

The Panabaker Chronicle

Dear Families,

As we approach the end of 2024, it's amazing to reflect on the incredible journey we've shared so far this year. We are proud of the resilience, growth, and kindness that have defined our school community.

We want to express our heartfelt gratitude to all of our students for the joy and enthusiasm they bring to school each day. A huge thank you as well to our dedicated teachers, DECE's, educational assistants, CYCP's, office staff, custodians, and parent community for their unwavering commitment to supporting our students and one another.

As we enter the holiday season, we'd like to remind families that our school will be closed from December 23rd, 2024, to January 5th, 2025. We hope this time allows you to rest, recharge, and connect with loved ones near and far.

We are so excited about the positive momentum we've built so far this year and look forward to continuing our learning and growth together in the New Year as a Frank Panabaker community.

Warm regards,

Mr. D. Fede & Ms. S. Carter

Upcoming EVENTS



Frank Panabaker Elementary School

Winter Concert

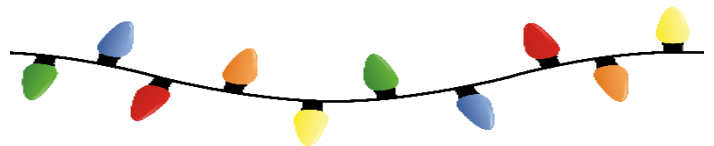
Thursday, December 12th

Location: Frank Panabaker South Gym

Times: Grades 1-4 (North) **9:00** am
Grades K & 5-8 (South) **11:00** am

Family guests welcome to attend

Limited seating is available





MEDICAL ALERT

Just a reminder that Frank Panabaker School is a NUT FREE School. We have both staff and students with severe life-threatening allergies to peanuts and tree nuts. Do not send any nut products to school with your child. Thank you!



Important Reminders About School Hours and Dismissal Procedures

We would like to take a moment to remind parents of the importance of timely attendance at school. Our instructional day runs from 8:15 AM to 2:35 PM, and it is crucial that students arrive on time so they do not miss important lessons and instructions. The morning routines are key, as this is when essential information about the day is shared. Starting the day on time helps all students to feel prepared and engaged.

Additionally, please note that dismissal time is at 2:35 PM. For safety reasons, we kindly ask that parents refrain from picking up children from the playground earlier than 2:35 PM, unless they have signed their child out at the office. This ensures that all students are accounted for and that our dismissal process runs smoothly.

Thank you for your understanding and cooperation in helping us maintain a safe and effective learning environment. We appreciate your support in making sure our students can fully benefit from the instructional time each day.

ATTENTION!! Parent Parking / Drop Off / Pick Up

Just a friendly reminder that when you are dropping off or picking up your child at dismissal, **please do not block the bus loading zone**. We want to ensure the safety of all our students as they are being transported to and from Frank Panabaker School.

In addition, when dropping off or picking up your child, parents please be aware of children opening car doors to the parking lot access. **As a safety reminder, students should enter and exit cars from the sidewalk and never from the parking lot**. We strongly encourage parents to have these safety discussions at home with their children so that we can ensure that all our students remain safe.

Bus Information

The HWDSB Transportation service is responsible for the carriers that bring our students to and from school. At times, school busses may run late and the delay time could take up to 60 minutes. We strongly encourage all families to check the status of their child's bus on a daily basis. This could be done using the following link:
<https://www.hamiltonschoolbus.ca/>

Here you will find a posting of all the delays.

You can also phone transportation directly at (905) 523-2318 or 1-800-691-6402 with any questions you may have, as our school office closes at 3:15 PM.





Secure School Information

Every year, school communities are required to engage in a number of Secure Schools drills to ensure all students and staff understand how to participate in the case of an emergency situation. These drills include: 6 fire drills (3 in the fall, 3 in the spring), 1 hold and secure drill, 1 shelter in place drill, 2 lockdown drills and 1 bomb threat drill.

The dates of future drills will be posted on the school website at least one day prior to our scheduled drill. If weather conditions do not allow for a safe drill, the drill would be pushed to the next available school day.

