



BOARD BULLETIN

Help Hamilton Celebrate the Vancouver 2010 Olympic Torch Relay!

Celebrate with Family & Friends – Bundle up for a winter night with the Olympic Torch! Hamilton's Olympic Torch Relay Celebration will take place the evening of Saturday December 19, 2009 at Dundurn National Historic Site (610 York Blvd).

Visit www.hamilton.ca/torchrelay

To learn more about the Olympic Torch Relay as it crosses Canada visit:
www.vancouver2010.com/olympic-torch-relay



Cold Weather and Outdoor Play

Time spent outdoors is an integral part of the school day. Children need fresh air and exercise and time spent outside affords students an opportunity to break free from the structure of the classroom.

With the Canadian climate, time spent outside could mean anything from applying sunscreen to donning extra mittens and a hat, depending on the season. In the winter it is important children come to school prepared for the cold. Boots, mittens or gloves and hats should be worn to school and it is a good idea to provide extra mittens, socks, etc. in the event they are needed.

As always Principals can use their judgment in determining whether or not students remain inside during recess given the weather conditions. However, the City of Hamilton's Public Health and Community Services department recommends individuals stay indoors when the temperature drops below minus 15 degrees Celsius without wind chill. Hamilton-Wentworth District School Board asks principals to follow this recommendation and ensure children are not outside when it is that cold.

Cancellation of School and Board Operations

For information on the cancellation of school and board administrative operations due to inclement weather or prolonged power or water outage go to:

http://www.hwdsb.on.ca/aboutus/policies/approved_policies or call our Hotline #: 905-521-2535

Remember to watch and listen to local media for up-to-date information on the cancellation of events or operations.

Check out our website at:

www.hwdsb.on.ca

Event Calendar – highlights events happening in HWDSB schools and communities

Sign up for the **Virtual Blackboard** and receive our monthly newsletter



Hamilton-Wentworth District School Board
Students Achieving Their Full Potential!

Core Commitments

Respect
Innovation
Accountability

December 2009 Days of Significance

Dec. 1	• World Aids Day
Dec. 3	• U.N. International Day of Disabled Persons
Dec. 4	• P.A. Day/Community Learning Session - Elementary
Dec. 6	• National Day of Remembrance and Action on Violence Against Women
Dec. 6-12	• English as a Second Language Week
Dec. 8	• Bodhi Day
Dec. 10	• Human Rights Day
Dec. 12-19	• Hanukkah
Dec. 20-Jan. 1, 2010	• Christmas Break
Dec. 21	• 1 st Day of Winter
Dec. 25	• Christmas Day
Dec. 26	• Zarthosht-no-Diso
Dec. 26-Jan.1, 2010	• Kwanzaa
Dec. 27	• Ashura
December is Christmas Seal Campaign	

Events to look forward to this December:
Check out www.hwdsb.on.ca / Events Calendar

Dec. 2 nd – 7:00 pm. Orchard Park Secondary School – DeWitt Rd.	Facebook 101 – Information about the safe use of social networking sites
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From our Safe & Caring Schools Resources

Every student deserves to feel and be safe in a school, on the school grounds, on the school bus and at school events and activities. Certain behaviours may mean a child is bullying.

What is Bullying

Bullying is typically a form of repeated, persistent, and aggressive behaviour directed at an individual or individuals that is intended to cause (or should be known to cause) fear and distress and/or harm to another person's body, feelings, self esteem, or reputation. Bullying occurs in a context where there is real or perceived power imbalance.

What to do if your child is being bullied

- Talk with your child to gain more information into their lives
- Listen to their description of their day, including trip to and from school and any events happening at school
- Speak to you teacher or Principal if you think your child is being bullied
- Teach your child to trust adults who can help stop bullying
- Encourage your child to be independent, instead of you being overprotective
- Teach your child social skills, including confidence, needed to make new friends
- Seek help if you are concerned about your child's mental health

Tips for Parents

Kids, Christmas and Frugality: Eight Tips

- ❖ **Use end roll sheets from a newspaper, let the kids decorate it and use it for wrapping paper** – go to your local newspaper office and ask if they have any end rolls for sale.
- ❖ **Minimize the gifts you buy your child** – focus on three or four quality gifts since once you get past the third or fourth gift, no matter how great the gifts are you hit a wall of diminishing returns with your child where some of the gifts won't be met with much enthusiasm.
- ❖ **Use LED Christmas lights** –they largely look the same as normal lights, but they eat far, far less electricity and have a longer life than incandescent lights.
- ❖ **Use natural tree decorations - & let the kids help** – make sure most of your decorations are natural and edible – using popcorn and cranberries.
- ❖ **Involve your children in any and all Christmas food preparation** – there are few things more fun than making frosted sugar cookies from scratch on a lazy Saturday afternoon before Christmas
- ❖ **Make sure at least one of the gifts for your child is very open-ended** – meaning ones that encourage creative play.
- ❖ **Videotape Christmas morning** – Build up to Christmas morning by enjoying memories.
- ❖ **Have your children write thank-you notes for the gifts they receive** – it is a very good way to teach your children the importance of being thankful for the gifts that they receive.

Have a Safe, Happy Holiday!

