



THE CHEDOKE CHRONICLE

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**Hamilton-
Wentworth District
School Board**

**Friday,
June 28,
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!**

June 10, 2019

Dear Chedoke Community,

As you have probably already heard, I will be reporting to Bellmoore School in September and your new Administration Team at Chedoke School will be Mark Degner and Suzie Milinovich. We are using the month of June, as a period of transition. The students and staff will see Mr. Degner and Mrs. Milinovich more and more in the school, as I build an entry plan at Bellmoore School. I would like to take this opportunity to welcome Mr. Degner to the Chedoke community. He is joining us from Yorkview School, in Dundas, as Principal.

As many of you know, Oprah Winfrey is one of my role models. One of her quotes reflects my news, my thoughts and my feelings.

"The key to realizing a dream is to focus not on success but significance, and then even the small steps and little victories along your path will take on greater meaning."

Five and a half years ago, I entered Chedoke School. Together, as a team of Educators, Parent and Community Members, we have achieved multiple big and small victories together.

- The kind, caring, positive and welcoming Office Team that greet our students and visitors daily, promoting our Chedoke morals and values
- The presence of the best Caretaking Team - we do have the cleanest and most loved building in HWDSB
- The Amazing, Talented and Patient Educators in this room, who have an appetite for learning, embracing the Strategic Direction and upholding a priority on student achievement
- The devoted parent, volunteers, Council Members, Community Members who have helped me build a culture where Chedoke School feels like home for many
- The continued emphasis placed on physical education
- The gift of music
- The advancement and presence of technology in all classrooms now
- The addition of a brand new daycare facility
- Our Natural Play Space - a 5 year project with lots of ups and downs and construction has begun

Although I have only named a few, I am going to stop there.

I would like to think these small steps and little victories that we have embraced and created together have made Chedoke School a place that will continue to take on a greater meaning.

For all of you reading our news feed and for all the Chedoke students that walk these halls today-

Thank you.

Mrs. P. Mochrie

Mrs. Mochrie

Grade - Home Room	Teacher	Room
FDK - JSA	J. Kinnear / N. Quinn	150
FDK - JSB	V. Johnston / M. Larocque (LTO: S. Stacey)	151
FDK - JSC	L. Conte Oro / P. Murray (LTO: M. Bani 0.5)	149
Gr. 1 /2A	L. Swackhammer /L. Morgan	154
Gr. 1 /2B	D. Chassie	145
Gr. 2 /3	S. Sanderson	147
Gr. 3	M. Cowan	156
Gr. 3 /4	T. Hinchey	144
Gr. 4A	P. Speksnyder	155
Gr. 4 /5A	A. Hannaford	157
Gr. 5 /6	K. Paolini	127
Gr. 6	S. Crumblehulme	126
Gr. 6 /7	C. Stewart	204
7A	C. Sikora	212
7B	B. Dykman	203
7/8	S. Lenko	207
8A	B. Hughey	206
8B	J. Dickenson	205
8C	K. Rashid	219
Library	L. Morgan	111
Gym	A. Woolley	102
Gym	M. Simpson	102
SICI	L. Heath	217
French	E. Ryan	207
Music	A. McLeod	202
LRT	J. Yocom Armstrong	158
LRT	A. Zorzetto	158
ESL	M. Principato	158
CN Class	C. Ogden (EA: Caroline Harding & LTO)	119
Reading Specialist	Debbie Muir- Dennie (0.5)	
E.A.	L. Brooks	207
E.A.	L. Johnson	126
E.A.	L. Vanstone	204
E.A.	P. Chatelain	217
E.A.	S. Najak	149
E.A.	S. Shanner	145
Head Custodian	L. D'Altorio	128
Custodians	P. Makepeace, D. Aoanan, B. Linder	128
Office Administrator	R. Zinkewich	160
Office Assistant	J. Pagliaro	160
Vice-Principal	S. Milinovich	160A
Principal	M. Degner	160B

School's
OUT
Summer is
ON!



ECO COMPETITION





**Thank You
Neighbour
to
Neighbour**



Graduation 2019



Graduates, we are so proud of you!
All the best as you enter grade 9!





Kindergarten 2019 CELEBRATION



HWDSB

We Help.

Help your child/teen stay healthy & safe over the *summer*

Summer vacation is here, which means children/teens will be spending more time out and about doing fun things with friends. Summer can also mean less supervision.