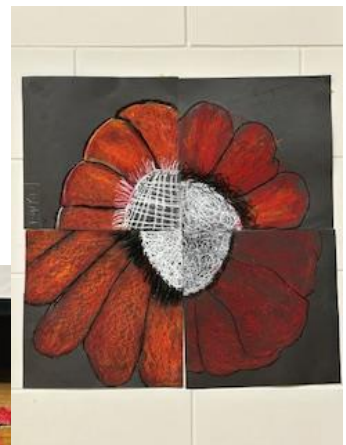
Please do not be alarmed if your child tells you that the alarm went off at school. This is all part of our Emergency Plan of Action.

To learn more about HWDSB's approach to secure schools, please go to:

<https://www.hwdsb.on.ca/secondary/supports/secure-schools/>

On Remembrance Day, we took the time to think about all of the people who have served and continue to serve during times of war, conflict and peace. We paid tribute as a Frank Panabaker school community to these veterans through a variety of presentations.

Thank you to all the students who participated and a big thank you to Mrs. Bishop for putting it all together.



progress reports

Progress Reports were sent home on November 19! This is a great opportunity for you and your child to celebrate their accomplishments, and review some next steps and to set some goals.



CCAT Testing

During November, Grade 4 students across HWDSB completed the Canadian Cognitive Abilities Test (CCAT 7). The CCAT 7 is administered by LRTs and grade 4 teachers, in the classroom. The CCAT 7 was designed to provide an accurate and efficient measure of the abilities needed to acquire the desired outcomes of formal education. The test measures verbal, nonverbal, and quantitative skills in a multiple-choice format. Test results will be used to assist with program planning for individual students and as part of the board-wide gifted screening process. No advance preparation on the part of students was necessary.

Frank Panabaker Winter Clothing Drive

The week of **November 11-15** was our annual School Winter Clothing Drive.

Thank you to all those who took the time to donate items to those in need.

Thank you for your support!



PANABAKER



Holiday Food Drive 2024



ANCASTER COMMUNITY
SERVICES



Thanks to our Frank Panabaker School families for donating 1012 kg (2232 pounds) of non-perishable food and personal items to Ancaster Community Services. Thank you to students and ACS's volunteers for their help with our annual Holiday Food Drive. The donations will help ACS provide food hampers to 145+ families this year which is their most yet.

Truly amazing!

Thanks for helping to make a difference.

♥ ❄️ Better Together! ❄️ ♥



Grade 2 Festivals of Light

Hannukah



Eid



Christmas



On December 6, all grade 2 classes participated in a hands-on workshop led by staff from the Children International Learning Center as part of our Social Studies learning about traditions and celebrations. Thank you to families for supporting this event to help foster understanding and to help us celebrate diversity.



Diwali



Kwaanza



Severe Weather at HWDSB

During severe winter weather, the difficult decision to remain open or to close is always made with the safety and security of our students and staff in mind.

Here are some guidelines to remember:

Weather Cancellations

When bad weather is expected, Hamilton-Wentworth Student Transportation Services (HWSTS) carriers check weather reports, road conditions and road clearing, starting as early as 4 a.m.



6:00 A.M.



Based on this information, the Director of Education makes the decision in conjunction with Hamilton-Wentworth Catholic District School Board.

HWDSB will announce the cancellation of school and board operations by 6 a.m. based on the best information at the time. We share this announcement on the HWDSB website, HWDSB's Twitter account and on the HWSTS website. We also contact local media outlets including CHCH TV, CHML and the Hamilton Spectator.

HWDSB makes a decision by 6 a.m.

School and Administrative Building Closures

School boards have varied policies on cancellations. **The HWDSB Rule is: Severe weather + Bus cancellation = Schools and Administrative Buildings are closed.** When HWDSB cancels busing due to inclement weather, we have deemed the roads unsafe and this triggers the closure of schools and administrative buildings.

Severe Weather



Extreme Weather - In extreme cold, buses may not start or run as expected and HWDSB may need to cancel transportation. But this does not automatically mean that schools will close. The Director (or designate) has discretion to keep schools open when busing is cancelled due to extreme cold.

