

The Cougar Chronicle

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



MARCH 2021

PRINCIPAL MESSAGE

We are so thrilled to have our Cougars back under one roof learning in person again! We would like to thank our Martha Cullimore community for your endless support of your children and our staff. Our Learn from Home time was successful not only because our staff worked hard to produce engaging lessons for students, but also because of your patience and understanding. Our community has a wonderful working relationship with our staff and that is demonstrated every time we are faced with a challenge.

If you would like to send a "Shout Out" to someone in our Martha Cullimore community, please send us an email to mcu@dsbn.org and we will share your thanks or congratulations with them!

Ms. Jane is stepping out into the wonderful season of retirement! We wish her all the best and thank her for her investment in so many students' lives over her career. She'll be missed! We will be welcoming Ms. Stamp to Martha Cullimore and the grade 7 class on March 1st.

SPIRIT DAY – ST. PATRICK'S DAY

On Wednesday, March 17, we will be celebrating St. Patrick's Day! Break out your green and your shamrocks. Perhaps we may catch a leprechaun, find a four-leaf clover, or the pot-of-gold at the end of the rainbow? As with other special days this year, please do not send in special treats for the class.

MARCH "BREAK" SPIRIT DAYS

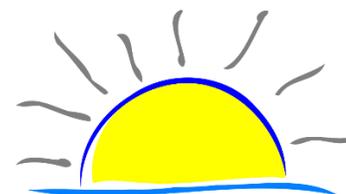
March 15 - Beach Day
March 16 - Neon/ Tie Dye Day
March 17 – Wear Green – St Patrick's Day
March 18 - Twin Day

March 19 – World Down Syndrome Day – Wear fun colourful socks!



MARK YOUR CALENDAR

Ala Mar. 1-9
International Women's Day Mar. 8
Harriet Tubman Day Mar. 10
Isra'a Wal Miraj Mar. 11
St. Patrick's Day Mar. 17
Persian New Year Mar. 20
International Day for the End of Racial Discrimination Mar. 21
World Down Syndrome Day Mar. 21
World Water Day Mar. 22
Student Census Survey Begins for Grades 7 and 8's (stay tuned for info) Mar. 22
Holi Mar. 28
Passover Begins Mar 28
Nisfu Sha'ban Mar. 29
Holla Mohalla Mar. 29



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

TEACHER	I MATTER STUDENT OF THE MONTH	Cooperation CHARACTER AWARD
K – Hollemans & Whalen	Alexandra C, Oliver S	Elizabeth C
K – Brennan, Camillo & Nagy	Juniper C	Mason B
1/2 – Lopez	Sofia S	Lucy D
2/3 – Bryson	Valentina C	Halen P
3 – McGowan	Reese P	Khylee J
4 – Dinga	Carter D	Giancarlo A
5 – Chubb	Alex S, Lara G	Brooklyn M
6 – Singer	Jackson R, Jonah P	Cordelia S
7 – Stamp	Carley L, Jorja S-W	Ashlee W
8 – Ibey	Jeff V, Matthew B	Mya H-G
8 – Fortuna	Adelaide L, Broden W	Rylan M

CHARACTER TRAIT FOR MARCH - OPTIMISM

- I have a positive attitude.
- I see challenges as opportunities.
- I think, and act to make the world a better place.
- I have hope for the future.

KINDERGARTEN REGISTRATION FOR THE 2021-2022 SCHOOL YEAR



Hi! I'm Barkley, your child's Kindergarten sidekick. I'm here to tell you that it's time to register for Kindergarten!



Normally I'd invite you inside one of our Kindergarten classrooms so you and your child could look around with me, but to keep each other safe, we have to wait to do that another time. What I can do is help you find all the information you need to register your child for Kindergarten at the DSBN! I put it on <https://www.dsbn.org/earlylearners/kickstart/home> for you. It has important information like:

- How to register your child online
- A video about a typical day in Kindergarten
- A Kindergarten classroom 360° virtual tour
- An e-book about how I overcame my first day fears

Register today at [dsbn.org/kindergarten](https://www.dsbn.org/kindergarten). I can't wait to meet you and your child at school!

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. Our next meeting is on Tuesday, March 9th from 6:00 - 7:00 p.m. This meeting will be online through MS Teams.

PROPER MASK STORAGE

Wearing a mask is just one of the ways we can protect both ourselves and those around us from COVID-19. They work by preventing the spread of your infectious respiratory droplets (like from a cough or sneeze). Masks may also protect you from the droplets of other people. When using a reusable mask, it is important that they are stored properly when not in use and are washed daily. For tips on how to safely store a reusable mask at school, check out this video:

<https://www.youtube.com/watch?v=N2YVB1m-9Tc>

Remember, wearing a mask alone will not prevent the spread of COVID-19. We must also wash our hands often, use hand sanitizer when soap and water are not available, practice physical distancing (staying 2 metres apart from others) and stay home if we are sick.

PUBLIC HEALTH UPDATES



Niagara Region Public Health School Health Newsletter

COVID-19 – Understanding the local stats

Did you know Niagara Region updates Covid-19 case and vaccination statistics daily? Please visit <https://www.niagararegion.ca/health/covid-19/default.aspx> for up to date information regarding daily Covid-19 case counts, active cases by municipality, and new daily Covid-19 vaccinations delivered to Niagara Region residents.

