

# The Cougar Chronicle

Martha Cullimore Public School  
3155 St. Andrew St. Niagara Falls, ON L2J 2R7  
<http://marthac.dsbns.org>



JANUARY  
2021

## Message from the Principal

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I trust that the holiday season brought rest and refreshment to you and your loved ones at home. We welcome 2021 with renewed hope of a happy, healthy and safe new year. We look forward to opportunities to celebrate together as a community.

Elementary students across Ontario will be learning remotely the first week back to school, which is January 4-8, 2021. During this first week, students will be learning online with their teachers. Teachers will be contacting their students' families on January 4<sup>th</sup>. When we return to our Martha Cullimore family in person on January 11, I would like to remind everyone that our protocols that have been in place since September continue to be in place. If you need a refresher, please review our [Return to School Guide](#)

As we welcome our students and families back, it is important to review the protocols that remain in place. We continue to require masks for staff and students in Grades 4-8 and recommend masks for our younger students. We will continue to maintain our physical distancing protocols and handwashing and sanitizing routines. We also need to ensure all families are actively [screening your children](#) and ensuring anyone with symptoms stays home. These protocols are in place to ensure the safety of our school community and we thank you for following these protocols and reminding your child about them as well.

We extend a warm welcome to families with children who will be 4 or 5 years old by December 31, 2021 to register for Kindergarten in the following weeks. We look forward to connecting with you! Contact the school at 905-358-5142 or by emailing [Tammy.Chilcott@dsbn.org](mailto:Tammy.Chilcott@dsbn.org)

On behalf of the entire Martha Cullimore staff, we wish you a healthy, happy 2021!

Mrs. T. Chilcott

Happy New Year!

### MARK YOUR CALENDARS!

Welcome Back virtually!	Jan. 4
French Immersion Registration Begins	Jan. 4
DSBN Academy Registration Begins	Jan. 7
Secondary School Intention Sheets Due	Jan. 11
Welcome Back in person	Jan. 11
Jersey Day	Jan. 14
PA Day	Jan. 15
Family Literacy Day	Jan. 27
Snuggle Up & Read PJ Day	Jan. 27
PIC Speaker Series	Jan. 27
Neon & Tye-Dye Day	Jan. 29

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



TEACHER	I MATTER STUDENT OF THE MONTH	Responsibility CHARACTER AWARD
K – Hollemans & Whalen	Jessa, Liam	Musa
K – Brennan, Camillo & Nagy	Lucas, Thatcher	Atlas
1/2 – Lopez	Mila	Georgia
2/3 – Cooke	Lucas, Tristan	Max
3 – McGowan	Landon	Serafina
4 – Dinga	Theoni, Nicolas	Carter
5 – Chubb	Colton, Matt	Evie
6 – Singer	Livia, Sean	Hudson
7 – Jane	Ashley, Eris	Rylan
8 – Ibey	Johnny, Rylee	Cooper
8 – Fortuna	Alex, Abby	Souriya

### Character Trait for January - Perseverance

I finish what I start, even when it is difficult.

I do not give up even when faced with challenges or obstacles.

I complete all tasks and assignments to the best of my ability.

### Project Share Food Drive – Thank you!

As we prepared for the winter season in December, Martha Cullimore reached out to the community by way of a Seasonal Food Drive with Project Share. I am so pleased to share that together we donated 6 barrel-fulls of food items! Way to go, Cougars! Thank you for reaching out with us to help others in the community!

### 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:

1<sup>st</sup> time: Letter home with a detention

2<sup>nd</sup> time: Letter home and Loss of Privileges/Detention

3<sup>rd</sup> 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.

## Dressing for the Weather

We remind students to bundle up and dress appropriately for outdoor play this winter. Except in extreme cases, such as when Niagara Public Health issues Extreme Cold Weather Alert, gym classes, recess and lunch breaks will continue outdoors to provide our children a much-needed change of pace and scenery. Niagara Public Health will issue a cold weather alert when the temperatures are  $-15^{\circ}\text{C}$  or when weather conditions are severe enough to warrant alerting the community to the risks involved with prolonged exposure to the outdoors, such as a blizzard or wind chill warning. Depending on the wind chill factor, outdoor breaks may be shortened as appropriate.

Students **are not kept in at recess due to illness** as fresh air and exercise are essential to a healthy mind and body. If your child is well enough to be at school, we consider them well enough to be outside. If your child is properly dressed, they will be able to enjoy the colder weather and time outside. We feel very strongly that if the child is too ill to go out for recess, it would be in the child's best interest to remain home for the day. If you believe your child is an exceptional case, please contact Mrs. Chilcott to discuss the situation.

## Inclement Weather Procedures

There are times in Niagara when weather conditions are so poor that we must cancel student transportation, and/or close schools to preserve the safety of students and staff.

The decision to cancel transportation and/or close schools is not taken lightly; a variety of factors are considered when making this choice. To learn more about how these decisions are made, please go to <https://www.dsbns.org/inclementweather>.

### Transportation Cancellations:

Information about transportation delays and cancellations are posted to <https://portal.nsts.ca/Cancellations.aspx>. When transportation is cancelled, information is shared before 6:00 am on the day of the cancellation. There are times when transportation is cancelled, but schools remain open. If, on those days you feel it is best for your child to stay home, please report your child's absence <https://dsbn.org/safearrival/> so we can make sure they are safe at home.

### School Closures:

When the decision to close schools is made, it refers to all schools: both in-person and virtual schools. School closure information is shared before 6:00 am on the day of the school closure. You will find it on dsbn.org, all school websites, DSBN social media, and local media share the news widely as well.

