

# The Cougar Chronicle



## Martha Cullimore Public School

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

Principal:  
T. Chilcott

### Important Dates:

#### March

01 Celebration  
Assembly  
07 Dance-a-thon  
11 March break  
starts  
21 Funky Sock Day  
for Down Syndrome  
Awareness  
22 Jersey/Board  
Game Spirit Day  
29 Celebration  
Assembly 2:00pm

#### April

02 Raise the Flag  
for Autism  
16 Grade 7  
Vaccine Program  
04 Mad Science  
11 Mad Science  
16 Gr 7 Vaccine  
Program  
18 Nature  
Headband & Hat  
Spirit Day – Colour  
House Sculpture Art  
Day  
18 Mad Science  
19 Good Friday  
22 Easter Monday  
25 Mad Science  
26 Forest of  
Reading  
Conference

## Message from the Principal

### Kindness and Empathy

The focus for February was on kindness and empathy. 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!

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 learned more about empathy through the book, Step into My Shoes by Bob Sorenson and the short film, Heron and Joy. If you visit the school, you will see pink shoe cut-outs that have been uniquely decorated by each student in the school displayed heel-to-toe... a wonderful reminder to think about what it would be like to be insomeone else's place.

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.

### DSBN School Climate Survey – February 1 to March 8

The DSBN School Climate Survey is an opportunity for students in Grades 4-12 and parents to provide information about their experiences of well-being, acceptance, inclusion and school safety. It is a web-based survey that is designed to be anonymous. A summary report will be available for schools to use for goal-setting and planning purposes. A supportive, accepting, inclusive and safe school creates an environment for students to do their best in the classroom and beyond. Hearing the student and parent 'voice' is key to the development and implementation of school and board level improvement plans.

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	Kaya L, Brayden M, Halen P	Brady H
K – Brennan, Lopez & Camillo	Ivy C, Hunter F	
1/2 – Edwardson	Lily D, Landon L, Blake M	Blake M
1/2 – Reid	Sawyer G, Mila K	Sawyer H
2/3 – Folino	Alice, Quinne V	Justin Y
3/4 – Jane	Jackson R, Melodee T	Joshua B
4/5 – Dinga	MacKenzie G, Addison P	Paige E
5/6 – Bootsma	Joon L, Marshall P	David W
6 – Hopkins	Jordan C, Danielle V	Kiley R
7/8 – Fortuna	Noah D, Deniz O, Kiera J, Katelyn S, Nathan S	Deniz O
7/8 – Ibey	Keven G, Owen H, Morgan H	Jayke A
FR – Michaud	Jackson V	



**The character trait 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 21, 28, Apr 4, 11, 18, 25 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.

### Dance-a-thon on March 7th!

As we continue to fundraise for student bussing and technology for learning, students are encouraged to take on the Dance-a-thon challenge and dance for an entire block on March 7th! 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 7, 2019**. For every \$10.00 a student is pledged, a ticket will be placed in a draw for new books!



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 end of year bussing costs!

### Funky Sock Day for Down Syndrome Awareness – March 21st

The Canadian Down Syndrome Society encourages Canadians to celebrate people with Down Syndrome in Canada and around the world for World Down Syndrome Day, March 21st. We want everyone at Martha

Cullimore to wear funky socks of all kinds to celebrate this day! We'll also get up and dance! Let's show Canadians and the rest of the world OUR inclusive school.

The initiative is part of the "Lots of Socks" campaign begun by an organisation called Down Syndrome International, to encourage people to start a conversation about diversity, uniqueness, inclusion and acceptance.

## Jersey and Math Board Game Spirit Day – March 22<sup>nd</sup>

On Friday March 22<sup>nd</sup>, colour houses will get together for Game Day! Wear your favourite sports jersey and bring in a math board game to play (if it's OK with your parents). We'll have fun with math games and challenges on this day!

**TRIVIA NIGHT**

Reserve a table of 8 or we can reserve a spot for single tickets

Friday, April 26, 2019 6pm -10pm  
\$25 per person (includes full buffet dinner)

**CASH BAR, 50/50, RAFFLE PRIZES,  
SILENT AUCTION, FIRST PLACE PRIZES**

**DELPHI BANQUET FACILITIES | 4414 PORTAGE ROAD**

Tickets will be available after Family Day. More details to follow.

The proceeds from this event will go towards the school technology fund.

## School Advisory Council

Our upcoming Trivia Night in the spring will be on **Friday April 26<sup>th</sup> at the Delphi**. Don't miss out on this great night out with friends! Tickets will be available for purchase through School Cash Online and School Council members starting February 18th. Proceeds will go toward the school technology fund. A portion may go toward end of year bussing costs.

Tickets can be purchased on School Cash Online.

## Chess Club

Chess Club begins in March! Stay tuned for more information.



## Robotics Club

We look forward to Junior & Intermediate Robotics Club starting soon this Spring. Thanks to Mr. Bootsma for being our robotics coach and offering this worthwhile experience for our students.

## You're the Chef

As part of Martha Cullimore's Healthy Schools initiative, we are offering a great opportunity to our older students. You're the Chef is a food literacy program designed to help develop the skills and confidence necessary for children (aged 11 years and up), to prepare healthy



and tasty recipes emphasizing vegetables and fruit. Along with recipe preparation, participants will learn and practice basic kitchen safety, food safety, cooking techniques and other valuable food literacy skills. Students will meet during breaks and part of a class at school to prepare and taste about four different recipes. We have limited openings for this program. Students will be randomly selected to participate. Thanks to Mrs. Lopez and Mrs. Baka for leading this initiative.

## EQAO TESTING

The province wide assessment of Grade 3 and 6 students will take place at our school between:

**May 21st to June 3rd**

We ask families of these students to not plan appointments or holidays during this assessment time.

**School Council Meeting – Tuesday, March 26<sup>th</sup> at 6:00 p.m.**

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

## Snow Banks and Student Safety

With the colder weather, it is important for all of us to be extra careful when entering or exiting the school, whether on foot or by car. When driving, please slow down and observe the signs in our *Kiss and Ride* area. Please do not try to pass another car or a school bus. With snow banks, it is sometimes very difficult to see a child who darts out suddenly. Your diligence is appreciated. For older children, please consider dropping off and picking up a block or so away from the school. This will enable students to have a little more exercise and help to ease traffic congestion.



## 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:  
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.

## 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.**

