



## The Cootes Chronicle

It's hard to believe that 2018 has almost come to a close. December is a month where we look back and reflect on the wonderful things that Cootes Paradise has been a part of so far. December is also a month where staff and students will continue to be busy and partake in many exciting things. During this special time of year, we would like to take this opportunity to thank all of our students for the joy and enthusiasm they bring to our school each day. We are also very thankful to our teachers, educational assistants, office staff, custodians and parent community for their ongoing commitment and for working hard every day to support our students and each other. There has been a buzz in the air at Cootes as students begin to get excited for the upcoming Winter Holidays. As we enter into this holiday season, we want to remind parents, guardians and students that our school will be closed from December 24th, 2018 until January 4th, 2019. We hope you take this opportunity to spend time with family, and most importantly enjoy the time off. We have had a great start so far and are excited to continue learning and growing together in the New Year!

**Happy Holidays!**



### Dates to Remember:

- Dec 5 – Lunch Lady
- Dec 5 – School Council Meeting
- Dec 7 – PA Day
- Dec 10 – Poinsettia Pick Up between 3:00-6:00pm
- Dec 12 – Lunch Lady
- Dec 12 – Strings Winter Concert @ Nora Henderson
- Dec 13 – Lockdown Drill
- Dec 13 – Holiday Concert @ 6:30 pm
- Dec 14 – Kindergarten Pizza Day
- Dec 14 – Subway Day
- Dec 19 – Lunch Lady
- Dec 21 – Pizza Day
- Dec 24 – Jan 4 – Winter Holidays

### Staffing Announcement

It is not an overstatement to say that our school will not be the same without Mrs. Taylor. She has been the face of Cootes Paradise School for many years. Her grace, humour, and wisdom ensures that the school is able to function efficiently and compassionately each and every day. She's been a wonderful inspiration to all staff, students and parents, and we will miss her friendly ways and willingness to always help out when needed. Not having her at Cootes is going to be a big change for us and we're going to miss her dearly! Please join us as we say good bye and all the best to Mrs. Taylor as she begins at her new school on January 7, 2019.

## Holiday Food Drive

Cootes Paradise Elementary is excited to be organizing its' 12th annual food drive to help supply the North Hamilton Community Health Centre's Breakfast Program.

This is a voluntary project and we hope that those families who are able to, will contribute.

Your child has been given a sticker in their agenda with a non-perishable food item listed on it. We kindly ask that you please bring the food item labeled on the sticker since the Breakfast Program requires specific foods to meet nutritional guidelines.

The items range from cereal and granola bars, to baking supplies for making healthy muffins and baked goods.

This project will run from Monday, December 3rd to Friday, December 14th. Volunteers will then deliver the food collected by our school to the North Hamilton Community Health Centre on the morning of December 14th.

If you have any questions, please contact Nancy Tapajna at [nancytaps@hotmail.com](mailto:nancytaps@hotmail.com) or Mme. Titian or Mrs. O'Breza at Cootes Paradise School.

Thank you for continuing to make this important Cootes Paradise Out-Reach event such a huge success!



## The Lunch Lady Holiday Menu

It is hard to believe that it is almost December and everyone is gearing up for the Holidays. While we know it is the 'most wonderful time of the year', we also know it is a busy time of year for everyone!

We are here to help add a little more FUN to December at Cootes Paradise with our Holiday Fun Lunch! As always, we take care of everything! The menu will be on your regular Lunch Lady service days from December 10 - 21.

Featuring our Traditional Holiday Lunch with roasted turkey breast, homemade mashed potatoes, corn, stuffing & gravy. This menu is a favourite among Staff & Students at schools across Canada!



## MEDICAL ALERT

Just a reminder that Cootes is a NUT FREE School. We have both staff and students with severe life threatening allergies to peanuts and tree nuts. Do not send any nut products to school with your child. Thank you!



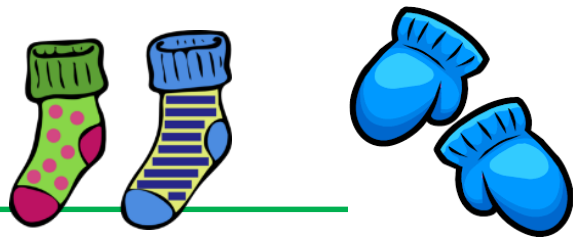
## School Portable

Our portable has passed all safety inspections and will now be used by Mme Ly to teach Core French. Passes have been provided so that students are able to enter the school in a safe and secure manner.



