

The Cougar Chronicle

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



OCTOBER
2020

Thanks and Appreciation!

As we approach the time of year traditionally set aside for giving thanks, I reflect on all I am thankful for at Martha Cullimore School. I see students building positive relationships and supporting one another. Parents are showing interest in supporting a vibrant school community, including School Advisory Council. Staff care about their class communities, believe in their students and are keeping wellbeing at the focus of their work with them. We work together and want to have fun together. I would like to extend my thanks to all members of our school community for their support in following our new protocols, from our entry and exit, to daily self-assessment screenings.

Thank you to all parents and community members who attended our first School Council meeting on September 29th. There is strong interest in the wellbeing of Martha Cullimore and I am confident that, with the support and passion of this wonderful group, the cougar community will thrive. Congratulations to Shannon Baka and Jenny Shergold, who will be serving together as School Council Co-Chairs this year. Their leadership is very much appreciated. Rebecca Burdon will serve as Treasurer and we appreciate her investment in leadership this year, as well. I am thankful for their commitment to our school and look forward to serving with them.

It is very important to ensure your child is symptom-free before arriving at school in the morning. Both staff and students need to complete a daily self-assessment before arriving. Any students or staff that develop any of the following symptoms while at school will need to return home right away. The symptoms include:

- Fever/chills (feeling hot to the touch, a temperature of 37.8 Celsius/100.4 Fahrenheit or higher)
- Cough that's new or worsening (continuous, more than usual)
- Shortness of breath (out of breath even when sitting or walking)
- Sore throat (not related to seasonal allergies or other known causes or conditions)
- Runny, stuffy or congested nose (not related to seasonal allergies, or other known causes or conditions)
- Unusual level of fatigue
- Headache that's unusual or long lasting
- Nausea/vomiting, diarrhea, loss of appetite, stomach pain (not related to other known causes or conditions)
- Feeling unwell for an unknown reason

If children display symptoms, they must remain home from school and seek medical attention by a health care provider to see if testing is recommended. You should talk with a doctor if your child feels sick or think they have the cold or flu because symptoms are similar to COVID-19.

Public Health Information and Supports

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 press 2 if you're a parent or guardian

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.



You may also chat online in 90 different languages with auto-translate through their website or email healthyschools@niagararegion.ca. We appreciate your support and cooperation as we work to keep everyone safe.

Daily Covid-19 Screening Tool

During our first month of school, you have all been wonderful in helping to keep everyone who is coming to our school each day safe and healthy. You have been doing your best to ensure your children are practising physical distancing, maintaining hand hygiene, and wearing their face masks as needed. We greatly appreciate you and your child's efforts.

As you know, you were required to sign the DSNB Parental Agreement for Daily New Screening, making the commitment to screen your child daily for symptoms of COVID-19 before they come to school.

To make this part of your morning routine easier, I'd like to share the province's Daily COVID-19 Screening Tool with you. It's an effective, quick questionnaire that will help you know whether your child should or should not be going to school. A key feature of this tool is that it walks you through what to do if your child does not pass the screening. This is helpful information that is there to support you with your next steps.

[Click here to find the Daily COVID-19 Screening Tool](#). You can bookmark this page for easy access, or you can visit <http://www.dsnb.org> or <http://marthac.dsnb.org> and find it on the home page. Using this tool is optional, but we are encouraging families to use it so we can continue working together to prevent the spread of COVID-19. They should talk with a doctor if they feel sick or think they have the cold or flu because symptoms are similar to COVID-19.

Rain or Shine!

Dress for the weather as students will be outdoors everyday as a start to their school day. Students will also be spending more time in their outdoor classrooms.

Thanksgiving

October 14, 2020



COUGARS TOGETHER - SAFER, HAPPIER, STRONGER, SMARTER.

... VOICES HEARD
... NEEDS SATISFIED
... CONNECTED, HAPPY & STRONG
... ACHIEVING GREAT THINGS TOGETHER!

SAFETY, WELLBEING, LEARNING...



Connect with a public health nurse at Niagara Parents

905-684-7555 or
1-888-505-6074 ext. 7555

parents@niagararegion.ca

Live Chat
niagararegion.ca/parents

Niagara Parents

Niagara Parents provides a variety of services to help you raise a happy and healthy family. Learn more about pregnancy and caring for babies, children, and teens at niagararegion.ca/parents

Niagara Region

DSBN Social Worker Support Available

Do you have questions about your child's mental health and well-being, such as anxiety, behaviour or self-harm? Do you need support in accessing supports in the community? Do you need advice for setting goals to help with regular school attendance? Do you have any questions or looking for support regarding a certain aspect of parenting?

If these are some questions you've been asking yourself, please speak with your child's teacher or Mrs. Chilcott. Sarah Lichter is a DSBN Social Worker that works with families in Niagara Falls schools, including Martha Cullimore, to provide an additional layer of support to help our students and families achieve success. She is an invaluable member of our Martha Cullimore team and is looking forward to connecting with families.

