



May 3, 2021

**IMPORTANT DATES TO REMEMBER:**

- Asian Heritage Month - All Month
- Education Week - May 3-7
- Happy Mother's Day - May 9
- Jordan's Principle - May 10
- Eid Al-Fitr - May 11-13
- Hats for Heroes Day - May 14
- Akshaya Tritya - May 14
- Shavuot - May 17-18
- Vaisakhi Puja - May 19
- World Day of Cultural Diversity - May 21
- Victoria Day Holiday - May 24
- Twin Day - May 28

**Contact us at:**

Phone: 905-682-9284

Email: wes@dsbn.org

**A MESSAGE FROM THE OFFICE**

Throughout the month of April, we distributed over 80 devices to our students so that they were able to engage in our virtual learning platforms. Thank you to Mrs. Holderney for connecting with families and helping with distributing the devices. I would also like to send my sincere appreciation to our staff for transitioning to virtual learning and keeping our students and families engaged! Finally, a virtual high-five to our parents and guardians for supporting the learning of our Wildcats by helping them get up and ready to learn each day!

We are thrilled at the dedication so many of our families have shown to supporting our students as they learn in these difficult circumstances. If you are having difficulty with the online platform, setting up routines that work for your child, or with physical or emotional well-being, we can help. Please reach out to us! If you need to connect with the school, please send an email to [westdale@dsbn.org](mailto:westdale@dsbn.org) or leave us a voicemail at 905-682-9284.

**MOVING BEFORE SEPTEMBER**

In order to assist us with making the best decisions possible with respect to class organization and student placements for Westdale Public School for the 2021/2022 school year, we would appreciate if you would let the office know if your family is planning to move in the next few months. Providing us with this information in the spring will also facilitate transportation arrangements for September. We thank you in advance for keeping us informed! School and classroom organization begins shortly so sharing this information with us now is very helpful for our planning for next year!

**NEWSLETTER****DSBN SUPPORT STAFF DAY**

Please mark your calendar for Wednesday, May 12, 2021 as it is DSBN Support Staff Day. We would like to thank our amazing support staff team for all they do



to ensure our students have a safe and caring school. Thank you to Mrs. Holderney, Mrs. Legault, Mrs. Riches, Mrs. Kidd, Mrs. Canning, Ms. Bolibruck, Mr. Thompson, Mrs. Egan, Mrs. Motz, Miss Crisante, Mrs. Johnston, Miss Johnson, Mrs. Motssim, Mrs. Ahmad and Mrs. Simons. If you would like to send a special greeting for our support staff, please email it to [westdale@dsbn.org](mailto:westdale@dsbn.org) and we will make sure they receive your "Thanks".

**CLASS PLACEMENTS FOR 2021-2021**

The staffing process for a new school year always continues through the remainder of the school year and often requires "fine tuning" during the first weeks of September. The teachers assigned to each class and class organizations have not been finalized at this point. When we organize classes, a great deal of consideration goes into the placement of students for the next year. The staff takes into account the children's needs in order to provide an appropriate academic and social environment. Regarding class placement, if your child has any significant learning/education needs which you feel should be considered, please send Mr. Scott an email ([carl.scott@dsbn.org](mailto:carl.scott@dsbn.org)), stating these factors no later than May 14. All requests will be considered (but cannot be guaranteed), in conjunction with the above staff considerations, when making decisions about student placements.

## ONLINE REGISTRATION AVAILABLE FOR KINDERGARTEN AND ALL GRADES

Has someone moved into the area or do you need to register for Kindergarten? Online registrations are available and are encouraged in order for us to keep up-to-date and current in regard to our students for September. If you need to register or know someone who needs to, please have them email the school at [westdale@dsbn.org](mailto:westdale@dsbn.org) and we can get the registration completed online. The most accurate information will allow us to plan appropriately.

## HATS FOR HEROS DAY

Westdale would like to celebrate the amazing contribution of our front line and essential workers that are a part of our community. If someone in your family is a front line or essential worker, we would love to honour their contributions. Please send an email to [westdale@dsbn.org](mailto:westdale@dsbn.org) with their photo (if they are comfortable with that and having it shared on social media), first name, and their role during this time. Perhaps you are or know a frontline emergency or health care worker you would like to honour. Perhaps you are or know an essential service employee that has remained open during these times such as food services, grocery or pet services, delivery or trucking. We would like to celebrate all of those that are a part of our Westdale community and celebrate their contributions to keeping our families safe. Please have photos and information to [westdale@dsbn.org](mailto:westdale@dsbn.org) by Friday, May 7.