Here are some tips to keep your child/teen healthy and happy over the



Relieve stress – when your child/teen seems stressed, encourage them to try a stress relief technique such as a power nap, mindfulness practices, visualizing positive places or experiences, deep breathing, listening to music or getting organized.



Talk to someone – if your child/teen is facing a difficult time, encourage them to talk about the way they feel with someone they know and trust. Friends and family may be able to offer practical help or advice and provide another perspective on what is causing the problems. Often just talking something through and feeling there is someone to listen can be a big support.



Build healthy relationships – Building and maintaining constructive relationships with people is an important part of staying mentally well. If your child/teen spends time around positive and supportive people, they are more likely to have a better self-image, be more confident and feel able to face difficult times.



Eat right – work on balanced nutrition. Make sure your child/teen gets plenty of fresh fruits and vegetables, whole grains and protein. It's also important to keep regular meal times to support proper nutrition.



Get exercise – studies show that 30 minutes of activity every day helps improve mood, concentration, as well as physical and mental well-being. Planned activities allow children/teenagers to build positive relationships and behaviours.



Get sleep – the National Sleep Foundation recommends children/teenagers get 8 to 10 hours of sleep per night. Keep a structured schedule to ensure your child/teen gets enough sleep at night.

Summertime usually means more unstructured time. Families should provide supervision to keep a close eye on their child's/teens' activities – including monitoring online social networks. Know their friends and the activities they are participating in, set boundaries and check in regularly. Talk to your child/teen and encourage them to build positive relationships.

Local Supports



Alternatives for Youth www.ay.on.ca

Provides drug and alcohol related services for 12 to 22 year olds & their families.

Centre for Addiction and Mental Health www.camh.ca

City of Hamilton Public Health www.hamilton.ca/public-health

COAST (Crisis Outreach and Support Team) www.coasthamilton.ca

Offers crisis information including a 24-hour crisis line and information for youth, adults and seniors.

Contact Hamilton For Children's & Developmental Services

www.contacthamilton.com

Services for children and youth with emotional, behavioural or developmental concerns & adults with developmental disabilities in Hamilton

De dwa da dehs nye>s (Aboriginal Health Centre) – Provide mental wellness services that are culturally safe for all members of the urban community who self-identify as having Aboriginal ancestry. 678 Main Street East (905) 544-4320 <http://aboriginalhealthcentre.com>

Food Bank locations www.211ontario.ca/topic/food

Kids Help Phone www.kidshelpphone.ca

Mindyourmind www.mindyourmind.ca

Youth information, resources, tips and tools to help manage stress, crisis and mental health problems. Includes interactive games, apps, interviews, shared stories, art, writing and videos.

Ontario Mental Health Helpline www.mentalhealthhelpline.ca

Information about mental health services in Ontario.

Youth Line www.youthline.ca

A toll-free phone line, text or online chat to assist lesbian, gay, bisexual, queer and questioning young people across Ontario.

Youth Wellness Centre – Mental health and addiction programs and support available to individuals aged 17-25. Clients can self-refer. (905) 522-1155 x 31725 or email

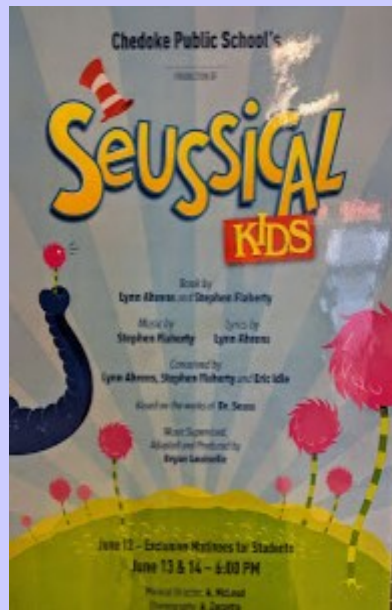
ywcintake@stjoes.ca ; www.stjoes.ca/hospital-services/mental-health-addiction-services/mental-health-services/youth-wellness-centre. 38 James St S, Hamilton, ON L8P 4W6

Didn't find what you were looking for?

Submit a report using the app and texting service HWDSB Helps and it will be shared anonymously with your school. Someone from your school will be in touch. Learn more at www.hwdsb.on.ca/secondary/supports/hwdsbhelps

You can also browse the Red Book, a directory of community services. (905) 528-8127 or 211; www.informationhamilton.ca/redbook

Celebrating Seussical 2019





Priscilla Mochrie
Principal

Suzie Milinovich
Co-Principal