

# JANUARY NEWSLETTER

## Principal's Message

As we move through January, we are reflecting on the energy and promise of the new year while appreciating all that makes Bennetto such a strong and caring community. This time of year is a wonderful reminder of how much we can achieve when we work together in partnership, support one another, and keep our students at the heart of everything we do.

Please know that we are always here to collaborate, listen, and problem-solve alongside you to ensure every child feels safe, valued, and supported at school. Your partnership truly makes a difference.

For updates, celebrations, and snapshots of learning in action, please remember to follow us on Instagram [#bennettoschool](#).

Warmly,  
Liz Tsepakis, Vice-Principal  
Greg Dailey, Principal



## GROWING TOGETHER

PARENT EDUCATION | COURSES | WORKSHOPS | GROUPS

Growing Together is a community education guide for parents/caregivers, families, children and youth listing courses, groups and workshops available in Hamilton from January to April.

[Growing Together Guide](#)

## ASD PRESENTATION

**SAVE THE DATE:**

**April 23rd - 9:30 am**

Caregivers in the Bennetto community who have children diagnosed with ASD will be invited to a presentation hosted by Bennetto School and facilitated by Ron Joyce and the Ontario Autism Program.

Additional details will be shared in the coming months.

## UPCOMING EVENTS

Jan 23 - PA Day (NO SCHOOL)

Feb 3 - Grad Photo Day

Feb 6 - Winter Dance

Feb 7 - AGH Art Making Day

Feb 13 - Report Cards go Home

Feb 25 - Pink Shirt Day

## CAREGIVER TOOLKIT 2025/26

A RESOURCE GUIDE FOR  
MENTAL HEALTH  
INFORMATION,  
SUPPORT & SERVICES

[Caregiver Toolkit - Winter](#)

## ATHLETICS SCHEDULES & RESULTS

For up-to-date sports schedules, there is a dedicated link available on our school website titled "Athletics" where all team calendars are posted. This is the best place to check for game dates, times, and any changes throughout the season. For basketball, please note that our team competes in the A Division, City West, and all related schedule details can be found through that same online link.

[Bennetto Elementary School Website](#)

## Free Courses and Workshops Offered by MCH

At McMaster Children's Hospital, there are many resources available to patients and families.

### Free Courses and Workshops

McMaster Children's Hospital provides educational courses and skills training workshops to the community on a variety of topics, including parenting, child development and child and youth mental health concerns.

Programs are available for children, youth and caregivers, and are held regularly at locations across the Greater Hamilton Area. All programs are free, but do require registration. [Course offerings and register online.](#)

## Cell Phones at School

Students must not use their cell phones during the instructional day.

- Students in Kindergarten to Grade 8 must have their devices stored out of view and powered off (or on silent mode) throughout the full instructional day (school day), including nutrition breaks unless permitted by the educator.

## GYM

Please ensure your student is coming to school with the proper footwear to be active in the gym.

Crocs, slides, boots, etc. are not acceptable and pose a safety hazard when moving actively during Phys Ed classes.

We also encourage students to come prepared with a water bottle, a change of activewear clothing, and deodorant.

## Code of Conduct for Spectators

To help ensure a positive and respectful environment during our Senior Basketball games, please remember the following expectations for all spectators:

- No cell phones during games.
- Good sportsmanship is expected at all times.
- No food in the gym.
- Students who are not on the team must have an adult supervising them in order to stay for the game.
- Please note that we have limited capacity and space for spectators, so we appreciate everyone's cooperation in helping maintain a safe and comfortable environment.

Thank you for your support!



January to June 2026 Webinars for Parents & Caregivers  
Presented by HWDSB Social Work Services

## Emotion Coaching

It is recommended that parents & caregivers participate in this webinar prior to accessing the 6-week Emotion Coaching group offered by HWDSB Social Work Services.

