

CHEDOKE NEWS

May 2021



2021-2022 BELL TIMES

We have been on online school for over a month now.

We just wanted to give a shout out to all our teachers and all our amazing students for working so hard and keeping up with their studies during these difficult times.

SUBSCRIBE TO OUR WEBSITE

If you subscribe to our website, you will automatically receive updates in your email.



Thank you to everyone who participated in our Virtual Book Fair. It makes us so happy to know that our friends will be reading some of their favourite books.



NO SCHOOL

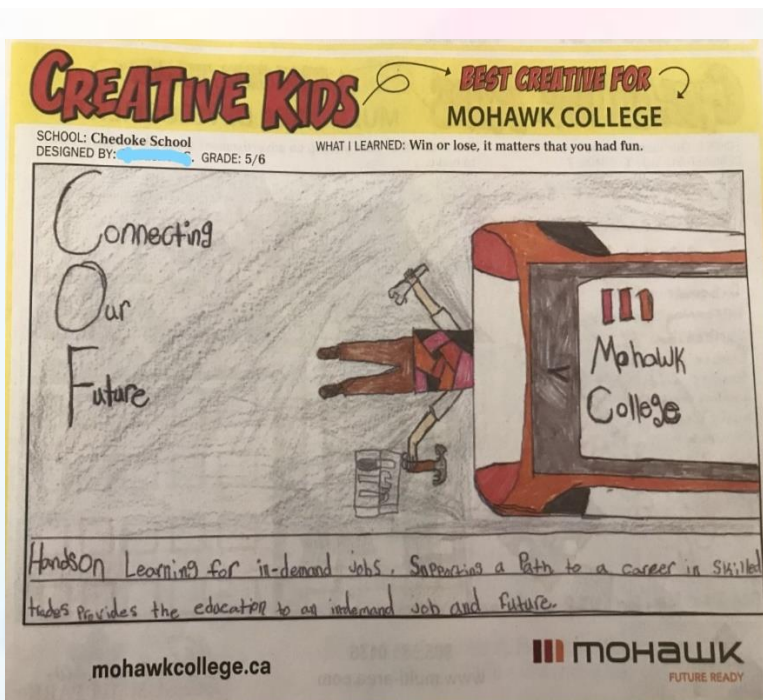
Monday May 24 – Victoria Day

PICK UP ITEMS AT SCHOOL

Due to the Emergency Stay-At-Home Order in place here in Ontario, **THE SCHOOL IS CLOSED.**

At the moment we are not organizing any picture or any other items to be pick up from the school. These items can wait until the Stay at Home order is lifted. If we are still in this state in June, we will develop a plan for parents to get the pictures at that time.

CREATIVE KIDS DESIGN AD CONTEST WITH THE HAMILTON SPECTATOR



The grade 5/6 class entered the Creative Kids Design an Ad Contest with the Hamilton Spectator. Each student created amazing advertisements for the skilled trades program at Mohawk College.

Congratulations to one of our students for her winning advertisement. The student's advertisement will be utilized in the Hamilton Spectator periodically for the next 4 months.

CONGRATULATIONS TO OUR SCHOOL WINNER



LEARN.
DISRUPT.
REBUILD.
@HWDSB

Chedoke Elementary is committed to developing safer, more equitable and more inclusive learning environments. We believe we have an important role in learning about equity, and supporting student and staff well-being. Our staff are using this board-developed resource to educate all students in K-8 about who they are. This is an important part of their learning and well-being because we want students to be inclusive, to speak up when things are unfair, and to help create a safer learning experience for everyone.

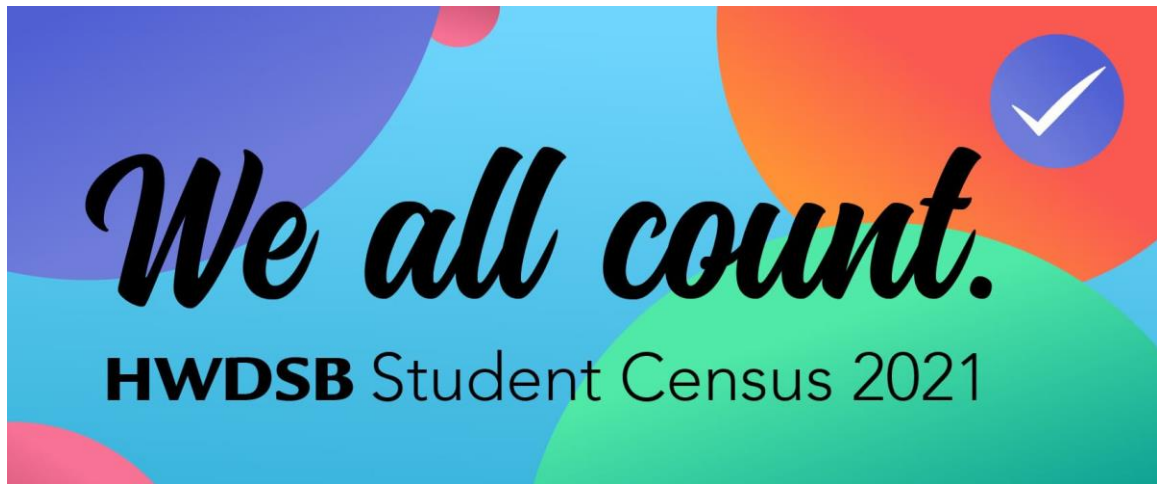
Some of these topics are complex, so we encourage you to talk with your child about this learning. You can ask questions like: What did you learn about today? What did you think about what you learned today? Do you have any questions about this topic?