## Mitten and Sock Drive

Ms. O'Breza and Mme. Titian along with the student council will be hosting a mitten and sock drive. If you would like to help out and can provide any of these items to help some needy families over the holidays, please send them to school with your child.



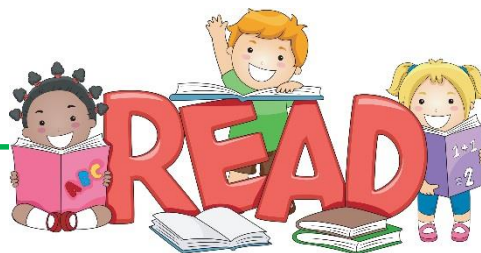
## Every Child Reading

At Cootes Paradise School, we're committed to supporting a goal where every child is reading.

Our Reading Specialist is working with children within classrooms, alongside classroom educators, to deliver appropriate strategies and/or interventions. They support reading acquisition and respond to student learning needs.

We are pleased to announce that in September 2018, Mrs. Cornett joined us full time and is now working directly with students and educators in all Kindergarten and Grade 1 classrooms.

If you have any questions about the Reading Specialists and their role in your child's class, please contact the school.



# Winter Weather

## Bus cancellations and school closures

### How does HWDSB decide on bus cancellations and school closures?

- When bad weather is expected, Hamilton-Wentworth Student Transportation Services (HWSTS) carriers check weather reports, road conditions and road clearing, starting as early as 4 a.m.
- Based on this information, the Director of Education makes the decision in conjunction with Hamilton-Wentworth Catholic District School Board.
- For clear communication, HWDSB **does not** announce when schools are open – we only announce when schools are closed.



### When do we make decisions?

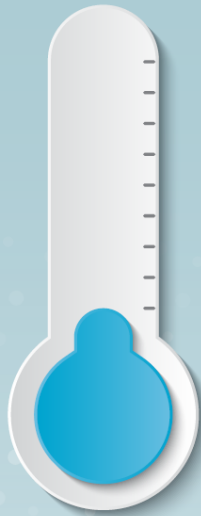
HWDSB will announce the cancellation of school and board operations by 6 a.m. based on the best information at the time.

### The HWDSB Rule:

Inclement weather  
+ Bus cancellation  
= No school

When HWDSB cancels busing due to inclement weather, we have deemed the roads unsafe and this triggers the closure of schools. Some boards have different procedures.





## What's the rule for extreme cold?

In extreme cold, buses may not start or run as expected and HWDSB may need to cancel transportation. But this **does not** automatically mean that schools will close. *In 2014, Trustees gave the Director (or designate) the discretion to keep schools open when busing is cancelled due to extreme cold.*



## Where do I find cancellation information?

We will share this announcement in a variety of ways:

- The HWDSB website [www.hwdsb.on.ca](http://www.hwdsb.on.ca)
- HWDSB's Twitter account [www.twitter.com/HWDSB](http://www.twitter.com/HWDSB)
- HWSTS website [www.hamiltonschoolbus.ca](http://www.hamiltonschoolbus.ca)
- Local media outlets:  
*CBC Hamilton, CHCH TV, CHML, CKPC Brantford, Hamilton Community News, Hamilton Spectator.*



*Families always have a choice*

A school cancellation is a tough decision – and some families may disagree with HWDSB's call. Families can always make the choice they feel is best when it comes to sending their child to school.

## Dressing for the Weather

With winter weather upon us, please make sure students are dressed appropriately for outdoor activities. On days where cold weather and snow are in the forecast, boots, mittens or gloves, a warm hat and a winter jacket should be worn. Snow pants may also be needed for children who will play in the snow.

Please remind your children of this as many feel that they do not have to wear what they come to school with during outside nutrition breaks.



## Holiday Concert

December brings excitement in the air! We would like to invite our families to our Holiday Concert lead by Mrs. Rudzroga and our amazing students on Thursday, December 13<sup>th</sup> @ 6:30 pm in our school gym.

Not only will this be an evening of great musical performances, but our Home & School will also be hosting a bake sale for the evening.

In addition, we will also be collecting non-perishable food items that evening, to help support our Cootes Cares campaign. Please help us if you can.



## Stay Tuned...

We will be having a **Lockdown Drill** on December 13<sup>th</sup>. In case of a change in date, the new date will be posted on our website.

Staff will be preparing students in advance of the drill and our Community Liason Officer will be invited to join us as well.



