



Dundana Elementary School

PROUD SCHOOL OF HAMILTON-WENTWORTH DISTRICT SCHOOL BOARD
23 Dundana Avenue
Dundas, Ontario L9H 4E5
Phone: 905.628.2622

EMAIL: dundana@hwdsb.on.ca
PRINCIPAL: Sue Pasion
spasian@hwdsb.on.ca
www.hwdsb.on.ca/dundana

DUNDANA NEWSLETTER – FEBRUARY 2026

Hello Dundana families!

We are now at the half-way point in our current school year and coming to the end of Term 1. Report cards will be coming home with students on February 13th and I would like to take this opportunity to thank families for all that they do at home and behind the scenes to prepare their children to arrive at school ready to learn each day. Your support is crucial to their success and our staff is fortunate to have such a caring community surrounding them. As we make our way into Term 2, let's continue to work together supporting each other and the students to always be the best they can be!

Read on for further information about what will be happening at our school in February.

Sue Pasion – Principal

KINDERGARTEN REGISTRATION:

Children born in 2022 or 2021 who are not currently registered at school are now eligible to register for JK (2022) or SK (2021). Registration begins on Monday February 2nd online. Please go to the website for more details and the online registration information:

[Kindergarten Registration | Hamilton-Wentworth District School Board](#)

FOOD POLICY:

As we approach Valentine's Day and some of the sweet surprises that may come with it, this is a reminder that **the sharing or distributing of treats between students will not be permitted. Please do not send in treats for whole class sharing.** Classroom educators will communicate to families the process for bringing in food (nut-free) for this day (i.e. "party-in-a-bag). This will allow all of our students to feel safe and supported.

ENVIRONMENT CANADA WIND CHILL FACTS:

It has been a chilly January so far, and the wind chill factor has kept us inside when needed. Our threshold for remaining indoors is -15C (-20C with the wind chill factored in). Please know that we monitor the wind chill throughout the day to allow for as many outdoor play opportunities as safely possible. Attached is the [Environment Canada's Wind Chill Facts](#) information sheet. The publication provides strategies parents can use to ensure cold weather safety as well as examples of appropriate winter clothing options.



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COBS FUNDRAISER:

A huge thank you from our Kindergarten team to those of you who purchased Cobs bread punch cards. Over 90 cards were purchased! This will help greatly with adding to our Kindergarten play area enhancements. If you haven't picked up your Cobs card yet, please contact the office.

BLACK HISTORY MONTH:

The Hamilton-Wentworth District School Board recognizes and celebrates Black History Month every February. The HWDSB is committed to improving equity of access, positive identity-affirming experiences and opportunities for Black students, staff, and parents/guardians, and to creating a safe and caring learning environment that promotes the human rights of students, staff, and parents/guardians. The initiatives undertaken by the HWDSB have been embedded in teaching and learning at all school levels, and centrally, for Black History Month and throughout the year. Follow the HWDSB on social media to see how schools are recognizing Black History Month and celebrating Black excellence.

UPCOMING EVENTS:

February 2nd – Kindergarten Registration begins

February 11th - Pizza Day (pre-orders only; this can be done on School Cash online up until Sunday, February 8th)

February 13th – Valentine's Day / Spirit Day – wear red, white or pink to school! Communication regarding school / classroom plans will be sent soon.

February 13th – Term 1 report cards will be sent home

February 16th – Family Day – No School – enjoy the day with each other!

February 19th – Lockdown Drill #2 <https://hwdsb.info/secureschools>

February 19th – School Council meeting: 6:30 – 8:00 p.m. in the Library

February 25th – Pizza Day (pre-orders only; this can be done on School Cash online up until Sunday, February 22nd)



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February 25th – Pink Shirt Day – individuals in schools and workplaces come together by wearing pink shirts to show they are against bullying

March 4th – Hot Dog Day (more details on how to order coming soon)

Dundana School is a busy place and updates will be posted on our website or via School Messenger to keep you informed of the many things going on here.

News from the Dundana School Council:

- Our January meeting was cancelled due to the snow day, however, our next School Council meeting is on Thursday, February 19th at 6:30 p.m. The meeting is planned for in-person (Dundana school library), however, participants may also choose to attend remotely via MS Teams. Any parent or guardian of a student at Dundana is welcome to attend. If you would like an MS Teams invitation to attend, please email spasian@hwdsb.on.ca by February 17th. No invitation is needed to attend the meeting in person.
- Pizza days are being held on February 11th and February 25th. See below for ordering deadlines. If anyone would like to volunteer for pizza days, or has questions for our School Council, they can email dundanapta@gmail.com
- School Council has two fundraisers planned for the upcoming months. Terra Cotta cookies and Purdy's Chocolates will be available for sale. Look for more information soon on ordering dates, etc. through the School Messenger system.
- Thanks to the support from Dundana's School Council, we were fortunate to have the Rocks and Rings program by Curling Canada set up in our gym for the past week. All students had the opportunity to learn about curling from an expert, and try their hand at practicing and playing the game. It was a great experience for our students, especially right before the Olympic Games where they may get the chance to watch Team Canada compete!

