



Richard Beasley Elementary School

PROUD SCHOOL OF HAMILTON-WENTWORTH DISTRICT SCHOOL BOARD

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Beasley February 2023 Newsletter



To our Parents/Guardians,

February 1st marks the first day of the second half of the school year. That's right, we are now more than half way done with the school year. My first thought is wow! I think about how much all the students and teachers have accomplished so far and am so excited for them and then I think about all there is left to try to get done and it makes my head spin!

February is often when the winter cold gets to the kids and they have an early case of "spring fever." We have had a few days of snow, which did give a new environment for them when they were outside to play at recess. With that, this is also an important time of year for us to continue encouraging, motivating, and stressing the importance of working hard. That grit to persevere through what is difficult will no doubt be one of the most important life skills for our kids. We have nearly a full semester yet of learning, and we are excited to keep that positive growth going up to the final day of this school year. We appreciate your help as well so that our students can continue their learning and conversations when they get home.

The half way point in the school year is also a great time to check in with your child's teacher. Some great questions to ask would not only be "How is my child doing?" but also "What are they best at?; How can I best help them at home?; How are their friendships doing?; or any other burning question you may have to support your child and their teacher.

We are all in this together and all want to see each student succeed, grow, and achieve. Together we can be sure to do this.

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

Take care,
Mrs. J. Corbin-Harper

Date	Activity
Feb. 1st	Start of Black History Month & Psychology Month
Feb. 2nd	Groundhog Day; National Sweater Day
Feb. 6th	Kindergarten registration opens Pizza day due to Jan. 26's Snow Day
Feb. 13th	Random Acts of Kindness Week
Feb. 14th	Valentine's Day
Feb. 15th	National Flag Day of Canada; Nirvana Day: annual multicultural festival that commemorates the death of the Buddha once he reached Nirvana
Feb. 17th	Term 1 Report Cards sent home
Feb. 18th	Maha Shivrati: Hindu festival celebrated annually in honour of the god Shiva
Feb. 20th	Family Day (No School)
Feb. 22nd	Ash Wednesday: Pink Shirt Day (Anti-Bullying)
Feb. 24th	Updated IEPs sent home

Thought for the Month:

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The best inheritance a parent can give his children is a few minutes of his time each day.

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Register for Kindergarten

Your child is eligible for the two-year Kindergarten program in the calendar year that they turn four or five. You may register your child online or come into the school starting February 6, 2023. **Registration Forms are available at <https://www.hwdsb.on.ca/kindergarten/>**



Note, only parents or legal guardians can register their children for school.

Required documents include:

- Proof of age (child's birth certificate or passport);
- Proof of address (identification that shows parent/guardian's current home address);
- Proof of immunization;
- Verification of date of arrival/immigration documents (if the child was not born in Canada).
- If registered using our print method, bring a completed [Child Information Form](#), also available at your school.

Cold 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 the cold. Boots, mittens or gloves, snow pants and hats should be worn to school and it's a good idea to provide extra mittens, socks, etc. in the event they are needed. As always, Principals use their judgment in determining whether or not students remain inside during recess given the weather conditions. However, 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. This is the approach we will take at Richard Beasley School.



Black History Month

February is Black History Month. Every February, people across Canada participate in Black History Month events and festivities that honour the legacy of Black people in Canada and their communities.

The 2023 theme for Black History Month is: "Ours to tell". This

theme represents both an opportunity to engage in open dialogue and a commitment to learning more about the stories Black communities in Canada have to tell about their histories, successes, sacrifices and triumphs.

No matter where you live, we invite all Canadians to learn more about these communities, and how they continue to help shape Canadian history.



Contacting Parents

Every school year it is of upmost importance that we have up to date telephone numbers and email addresses in case we need to reach parents. We have noticed that we already have a few contact numbers that are not working. If you have updated your telephone number(s), please let us know as soon as possible.



The Importance of Sleep

We are noticing that a number of students are coming to school tired and mentioning that they are going to bed quite late. Sleep is an essential part of everyone's routine and an indispensable part of a healthy lifestyle. Studies have shown that kids who regularly get an adequate amount of sleep have improved attention, behavior, learning, memory, and overall mental and physical health.



National Sweater Day – Thursday, February 2nd

National Sweater Day is an opportunity to raise awareness about climate change and energy conservation, and show how together – classroom by classroom, school by school – we can be a part of the solution. Make an impact beyond National Sweater Day by asking students to reflect on their personal carbon footprint and make personal commitments in their own lives to help keep climate change in check. Collectively, we can have a powerful impact. Students are invited to wear a sweater to school on Thursday to mark this occasion. The sweater can range from being an 'ugly sweater' to one that is nice and colourful.



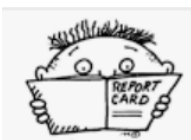
FAMILY LITERACY DAY

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 Friday, February 3rd, as we missed it last Thursday due to the PA 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).