Closing a school and administrative buildings is a tough decision - and some families may disagree with HWDSB's call. Families can always make the choice they feel is best when it comes to sending their child to school.

Resources:

HWDSB's website - Severe Weather Information: www.hwdsb.on.ca/about/severe-weather

Inclement Weather and Board Cancellations Policy: www.hwdsb.on.ca/about/policies

Inclement Weather information video: <https://youtu.be/WMkROsXELfY>

HWDSB

Snow-clearing at HWDSB Schools

A responsibility shared by
Board staff, contractors
and the City of Hamilton



HWDSB Staff

Clear, salt and/or sand...

- walkways from the city sidewalk to the school
- school steps and portable steps
- walkways to the portables
- ramps to schools and portables
- area outside entrances and Fire Exit Doors
- Fire Exit stairs & ramps



HWDSB Contractors

After 5cm+ of snow, will...

- Plow parking lots and sidewalks when HWDSB Facilities staff deem it necessary
- Salt and sand the parking lot before school starts
- If required, Head Caretakers may also salt or sand parts of the parking lot



City of Hamilton

Responsible for clearing...

- Snow and ice from sidewalks directly in front of schools, a top priority for the City.
- **Note:** It may take up to 24 hours after a snowfall for sidewalks to be cleared. Report a sidewalk fronting a school in need of clearing at **905-546-CITY (2489)**

What about playgrounds?

Contractors will plow or clear up to half of the asphalt play area at schools. Head Caretakers also inspect playgrounds and spot sand and/or salt areas made slippery by changing temperatures.

Students, take extra caution when walking or playing on school property that may be slippery. Principals concerned about weather or playground conditions may hold indoor recesses and lunch/nutrition breaks.



Benefits of outdoor play

Time spent outdoors is an integral part of the school day. There are great benefits when children experience **fresh air, exercise and time spent time outside**. Outdoor play is also a break from the structure of the classroom.

Preparing for the outdoors

It's important that children come to school **prepared for the cold**. This means boots, mittens/gloves, hats and even extra mittens and socks in case they are needed.

When is it too cold for outdoor play?

Principals decide whether to send students outside for recess. HWDSB asks Principals to follow the City of Hamilton guideline that we stay inside when it's at or **below -15C, or -20C with wind chill**.



The Difference between Bullying, Aggression and Teasing



Bullying always involves aggression. Aggression becomes bullying when it is repeated over time between the same individuals and there is a power imbalance.

Conflict can be positive or negative. Bullying is a form of negative conflict. Conflict becomes bullying when it is repeated over time and involves a power differential.

Teasing becomes hostile when it implies interpersonal rejection and social exclusion, rather than camaraderie and social inclusion.

Bullying

Bullying is behavior that includes the use of any physical, verbal, electronic, written or other means. Bullying is intentional aggressive behaviour. If aggressive behaviour is physical, it may include hitting, pushing, slapping, and tripping. If it is verbal, it may include name calling, mocking, insults, threats, and sexist, racist, homophobic, or transphobic comments. If it is social or relational aggression, it is more subtle and may involve such behaviours as gossiping, shunning, ignoring, spreading rumours, excluding others from a group, or humiliating others with public gestures or graffiti. Social aggression may also occur through the use of technology (e.g., spreading rumours, images, or hurtful comments through the use of e-mail, cell phones, text messaging, Internet websites, social networking, or other technology).

Aggression

Aggressive behaviour is conflict that may be intentional or unintentional, direct or indirect. It can take many forms, including physical, verbal, and social. It can be experienced in a number of ways including physical, mental, emotional, and psychological harm.

Teasing

Teasing can be positive or negative.

