



## Richard Beasley Elementary School

PROUD SCHOOL OF HAMILTON-WENTWORTH DISTRICT SCHOOL BOARD

80 Currie Street  
Hamilton, Ontario L8T 3M9  
Phone: 905.387.5655  
Fax: 905.387.4354

EMAIL: [richardbeasley@hwdsb.on.ca](mailto:richardbeasley@hwdsb.on.ca)  
PRINCIPAL: Mrs. J. Corbin Harper  
[www.hwdsb.on.ca/richardbeasley](http://www.hwdsb.on.ca/richardbeasley)

### Beasley January 2023 Newsletter



To our Parents/Guardians,

I hope everyone has had a chance to relax and enjoy some quality time with family and friends over the holiday break. Thank you for all of your holiday wishes and generous support before the Winter Break. Your kindness is truly appreciated by our staff.

The start of school, after a significant break, always provides a good opportunity to re-establish a focus on learning. January will bring a fresh start for each of us and is always a time we set goals and prioritize for the year.

We are no different at school. January is an important month for our teachers as they will be leading students through key assessments and skills, and completing report cards. We use January data to inform us about individual student achievement, to inform classroom instructional choices, and to gauge our school's year-to-year progress.

I also want to take this opportunity to thank all the teachers, students, families, friends, and community members that came together in the spirit of giving to help members of the Richard Beasley Community that needed help during this holiday season. We are very fortunate to live and work in a very caring and supportive community. By contributing, you helped others in need, and taught your children the importance of giving and sharing with those less fortunate. This is what our community is all about, looking out for each other!

As always, if you have any concerns or questions, please feel free to contact me via email at [jcorbinh@hwdsb.on.ca](mailto:jcorbinh@hwdsb.on.ca) or call me at the school.

On behalf of the Richard Beasley staff Happy New Year Everyone! We are looking forward to what the new year brings!

Take care,  
*Mrs. J. Corbin-Harper*

Date	Activity
Jan. 9	1 <sup>st</sup> Day back after Winter Break
Jan. 10	Chinese Food Lunch orders due by the end of the day
Jan. 14	Orthodox New Year
Jan. 15	Makar Sankranti: Hindu festival dedicated to the god of the sun, Surya; World Religion Day
Jan. 19	School Council Meeting
Jan. 22	Lunar New Year Chinese New Year
Jan. 23	Beasley Special Lunch – Chinese Food
Jan. 26	Family Literacy Day
Jan. 27	PA Day (No School)
Jan. 30	Beasley's Family Pizza Night. Order dinner from Domino's

### Thought for the Month:

“I hope that in this year to come, you make mistakes because if you are making mistakes, then you are making new things, trying new things, learning, living, pushing yourself, changing yourself, changing your world. You're doing things you've never done before, and more importantly, you're doing something.”

NEIL GAIMAN

### FROM THE OFFICE:

• A gentle reminder to please call ahead if you are picking up your child(ren) early. Early pick up is for emergencies only in order to avoid unnecessary movement around the school.

• There has been an increase in the number of students entering the school at the front door in the morning. This causes congestion.

Please ensure that children arrive on time between 8:40 am – 8:55 am on the back playground.



### DRESSING FOR THE WEATHER:

Please ensure that your children are dressed appropriately for the cold weather. The students are outside for recesses, as it is part of their full day school program. **If your child is too ill to participate in outdoor recess activities, in the best interest of**

**your child's health, please keep your child at home.**

The office will ensure that it is safe for the students to be outdoors. When the temperature dips below the acceptable range, the students will be kept indoors.



### SCHOOL COUNCIL NEWS

Seems just like yesterday that we welcomed everyone back from summer vacation and now we are returning from winter vacations. We hope that everyone had a restful and blessed Christmas. We are beginning a brand-new year so, Happy 2023 New Year! Even with only four months in the school year, our School Council has been working extremely hard to try to make Beasley a great place to be.

