

The Cougar Chronicle



Martha Cullimore Public School

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

Principal:
T. Chilcott

Important Dates:

March

- 03 Dance a Thon & Bake Sale
- 09 Primary to Jack Grunsky Concert
- 13 – 17 March Break
- 20 Mad Science
- 21 Funky Sock Day
- 22 Pink T Shirt Day
- 27 Mad Science
- 31 Celebration Assembly

April

- 05 Kevin Sylvester Author Visit
- 14 Good Friday
- 17 Easter Monday
- 21 Trivia Night
- 28 Celebration Assembly

Message from the Principal – Kindness & Mindfulness

It is such an honour that you have chosen Martha Cullimore for your child(ren)'s education. We take the responsibility very seriously and continually strive to offer the best programming and climate for your child's success. We are always reflecting on how we may continue to strengthen character development and the safe and inclusive culture at our school. Throughout the month of February, we spent a considerable amount of time highlighting the character traits of caring and kindness and applying them in a variety of contexts daily. At our last colour house huddle, we were challenged by the message of social responsibility in the book Say Something by Peggy Moss. Students further developed the skills that will enable them to respectfully set limits when others are choosing hurtful behaviours toward them and others. They were also encouraged to feel confident about standing up for themselves and others.

Further to this, practicing daily mindfulness prepares students to respond thoughtfully to situations rather than react to them. Taking the time to think about why they themselves or their friends are showing an emotion can help them appreciate themselves and others more deeply. Connecting in this way, with compassion, can help defuse difficult situations. We are encouraging our students to spend time together and unplugged, taking turns sharing stories about their day and listening to each with kind attention.

Mindfulness involves being fully present and accepting of our moment-to-moment experiences, without becoming lost in thought about the past or future. Life as a parent is busy and as a result it's easy to operate on auto pilot. Being a mindful parent means taking the time to enjoy the everyday moments with your children. As parents, mindfulness is especially important because it allows you to **role model** mindfulness practice, allowing your entire family to reap the benefits.

Some examples of daily mindfulness activities you can do with your children include:

- 1) Going for a walk and giving everyone the task of finding 5 things that they hear, see or feel/touch during the walk and reporting back to the family upon return
- 2) Spending time unplugged and together as a family. Take turns sharing stories about your day and listen to each with kind attention.

Practicing daily mindfulness activities prepares you to respond thoughtfully to situations rather than react to them. For example, if your child is showing signs of anger, rather than reacting with discipline, take the time to think about why they are upset. Connecting in this way, with compassion can help defuse the situation.

Dan Siegel, best-selling author of several parenting books, co-director of the UCLA Mindful Awareness Research Center and executive director of the Mindsight Institute, offers a wonderful description of what it means to be a mindful parent in this short video clip: <https://www.youtube.com/watch?v=FXxrJEnlboM>

Being a more attentive, mindful parent can help you feel more confident and content within your family!

Mrs. T. Chilcott

An Evening with Dr Stan Kutcher – For Parents

Dr. Stan Kutcher is the Sun-Life Financial Chair in Adolescent Mental Health and the Director World Health Organization Collaborating Care in Mental Health Policy and Training at Dalhousie University and IWK Health Centre in Canada. He is a renowned expert in adolescent mental health and leader in mental health research, advocacy, training, and policy and has been involved in mental health work in over 20 countries. Dr. Kutcher will share his research, promote child and youth well-being and teach all of us about building resilience in our children and youth during a parent evening.

Monday, May 1, 2017
6:00 p.m. to 9:00 p.m.
A.N. Myer S. S.
Gymnasium
Refreshments

Care provided for
children ages 4 to 10



Free Admission

Hold the Date!

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

TEACHER	I Matter STUDENT OF THE MONTH
K – Hollemans Empey	Aaron, Riley, Seth
K – Brennan Longhouse	Allyson, Kurt, Maddy, Tristan,
1 - Carnegie	Bobby, Lanah, Rylee
2 – Reid	Abi, Paige
3 – Niven	Charlee, Rylan
4 – Jane	Dale, Jace, Jackson
4/5 – Fortuna	Danielle, Jenna S, Ryan W
6 – West	Katie



Family Bowling Fun on February 12, 2017!

Thank you to everyone who attended our Family Bowling Event last month. It was a great success. We raised \$300 toward end of year trips.