Student Parliament

The purpose of our elementary school 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. It is important that they be given the opportunity to express their views on issues of concern to them. It is equally important that they are listened to and encouraged to take an active part in promoting the aims and objectives of the school.

This year, we'll be inviting grade 7 and 8 students to lead the charge in boosting our sense of community and increasing school spirit through spirit days and other venues that we will reimagine together!

Thank you to Mrs. McGowan for investing in this leadership group.

Skateboards, Scooters and Bikes

Skateboards, scooters and bicycles are healthy forms of transportation to and from school but must be walked onto the property and appropriately stored during the day. Bikes must be locked in the bike rack at the side of the school. At this time, scooters and skateboards cannot be stored inside the school. We encourage students to find alternate forms of transportation to school but if they bring a scooter or skateboard, it must be stored in the bike rack at the side of the school. Students must wear helmets when riding a bicycle, scooter, or skateboard to school and are prohibited from riding through the parking lot or playground because it is very dangerous to do so!

iWalk

Join families across Niagara and the world in celebrating [International Walk to School Month](#) this October. Kids who walk or bike to school arrive alert and ready to learn. For tips on teaching your child how to be a safer pedestrian, check out the new video featuring [Blue the Butterfly](#). The [Sidewalk Smarts Passport](#) offers a checklist of safety skills you can help your child practice during a walk in your neighbourhood. If you live too far away to walk or wheel all the way to school, try driving to a location near your school and walk the rest of the way. Using active transportation helps you [Prevent the Spread of COVID](#) and reduces congestion at your school. This October, practice walking to school so you can leave the car at home more often.



Rowan's Law Day for Concussion Awareness – October 2nd

Rowan's Law was named for Rowan Stringer, a high school rugby player from Ottawa, who died in the spring of 2013 from a condition known as second impact syndrome (swelling of the brain caused by a subsequent injury that occurred before a previous injury healed). Rowan is believed to have experienced three concussions over six days while playing rugby. She had a concussion but didn't know her brain needed time to heal. Neither did her parents, teachers or coaches.

Rowan's Law and Rowan's Law Day were established to honour her memory and bring awareness to concussions and concussion safety. **We wear purple on this day as this was Rowan's favourite colour.**

World Teachers Day – October 5th

World Teacher's Day is recognized annually on October 5th. Martha Cullimore is the best place to grow, learn and play in big part due to our wonderful teaching staff. I would like to thank them for everything they do each day to positively impact the lives of their students and their community. I know it is important to them to ensure that our Cougars are safe, well, and challenged to do their best. Thank you!



Cerebral Palsy Awareness Day – October 6th – Wear Green!

World Cerebral Palsy Day is a movement of people with Cerebral Palsy and their families, and the organizations that support them, in more than 75 countries. Their vision is to ensure that children and adults with Cerebral Palsy have the same rights, access and opportunities as anyone else in our society.

Here are some facts from the World Cerebral Palsy Day website: There are 17 million people across the world living with Cerebral Palsy (CP). It is the most common physical disability in childhood. CP is a permanent disability that affects movement. Support Cerebral Palsy Awareness Day by wearing green!

Character Trait for October - Caring

I respect the feelings of others. I seek to understand what others are thinking to appreciate their perspectives. I listen and consider their views, even though we may not agree. I act with kindness and compassion. I show interest in others and take care of their needs. We'll be looking to celebrate students who exemplify kindness and caring through the month of October.

School Advisory Council

If you are interested in becoming more actively involved in your child's education and the inner workings of Martha Cullimore Public School, you can still join us! We encourage you to join our **School Council!** This group meets on the fourth Tuesday of each month at 6:00 p.m. to discuss current issues, educational trends, and the future of our school. We welcome new members! Our next meeting is on Tuesday, October 27th from 6:00 - 7:00 p.m. This meeting will be online through MS Teams.

Spirit Wear and Graduation Hoodies!



Within the first full week of October, we'll be offering "cougar" wear to all students and parents! We'd like everyone to show their spirit and wear some! Athletic T-shirts, shorts, sweat pants and sweatshirts are available. Please go to our school website to see the logo options for spirit and athletic wear, along with sizing guidelines. Unfortunately, we are not able to offer samples for sizing purposes. You may purchase spirit and athletic wear through [School Cash Online](#). Look for the email notifications coming soon!

Terry Fox Walk and Donations

Due to Public Health guidelines, we did not have a school-wide Terry Fox run this year. During the month of September, classes learned about Terry Fox, considered the challenging and courageous life lessons that he left us and participated in a walk on school grounds with their classmates. Unfortunately, we could not accept any cash donations this year. If you would like to donate, we encourage you to donate directly to the Terry Fox foundation by visiting this link [Terry Fox Donation](#) and selecting "Make a Donation".

GO COUGARS!