



East Lambton Elementary School

East Lambton is Bus Zone 1
Principal: Carla Wilson
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April Newsletter

School Motto: Work Hard. Be Respectful. That's our Lion Pride.

Principal's Message: Spring has sprung and we look forward to the warm and sunny weather ahead. Our character trait this month is **empathy**. Empathy is the ability to understand and share the feelings of another. When we empathize, we are able to imagine what it would be like to be in that person's situation. Students will be learning about this character trait in the month of April. At the end of the month, teachers will recognize Star Students within their classroom and celebrate them with the whole school virtually.

Mental Well-Being Tip of the Month:

Stress: "Stress is a fact of life. No matter how much we might long for a stress-free existence, the fact is, stress is actually necessary. It's how we respond to stress that can negatively affect our lives. Learning to effectively cope with stress can ease our bodies and our minds."

Signs of Stress:

Physical – Headaches, stomach aches, bed-wetting, vomiting

Emotional – Sadness, irritability, fear

Behavioural – Losing temper, nervous tics, crying, avoidance, unexplained anger or extreme sadness

Problems interacting with others – Teasing or bullying, shyness, withdrawal

Strategies to Reduce Stress:

Strategies that help to reduce stress will be different for different people. Talk with your child about what strategies help them to feel better when things get overwhelming. Practice these strategies together e.g., deep breathing, playing sports, talking to a friend, listening to music, writing or drawing, playing with a pet, keeping up with homework, talking to a trusted adult...

The above information was obtained from: Bounce Back Again... 2nd Edition

Upcoming Events:

Good Friday and Easter Monday: April 2nd is Good Friday and April 5th is Easter Monday. The school will be closed for holiday. Happy Easter!

Sub and Popcorn Day: Our next sub and popcorn day is on April 9th.

Spring Break: Staff and students will be enjoying a break from school April 12th – 16th. School will resume on Monday, April 19th.

Picture Day: Lifetouch will be back on April 26 to take any requested Retakes, including Grad Photos.

Reminders/Information for Parents:

Reporting Covid Symptoms to School: A reminder that even though we are now using School Messenger to report absences, when students are away because they are displaying Covid symptoms, a phone call or email message to the school to report this must still happen.

School Climate Survey: Every voice counts. We want students and parents/guardians to share their thoughts about our school climate and whether you consider our school to be a safe and welcoming environment. The Lambton Kent District School Board is conducting a School Climate Survey from May 3rd to 21st to gather input from students in Grades 4-12, parents/guardians and staff to inform program planning and support safe and inclusive school environments. All students in Grades 4-12 will be invited to participate in the online survey during school hours. **Any parent/guardian who does not wish for their child to participate should contact the school principal prior to Wednesday, April 28th.**

Parents/guardians: You are also invited to share your thoughts on the Parent/Guardian School Climate Survey from May 3rd to 21st. The link will be available on our school website. We will also post on the School Council Facebook page. Surveys will be anonymous and individualized results will be kept confidential; however, aggregated school and Board responses will be shared publicly (except in cases where individuals may be identified). It is expected the survey results will be publicly available in Fall 2021.

Covid-19 School Screening Update: A reminder that the Ontario School Screening has been enhanced to keep students and staff safe. Anyone who has at least ONE Covid-19 symptom must stay home and follow directions from the screening. **EVERYONE in your household should stay home if ANYONE has symptoms or is waiting for a test result.** Stay home until the person with symptoms gets a negative Covid-19 test result, is cleared by Lambton Public Health or is diagnosed with another illness. Remember to complete the screening each morning as symptoms and protocols are continuously updated. The link is at the top of the ELES and LKDSB websites <https://covid-19.ontario.ca/school-screening/>

Safe Arrival Reporting Using SchoolMessenger: At the Lambton Kent District School Board, one of our greatest priorities is ensuring students have arrived safely at school every day. A reminder that, **effective March 1, 2021 all LKDSB Elementary schools are using SchoolMessenger Parent/Guardian Reporting Tool for you to notify the school about your child's absence or late arrival.** If you have not already done so, please sign up now using the e-mail that matches the school's records.

Option 1: Set up an online SchoolMessenger account and login to schedule and report absences. To create your account or login in [click here](#)

Option 2: Download the free SchoolMessenger app (blue) to your smart phone or tablet to schedule and report absences.

Click here to [Download the app for Apple devices.](#)

Click here to [Download the app for Android devices.](#)

Option 3: Call the LKDSB toll-free Attendance Reporting number 1 (844) 487-3695 and follow the prompts to report your child's absence. **For your security it is recommended that you set a PIN.**

Kindergarten Registration: If you know of any families that may have missed our Kindergarten registration, please have them contact the school. Children born in 2017 are eligible for Junior Kindergarten in September.