Positive Teasing:

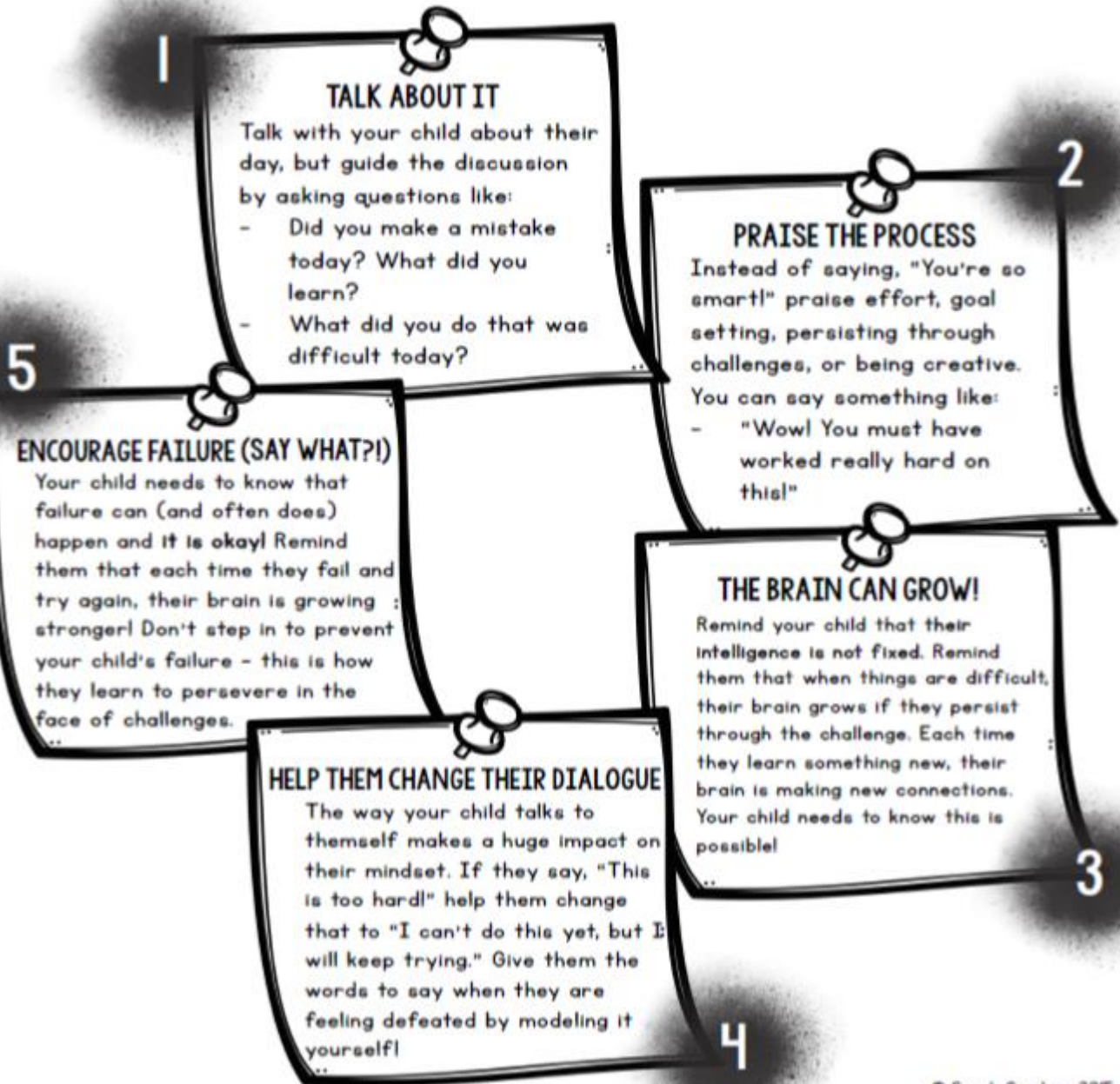
- illustrates closeness, affection, and familiarity with another person
- person being teased is not distressed
- takes place within a strong relationship
- strengthens the relationship

Negative Teasing:

- alienates, criticizes, and embarrasses the other person
- the person being teased is distressed
- takes place within a weak relationship
- undermines the relationship

GROWTH *mindset*

HOW YOU CAN HELP YOUR CHILD



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