

The Paradise Chronicle

May 2020 Edition



On May 10th we celebrate Mother's Day!

On behalf of the Cootes Paradise Staff we would like to wish all the Mothers and loving caregivers in our community a wonderful day filled with much health, love, joy and laughter!



Be **SUPPORTIVE**
Be **CAREFUL**
Be **ALERT**
Be **KIND**

Be **READY** to fight
#COVID19

For the latest health advice, go to:
www.who.int/COVID-19



UNITED NATIONS



World Health Organization



Kindergarten registration is well underway for the 2020- 2021 school year!
Please complete your registration on-line at hwdsb.on.ca !

Only parents or legal guardians can register their children for school. The following documents are required:

- Proof of age (child's birth certificate or passport);
- Proof of address (identification that shows parent/guardian's current home address);
- Proof of immunization;
- Verification of date of arrival/immigration documents (if the child was not born in Canada).
- Completed Student Registration Form - available at the school or online at www.hwdsb.on.ca/kindergarten



Education Minister Stephen Lecce announced that all publicly-funded schools will remain closed until at least May 31, 2020, as part of an effort to keep students, staff and families safe from COVID-19.

- All school trips, ceremonies, extra-curricular activities are cancelled for the remainder of the school year.
- As per the Ministry of Education's direction, all school boards will issue final report cards, including the Kindergarten of Communication of Learning for all students.
- Final grades will be entered in June 2020 and will reflect work completed and evaluated before March 13, 2020.
- When in the best interest of students, evidence of learning between now and June will be assessed and may be used to improve final grades where a student demonstrates further achievement of expectations.
- Final grades can only improve from March 13 based on teacher feedback and assessment of student performance on learning tasks

Parents can expect their child to do a certain number of hours of school work per week, as outlined by the Ministry of Education for learning from home. Hours refer to a minimum amount of time students would spend on the work assigned by teachers. Contact your child's educator if you have any questions or concerns.

Kindergarten-Grade 3

- 5 hours of work per student per week with a focus on Literacy and math

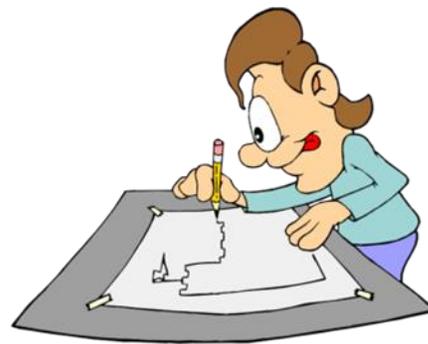
Grades 4-6

- 5 hours of work per student per week with a focus on literacy, math, science and social studies

Design the Cootes Paradise School

Agenda Contest

All Grade 4 Students are invited to design a cover for the
2020-21 School Year Agenda!



Agenda covers must include the following:

- On an 8.5 x 11 piece of white paper
- Must include - Cootes Paradise School
- Must include - Student Agenda
- Must include - 2020-2021
- Coloured graphic designed by the student (not computer generated or traced) that adequately represents Cootes Paradise
- Must be submitted to Mr. Fede by Friday, May 8th 2020 to the following email address:

dfede@hwdsb.on.ca



We Help.

I HELP PEOPLE.
WHAT'S YOUR
SUPERPOWER?



Worried about a friend?
Talk to someone immediately.

kidshelpphone.ca 1-800-668-6868

HWDSB Helps app / text 905-963-0066 (non-crisis situations)

Suggest how we can help each other using **#HWDSBwehelp**



Library News

Hello to all of our Cootes Paradise Families! I hope that you are keeping healthy. This is just a reminder that if you have library books from our school library please keep them safe. Maybe you have even located an overdue book(s) in your extra time at home?! Try to find a place to put your library books that will keep them clean, dry and out of toddler or baby hands!! Continue reading every day, it really does bring JOY.

Thank you for your care and responsibility,

Mrs. Rich

Are You Moving?

To help us with our planning for the September 2020-21 school year, it would be appreciated if you could notify the office by email at cootesparadise@hwdsb.on.ca if you will be moving from our area between now and September.

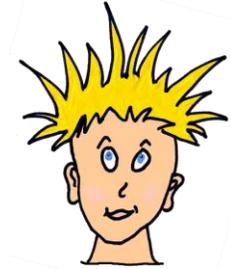


Virtual Spirit Days for the month of May!

Join us for our virtual Spirit Days! Don't forget to **follow us on Twitter @CParadise_HWDSB** and post your pictures!

May 1st

- "Crazy Hair Day"



May 8th

- "Beach Day"



May 15th

- "PJ Day"



May 22nd

- "Whatcha Reading Day"



May 29th

- "Cootes Day" – Wear Green and Yellow



Class Placements 2020/21

With a new school year approaching, many parents wonder about who their child's teacher will be. This process for organizing classes is now underway. When creating classes, teachers meet with each other and school administration to discuss the needs of each student. Some of the issues that are discussed are:

- Balance of ability, interests, and talents
- Balance of males/females
- Learning styles of students
- Teaching styles of teachers
- Resources and remedial needs, enrichment needs
- Students to be kept together or separated because of the positive/negative influence on each other's learning.