**Our next meeting is Thursday, January 19th, 2023.** Parents are always welcome to attend. We will meet at 6:00 p.m. in the Library.



### ATTENDANCE:

Did you know?

-If your child is 20 minutes late every

day, he/she will have missed 12 days of school instruction by the end of the school year.

- If your child misses two days of school per month, he/she will have missed one-month worth of instruction by the end of the school year.

When children are absent from school, they miss out on consistent instruction that is needed to develop basic skills. Children in early grades are particularly susceptible to falling behind in fundamental reading skills, which can have a snowball effect that impacts future learning.



### FAMILY LITERACY DAY

Family Literacy Day is a national initiative that promotes the importance of reading and learning together as a family. Every year, on January 27th, families across Canada are encouraged to take the time to celebrate this special day. In Hamilton, we celebrate for the entire week! Families are encouraged to read together and take part in the many fun events happening in Hamilton.

Our Snuggle Up and Read Day will be Thursday, January 26th as Jan. 27th is a P.A. Day. Students will enjoy wearing their comfy pyjamas to school and will enjoy some time to read with other children in the school. (Please, no stuffies or blankets)



### SPECIAL LUNCH – CHINESE FOOD LUNCH

In recognition of Chinese New Year and, as one of our special lunch days, Richard Beasley will be offering students a Chinese Food option on Monday, January 23, 2023. **\*\*Orders must be placed by Tuesday, January 10, 2023.**

Meals will be delivered to your child's classroom. Please see the following menu for lunch selections.

<b>Meat Option:</b> <ul style="list-style-type: none"><li>• Sweet &amp; Sour Chicken Strips</li><li>• Lo Mein</li><li>• Vegetable Fried Rice</li><li>• 1 Cheese Rangoon</li></ul>	\$10.00
<b>Vegetarian/Vegan Option:</b> <ul style="list-style-type: none"><li>• Lo Mein</li><li>• Vegetable Fried Rice</li><li>• Mixed Vegetables</li><li>• 1 Cheese Rangoon</li></ul>	\$9.00

### INDOOR SHOES

We ask that parents ensure their children have a pair of indoor shoes to change into when they enter class after recess. This is for safety reasons. In the event of a fire alarm, students do not have time to put on their boots, so it is important that they are wearing shoes inside the school at all times. In addition, floors get



### SCHOOL CASH ONLINE

Have you signed up for School Cash Online yet? It's not too late.

The program is intended to reduce paper, eliminate the need for students to travel with money, and for money to be counted and stored



wet and slippery when wet boots and shoes are worn in classrooms. Thank you for your co-operation.

### BOOKS & PUZZLES



If for the holidays your children receive any books, puzzles or board games for gifts and you are getting rid of old ones, please consider donating them to the school.

We can use the books to help with classroom libraries. The books and games will be used for indoor recess times so students have activities when outdoor recess is not an option.

at schools. Since October, you have been able to pay for pizza using School Cash Online. You can also pay for pocpcorn using School Cash Online. **Remember if you are not using School Cash Online, your child will have to bring money the day of in order to purchase items.** In January, there will be limited slices of pizza available for sale.

### LITERACY FOCUS

**HWDSB: Student Learning and Achievement: We will improve student learning and achievement through effective instructional strategies.**

Grades K to 6: Goal #2: Improving the reading achievement of all students and closing the gap for those historically underserved.

In keeping with the Board's strategic direction on reading, we will be including a Reading Section in our monthly newsletter. Hope it helps as you read with your child(ren) at home.

### 8 Amazing Benefits of Reading to Your Child Every Night

This is how reading to your child (and later on reading together), positively affects child development:

#### 1. It helps you bond

Reading allows for a quiet, calming way to connect and share – even if at the end of a very stressful day. Researchers in 2008 found that, among other benefits, reading aloud to your child [strengthens your relationship](#).

#### 2. It boosts their brain development

Separate studies showed that babies who are read to [develop language skills](#) faster, and that those benefits [extends right through childhood](#) all the way up to their teen years.

