

The Cougar Chronicle



Martha Cullimore Public School

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

Principal:
T. Chilcott

Wear Colour House
Ts on Jan 10th!

January

08 Welcome back!
08 Literacy Bingo starts today!
10 Cougar Cave Assembly
11 Gr 1 French Immersion Info Night
19 PD day
23 School Council Mtg
24 Pink Shirt Day
26 DSBN Family Literacy Day
30 NF Canucks Visit!
31 Celebration Assembly 2:05pm

February

01 Kindergarten Open House
06 NF Canucks Visit!
16 PA Day
16 NF Canucks Fundraising Game Night!
19 Family Day
27 School Council Mtg
28 DSBN Pink Shirt Day

Message from the Principal

Welcome back to school! We hope everyone had an enjoyable holiday. 2018 promises to be an eventful one as we look forward to the many exciting learning opportunities planned at Martha Cullimore School. As we return to school, we will be encouraging students to regain their focus and put forth their best efforts. Parents can help by checking their children's organizers daily, checking their assignments and working together at home.

Term 1 report cards will be sent home on February 9th. Please watch for these report cards in your child's backpack. Also, please continue to talk to your child about how he/she is doing in regard to learning skills. Teachers have been assisting students in setting and monitoring learning skills goals throughout the year.

It was wonderful to see the amazing turnout for our events in December. Thank you for your very generous support with our outreach initiatives. The Martha Cullimore community certainly demonstrated the true spirit of giving!

As part of our safe school routines, we will continue to review and practise both fire drills and lockdown drills at Martha Cullimore. Within the first weeks back to school in January, we will have a school-wide lockdown drill.

We extend a warm welcome to families with children who will be 4 or 5 years old by December 31, 2018 to our Kindergarten Open House on February 1st. Doors open at 10:00am until 6:00pm. Looking forward to seeing you!

Mrs. T. Chilcott

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

TEACHER	I MATTER STUDENT OF THE MONTH	GROWTH MINDSET COACH OF THE MONTH
K – Hollemans Empey	Landon, Olivia	Lily
K – Brennan Camillo	Noah, Tristan	Reese
1 – Carnegie	Apollonia, Sawyer, Theoni	Mila
2 – Dubois	Brooklyn, Mya, Zander	Kalysta
2/3 – McGowan	Bailey, Livia	Evie
3/4 – Jane	Ben, Natina	Kyla
5 – Fortuna	Jace, Lindsay, Matthew	Reegan
5/6 – West	Ben, Chris	A.J.
Michaud	Johnny, Josiah, Olivia, Owen, Rylee	

The character trait focus for January is PERSEVERANCE.

Holiday Poinsettia and Bake Sale Thank You!

Thank you to everyone who supported our Poinsettia and Bake Sale. It was a great success! The community spirit is alive and well at Martha Cullimore. The time parents took to prepare such lovely sweets was tremendous! We raised \$451.00 through Poinsettia sales and \$912.00 through bake sales toward technology for learning at Martha Cullimore.

Grade 1 French Immersion Information Night

Parents and Guardians of Senior Kindergarten students are invited to attend an information session about Grade 1 French Immersion at John Marshall School, 3910 St. James Ave. Niagara Falls, on Thursday, January 11 from 6 – 7 pm in the gym. Online registration begins January 8 at the DSBN website - www.dsbns.org

SAVE THE DATE FOR OUR
KINDERGARTEN OPEN HOUSE
DURING YOUR VISIT YOU WILL:

- See a Kindergarten classroom
- Meet the Kindergarten Team
- Register for school
- Get a fun goodie bag with learning resources

KINDERGARTEN KICKSTART
Thursday, February 1, 2018
10:00 a.m. to 6:00 p.m.

We extend a warm welcome to families with children who will be 4 or 5 years old by December 31, 2018 to our Kindergarten Open House on February 1, 2018. Doors open at 10:00am until 6:00pm. Looking forward to seeing you!

During the visit you will:

- See a kindergarten classroom
- Meet the kindergarten educator team
- Register at school
- Get a fun goodie bag with learning resources

Family Hockey Night on February 16, 2018! Hold the Date!

The School Advisory Council is hosting a Family Hockey Night with the Niagara Falls Canucks for the community at the Gale Centre on Friday, February 16th. This is a fundraiser and community-building event. The Canucks will also come to the school for a special assembly a few weeks in advance. Proceeds from this event will be used to offset the cost of end of year trips. More details to follow.