## Lost and Found Items

There are a number of items in the lost and found including coats, jackets, hats, boots and shoes. Students will once again be given the opportunity to look through the items and claim anything that belongs to them. Please feel free to come by the school and look through the items before the Winter break. All unclaimed items will be bagged and sent away.



## Swim Team

On November 9th, 58 students from Cootes Paradise School participated in the swim meet organized by HWDSB at McMaster University. Thanks to the teachers and parent volunteers, our swimmers were able to train weekly at Dalewood Pool. At the meet our students showed excellent sportsmanship and skills. Congratulations to all our swimmers!



## All of Me Wellness Day

Thank you to the generous support of our Home and School, our Cootes community was able to participate in a wellness day on November 23rd.

Students engaged in a variety of learning opportunities and children in grades 1-5 have brought home a passport of their activities so that family members can share our day with us.



## School Council News

Parents Reaching Out (PRO) grant was discontinued by the ministry along with cuts to Ontario Physical & Health Education Association (OPHEA). Other grants are available, we just need to do some research and find them. If anyone has knowledge of other grants available, please send an email to [Marissa.sawatzky@gmail.com](mailto:Marissa.sawatzky@gmail.com) as these grants allow us to provide resources & opportunities to engage families within the community.

School Council is growing - We welcome Deborah Denman as our Community Representative. Deborah Denman has been the chair of Parent Council in previous years and I'm sure she will bring lots of 'know-how' to this group. A huge thank you to Active Parent members who spent their time reaching out to community members.

Our next meeting is December 5<sup>th</sup>, 6:30-8pm and a good portion of the meeting will be a discussion about EQAO scores. We welcome anyone to attend – great opportunity to ask questions and find ways to support our children and work with administration to improve academic achievement.

## Home & School Update

Many thanks to everyone who has provided feedback on our survey. If you'd like to have your say, the survey is available at <https://www.surveymonkey.com/r/27XKXMT> and will be available until mid-December.

**Fundraising Info** - Thank you again to all the families that came out and enjoyed the Night Hike! After donating \$150 to the RBG and \$150 to McMaster Smiles over Sickness, we raised almost \$1000.

Our poinsettia fundraiser was a great success raising close to \$800 as well. If you ordered poinsettias, you can pick them up on Monday December 10 from 3:20-6:00pm at the portable behind the school.

We will be holding our annual holiday Bake Sale following the Holiday Concert on December 13.

Curious where some of the funds Home & School has raised have been spent? So far we have funded; a new third floor hydration station, fans for all non air conditioned classrooms, All of Me Day, DPA teacher training and resources, new frames for the art gallery wall, apples for Terry Fox Day, supplies for the snack program and lunch clubs! Thank YOU for also making these things a possibility!

**Lunch Clubs** - Lunch Clubs are under way! A HUGE thanks to the 14 parent/teacher volunteers as well as the teacher supervisors – without them these lunch clubs would not be possible. There are 12 lunch clubs running this fall – with 200 students enjoying these activities once a week! If your child signed up and did not get into a club – it may be that they are in Choir or the clubs were full. In the spring, the students who did not get a club because it was full and they choose to sign up again, they will get their 1st choice. Thank you for understanding.

**Updates** - Congratulations to Mme. Trepanier's class as the winner for the Paisley Art Exhibit! The students will have their art displayed from Feb 1 – Mar 15. Head on over to Paisley Coffeehouse to check it out!

The Cootes HSA Class Parent/Guardian Rep Program is growing! A new initiative this year, Class Parent/Guardian reps are volunteers who inform their classroom communities about Home and School Association events, fundraisers and news and can facilitate communication between class parents/guardians. This volunteer position only requires a small time commitment, but does require volunteers to attend Home and School Association meetings (held every other month).

We still need Reps for the following classes (We are almost there!):

Ms. King-Rankin – Miss Harrison - Mr. Persaud - Ms. McDonald-Sulymka - Ms. Edgar and Ms. Matroluisi

*Any questions about the volunteer position please email Michelle @ [cootesclassparentreps@gmail.com](mailto:cootesclassparentreps@gmail.com)*



## Try This At Home:

# GROWTH *mindset*

## HOW YOU CAN HELP YOUR CHILD

### 1 TALK ABOUT IT

Talk with your child about their day, but guide the discussion by asking questions like:

- Did you make a mistake today? What did you learn?
- What did you do that was difficult today?

