



Principals Message

February is the month of Trustworthiness. Trustworthiness is when we do the right thing even when no one is looking. Our monthly Virtues to date have included Goal Setting, Compassion, Perseverance, Responsibility, and Fairness. At school we encourage the children to believe in themselves and their abilities, to always do their best and learn from their mistakes. These monthly Virtues are referenced on a daily basis to support all of us to be the best that we can be.

Our brain is like a big muscle that wants to be stretched. If you have a growth mindset, you believe you can always get better and that it takes hard work. This view creates a love of learning and a resilience that is essential for great accomplishment. Intelligence and talent are not fixed traits but traits that can be developed through continued dedication and effort. Instead of telling someone they are 'smart', a growth mindset comment would be, "Way to go, you worked very hard!" We want our children to have a good work ethic because that is what will help them achieve. Congratulations to all of our students for their perseverance and hard work during the first term of the school year. Everyone has a success to celebrate and something to work on for next term.

Mrs. Costa-Popovich
Principal



School Day/ Bell Time Schedule

Supervised Bus/Playground	7:55— 8:10
Period 1	8:10— 9:10
Period 2	9:10— 9:50
Nutrition Break	9:50—10:30
Period 3	10:30—11:20
Period 4	11:20—12:10
Nutrition Break	12:10—12:50
Period 5	12:50—1:50
Period 6	1:50— 2:30
Supervised Bus/Playground	2:30—2:45

Kindergarten Registration

Registration for Kindergarten begins on Feb. 3! Parents/guardians are welcome to register anytime on or after this date. You can register online or at the school. Regardless, to finalize the process, parents/guardians must come to the school with documentation. This includes, proof of address, birth certificate and immunization records. If you know someone that has Kindergarten age children in your neighbourhood please share this information with them.



Beyond the Classroom

While we all know how important it is to read with our children every day, it is equally as important to practice math facts on a regular basis. Recall of basic facts is important. Please take a few minutes to review all (addition, subtraction, multiplication and division) facts daily. Problem solving conversations are also important. Talk about the math and relate math to your lives to help your child see how the math we learn in school/home is used everywhere in our lives.

Snow Clearing and Salting of School Property

Staff from the Hamilton-Wentworth District School Board will clear, salt and/or sand the following areas:

- The walkways from the City sidewalk to the school
- The school steps
- Ramps to schools
- An area outside of entrances and Fire Exit Doors
- Fire Exit stairs and ramps

When there is an accumulation of 5 cm of snow, parking lots and sidewalks are plowed by approved contractors arranged through Facilities Management. General salting and sanding of the parking lot is also done by contracted staff prior to the commencement of the school day when deemed necessary by the Facility Management staff. Head Caretakers may salt or sand isolated areas on the parking lot on an as needed basis.

Cold Weather and Outdoor Play

Time spent outdoors is an integral part of the school day. Children benefit from fresh air and exercise.

With the Canadian climate, time spent outside could mean anything from applying sunscreen to donning extra mittens and a hat, depending on the season. In the winter, it's important children come to school prepared for the cold. Boots, mittens or gloves and hats should be worn and it's a good idea to provide extra mittens, socks, etc. in the event they are needed. We have recently had some requests to keep students indoors during recess because they are not well enough to go outside. Unfortunately, we are not able to provide adequate supervision indoors during nutrition breaks. If your child is too ill to go outside during recess, they are likely too ill to be at school.

The City of Hamilton's Public Health and Community Services Department recommends individuals stay indoors when the temperature drops below minus 15 degrees Celsius without wind chill.

Staying Positive in Winter

Winter can make it tricky for driving, but also as we navigate day to day activities. There are some suggestions to support the winter blahs:

- **Stay Active.** Being active improves mood and is good for your overall health. Head outdoors for tobogganing or building snowmen. Indoor exercises are great too!
- **Keep in Touch.** Winter is a great time to connect with friends and family, near and far. Take time to write letters or call. It can be such a positive boost to our spirits to touch base with those we love.
- **Nurture Yourself.** When it is too cold to be outside take time for yourself. Try a new recipe, read a book, or wrap up in a cozy blanket and watch the snow fall. Challenge your mind by trying a new hobby.
- **Plan a Family Night.** Snow days are great for family time. Plan a special movie night or games night. Get creative with some new crafts. Spend time with each other and talk over a warm cup of hot chocolate.
- **Write yourself a Positive Note.** Write cheerful messages or favourite moments on sticky notes and place them around the house. Have your kids find some funny pictures to post. Replaying happy memories and laughing on a regular basis promotes a positive feel-good attitude.

The best way to stay positive during the winter is to stay energized and do the things that make you feel good. Try a few of these suggestions from this resiliency stop. Happy travels! (adapted from Public Health)

Dates to Remember

Feb. 3	Kindergarten Registration begins
Feb. 10	Sub Day
Feb. 14	Valentine's Day/Pizza Day
Feb. 17	Family Day (No School)
Feb. 21	Pizza Day
Feb. 24	Sub Day
Feb. 28	Pizza Day



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ALL REGISTRATIONS MUST BE COMPLETED THROUGH MAD SCIENCE.
REGISTRATIONS WILL NOT BE ACCEPTED AT THE SCHOOL.

For more information, please contact us:

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