

# The Cougar Chronicle



## Martha Cullimore Public School

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

Principal:  
T. Chilcott

### Important Dates:

#### March

- 08 Dance a Thon & Bake Sale
- 09 Gr 5&6 to Niagara River Lions
- 12 – 16 March Break
- 22 Mad Science
- 23 Crazy Hair and Bubblegum Day
- 27 School Council Mtg
- 28 JK/SK 2<sup>nd</sup> Fluoride Application – with consent
- 28 Pink Shirt Day
- 29 Celebration Assembly (pm)
- 29 Mad Science
- 30 Good Friday

#### April

- 02 Easter Monday
- 03 Raise the Flag For Autism Day
- 20 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, practising 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.

Practising 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.

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

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	Chloe E, Halen P, Ryder H, Tayla A	Sawyer H
K – Brennan Camillo	Claire P, Serafina S	Tristan P
1 – Carnegie	Mila K, Matilda S	Natalie B
2 – Reid	Georgi K, Melodee T	Declan P
2/3 – McGowan	Abi D, Jordan M, Karter S	Taylor H
3/4 – Jane	Izzy H, Kameron M, Owen A	Josiah H
5 – Fortuna	Danielle V, Evan L, Liam G	Abigail P
5/6 - West	Olivia V, Rylee H	Jayke A
Michaud	Abby P, Bailey C, Danielle V, Jordan C, Kalista R, Kalysta T, Karter S, Lucas W, Melodee T, Nicholas R, Tucker P	

**The character trait focus for March is Optimism.**



### 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, Mar 22, 29, Apr 5, 12, 19, 26 from 10:15 AM - 10:55 AM. 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.

### Safe Social Networking Workshop with Paul Davis at Victoria School March 27th

Victoria School is hosting a Safe Social Networking Workshop on March 27th. Social Networking Safety speaker, Paul Davis has over 25 years of IT experience to share and will speak to parents, provide a Common Sense Approach to dealing with the technology our kids/young teens have including, Twitter/Instagram/Facebook, Cyber-Bullying, Hand Held Devices, Texting, and Legal Matters as well as demonstrating how easily your account can be compromised. To date, Paul has reached over 230,000 students in Canada alone. More details to follow.

## Dance-a-thon on March 8th!

As we continue to fundraise for technology for learning, students are encouraged to take on the Dance-a-thon challenge and dance for an entire block on March 8th! 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 8, 2018.**

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!



## Kindergarten Dental Rinse

Students who have consent given by parents will have their second fluoride rinse on March 28<sup>th</sup>.



## Make Change for Children 2018 – Crazy Hair and Bubble Gum Day!

We are encouraging our community to donate to the Education Foundation of Niagara's Student Financial Need Fund! To have some fun with this worthwhile initiative, there will be a Crazy Hair Day on March 23<sup>rd</sup>. Students are encouraged to wear crazy hair and drop a loonie or toonie (or more) into the Make Change for children bucket.



If students donate, they will also have an opportunity to chew bubblegum – with parent approval, of course! Teachers will designate a specific time when chewing gum is appropriate and students will not be permitted to chew gum during physical education or outdoor fitness breaks, when they will be very active.



## Family Game Night Fundraiser - Thank you

We had a great game night together as a community while we cheered on the Niagara Falls Canucks at the Gale Centre on February 16<sup>th</sup>. Congratulations to the student choir who showed their Canadian and Cougar pride as they sang the national anthem. We were all so very proud of them. Well done! A big thank you to all who supported this event and continued toward the fundraiser. We raised \$450.00 through this event.



## 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 – Addie L., Alyssa B., Danielle V., Jenna O., Jenna S., Kalley Q., Madison D., Payton G., Reegan H., Riley R., and Rylee H.

Junior Boys – Gabe A., Jayke A., Ethan A., Johnny B., AJ B., Evan L., Rylan M., Liam N., Jeffrey V., Ryan W., and Broden W.

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

## Kitchen Corner for Healthier Schools and Families Get Active in March!

Our health focus for March is eating well and getting active! We'll spend fitness breaks walking and counting our steps with pedometers! Each class will have several opportunities during March to walk together and keep track of their steps during assigned breaks. We're also hoping on providing students with new fitness experiences through the month. Stay tuned for more details.



# remind



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

# Triv? a Night



**DATE:** Friday, April 20th, 2018

**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 will be on sale the week of March 19th.

Please see the Parent Council Members:

Shannon Baka, Meg Aird, Jennifer Hay, Jan Culp, Jenny Shergold, Brie Cavanagh, Karen Hein, Tricia Watson.

mctrivianight@gmail.com • 905-347-3346

**The proceeds raised from this event will go towards  
the Martha Cullimore Public School Technology Fund**