Report Cards

On February 17th, you will receive your child's term one report card. This report, unlike the progress report, will provide you with more detail on how your child is progressing at school in all areas of the curriculum which have been taught this term. Please review the report with your child and discuss the next steps that are suggested for improvement. Please reach out to your child's teacher if you have concerns or questions about your child's progress.



Thank you

We would like to thank all our parents who participated in our Chinese Food Special Lunch day. It was quite a success. We had over 60 orders. The reviews from students were quite good and most of them said that the food was really good and they were looking forward to doing it again next year. If you had a discussion about the food with your child(ren), please let us know what their thoughts were. Feedback on these types of events is always appreciated.



Get to Know Your Parent School Council!



Are you interested in supporting the success of your child's educational path and building a better community? Then come out to our next School Council meeting!

Did you know that School Council has a legislated role within the school and plays a significant role? We work with the principal, vice-principal and staff to ensure the best possible education for students by:

- reviewing the school's priorities, and
 - supporting the development and implementation of plans to achieve the desired goals.
- Please join us on Thursday, February 23rd at 6:30 PM to hear more about the critical role of School Council and how you can become involved in shaping your child's education.

Unclaimed Lost and Found Items



Many winter clothes, boots, hats, mittens etc. have accumulated in the Lost and Found which is located by the Kitchen near the office. So much has accumulated that we are asking students and parents to take time now until February 14th to search for lost items. It's our hope that by Valentine's Day most lost items will have found their way home. Any items remaining will be packed up and donated.

National Anti-bullying Pink Shirt Day

National Anti-bullying Pink Shirt Day is the Day of Pink on Wednesday February 22nd where we stand up against bullying and discrimination. A day to stand up for kindness. Where we work together and treat others with dignity and respect. Working together we can make sure that Richard Beasley is a safe learning and working space for everyone. Support Bullying Awareness, Prevention and Diversity by wearing Pink on February 22nd!



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/writing, we will be including a Reading Section in our monthly newsletter. Hope it helps as you read with your child(ren) at home.

Tips to help your child with writing

Tips for kindergarten to grade 3

- Read from a variety of sources. Reading and writing are linked – success in one supports success in the other. Read stories, newspapers, advertisements, instructions, etc. to your child every day and then discuss what you have read.
- Encourage your child to write. Children love to make their own birthday cards, write thank you notes, make place cards for the table, or send an email to a friend. Save old cards from birthdays and holidays to recycle for homemade cards. Whenever possible, let your child see you writing – grocery lists, instructions on the family whiteboard, emails, etc. – and get them to help.
- Writing can be done anywhere. Have lots of magnetic letters or words on the fridge. Get a box of chalk and write your names on the driveway or sidewalk. Get a white board – it can be used again and again.
- Find a picture they like and have them write words or a sentence about it.
- Help children build their vocabulary. Try rhyming games starting with one word such as "mat". Say and write down all the words that rhyme, like "cat", "hat", "fat" and "splat". You'll be surprised how fast their word list grows.
- Write to each other. Write notes to your child and leave them in interesting places, like the lunch box. Ask them to write a reply or come up with something new. If they have their own email, email each other. Have kids email jokes to family and friends.

- Writing comes in all shapes and sizes. Point out different ways writing is used – letters, signs, advertisements, instructions – and explain why they are different. Also point out different ways letters are created – printed, cursive (written) and fancy variations. Let them be inspired to create their own letter art.

MENTAL WELLNESS

ANXIETY AND ANXIETY DISORDERS

Occasional, short-lived fears and worries are a normal part of development. Anxiety is something that everyone experiences from time to time, including children and youth. Anxiety disorders are the most common mental health condition in children and youth, and they are treatable. But if they are not treated, they could lead to problems in school, on the job, or with relationships. Untreated anxiety puts children and youth at an increased risk of depression, substance use, and a poor quality of life.

An anxiety disorder is when symptoms fall beyond the fears and worries you would typically expect at a child's age and stage of development. Symptoms can cause lasting stress or interfere with a child or teen's day-to-day functioning: They may avoid activities, friends, school, or feel too nervous or worried to do things.

When there is no danger, anxiety responses are not helpful. When the brain experiences anxiety, the calm and thinking parts of the brain are less active, which can get in the way of social interactions and school participation. The physical symptoms can be unpleasant and lead to more worries.

It is not clear what causes anxiety, but there are many possible risk factors or causes of anxiety disorders. They may include biological (e.g., our genes), psychological, and social or environmental factors (e.g., school problems, home environment, life changes).

The most common and effective approaches to managing anxiety can include psychoeducation (conversation and exchange of information), psychotherapy (e.g., parenting programs, cognitive behavioural therapy [CBT], and family-based interventions), and medications.

<https://caringforkids.cps.ca/handouts/mentalhealth/anxiety-and-anxiety-disorders>