

The Panabaker Chronicle

May 2025 Edition

Dear Families,

As we enter the month of May, we're gearing up for an exciting and busy final stretch of the school year! It's hard to believe that we're already approaching the last month of school, but we have so much to look forward to.

In the coming weeks, we'll be celebrating achievements, finishing up projects, and preparing for end-of-year activities. Please stay tuned for updates on upcoming events, class celebrations, and important dates.

Thank you for your continued support throughout this school year. Let's finish strong and make these last weeks memorable for our students!

Upcoming EVENTS

May 6 – Pizza Day

May 13 – Pizza Day

May 19 – Victoria Day (No School)

May 20 – Pizza Day

May 20 – EQAO Begins

May 21 – School Council Meeting @ 6:00
in Person

May 26 – FP School Track Day Gr. 5-8

May 27 – Pizza Day

May 28 – FP School Track Day Gr. 3-4

Open House

Thank you to all of our families for taking the time to come out and attend our Open House! We hope you enjoyed our gallery visit, band presentation, food trucks, book fair and of course visiting your child's classroom.

It was a great time to see familiar faces and to meet new members of our community!

*thank
you!*

Are You Moving?

To help us with our planning for the September 2025-2026 school year, it would be appreciated if you could notify the office if you will be moving from our area between now and September.



School Parking Lot

Just a friendly reminder that when dropping off or picking up your child please do not block the bus loading zone or park on the side of the road in the parking lot. These are all **NO PARKING ZONES**. Our school busses are having a very difficult time navigating between cars and this is causing a delay. By Law will be on school property to help navigate this situation. We want to ensure the safety of all our students as they are being transported to and from Frank Panabaker. Please leave all accessible parking spots free unless you have a valid permit.



Weather and Outdoor Play

Time spent outdoors is an integral part of the school day. Children need fresh air and exercise and time spent outside affords students an opportunity to break free from the structure of the classroom.

It is important that children come to school prepared for all weather. During the spring the grounds are often muddy and wet. Please ensure that they have a change of shoes for the indoors. It is also a good idea to have an umbrella for light rain days. As always, Principals use their judgment in determining whether or not students remain inside during recess given certain weather conditions.



Kindergarten registration is now open for the 2025-2026 School year!
Please complete the registration package online.
<https://www.hwdsb.on.ca/kindergarten/#register>

Bus Students

Please note that buses are assigned based on your home address. For safety reasons, students are not permitted to ride a bus that they are not assigned to. Please contact transportation if you require any changes for pick up or drop off locations.



Out of Catchment

As you are aware, Hamilton-Wentworth District School Board has created attendance boundaries for each of its schools. In some cases, families want their child to attend a school that is not within their catchment boundary.

Unfortunately, Frank Panabaker is staffed based solely on the projected enrollment of students in our catchment area. This means that there will not be space available for out-of-catchment students. We regret the impact this will have for families.

Hamilton-Wentworth District School Board uses this protocol to make the most effective use of space and staff in all schools. All parents are urged to register their children at the school for their designated catchment area.

You can learn more on the HWDSB website's page detailing Out-of-Catchment school attendance at <https://www.hwdsb.on.ca/find/>

*PLEASE!!
NOTE*

**Save
the
Date**



Monday June 23rd along with Spring Valley School there will be a presentation by Paul Davis on social media platforms and student safety. Thank you to both of our School Councils for funding this event for our school communities!



EQAO

Primary (Gr. 3) and Junior (Gr. 6) EQAO assessments will take place between May 20th to June 6th. The assessments will continue to be digital and will be completed on a device. Letters were sent home to all grade 3 and 6 parents with more information. Please feel free to visit the EQAO website at www.eqao.com for parent resources.



Cell Phone Use

Just a gentle reminder that you play a crucial role in overseeing your child's cell phone use and social media activity. We encourage you to regularly check their social media accounts, online interactions, and digital presence to ensure they are behaving responsibly and respectfully.

Having open conversations about appropriate online conduct helps create a safe and positive environment for all our students. Please take some time to monitor their involvement and discuss the importance of responsible digital citizenship.

Also, please remind your child that their cell phone should be kept out of sight while at school.

Thank you for your continued support in fostering a respectful online community!



EQAO Math Night for Parents and Guardians

In this webinar, EQAO staff will discuss math questions that Ontario students encounter when they participate in Ontario's large-scale assessments. These assessments are taken by all Ontario students in Grades 3, 6 and 9. During the webinar, EQAO staff will show how these math questions help assess the skills students are learning in their math classes. Staff will also share valuable insights from the past three years of assessment results, which can help parents and guardians support their children's math learning.

Please register using the following link:

https://eqao.zoom.us/webinar/register/WN_5puRqI8uQJyplaHgBYoBMw#/registration

MEDICAL ALERT



Just a reminder that Frank Panabaker 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!



Continuing Summer's Education Program

HWDSB Continuing Education is happy to offer summer programs in support of your child's education. From learning a new language to enriching and developing literacy and numeracy skills in free, fun activities combined with art, coding or sports-based programming."