### 2 PRAISE THE PROCESS

Instead of saying, "You're so smart!" praise effort, goal setting, persisting through challenges, or being creative.

You can say something like:

- "Wow! You must have worked really hard on this!"

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### ENCOURAGE FAILURE (SAY WHAT?!)

Your child needs to know that failure can (and often does) happen and it is okay! Remind them that each time they fail and try again, their brain is growing stronger! Don't step in to prevent your child's failure - this is how they learn to persevere in the face of challenges.

### THE BRAIN CAN GROW!

Remind your child that their intelligence is not fixed. Remind them that when things are difficult, their brain grows if they persist through the challenge. Each time they learn something new, their brain is making new connections. Your child needs to know this is possible!

### HELP THEM CHANGE THEIR DIALOGUE

The way your child talks to themselves makes a huge impact on their mindset. If they say, "This is too hard!" help them change that to "I can't do this yet, but I will keep trying." Give them the words to say when they are feeling defeated by modeling it yourself!

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# FUN LUNCHES

## Holiday Lunchie

Visit [theLunchLady.ca](http://theLunchLady.ca) to see your School's Lunch Days!

### All the best made fresh!

<b>Traditional Holiday Lunch</b> Lunchie's roasted turkey breast with homemade mashed potatoes, corn, stuffing & gravy. (GF) Gluten Free available	<b>\$6.50</b>
<b>Festive Chicken Meal</b> Lightly breaded chicken breast strips with homemade mashed potatoes & corn. (GF) Gluten Free available	<b>\$6.25</b>
<b>Fa La La French Toast</b> French toast with turkey sausage, side syrup & fresh orange. (V) Vegetarian available	<b>\$5.95</b>
<b>Jolly Pasta Holiday Lunch</b> Festive tri-coloured buttery parmesan pasta served with crunchy apple slices. (V)	<b>\$5.50</b>

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### Round up your lunch!

- Assorted Drinks
- Garden/Caesar Side Salads
- Cookies & Smoothies
- and more online!


## Ordering is easy at [theLunchLady.ca](http://theLunchLady.ca)

**Orders due 2 school days before lunch day.**

Login or setup an account then look for the **HOLIDAY LUNCHIE** Menu in the **PICK MENU** list beside the student's name.

☑️ *Gluten Free* ☑️ *Vegetarian*

Holiday Lunch menu is available from Mon Dec 10 - Fri Dec 21 on your school's regular Lunch Lady service days.

**Your Lunch Lady Is**  
 Chrissy@theLunchLady.ca

[theLunchLady.ca](http://theLunchLady.ca)

# Families Worrying Less Together

*A Program for Parents/Primary Caregivers of Kids  
Whose Worries Get the Best of Them*

FWLT is an  
evidence-informed  
program based on  
Cognitive  
Behavioural Therapy

## Information Night

January 15, 2019

6:30 pm-7:30pm

Education Centre

20 Education Court

Hamilton, Ontario



RSVP by:  
January 11, 2019  
Call: 905 527 5092 ext. 3555  
Email:  
FWLT@hwdsb.on.ca

If you are a parent/primary caregiver of a student in Grade 3-6 who is excessively shy, or has intense worries and fears, come learn about the "Families Worrying Less Together" program. This program will give you practical strategies to help your child learn to cope differently.

**THIS IS A PROGRAM FOR PARENTS AND PRIMARY CAREGIVERS.  
CHILDREN DO NOT ATTEND.**



*This program is offered by the  
Hamilton-Wentworth District School Board  
Social Work Department.*

# Cool Little Kids®

*An Anxiety Prevention Program: Working with  
Parents/Primary Caregivers to support young Children*

Cool Little Kids is an  
Evidence Based  
program grounded  
in Cognitive  
Behavioural Therapy

## Information Night

January 15, 2019

6:30 pm-7:30pm

Education Centre

20 Education Court

Hamilton, Ontario



RSVP by:

January 11, 2019

Call: 905 527 5092 ext. 2923

Email:

coollittlekids@hwdsb.on.ca

If you are a parent/primary caregiver of a student in JK-Grade 2 and if your child is described as shy, withdrawn or worried, come and learn about the Cool Little Kids Program. Learn practical strategies that will help to build your child's confidence.

**THIS IS A PROGRAM FOR PARENTS AND PRIMARY CAREGIVERS.  
CHILDREN DO NOT ATTEND.**



*This program is offered by the  
Hamilton-Wentworth District School Board  
Social Work Department.*