So far, we have completed 2 modules:

- Module 1. Physical Safety, Mental Health and Wellness.
- Module 2. Understanding Identity and Intersectionality.

Our next module is already underway. It explores Human Rights, Equity, and Anti-Racism.

If you want to learn more and support this important work, please contact your child's teacher or visit the HWDSB website at: <https://www.hwdsb.on.ca/about/equity/learn-disrupt-rebuild-hwdsb/>



At Hamilton-Wentworth District School Board (HWDSB), we are committed to identifying and removing barriers so we can offer all students supportive, inclusive, and respectful learning environments.

To learn more about our students, we will conduct a confidential census between now and May 21st, 2021. *We All Count: HWDSB Student Census 2021* will gather identity-based student data so that we can identify and address systemic barriers by focusing our programming and resources

How will it occur?

- Students in Kindergarten to Grade 4: We will email families a secure link to the census form so they can complete the census form online on behalf of their child. Print copies are available by request to census@hwdsb.on.ca. Please only complete one census form per student (online or print).
- Students in Grades 5 to 12: We will email a secure link to students in grades 5 to 12, so they can complete the census form online during class time, with teacher support. Print copies are available by request to census@hwdsb.on.ca. Please only complete one census form per student (online or print).

Is it mandatory?

- Completing the census is voluntary. However, we ask student to participate so we get an accurate picture of our student population. A high response rate will better help us identify barriers, create strategies, and make informed decisions to address barriers to student achievement and well-being. Families who do not want their child to participate can opt out using a form on the Parent Portal.

For more information, including a video that explains more about the HWDSB Student Census. Please go to: <https://www.hwdsb.on.ca/about/equity/we-all-count-hwdsb-student-census-2021/#tabs-113>

LOOKING FOR YOUR CREATIVE HELP



Chedoke School Council wants to order fridge magnet for our families. This magnet will contain important contact information so our community can easily connect with the School Council.

We are looking for your input on the design of the magnet. Families can work together to help create a logo/design/picture that will be used for the fridge magnet.

Please email your submissions to:
chedoke@hwdsb.on.ca – Subject Line: Magnet Design

All designs must be submitted by June 9th.

VIRTUAL SCHOOL MEETING

Date: June 9th @ 6pm

If you would like to join the meeting, please email

chedoke@hwdsb.on.ca
for a link to the meeting



10

tips for Parents

to help develop your children's brains

1 Positive Attention

Children need lots of **positive attention** to develop their brains.

2 Special moments

Sharing **special moments** with your child develops the emotional part of the brain to help him feel safe, loved and good about himself.

3 Time to play

Play encourages creativity, curiosity, and interest in the world around him, which is essential in developing the 'seeking system' in the brain. This activates the drive and energy needed for life.

4 Rough and Tumble

Rough and tumble play is a natural way of helping your child's brain to manage emotions and to adapt to others.

5 Cuddles Galore

Cuddles are vitally important for brain connections to happen. The more touch your child gets in childhood, the calmer she is likely to be as an adult.

6 Feelings and Listening

Help your child with his **big feelings** by really listening to him and naming his feelings in language he can understand.

7 Enthusiasm and Energy

Be really enthusiastic and interested in what your child is doing. Meet her **joyful energy** with your joyful energy.

8 Time 'in'...

Time in with your child rather than 'time out' will help you better understand why your child is behaving badly.

9 Clear Boundaries

Your child needs to be taught what is acceptable or unacceptable behaviour by **giving clear boundaries** and using **choice and consequence** to develop the rational part of his brain.

10 Breakfast

A protein-rich breakfast is essential for your child's brain to cope with stress and anxiety. Encourage healthy eating habits, as soon as possible.

