



Victor Lauriston PS

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CHANGES COMING NEXT WEEK

Beginning March 7th, all students will be staying outside from 9-9:15am. This will be a major transition for some of our students who have only ever known to come directly inside at 9am. Because of this, we want to make the transition as smooth as possible for all students and staff.

Parents will still be able to drop off their child(ren) at between 9-9:15am. We are asking that parents not stay in the school yard until the bell rings. Instead, please give a quick hug, kiss or high five to your child and head out to continue with your day. There will be supervision from staff in all areas on the yard and often times, having parents standing around watching, chatting with other parents or waiting for the bell to ring, causes undue anxiety in students. We appreciate your cooperation with this transition. With the warmer spring temperatures coming, the students will be able to enjoy some vitamin D before coming into class.

Contact Information

Parents and guardians are reminded to please keep the school updated with new phone numbers and email addresses. It is very important that we can contact you or one of your emergency contacts in the event of an emergency or illness.

Upcoming Events

March 14

March Break

March 31

Parent Council Meeting

April 15

Good Friday (No school)

April 18

Easter Monday (No school)

'Count Me In LKDSB' Student Demographics Survey

The Lambton Kent District School Board (LKDSB) is launching the 'Count Me In LKDSB' Student Census March 1-25, 2022, to collect information to better understand its students and school communities. This voluntary and confidential survey will collect demographic information about students, such as race, ethnicity, language, religion, gender identity and sexual orientation. The list of questions is posted on the LKDSB website.

The 'Count Me In LKDSB' Student Census will reflect information about student populations and school communities to help identify systemic barriers and bias within the education system. It will help to ensure LKDSB is providing effective programming to support student success and well-being, as well as allocate resources to where they are needed most.

Kindergarten Registration

If you know of someone in our area with a child born in 2018, who has not yet registered for school, please have them follow the link below to register. Registration forms are available online if one would like to get the form filled out ahead of time.

<https://www.lkdsb.net/Elementary/Registration/Pages/default.aspx#/=>

Indoor Shoes and School Supplies

We are at that time of year when resources that were provided at the start of the year, might need to be replenished or replaced. Other than the obvious pencils, erasers, glue, etc., which might need to be replenished, an important concern this time of year is always indoor shoes. Please speak with your child to see if their indoor or outdoor shoes need to be replaced. Part of promoting student success is providing a clean learning environment. Ensuring that every student has a pair of indoor shoes is part of this endeavour. If you know that your child needs a new pair of indoor shoes, but you need some assistance with this purchase, please reach out to the school and speak with the school administration to access methods by which the school can assist. We appreciate your assistance with this effort.

Spring is Coming, But It Is Not Here Yet!

Spring sometimes feels like it might be just around the corner with the increased amount of sunlight each day. We're all anxious for warmer temperatures and longing for an early spring! Just a friendly reminder that students are expected to dress appropriately for the weather in order to participate fully during their outside recess time.

Students are often tempted to remove their coats during outside play. Please encourage your learners to bring proper attire to school, as maintaining a healthy body temperature is part of the steps, we all should take to promote a strong immune system.

March Break

Just a reminder that the traditional March Break that was postponed last year to April, is back to where it belongs and will be held from March 14-18th. Students will return to school on Monday, March 21st. Enjoy the week off together!

School Council

Our School Council meets five times throughout the school year to discuss the happenings around the school and school community. All parents and guardians are invited to attend these meetings. Our next meeting takes place on Thursday, March 31st, at 6:30 pm using Google Meet. Please contact the school, if you wish to attend, and a link to our virtual meet will be forwarded to you.

Well-being

We want to remind all families of the importance of staying healthy, both physically and mentally. Mental Health has become more significant over the past 2 years with the presence of COVID-19, given the loss of jobs, students being away from school and having to learn at home and the adjustment of being isolated from their family and friends.

Here are a few common things that could have impacted one's mental state:

- Loved ones becoming ill
- Nonstop pandemic news (Social Media)
- Loss of traditional milestones (birthdays, anniversaries, holidays, etc.)
- Missing family and friends.
- Family economics

Tips and Strategies for Taking Care of your Mental Health:

- Take care of your body
- Connect with others
- Reach out for help if you need to
- Be kind to yourself
- Pause. Breath. Reflect.

Please encourage each other and take the time to talk with the people closest to you. If your child needs support, please remember the Kids Help Phone: 1-800-668-6868. They can also text 686868. Additionally, check out the LKDSB's website under Mental Health for additional supports and excellent resources provided to all, including relaxation technics for everyone. If you have any questions or concerns, please reach out to the school.