



## THE CHEDOKE CHRONICLE

500 BENDAMERE AVENUE  
HAMILTON, ONTARIO L9C 1R3  
TELEPHONE: 905-388-5833  
FAX: 905-388-8278  
TWITTER: @CHEDOKE\_HWDSB

**Hamilton-  
Wentworth District  
School Board**

**Friday,  
Jan 18,  
2019**

MRS. P. MOCHRIE, PRINCIPAL  
MRS. S. MILINOVICH, CO-PRINCIPAL  
MS. L. ROMANO, SUPERINTENDENT

MS. R. ZINKEWICH, OFFICE ADMINISTRATOR  
MRS. J. PAGLIARO OFFICE ASSISTANT

Dear Chedoke Community,

See our Calendar on our Website for Upcoming  
Events!

# Jump Rope for Heart



## Begins Jan 28th

# January 25th PA DAY NO SCHOOL



## GRAD PHOTOS

January  
22nd



# HAMILTON POLICE SERVICE



Each high energy camp day features a wide variety of fun, engaging programs, including team-building games, interactive police presentations, and special visitors. Come spend a positive, rewarding, fun-filled day with Hamilton Police Officers. Please register quickly to ensure your child's spot at the camp.

**Four 1-Day Camps**  
March 11<sup>th</sup>, 12<sup>th</sup>, 13<sup>th</sup>, 14<sup>th</sup>  
Campers Must Be Ages 9-12

**East End Station:** 2825 King Street East, Hamilton

**\$20 per child**

(limited number of spots available)

**Registration deadline: Friday February 22nd, 2019**

For more information and to obtain the required forms, please contact Hamilton Police Service Crime Prevention by email: [hbalcomb@hamiltonpolice.on.ca](mailto:hbalcomb@hamiltonpolice.on.ca)



# HWDSB *We Help.*

## Mental Health and Well-being

### We Help Newsletter for January 18, 2019

HWDSB's We Help initiative seeks to build a culture of helping and help-seeking in all schools and departments.

#### Resources to Share

**Making the Race Fair** – This study is testing a program called the Family Check-Up which has helped thousands of families in the USA with challenging child behaviours. Participating in this study provides families with an opportunity to increase their parenting skills and become more aware of their child's strengths, challenges and priorities. This program is only available for students age 4. Please contact your social worker, CN Teacher, Psychological Consultant or Speech and Language Pathologist for more info.

**Friends in Grief –Bereavement Group for Youth.** Starts Saturday, February 2, 2019 and runs for 8 Saturdays at Wentworth Heights Retirement Home, 1620 Upper Wentworth St. (at Rymal) from 10 a.m. until noon. There is no fee and all are welcome.

**Child and Youth Mental Health Program, Ron Joyce Children's Health Centre Hamilton Health Sciences** has a number of workshop available to support staff development as well as to host parent/caregiver workshops. Staff development workshops include: *(more info is available on the We Help site)*

1. The Shy Timid child
2. Why won't the listen?
3. Difficult conversations
4. Working with impulsive Children, Strategies for improving children's self-control
5. Relaxation and coping skills for Professionals
6. Collaborative Problem solving :Moving forward with your clients, families and colleagues
7. Understanding Behaviour in Children
8. Helping the Anxious Child In Your Classroom
9. Helping Parents Help Their Children (parenting strategies to help with behaviours)
10. Giving our youth the tools to succeed

Please check out the Parent/Caregiver in-services available on the We Help under the Community Education Services – McMaster Children's Hospital folder.



Hello Parents, Guardians and Caregivers!

My name is Becky Buck and I am your School Board Trustee representative for Wards 8 and 14.

As a school board trustee, my role is to maintain a focus on student achievement, well-being and equity and to participate in making decisions that benefit our board's entire jurisdiction while representing the interest of my constituents. I look forward to visiting our schools and seeing all of the hard work that is taking place by students and staff.

I'd invite you to reach out to me to introduce yourself and share any positive feedback or concerns you might have about the schools in our wards.

I can be reached by email at [bbuck@hwdsb.on.ca](mailto:bbuck@hwdsb.on.ca) or by phone at 905-515-2367.

For more information about the Board of Trustees, including the committees that Trustees are part of, please visit: <http://www.hwdsb.on.ca/about/trustees/>

### **School Council Dates**

2018 / 2019 School Year

**Wednesday, January 30<sup>st</sup>, 2019**

Wednesday, February 27<sup>th</sup>, 2019

Wednesday, April 24<sup>th</sup>, 2019

Wednesday, May 29<sup>th</sup>, 2019



### **School Council Update**

School Council Minutes, that are Amended and Approved, are available in the Main School Office, in the Red Binder.

Note: The Minutes will be made available throughout the school year.