#### 3. It unlocks your child's creativity

Stories work on multiple levels: you have characters, their needs, fears and emotions. You have scenes and a complex surrounding world. Then you have things happening to and around characters. And we go along for the journey, witnessing how each character reacts and maybe even changes or meets challenges.

It's all beautifully complex, especially if you think that the author is relaying important life information through the story. And there's lots of evidence that this [way of relaying information](#) helps unlock and develop a child's own creativity.

#### 4. Improves their listening skills

Comprehension is incredibly important in life. And, to truly understand anything, scientists say we must learn to truly listen first. And that's what reading together helps unlock in your child – the ability to hear words and see pictures, and put it together in a meaningful way, so they can think about it critically.

#### 5. Expands their vocabulary

Communication is an extremely important life skill – it's how we connect with others and the world around us. And having a big vocabulary really boosts your ability to communicate. And there's [lots of research](#) that shows how reading boosts vocabulary.

#### 6. Increases attention span

Closely related to the listening skills in point 4, child behavioural experts have noted that regular reading over time develops your child's ability to focus and engage, as well as boosting memory retention.

#### 7. Teaches important life lessons

We humans thrive on simulations. We're able to do so much more than, say, animals, because we can imagine different scenarios and play out possible outcomes before taking action. It's a vital life skill.

And what are books other than the ultimate engaging simulation? Your child gets to engage with real-world simulations in a safe space. They get to engage with different people in new places, going through new experiences – all from the safety of their bedroom. It's priceless.

#### **8. Helps with their social and emotional development**

Reading about something in a book first is a safe way to learn to cope with stressful situations. It shows your child that their feelings are normal, and can help open the discussion around what they are facing in their lives at the moment.

<https://www.nooksy.co/blog/benefits-of-reading>

### **MENTAL WELLNESS**

A recent study on New Year's resolutions found that about 40% of people set resolutions at the start of the year, and less than half are successful after six months. We all want to make positive and impactful changes in our lives, but how can we make the changes last?

Keep them realistic. When setting resolutions, it's important to take time to reflect on the change you wish to see and what you realistically can do to achieve that change. By taking smaller, more achievable steps towards your goals, there is a greater chance that you will keep them.

Use these self-care strategies from the MHFA curriculum to set realistic New Year's resolutions for your mental health.

- **Make time for self-care.** Brainstorm a list of self-care activities that make you happy and schedule them as part of your daily routine. This could be structured therapy sessions or daily exercise or simply an outdoor walk or time with loved ones. If you're not sure how to fit self-care into your busy routine, read this article for more tips.
- **Be kind to yourself.** Change can be hard and often takes time. Allow yourself to have feelings and forgive yourself for mistakes. You are here and doing your best, and that's what counts.
- **Make sleep a priority.** Studies have found that sleep and mental health are connected. In fact, approximately 65 to 90% of people with major depression also experience a sleep problem. This year, try to go to sleep a little bit earlier every night and give your body the rest it needs.
- **Limit your screen time.** Spending too much time on your phone or computer can [impact](#) your quality of sleep, your relationships and even lead to feelings of depression and anxiety. Be conscious of how much time you're spending online and the impact it has on your mental health and make adjustments, if needed. When it comes to social media, use these [tips](#) to use the platforms in a positive way.
- **Learn more about mental health.** One of the best ways to improve your mental health is to understand it. There are online resources available that provide information about common mental health and substance use conditions or you can talk to medical professional to learn more about your specific situation. You can also take a Mental Health First Aid course. MHFA teaches people how to understand, identify and respond to signs and symptoms of common mental health and substance use challenges.

Instead of making sweeping New Year's resolutions to achieve overnight, create a few realistic goals that will have a long-lasting impact on your mental health and happiness. You can #BeTheDifference for yourself this year and MHFA is here to help you every step of the way.

<https://www.mentalhealthfirstaid.org/2020/01/realistic-new-years-resolutions-for-your-mental-health/>