COVID-19 – Safe storage of masks

Proper handling of a face covering is important to protect you from this virus. If the face covering is doing its job and blocking the virus from infecting you, or others around you, it may have the virus on it after use. To safely store your face covering, fold the outside of the face covering in on itself, so only the inside of the face covering is facing outwards. Store it in its own bag or container before placing it into your pocket, purse or vehicle. Discard the bag or clean and disinfect the container after use. To read more about masking please visit <https://www.niagararegion.ca/health/covid-19/mask-bylaw.aspx>

Healthy Eating – quick and easy breakfast tips

Now that students are back to in-person learning, their food routine might look a little different

- If your child is not hungry when they wake up, have them take something to-go
- Having a source of protein can help maintain energy levels throughout the day
- Hard-boiled eggs, hummus with fresh veggies, lower fat yogurt with fresh fruit

- Choose foods with higher fibre – higher fibre products will have more whole grains listed near the top of ingredient list
- Apples, Bananas, whole wheat pasta, multigrain cereal, sunflower seeds, raisins

For quick and easy breakfast ideas visit, <https://www.unlockfood.ca/en/Articles/Cooking-And-Food/Quick-and-Easy-Meal-Ideas/Quick-and-Easy-Breakfast-Ideas.aspx>

Niagara Parents Promo

Children come in different shapes, sizes and grow at different rates. A child's growth depends on genetics (how their parents grew).

Your child may be taller or shorter, bigger, or smaller than other children. Height and weight changes generally follow a regular pattern that is right for your child. Do you have questions about your child's growth and development? [Connect with Niagara Parents](#) to speak with a public health nurse.

GOOD EYESIGHT

Your child may not be able to tell you they have problems seeing because they have always seen this way. A full eye exam by an optometrist (eye doctor) is the best way to make sure your child's eyes are healthy and they can see well. Yearly eye exams are free with an Ontario health card for children up to age 19. Find an eye doctor near you by visiting https://members.optom.on.ca/OAO/Find_A_Doctor_2.aspx

The Eye See...Eye Learn® program is available to children born in 2016 that are in any junior kindergarten program. This ESEL program began July 1, 2020 and goes through to June 30, 2021.

If required, Eye See...Eye Learn® will provide one pair of glasses courtesy of our participating optometrists and corporate partners Plastic Plus and Modern Optical Canada. The frames are fashionable and are made with high quality and impact resistant polycarbonate lenses. The estimated value of the glasses is over \$250.

For more information, send an email to: esel@optom.on.ca

FREE DENTAL PROGRAM – HEALTHY SMILES ONTARIO

Kids should grow up smiling! Healthy Smiles Ontario is a government-funded program that offers free regular dental visits and emergency services for eligible children and youth 17 years and under.

To learn more, please call Niagara Region Public Health, Dental Health Line at 905-688-8248 or 1-888-5056074 ext. 7399.

Apply today by visiting: https://www.niagararegion.ca/living/health_wellness/dental/treatment-options-forchildren.aspx



PIC SPEAKER SERIES

The Parent Involvement Committee (PIC) is excited for March. The committee has a packed month, with 3 different presentations to look forward to in the PIC Virtual Speaker Series.

PIC kicks off March with Natasha Parent, a doctorate researcher from University of British Columbia, on Wednesday, March 10th at 6:30p.m. Natasha will explore how COVID-19 has impacted teens mental health, while highlighting the role of technology use and screen time in fostering their feelings of connection to others. Applying a developmental framework, we will discuss how using technology can help teens meet their social goals and contribute to their overall wellbeing, while also touching on how to identify those who may be at risk. In addition, this webinar will feature some useful tips on how to help teens navigate their screen time and discuss some of the cutting-edge work that's currently being done in the field.



Please go to <https://www.dsbni.org/pic/speakerseries.html> to register for this informative webinar. Stay tuned for upcoming presentations later in March!

LITTLE BIG CRUNCH – NIAGARA NUTRITION PARTNERS

March 8th - March 11th, Niagara Nutrition Partners will be holding their second annual virtual Little Big Crunch, in celebration of FoodShare's Great Big Crunch, in support of Student Nutrition and the universal access to quality foods in schools that every child deserves. With the help of Niagara Catholic District School Board, DSNB, Niagara Public Health, United Way and MANY others, NNP and their community partners will be sharing **little big crunches** all week long on their social platforms - Facebook, Instagram and Twitter. Families can join in the fun by taking a quick video or photo of their own little big crunches and sharing them on their social media, tagging NNP @niagaranutritionpartners as well as @NiagaraCatholicDSB and /or @dsbniagara, using the hashtag **#littlebigcrunch**. I've included our Little Big Crunch logo, should you wish to use it.

Thank you in advance for your support of Niagara Nutrition Partners as we continue to find additional ways to contribute to student nutrition in the Niagara Region.



IMPORTANT MESSAGE ABOUT 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.dsbnschools.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, DSBNS 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 our [school website](#) and click on the "Learn From Home" button. There you will find optional asynchronous learning resources.

For secondary students – Students will be able to access online materials for their courses. If it is a culminating activity day, special arrangements will be made and communicated to students centrally.

WINTER WEATHER REMINDERS

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. It is important students come dressed for the weather every day!** Niagara Public Health will issue a cold weather alert when the temperatures are -15°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.