



DECEMBER 2021

Arklan Community Public School

613-257-8113



Mon, Dec. 13
Wear red and green or red and white day!

Wed, Dec. 15
Last day to donate to the Food Drive for Lanark Food Bank

Friday Dec. 17
Wear your holiday PJ's day!

Week of Dec 6-10
Angel Tree Collection

Tues, Dec. 14
Wear your favourite hat day!

Wed, Dec. 15
Wear your ugly sweater day!

Thurs, Dec. 16
crazy hair day!



Warmest wishes for a joyous holiday season and a Happy New Year!

"Like" us on Facebook at www.facebook.com/ACPS.ucdsb

Principal's Corner

Dear Families,

What an exciting time of year! Please have a look at our monthly calendar and newsletter to discover the special activities planned this month; most notably is our Holiday Celebration that students will be viewing and participating in from their classrooms via Teams on Friday the 17th of December.


During these weeks leading up to the holiday season, we will continue do our best to keep the children's time at school peaceful and joyful. Consistent routines and expectations are important for children; especially at this time of year. If you need our help in any way, please reach out to us.

All of us at Arklan Community Public School would like to wish you and your family a wonderful holiday season. See you in 2022!

Brenda Surjeski



Dec 6th - 10th

In the spirit of the season, and in lieu of teacher gifts, Arklan is sponsoring 16 Angels from the Lanark County Angel Tree. 

Each class will sponsor their own child. We hope to gather new, unwrapped donations in gift bags.

Should you wish to donate a monetary gift, a gift card would be appreciated as we are unable to accept cash at this time.



Food Drive!

This year, Arklan will be delivering the proceeds from our Food Drive directly to the Carleton Place Food Bank.

Families are most welcome to donate canned or non-perishable goods to classroom bins any day in December up to Wednesday, December 15th.

Grocery vouchers (gift cards) are always appreciated.

However, we cannot accept cash.



CP Food Bank!

TD Book Giveaway Program

Since 2000, in cooperation with ministries of education, school boards and library organizations across Canada—the Canadian

Children's Book Centre has given every Grade One child a free Canadian children's book.

This book is to be taken home by each child to keep and to read with their parents and is fully funded by TD Bank Group.

Due to the COVID-19 pandemic, these books have not been distributed at the correct interval. This year, all students in Grade 1 through Grade 3 will receive a book.

Human Rights Day

Did you know

Each year, Human Rights Day has a different theme.

This year the theme relates to "Equality".

All human beings are born free and equal in dignity and rights.'

In 2021, Human Rights Day is focusing on **how rights are the beginning of peace within societies, and a way to create fairer societies for future generations.**

December 10, 2021

Parent Alert...

facebook.com/ACPS.ucdsb

LOST and FOUND - out of control!

Please check our [facebook page \(click here\)](#) for photos of items in the lost & found bin. We have hit maximum capacity!

We are fairly certain that the winter coats in the bin will be needed over the holiday break!

If you see something that belongs to you, or have noticed you are missing, please send us an email, a message or comment, and we will do our best to find and send it home with your student.



December Spirit Days!

Monday, December 13th: Red & Green or Red & White Day!

Wear some seasonal colours.

Tuesday, December 14th: Favourite Hat Day!

Wear your favourite or holiday hat.

Wednesday, December 15th: Ugly Sweater Day !

Wear your ugly holiday sweater.

Thursday, December 16th: Crazy Hair Day!

Show us your craziest hair do!

Friday, December 17th: Pajama Day!

Wear your pajamas today...holiday pajamas, if you have some!





ATTENDANCE MATTERS

Thank you to all of the parents who receive a call from the school to pick up a child who is or feels unwell, for your understanding and willingness to help keep our school safe.

*We recognize that entering your **child's absence and symptoms** in [My Family Room \(click here\)](#) every day at this busy time of the year is one more thing to remember. Your assistance in keeping us up to date is so very appreciated and enormously helpful to the office in keeping track of absences and illnesses.*

If you have not activated your My Family Room ac-

count, or are unsure of how to set up the app on your personal device, please call us at 613-257-8113 or drop by the Welcome Window. We would be happy to assist you get set up.