WELCOME
TO
MY
CLASSROOM



We appreciate your trust in our professional judgement in balancing the considerations mentioned above. The final decision for class placements is the responsibility of the principal. If you have further information regarding your child's learning needs that we should consider, please send me an email with the specifics **due by May 15th**. We will not entertain requests for specific teachers. Please consider the bullets listed above. We will do our best to accommodate your child so that we can maximize their learning opportunities thereby, increasing their chances for success. Please note that all class placements are tentative until the end of September.

SELF-CARE 101

Self-care is an important part of wellness. Take time and discover what helps you to feel good and recharge.



EAT We all need to refuel. But sometimes when we're stressed, our habits can change – maybe we eat junk food, or don't feel like eating at all. It is important to focus on eating foods that will provide you with the nutrients you need.

- * **Tip:** Have a healthy snack nearby so you can refuel and avoid getting "hangry."

HYDRATE Try to increase your water intake and decrease your caffeine intake. Caffeine has been shown to create a stress reaction in your body and might cause you to feel nervous, irritable or restless.

- * **Tip:** Drink a glass of water or milk before bed (but not too much!) rather than a caffeinated drink. This should also help you sleep.



MOVE Being physically active has many positive effects on your health. It increases your energy, enhances your immune system, reduces insomnia, stimulates brain growth and has been shown to decrease feelings of sadness.

- * **Tip:** This doesn't need to take much time. You can get these benefits of being physically active from just a 30-minute walk. Stuck inside? Check out YouTube for brief yoga routines, at-home workouts or track your steps, and challenge a friend!

ENJOY Take time to discover things you enjoy. Do things that make you feel good as often as you can. It may not be what others find fun, and that's okay! We're all different.

- * **Tip:** Maybe there's a book you want to read, a show or movie you've been meaning to watch, a skill you've been interested in, or something new!

WHY SELF-CARE?

Self-care is like saving up for a rainy day! It's about nurturing yourself so that when difficult situations happen, you will have the energy and strategies to help you get through it! It can feel hard to practice all of the self-care tips that we know are important, pick a few to focus on, congratulate yourself on what you're able to accomplish and continue to set goals for yourself.

- * **TIP:** Try this quiz to find out if you're practising enough self-care 🎯

For more ideas to help you recharge, check out Kids Help Phone's self-care checklist! 🎯



PAUSE Make sure to take time for yourself during the day, to listen to music, take a few deep breaths, meditate, write in the gratitude journal.

- * **Tip:** There are lots of different apps and sites out there for breathing exercises or check out: 'How to calm down when you're stressed' 🎯

REFLECT Take time to think about what's important to you. It can be easy to get caught up in the negative messages, instead look for kindness and positivity. This can come in different forms like people doing good things for others or positive posts on social media.

- * **Tip:** Practicing gratitude on a regular basis can improve our sense of well-being and happiness! Journal about gratitude: every night, write down three good things about your day. They don't have to be major (i.e. a great lunch, talking to a friend, finishing a task).

REPEAT Did you know that trying a new skill, habit, or routine for 21 days in a row will increase the likelihood of maintaining this new practice?

- * **Tip:** Try having a partner to hold you accountable during the first few weeks; this strategy has been shown to enhance your success rate of maintaining your new practice.

CONNECT Strong social connections are one of the most powerful influences on our mood and mental health. Spending time with friends and family help to increase your levels of happiness.

- * **Tip:** Getting involved in something bigger than yourself or doing nice things for others can give you a mental health boost. If you can't see the people you care about every day, send them a text or make a phone call; it will make their day and yours!

RECOGNIZE Be mindful of your thoughts and feelings, both positive and negative, as part of your self-care. Finding a healthy outlet to process your emotions and positive self-talk, although always important, is super important during stressful times.

- * **Tip:** When thinking, ask yourself? Is this helpful/true? If not, challenge yourself to find a positive/true alternative. Remember to speak kindly to yourself, everyone has good and bad days. Don't be too hard on yourself!

If you or someone you know is in crisis, call 9-1-1 or go to the nearest emergency department.

You can also reach out to Kids Help Phone at 1-800-668-6868 or by texting **CONNECT** to 686868.



School
Mental Health
Ontario

Santé mentale
en milieu scolaire
Ontario

www.smho-smso.ca

Cootes Paradise Home & School Association



This school year has come with new and unprecedented challenges for all our families. The Home and School Association has appreciated the support of our Cootes staff, students and families. We started our school year with a fun, successful community movie night that drew a huge crowd and sold out the popcorn. We then had a terrific turn out for our beloved Pumpkin Night Hike. Many happy students were fed pizza and subs on Fridays. Our local west end Fortinos continued to donate funds from our receipt collection to support our healthy snack program. The holiday concert left the bake sale table completely empty. And our final event, the staff appreciation lunch, left teachers and staff feeling our warm Cootes love.

With the school closures and work-to-rule actions this year, many of our other fundraising and school events were cancelled. Next year we look forward to the return of our Lunch Clubs, Move-and-Groove-a-thon, Read-a-thon, Silent Auction and school open houses. Given these cancellations, our fundraising goal has not been met for the 2019/2020 school year; however, with the school closures, we also have not spent our anticipated budget. Our plan for the remaining Home and School funds raised in the 2018/19 and 2019/20 school year will be rolled over into next school year's budget. We will continue with the spending plan that was approved and voted upon at the final Home and School meeting last year.

The Home and School Association is looking for new members for next year. If you are interested in volunteering with the executive committee or with one of our events, please email us at cootesparadisehsa@gmail.com

From the Home and School Association we wish you and your family a healthy and safe spring.

