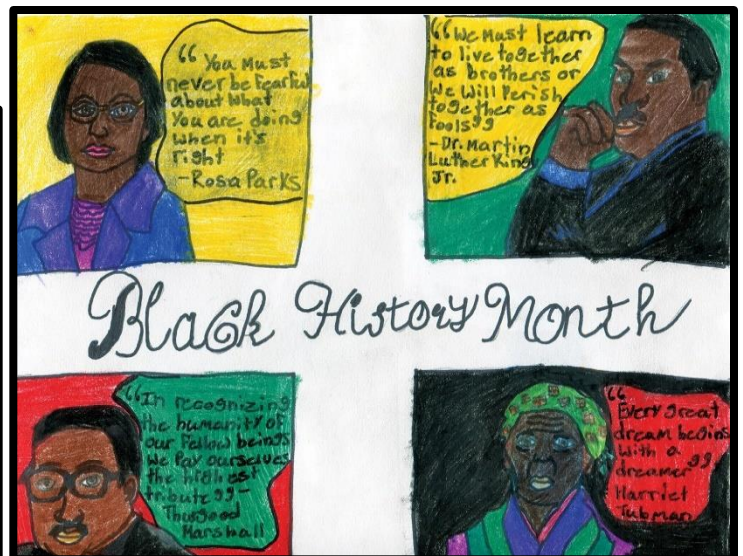


It's not too late to register for Kindergarten!

It was wonderful to meet new families and students at our open house in January and welcome them to the Martha Cullimore community! If you weren't able to make it, we'd still love to meet you! Come into the school anytime to take a tour and submit a registration form. You can fill out a form online or on paper. Please bring a birth certificate for proof of citizenship.

Director's Artisan Card Contest Winner!

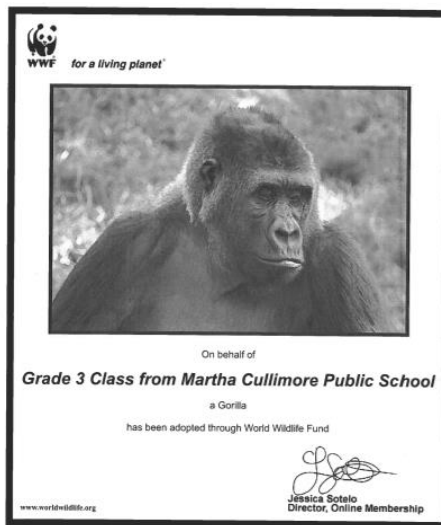
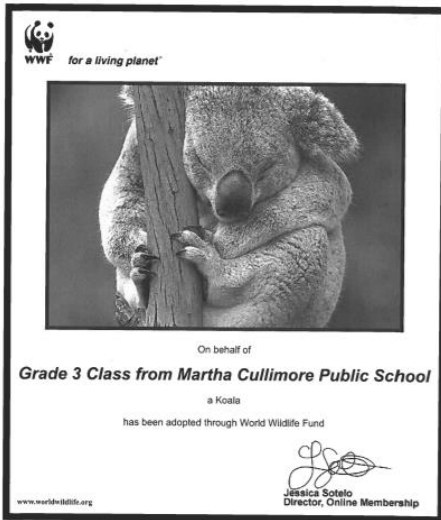
Congratulations to Emma Messina, who won the Director's Artisan Card Award. Her artistic talent, passion for visual arts and attention to a very important message made her work of art a very valued entry. We are very proud of her accomplishment and look forward to enjoying more of her creations.



Help Save the Gorillas!

After reading *The One and Only Ivan*, a fictional story based on the real life of a gorilla that spent twenty-seven years behind the glass walls of his enclosure in a shopping mall, the grade 3 class was inspired to help make a difference for all gorillas.

They held a Hot Chocolate Fundraiser to raise money to adopt a gorilla through the World Wildlife Fund. The fundraiser was a huge success thanks to all of the students at Martha Cullimore. The class raised \$235 surpassing their goal of \$100. They were able to adopt a gorilla, a koala and donated the remaining funds to help the efforts in Australia.



We are so proud of their efforts! A special thank you to Party Connection on Thorold Stone road for donating the cambro beverage container for the fundraiser.

Party Connection Rentals
6260 Thorold Stone Road
905-374-2641

Mad Science Comes to Martha Cullimore!

The Club is a 6-week science enrichment program offered to the students. Students who join the Science Club will go on a voyage of discovery designed to support the Ontario Science and Technology curriculum. The Club will take place on Thursday, March 26, April 2, 9, 16, 23, 30 from 12:35 PM - 1:15 PM. Mad Science also performs Birthday Parties, Camps and Special Events. Give them a call at 905-937-1878 and watch out for them in Malls, at Fairs, Festivals and Scouts and Guides.



Mad Science, the world's leading provider of educational and entertaining science programs for children is coming to Martha Cullimore School! They will be getting kids excited about science with fun, entertaining and exciting activities and demonstrations. Students and teachers will be thrilled on February 24th when Mad Science comes to the school to do a Spectacular Science show. The assembly will be educational, entertaining and also the kick off to the Mad Science Club.

Staying Healthy This Season at Martha Cullimore

Although we usually encourage children to share, there is one thing that we'd prefer that doesn't get passed around this year - germs! While being back at school gives children more opportunity to interact with each other and play together, there are some simple steps we can all take to help each other avoid coughs, colds and more serious types of infections.

Wash those hands! We recommend that students, and even parents, wash their hands with soap and water regularly. If there isn't a sink nearby, using a good hand sanitizer should do the trick.

Cover all coughs and sneezes. This will cut down on the number of icky things floating around in the air and landing on surfaces, making it less likely that children will breathe them in or touch them. If you have to cough or sneeze, do it into a tissue or onto your upper sleeve.

Information About Coronavirus

An information letter went home to all families in the last week of January, which included more detailed information from Public Health. Please refer to that letter for complete information. Coronaviruses (CoV) are a large family of viruses that cause illness ranging from the common cold to more severe diseases such as Middle East Respiratory Syndrome (MERS-CoV) and Severe Acute Respiratory Syndrome (SARS-CoV) The new (novel) coronavirus is a new virus in this family which we have not previously seen.

While there are no reported cases in Niagara, Public Health advises to reduce the risk of any flu type illness with the following:

- Get a yearly flu vaccination, available from clinics and pharmacies
- Wash your hands frequently and thoroughly with soap and water or use an alcohol-based hand sanitizer
- Cough and sneeze into your elbow
- If your child is sick, keep him or her home

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When to Keep Your Child at Home Due to Illness

Although it's important to be in class, don't be a superhero. Take some time, feel better and then come back when you're healthy, alert and ready to learn! Please keep your child at home and away from others if he or she has any of these symptoms: fever, diarrhea, vomiting, rash, frequent coughing or sneezing, yellow or green discharge from the nose, ears, or eyes, sore throat. It is recommended that students are symptom free for 24 hours before returning to school.