On Friday, May 15, we encourage our Wildcat students and all members of our families to participate in "Hats for Heroes" Day. Bring out your baseball hat, cowboy hat, toque, or any other fun hat or hair accessories that you have and say 'Thank You' to our amazing community that has played such an important role in keeping families healthy and safe over the past year.

## MENTAL HEALTH AND WELL-BEING SUPPORTS

If you have any concerns about your child's mental health or well-being, please connect with your child's teacher. Although we are not in our school building, there are still many supports we can offer.

### How can I access mental health support in the community?

Pathstone Mental Health has walk-in clinics and a call centre available for immediate support. Parents and students may phone the Pathstone Mental Health Crisis and Support Line at 1-800-263-4944. Please visit <https://pathstonementalhealth.ca/> for more information.

Support from Kids Help Phone can be accessed by calling 1-800-668-6868, texting CONNECT to 686868, or live chatting at [www.kidshelpphone.ca](http://www.kidshelpphone.ca).

Youth Wellness Hub Niagara: <https://youthhubs.ca/en/sites/niagara/> or on Facebook and Instagram @YWHNiagara

Canadian Mental Health Niagara: <https://niagara.cmha.ca/>

Contact Niagara will be hosting one-hour Zoom sessions every Monday, Tuesday, Wednesday, Thursday, and Saturday for the next month to disseminate information about community resources for child and adolescent mental health and developmental services. Here is where you may find more information: <http://contactniagara.org/en/webinars>

### How can I support myself and my family in coping during COVID-19?

The National Association of School Psychologists has provided a link with tips for talking to your kids about COVID-19.

[A Parent Resource: Talking to Children about COVID-19 \(Coronavirus\)](#)

[Supporting Kids During the COVID-19 Crisis](#)

[Video: How to Talk to Kids About the Coronavirus](#)

[Mental Health and COVID-19.](#)

The District School Board of Niagara is working closely with Niagara Public Health on Coronavirus (COVID-19) communication to ensure students and their families receive relevant and timely information to keep them healthy. If you would like information, please use the following contacts:

#### **Novel Coronavirus (COVID-19) Info Line**

905-688-8248 ext. 7330

Toll free: 1-888-505-6074



## Niagara Region Public Health School Health Newsletter

### COVID-19 – UNDERSTANDING THE LOCAL STATS

Coping with the impacts of COVID-19 in our community has been very tough on everyone and we understand that ‘COVID-fatigue’ may have set in. This term refers to people getting tired of following the rules set in place to help reduce the spread of the virus.

Although Niagara is well underway with COVID-19 vaccinations, we do not want to let our guard down. We remind everyone to please still follow the safety measures to help protect you, your family, friends and our community.

Check out these videos from Niagara Region Public Health’s Dr. Hirji addressing the vaccines: Vaccine Safety, AstraZeneca and Which Vaccine Should I Get. For more information, visit niagararegion.ca/health/covid-19.

### PUBERTY INFORMATION SESSIONS FOR GR. 5&6 PARENTS

Niagara Parents will be hosting a virtual Puberty Information Session through Facebook Live for parents/caregivers of students in grades 5 and 6. This event will help support parents talk to their child(ren) about puberty, encourage open discussions about puberty and overall health, and share resources to address questions and concerns their children might have around puberty.

**Where:** Niagara Parents Facebook page

**When:** Wednesday May 26, 2021

**Time:** 7:00 p.m.

### MAY IS VISION HEALTH MONTH

Visual health is an important part of a child’s overall health and well-being. Proper vision is important for a child’s movement and coordination, independence, play and learning. If left untreated, vision problems may become serious and prevent a child from reaching their full potential. The Eye See...Eye Learn® program encourages parents to book a comprehensive eye exam for their junior kindergarten child with a local, participating optometrist. The eye exam is covered by OHIP and children may qualify for a complementary pair of eye glasses.

A yearly eye exam is **FREE** – the Ontario Health Insurance Plan (OHIP) covers the cost of an eye exam every 12 months for children up to the age of 19 with a valid OHIP card. Find an eye doctor near you.

Also, contact an eye doctor if you see **ANY** of these signs:

Squinting or holding objects close to the eyes	One eye that turns out or in
Blinking often	Rubbing, tearing, itchy or burning eyes
Turning or tilting the head to the side often	Reporting blurry or double vision
Covering or closing one eye	Reporting headaches, nausea or eye strain

For more information on vision screening, please visit <https://www.niagararegion.ca/health/schools/vision-screening.aspx>.