Emotion Coaching is a communication strategy that can calm the brain in as little as 60 seconds and help improve relationships through validation and support. In this webinar, participants will be introduced to emotion coaching and how it can improve relationships with your loved one, the brain's connection to emotions, and specific emotion coaching skills related to offering validation and support. **Monday, February 2, 2026 6:00–7:30 p.m.**

Register at: [Winter 2026 Introduction to Emotion Coaching for Parents & Caregivers Webinar](#)

## Reaction to Action

It is recommended that parents & caregivers participate in this webinar prior to accessing the 5-week Reaction to Action group offered by HWDSB Social Work Services.

This webinar is an introduction to Reaction to ACTION (RTA), a group for HWDSB parents & caregivers of children in JK to Grade 12 who notice themselves struggling with knowing how to support their anxious child. The RTA group focuses specifically on the parent/primary caregiver's behaviour in response to their child's anxiety. Your child does not need to be ready to make changes themselves. The group is about you and giving you information and skills to change what you do to support your child and their anxiety. **Thursday, February 5, 2026 6:00 – 7:00 p.m.**

Register at: [Winter 2026 Reaction to Action: A Webinar for Parents and Caregivers of Anxious Children](#)

## The Parent & Caregiver's Toolkit:

### Managing Anxiety and Low Mood in Children & Youth

It is recommended that parents & caregivers participate in this webinar prior to accessing the 6-week Families Worrying Less Together group offered by HWDSB Social Work Services. This webinar will provide parents & primary caregivers with an overview of anxiety and low mood in children & youth. Participants will learn practical strategies and tools to support their child in managing anxiety and low mood. Participants will also be introduced to additional child & youth mental health resources. . The date and time for this webinar has not yet been confirmed.

To Join our waitlist for the next webinar, please register at: [Spring 2026 The Mental Health Toolkit: Managing Anxiety and Low Mood in Children and Youth Waitlist](#)



January to June 2026 Parent & Caregiver Groups, Presented by Social Work Services

## Emotion Coaching

It is recommended that parents & caregivers participate in the Emotion Coaching Webinar prior to registering for this group. This is a 6-week group for parents and caregivers of children in JK – Gr. 12 who would like to learn more about emotion coaching, which is a communication strategy that can calm the brain in as little as 60 seconds. It can help improve relationships through validation and support. Throughout the group, participants will be introduced to emotion coaching and how it can improve relationships with your loved one, the brain’s connection to emotions, and specific emotion coaching skills related to offering validation and support. **These virtual groups will run weekly.**

**Spring Session:** Mondays, from 6:00 – 8:00 p.m. on March 30, April 13, 20, 27, May 4 & 11, 2026.

**Register at:** [Spring 2026 Group: Emotion Coaching Parent/Caregiver Group](#)

## From Reaction to Action

It is recommended that parents & caregivers participate in, “From Reaction to Action: A Webinar for Parents and Caregivers of Anxious Children” prior to registering for this group. From Reaction to ACTION is a 5-week group for parents & caregivers of children in JK to Grade 12 who notice themselves struggling with knowing how to support their anxious child. This group focuses **specifically** on the parent/primary caregiver’s behaviour **in response** to their child’s anxiety. Your child **does not** need to be ready to make changes themselves. This group is **about you** and giving you information and skills to **change what you do** to support your child and their anxiety. **The dates and times for this virtual group have not yet been confirmed.** **To Join our waitlist for the spring 2026 group, please register at:** [From Reaction to Action Group Waitlist](#)

## Families Worrying Less Together

It is recommended that parents & caregivers participate in the “Parent & Caregiver's Toolkit: Managing Anxiety and Low Mood in Children & Youth” webinar prior to register for this group. This 6-week group is for parents/caregivers who have a child in JK - Gr. 8 who is overly shy, or has intense worries and fears that get in the way for them. This program will give you skills which you can use to support your child in learning to overcome their worries and fears. **These virtual groups will run weekly on Thursdays from 6:30 – 8:30 p.m.**

**Spring Session:** March 26, April 2, 9, 16, 23 & 30, 2026. **Register at:** [Spring 2026 Families Worrying Less Together Group](#)