

February 27, 2021

Hello Queen Mary Families,

February has come and gone in a flash, and here we are, about to welcome a new month. I know it's been difficult for many families. Some people are out of work, while others are faced with too much.

Covid Protocols:

Although most of our students are managing the protocols including social distancing and mask wearing, we know there are some that are struggling. We are committed to supporting mental health and teaching self regulation skills to students. We will continue to work with families to keep all students safe at school. We appreciate your support at home to screen daily for illness and symptoms. In addition, please review the following protocol expectations:

- Masks are to be worn at all times, unless eating or drinking
- Students can ask for a quick mask break if needed (this might be a minute in the hall or outside)
- Students need to wash hands and use hand sanitizer frequently
- When eating, students should face the front so they are not breathing on each other without masks
- Maintain a minimum 1m distance from others in their cohort, 2m from all others
- Do not share food or materials brought from home
- Do not mix cohorts (classes)
- Classes play in their own area on the playground
- Classes line up at the beginning and end of the day in their designated area
- Parents can book appointments with teachers and school administration by calling the school, 905-547-9729
- Families will continue to wait for students outside the fence (thank you, this has been working well and increases student safety)

Parent Council:

Our next meeting will be March 8th, 5:30 PM via MS Teams. If you would like to join us, please send your name, email and child(ren)'s name by Thursday March 4th to kemccror@hwdsb.on.ca

Upcoming Events:

Grad Photos will be taken on **March 4th**. Students should bring a white collared shirt if possible. Remote students wishing to have their photo taken may come to the school March 4th from 3:30 – 4:15 PM.

March 5th is a **PD Day** – no school for students online or in-person.

Thank you to all of you for subscribing to our website and keeping up-to-date during this challenging time. We appreciate all you are doing to keep your kids safe at home, it helps us keep everyone safe at school. I hope you have a great week, stay well.

Mrs. McCrory, Principal

Self-Care & Mental Health for Kids

-  Share your own feelings to encourage self-awareness.
-  Find social groups that help them feel like they belong.
-  Focus on articulating feelings. "I am angry," "I am sad."
-  Set aside time for low-stress or solo activities.
-  Practice self-care for yourself to set the standard.
-  Encourage journaling and diaries.
-  Encourage your child to focus on the moment.
-  Establish a self-care routine.
-  Recognize toxic stress events.
-  Blessing Manifesting
-  Cultivate interests and hobbies.