### Student Work on School Closure and Transportation Cancellation Days:

For elementary students - On days where transportation is cancelled and/or schools are closed, please visit <https://marthac.dsbns.org/> and click on the "Learn From Home" button. There you will find optional synchronous learning resources.

## French Immersion Registration

The French Immersion program (offered at French Immersion sites) is open to all Year 2 Kindergarten students. If you want your child to develop a high proficiency and fluency in Canada's two official languages, French Immersion has a great deal to offer. [Check out this video about our program!](#)

Registration will open January 4th, 2021 at 12:00 p.m. and will close February 16th, 2021. For more information about French Immersion in the District School Board of Niagara visit [www.dsbns.org/fi](http://www.dsbns.org/fi).

## DSBN Academy

Learn about the DSBN Academy at the Virtual Open House on **Monday, February 8, 2021 at 6:00 PM!** Join us to find out:

- How this unique program prepares students to attend, and succeed at, college and university
- What extra opportunities are offered and how your child can benefit
- If the DSBN Academy is a good fit for your child

The DSBN Academy is a Grade 6-12 public school designed to support and empower students to be the first in their family to graduate from college or university. Staff and students are committed to the belief that, with hard work, all students can achieve their dreams.



From January 11-29, Grade 5 and 6 students will participate in a Virtual Roadshow during class time to learn more about the DSBN Academy and everything it has to offer. More information about Registration and the Virtual Open House will be shared in January 2021

**Online registration opens on JANUARY 7, 2021 at [ACADEMY.DSBM.ORG/APPLY](https://academy.dsbm.org/apply). Registration will close on FEBRUARY 15, 2021. Limited spots available.**

### WHAT ARE THE REQUIREMENTS TO APPLY TO DSBN ACADEMY?

- Student must live within the Niagara Region
- Student is entering Grade 6, 7 or 8 in September 2021
- Student would be the first in their family to graduate from a college or university program
  - If a sibling has attended post-secondary but the parent(s)/guardian(s) have not, the student is still considered a First Generation Student
- Student is achieving current grade level expectations or just below
- Student has demonstrated the potential for achieving "good" or "excellent" learning skills
- Student is willing to attend a school that may be out of their community with free transportation provided
- Student understands there are mandatory after-school academic supports and *ENCORE* programs
  - After-school *ENCORE* options include: Mixed sports, Board games, Photography, Yoga, Makerspace, Choir, Reading, and many more!
- Families understand that the DSBN Academy is a single track pathway beginning in Grade 9 (academic level only)

**IF YOU HAVE ANY QUESTIONS, PLEASE CONTACT:** [Derek.Harley@dsbn.org](mailto:Derek.Harley@dsbn.org) - Elementary Principal

## PIC Virtual Speaker Series – Parenting Through a Pandemic

PIC is very excited to welcome Canadian Parenting Author, Ann Douglas in a free, virtual presentation on Wednesday, January 27, 2021 at 6:30p.m.

Parenting doesn't happen in a bubble. As parents, we can't help but be affected by what's happening in the wider world. Is it any wonder then that so many of us are feeling so anxious, so guilty, and so overwhelmed right now? In this thought-provoking conversation, parenting author Ann Douglas will acknowledge the challenges that we are facing in this moment and share strategies and solutions for

parenting through a strange and uncertain time. Expect a conversation that is kind, encouraging, and real and that leaves you feeling anything but alone.

You'll learn:

- why this is such a challenging time to be a parent and a child or teen!
- how to calm yourself and calm your child
- how to parent in a way you can feel good about and that will actually strengthen your relationship with your child
- how to give yourself permission to be a gloriously imperfect parent and to give your child permission to be a gloriously imperfect kid
- how to recognize and celebrate your many strengths as a parent.

Ann Douglas sparks conversations that matter about parenting and mental health. She is a regular contributor to CBC Radio and a bestselling parenting book author. Ann is the creator of The Mother of All Book series and the author, most recently, of Happy Parents, Happy Kids and Parenting Through the Storm. A passionate and inspiring speaker, Ann delivers keynote addresses and leads small-group workshops at health, parenting, and education conferences across the country.

A limited number of Ann's book, Happy Parents Happy Kids are available to those who register for her presentation.

**Date: Wednesday, January 27, 2021**

**Time: 6:30 - 8:00 PM**

**Registration link: <https://www.dsbm.org/pic/speakerseries.html>**

## Parents' Role in Keeping Schools Safe

Everyone has a role to play in keeping families safe and reduce the spread of COVID-19. It is the responsibility of parents and caregivers to assess their children on a daily basis before sending them to school. We ask parents to use this link: [Ontario Ministry of Education Covid-19 School and Childcare Screening Tool](https://covid-19.ontario.ca/school-screening/) (<https://covid-19.ontario.ca/school-screening/>) to screen their child(ren) daily. The screening tool will provide direction and information to determine if students should attend school, remain home, or seek medical advice. Additionally, parents must have a person available to pick up their child right away, should they become sick during school. We thank our parents for being diligent with following the screening guidelines and being available to pick up your child when needed!

We all appreciate guidance and reassurance as we need to make decisions that pertain to the health and wellbeing of our children, family and school community. We share this responsibility together.

When your child becomes ill or for more information:

- Niagara Region Public Health Info-Line at 905-688-8248 or toll-free at 1-888-505-6074, press 7 then This line is available:
- Monday to Friday, 9:15 a.m. - 8:30 p.m.
- Saturday and Sunday, 9:15 a.m. - 4:15 p.m.

# PA DAY

**Friday, January 15, 2021**

There will be no school as teachers will be involved in professional activities.