TRIVIA NIGHT

April 21st
@ Delphi

See flyers coming soon!

**School Council Meeting – Tuesday,
March 28th at 6:00 p.m.**

Come out and be a part of the exciting school life at Martha Cullimore!

Dance-a-thon on March 3rd!

As we continue to fundraise for our playground repairs and technology for learning, students are encouraged to take on the Dance-a-thon challenge and dance for an entire block on March 3rd! Students should only collect pledges from friends and family members. Pledges may be made online or by sending cash into the office. The last day for returning pledges is Thursday, March 2, 2017.

There will also be a **Glow Bracelet and Bake Sale** that day. Please consider supporting our fundraiser by sending in nut-free, single-serving baked goods the morning of the Dance-a-thon. We thank you in advance for your support of our playground and technology!



Author Visit on April 5th

We look forward to the upcoming visit of author and illustrator, Kevin Sylvester, to Martha Cullimore School in early April. 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 he uses visualization and idea planning to ceate such wonderful and engaging texts.

Dental Health

Are you an adult in Niagara who is experiencing problems or barriers to accessing dental care? The Niagara Dental Health Coalition has launched a short survey to learn more about these barriers and their impacts. Please take a moment to complete the survey at: <http://niagaradentalhealthcoalition.weebly.com/> The survey is open until March 10, 2017.



Student Parliament for 2016-2017 & Make Change for Children 2017

The purpose of our Student Parliament is to encourage student voice and engage all students within a healthy and vibrant school culture. Every student has a valued contribution to make to their school. To that end, we are encouraging our community to donate to the Education Foundation of Niagara's Student Financial Need Fund!

Our "You Matter" Candy Gram Campaign brought in \$129.00 for Make Change for Children. Thanks so much for your contributions. Students wrote notes and sent candy grams to brighten someone's day! Our next monthly spirit day will be Funky Sock Day on March 21st. Students can bring in pocket change (quarters, loonies, toonies) and drop it into the Make Change for children bucket.

Next Student Parliament Spirit Day:

**March 21
Funky Sock Day**



In Honour of Down Syndrome Awareness Day on March 21 (Third Month, 21st Day... three copies of the 21st Chromosome) we are asking everyone to wear funky socks! You can wear funky, wild, mis-matched, many or crazy socks! Just wear fun socks in support of Down Syndrome Awareness!

Cougars Basketball Team

Martha Cullimore continues to demonstrate team spirit and sportsmanship as the Basketball Season begins. Congratulations to the following students who will represent us on the court:

Junior Girls – Julia Arnold, Katie Beaudoin, Brianna Chudobiak, Madison Douma, Megan Neil, Jenna Orescanin, Denice Peewee, Kalley Quinn, Riley recchia, Jenna Saddler, Roberta Stark, Zenith Taylor

Junior Boys – Ethan Aird, Gabe Arcuri, Jayke Arnold, Johnny Baka, Josh Baka, Josh Holly, Mani Maynard, Rylan Moukperian, Jeffrey Vormittag, Ryan Wiggins, Jake Zizian Manager: Aidan Blakely

Thanks to Mr. West and Mr. Fortuna for coaching.



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.

March is Nutrition Month

Fruits and veggies are not only absolutely delicious but they are nature's fast food! Ready to eat and most come in their own "to-go" packages, produce makes the perfect snack for kids to grab and go. They need minimal to no preparation and buying ones in season means you can save some money and shop smarter.

Think you can't get much produce on a tight budget? Here are some tips to make shopping for produce more easy and affordable:

- Don't shop when you're hungry and carry a list. You'll be more likely to stick to your budget and nutritious food choices.
- Look for washed and bagged salads, baby carrots, celery hearts, broccoli and cauliflower crowns, cherry tomatoes, and shredded cabbage in your grocery store
- Buy fresh produce, like peaches or bananas, in varying degrees of ripeness to allow for some ripening towards the end of the week
- Canned and frozen vegetables can be convenient choices
- Spend most of your time in the produce, bread, meat and dairy sections
- Use store flyers to help you find specials
- See more at: <http://www.halfyourplate.ca/produce-is-affordable>



Get inspired with recipe ideas from **Cookspiration**
and serve up a nutrition tip a day with **eaTipster!**



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