



Westwood Elementary School

PROUD SCHOOL OF HAMILTON-WENTWORTH DISTRICT SCHOOL BOARD

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Dear Parents/ Caregivers,

At Westwood, students are very fortunate to have access to incredible outdoor spaces on our school grounds. Students use these spaces for nutrition breaks, DPA, as well as an outdoor classroom.

For Physical Education, students are reminded to wear running shoes, a hat, comfortable, breathable clothes and to apply sunscreen, based on the weather conditions. Students are also encouraged to stay well hydrated by bringing their own labeled water bottle. As Hamilton has been identified as a Lyme disease risk area, before coming in from Phys.-Ed., students will be instructed to do a foot to head visual body scan to check for ticks.

Parents of young children are encouraged to do a more in-depth check during the daily evening bath routine paying careful attention to the scalp, ankles, armpits, groin, navel, behind the ears, and knees. Older students should be reminded to check these areas during their daily shower.

Looking forward to learning together!

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