Please keep in mind, that we all have a duty to ensure everyone is accounted for each day according to the Safe Schools Act.

If we are unable to contact you through the phone numbers you provide, we will attempt to phone your emergency contacts. If we are unsuccessful in reaching any contact, the board protocol is to report unknown absences to the OPP.

Snow Days ... are inevitable!

Please do not call the school or the bus company to inquire about cancellations.

Please check [STEO \(click here\)](#) for bus cancellations .



Snow day cancellations will also be available on our [Facebook page \(click here\)](#)



If your child is:

- a "walker"
- or **is not assigned a seat** on a bus,
- and is staying home on a 'snow day', **please enter the absence in [My Family Room \(click here\)](#) or call 613-257-8113.**

If your child:

- **rides a bus,**
- and is staying home on a 'snow day' you **do not need to contact the school.**

International Day of Persons with Disabilities!



International
Day of
Persons with
Disabilities
3 DECEMBER

This year's theme is **'Not All Disabilities Are Visible'**.

For every person with a visible disability, there are approximately four people with an invisible one.

Invisible disabilities include learning disorders, hearing impairments, chronic pain, sleep disorders, post-traumatic stress disorder, mental illness and numerous other health related conditions. All of these conditions can disrupt everyday activities.

Milestones in the History of Disability Rights

- The 1950's—International movement from institutionalizing people with disabilities to providing those individuals with community care
- The 1960's— The very first Paralympics Games is held, celebrating the sporting achievements of people with disabilities
- The 1980's-90's—Many countries introduce laws that make it illegal to discriminate against people with disabilities
- The 2000's—The UN holds the Conventions on the Rights of People with Disabilities
- The 2010's—Steps were taken to increase the number of disabled people working and to decrease the disability employment gap

Mental Health at Arklan

Calm Place

Where do you feel the most relaxed?
Imagine you are there.
What do you see?
What do you hear?
Are there any smells, tastes, or textures?
Keep In Mind
• The more you practice, the more you will be able to focus on your breath.
• The more you practice, the more you will be able to focus on your breath.
• The more you practice, the more you will be able to focus on your breath.

Just Breathe

Focus on your belly, maybe put your hand there.
As you breathe in, sleep through your belly and let the breath all the way down to your stomach.
Breathe in, feel your stomach expand and your hand move out.
Breathe out, feel your stomach contract and your hand move in.
Keep In Mind
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Just Listen

Start with a deep breath. If you feel safe, close your eyes.
Open your ears to sounds far away from you.
Listen for a minute. What do you hear?
Now focus on sounds close to you.
Listen for a minute. What do you hear?
Now focus on sounds inside your body.
Listen for a minute. What do you hear?

Four Finger Affirmations

Select four words that make you feel calm and confident. It might be a sentence or just four words.
Examples: "I am loved today!"
"I believe in my abilities."
"I can handle this!"
Keep In Mind
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Gratitude Moment


Being grateful makes you more patient when life is difficult.
Think of something that you are grateful for.
Hold that in your mind for a moment.
You may choose to write the details of your gratitude moment in a journal or share with someone.
Keep In Mind
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Tense and Relax

Squeeze your hands into fists as tight as you can hold for a few seconds then relax your hands.
Push your shoulders up to your ears and hold for a few seconds then relax your shoulders.
Push your heels down into the floor, squeeze your toes and hold for a few seconds then relax your feet.
Tense your stomach muscles as tight as you can and hold for a few seconds then relax your stomach.



December 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
			Food Drive Collection 1st—15th		International Day of Persons with Disabilities	
5	6	7	8	9	10	11
Angel Tree Collection 6th -10th		Parent Council Meeting 6:30 PM			Last Day of Food Drive	Human Rights Day
12	13	14	15	16	17	18
	Red, Green, White Day	Favourite Hat Day	Ugly Sweater Day	Crazy Hair-Day	Pajama Day	
19	20	21	22	23	24	25
Holidays...December 20, 2021 to December 31,						
26	27	28	29	30	31	
			Back to school on Monday, January 3, 2022			