Deadline to register for the Summer Non-Credit programs is **June 9 at 11:00 a.m.**

[Summer Programs | Hamilton-Wentworth District School Board](#)

For Questions, please email ce@hwdsb.on.ca



Dear Families,

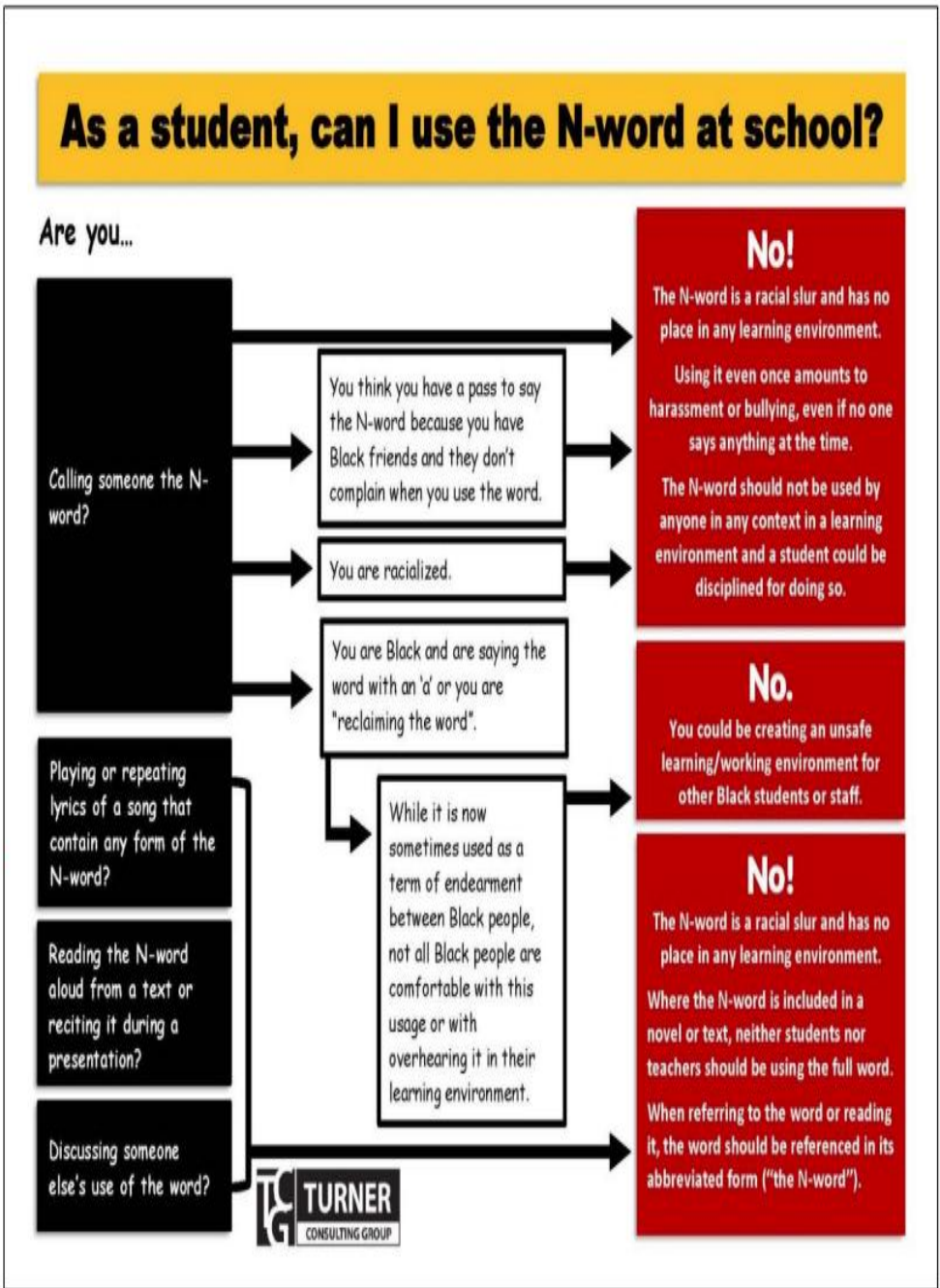
We are pleased to share a valuable resource with you that emphasizes the importance of inclusivity and respect within our school community. This resource serves as a reminder that all students, staff members, and identities matter. We encourage you to take the time to read through it and reflect on how we can continue to support and celebrate the diverse identities that make our school a welcoming and enriching environment for everyone.

Thank you for your attention and commitment to fostering an inclusive community.

Please see the graphic on the next page!

Students

All roads
lead to **NO!**





At Frank
Panabaker
We ALL
Belong!



SAVE THE DATE



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.

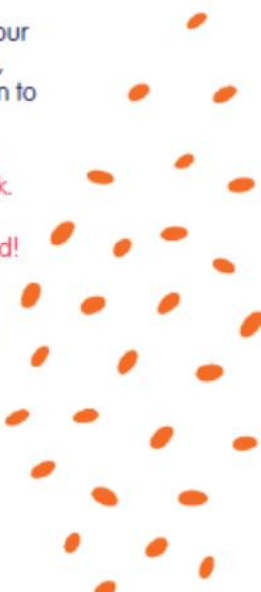


MOVE Being physically active has many positive effects on your health. It increases your energy, enhances your immune system, reduces insomnia, stimulates brain growth and has been shown to decrease feelings of sadness.

- * **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