



Chedoke Elementary School
 PROUD SCHOOL OF HAMILTON-
 WENTWORTH DISTRICT SCHOOL BOARD
 500 Bendamere Avenue Hamilton, Ontario
 L9C 1R3
 Phone: 905.388.5833 Fax: 905.388.8278

JUNE 2023 NEWSLETTER

EMAIL: chedoke@hwdsb.on.ca
 PRINCIPAL: S. Pasian
 VICE-PRINCIPAL: P. Zadvorny
www.hwdsb.on.ca/chedoke

DATES TO REMEMBER

PA Day (NO SCHOOL) - Friday June 2

**Grade 8 Grad Trip Treetop Trekking -
 Monday June 5, 2023**

Pita Days - Monday June 5, 12 & 19

Pizza Days - Friday June 2, 9, 16 & 23

**Spring Showcase - Wednesday June 14,
 6pm @ MacNab Secondary**

**Grade 8 Graduation - Friday June 23, 2023
 @ MacNab Secondary**

Last Day of School - Wednesday June 28, 2023

**First Day of School - Wednesday September 6,
 2023**

Have a great summer!

Message From The Principal & Vice Principal

Dear Chedoke Families:

And just like that, it's June! We would like to take the opportunity to thank the Chedoke community for such a wonderful and productive 2023. We have thoroughly enjoyed getting to know the students, staff and community. We have worked hard and have found opportunities for learning, play and celebration. This time of year is always bitter-sweet. As a school community, we say 'goodbye and good luck' to our Grade 8's, while welcoming our newest Kindergarten students to school for the first time.

As we head into our last month, schools can become very busy places. There are the many fun excursions and events to look forward to, but we know that anxiety around finishing school, changes in routines and sleep schedules, and other uncertainties can make this last month challenging. Maintaining routines at home and contact with your child's teachers may help support students who might struggle with this transition. Discussing summer plans with your child might also help assure them that they will still have time with friends, and lots of fun ahead.

Our students have a lot to be proud of both in their academic learning and with their gains in social skills and self-regulation. Keep up the great work over the summer!

We look forward to seeing you all back at school in September. Please subscribe to our website for alerts and updates (www.hwdsb.on.ca/chedoke/).
 Have a safe and happy summer.

Ms. S. Pasian & Mr. P. Zadvorny





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CHEDOKE PUBLIC SCHOOL

★ ★ SPRING ★ ★ ★ ★ SHOWCASE ★ ★

WEDNESDAY

JUNE 14

6PM

**MACNAB
SECONDARY
SCHOOL
AUDITORIUM**

**TICKETS AVAILABLE @
SCHOOL CASH ONLINE
OR SCAN THE QR CODE
ALL PROCEEDS SUPPORT MUSIC AT CHEDOKE**



STRESS BUSTERS PROGRAM

Help support your child's stress management and well-being

Strong Minds Strong Kids, Psychology Canada is delivering a virtual after-school program for kids ages 8-12 in the Hamilton-Wentworth District School Board community.

Stress Busters was designed from our evidence-based Kids Have Stress Too! (KHST!) program with an added peer-to-peer support component to help kids put their learning into practice. This program has had a positive impact on children's ability to identify and manage their stress. It provides children and their families with education and support to help them build stress management skills and to foster resilience.

"If you feel stressed, and can't really control it. You need to join the stressbusters after school program. It really helps, and I can confirm that because I have been stressed too.

But when I joined I felt a lot better."

-Participant, 10 years old

"I saw that our students were in great need of stress management support. SMSKPC brought this Stress Busters program to a group of 10 students over the 2021 summer break. Seeing how successful this summer camp was, we decided to schedule 3 Stress Busters After School sessions to bring this program to more students in our community."

Jenny Marino, Mental Health/Addictions Lead, UGDSB

Themes

- What stress is and how it impacts our mind, body, emotions, and behaviour
- Reflect on stressful situations and think about ways to cope
- Learn simple breathing exercises to help manage stress
- Learn to react to situations in a more positive way
- Think about worries and fears in a realistic and productive way
- Kids learn to break down problems so they can address them proactively
- Explore creative self-expression as an effective stress buster
- Kids learn how to give and receive support by talking, listening, and connecting

Register Now

July 3rd-7th, 2023

[CLICK HERE](#) to register for the 9:30 am-10:30 am EDT session

[CLICK HERE](#) to register for the 11:00 am-12:00 pm EDT session

July 10th-14th, 2023

[CLICK HERE](#) to register for the 9:30 am-10:30 am EDT session

[CLICK HERE](#) to register for the 11:00 am-12:00 pm EDT session

Deadline to register: June 9th, 2023

Space is limited, join the waiting list if the session you are interested in is full.

We would like to thank the Gordon and Ruth Gooder Charitable Foundation for their generous support of this program

October 2022 For more information on our programs and services, please visit

www.strongmindsstrongkids.org



Elementary Class Placement Communication:

Our staff is working diligently to place students in the best learning environment possible according to their needs for next year. Please note that there will be no requests for class / teacher placements taken at this time. Staffing needs and potential school reorganization in September may present the need to make changes to our class organizations in the next few months. Information about students' class placements for September will be shared the week before school begins starting on August 28, 2023 via the Parent Portal. Families may also call the school during this week for information.