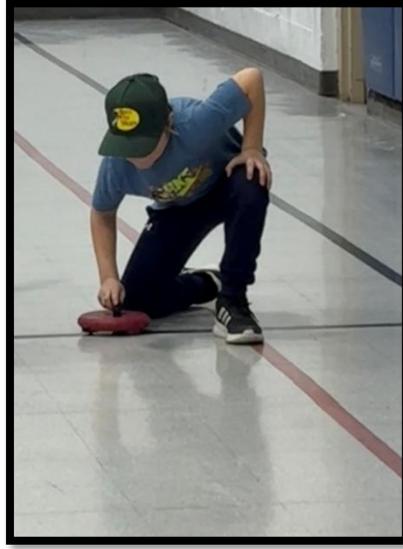


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50 Screen-Free Ideas for Kids

Choose activities based on your child's age and stage. Not all activities will work for all ages.

OUTSIDE

1. Go to a park and run, swing or slide.
2. Go for a hike without the stroller.
3. Play hopscotch, catch or kick a ball.
4. Make a snow man or snow angel.
5. Jump in puddles, go to the splash pad or turn on the sprinkler.
6. Draw with sidewalk chalk.
7. Ride a scooter, tricycle or bike. Be sure to wear a helmet.
8. Go for a walk and try different types of walking (tiptoes, quickly, slowly, giant steps, march).
9. Blow bubbles and try to pop them.
10. Go outside and make art. Paint or draw what you see.

INSIDE

11. Play a board game, play cards or do a puzzle.
12. Have a dance party to your child's favourite music.
13. Dress up and put on a play of your child's favourite book.
14. Play "Simon Says".
15. Sing and act out your favourite nursery rhyme or song.
16. Build with blocks or Lego.
17. Blow up a balloon and play catch or volleyball.
18. Go on a scavenger hunt.
19. Make homemade instruments and have a marching band.
20. Draw a shape and have your child turn it into a picture.
21. Build a blanket fort.

AT BEDTIME

22. Read a book.
23. Do yoga with your child. For ideas, borrow a child's yoga book from the library.
24. Listen to calming music.
25. Ask your child about the best part of their day or have them draw it.
26. Snuggle with your child.



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Screen Time and Children

Devices with screens are everywhere these days – in restaurants, waiting rooms and even our pockets. Did you know that spending too much time looking at screens (e.g., smartphone, tablet, computer or TV) can be harmful to children's health?

While screens can be a lot of fun and even helpful, too much time spent looking at screens can impact a child's:

- brain and language development
- attention
- quality of sleep
- weight
- behaviour
- self-esteem
- relationships

How much screen time is recommended per day?

0-2 years	0 hours
2-4 years	1 hour or less
5-17 years	2 hours or less*

*Recreational screen time.



For more information visit
www.hamilton.ca/healthykids
or call Health Connections (905) 546-3550



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Developing Number Sense AT HOME

Here are 5 simple ways to seamlessly integrate number sense activities while driving in the car, cutting vegetables, waiting in the dentist's office...

1 What's the Question?

Give your kids the answer and have them come up with the problem.

For Example:

*The answer is seven.
What's the question?*

Sample Answer:

*I had ten grapes
and then I ate three.
How many grapes are left?*

2 Who Am I?

Not only are these perfect for mental math practice but they're a great way to reinforce math vocabulary. **Sample:**

**I am an even number greater than ten but less than twenty.
The sum of digits is nine. Who Am I?**

3 Which Number Does Not Belong?

This is a pre-algebra activity where kids sort and classify numbers into categories. **Example:**

*Which number does not belong:
4, 12, 17, 8, 20?*

*The number '17' does not belong
because it is an odd number
(or... 17 is not a multiple of 2).*

4 Which Has More?

A great mental math activity that gets kids to compare several quantities at the same time. **Example:**

Which has more, the number of wheels on two cars or the number of eggs in a dozen?

5 And the Answer is ...

For this activity, kids need to compute a series of quantities in their head. **Example:**

Start with the number of days in a week. Subtract the number of wheels on a tricycle. Double that number. And the answer is ...





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After-School Beginner Guitar Program



Little Jammerz Guitar Program is coming to Dundana Elementary School for students in Grades 1-5. Students will learn to play notes and chords on the guitar.

We develop strumming techniques and learn to play pop songs.

There is an optional \$20 guitar rental fee for students who do not have their own guitar. Students take the rental guitar home and bring it back each week for their lesson. (it comes with a small backpack carrying case)

The program consists of six lessons; which run once per week after-school at Dundana Elementary School.

Dates: Thursdays Feb 19th to April 2, 2026 (no class Mar 19)

Time: 3:15pm-4pm

Cost: \$99+\$20 (guitar rental fee optional) = \$119

To Register Go Online to:
www.LittleJammerz.com or Scan QR Code below
enter "Dundana" in the Name Of Your Child's School Field
Register Early!



For any questions please contact: info@littlejammerz.com

905-267-2330