Monthly Pink Shirt Days – Fourth Wednesday of Each Month!

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. As a reminder of this, we've designated the fourth Wednesday of each month to be a PINK T-SHIRT DAY! Parents and students may order their own DSBN Pink Shirts through School Cash Online until January 24th.



Staying Healthy This Season

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.

If you're sick, stay home. 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!

When to Keep Your Child at Home

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.

Contact your family doctor for advice about care and treatment. For more information, talk to your school nurse or go to www.niagararegion.ca/health

Inclement Weather Procedures

There may be times during the school year where inclement weather or other situations could cause transportation cancellations or school closures. At times when student transportation has been cancelled and schools remain open, the decision of whether or not to have children in school on that day rests with the parent or guardian. **Should you decide not to send your child to school in the event that transportation is cancelled but schools remain open, or if your child is ill or late, please ensure that you call your child's school to inform them of your child's absence.**

A key resource in any emergency is the DSBN Emergency Information form that you filled out at the beginning of the school year. Please let the school know of any changes in contact information or procedures you wish to be followed throughout the school year.

Information about transportation cancellations and school closures will be available as soon as it is available through the following channels:

Websites:

http://www.dsbns.org/inclementweather/
www.nsts.ca

Subscription Features:

DSBN Facebook or Twitter
NSTS Transportation Delay or Cancellation Alerts

Phone: Niagara Student Transportation Services 905-346-0290 Voice Auto Attendant

Radio Stations:

CKTB (610 AM) or CHRE (105.7 FM) or CHTZ-FM (97.7 FM) in St. Catharines
WAVE (94.7 FM) or CKOC (1150 AM) or K-LITE FM (102.9 FM) in Hamilton
CKEY (105.1 FM) Niagara Falls/For Erie GIANT FM (91.7 FM) Welland

Television Stations:

CH – Hamilton, CityTV Breakfast Television, CTV Toronto, Cogeco Channel 10



Winter and Snow Safety

Students at Martha Cullimore School are not allowed to throw or kick snow while on school property. Cold, frozen snow presents a threat to student safety especially when thrown. Parents/Guardians are asked to please review this policy at home and we will continue to remind students here at school. Consequences for throwing snow are as follows:

- 1st time: Letter home with a detention
- 2nd time: Letter home and Loss of Privileges/Detention
- 3rd time: Formal at-home suspension

There are often large snow banks around the school and beside student pathways due to snow removal. STUDENTS ARE TO STAY OFF AND AWAY FROM ALL SNOWBANKS AT ALL TIMES. They are often icy and students risk falling off into the way of traffic.



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.

We look forward to keeping you connected at Martha Cullimore.

T. Chilcott Principal

Kitchen Corner for Healthier Schools and Families

Our health focus for January is drinking well. Here are some info bites about the effects of sugary drinks on your health and some tips on drinking healthy, which are from [Sugary Drinks and Your Health](#) (August 5, 2013 by Healthy Families BC) and the SIP SMART Ontario website.

- Healthy eating patterns are set during childhood and the teen years.
- Start early to promote healthy food choices and regular physical activity. This will help get children on the right path to good health and maintaining a healthy weight.
- About one in four children and teens and about six in 10 adults are overweight. Drinking too many sugary beverages can take the place of healthier drinks like water and milk, and contribute to high – calorie intake. Over time, excess calories can lead to weight gain.
- An unhealthy weight increases the risk of diabetes, high blood pressure and heart disease in both children and adults. Having kids sip on sugary drinks throughout the day can also harm the teeth, leading to cavities and pain. For your health – eat your calories, don't drink them.

DID YOU KNOW?

Your body uses water to maintain its temperature, remove waste and carry nutrients and oxygen to all your cells.

Satisfy your thirst with water. It's a calorie and sugar-free way to keep you hydrated. Good hydration helps you feel energetic and alert.



DSBN's Family Literacy Day is on Friday, January 26th.

Literacy BINGO

To celebrate literacy with your family throughout the month, please participate in our Literacy Bingo challenge!

- Complete any row – enter a draw for small prizes
- Complete a whole card – enter a draw for a prize basket (K, primary, junior)
- Send in your BINGO card on January 26th



Snuggle Up and Read

To celebrate literacy at Martha Cullimore, please come to our casual "Snuggle Up and Read" event on January 26th from 2:00 until 2:55pm to read with your child. PJs and stuffed animals are in order on this day! An RSVP form will come home closer to the day.

