

APRIL 2022

Wear BLUE on World Autism Awareness Day!

April is Autism Awareness month! April 2nd is World Autism Awareness Day. Arklan School will recognize

World Autism Awareness Day by wearing blue on Friday, April 1st.

So, let's **LIGHT IT UP BLUE** on April 1st!

Wear blue, paint your nails blue, rock some blue hair, get creative!!!



**HOT
Lunch
Orders**

Arklan is pleased to announce ...

Starting in May, we will be offering pizza slices for purchase one day a week, on a weekly basis until the end of the school year!

The easiest way to order will be with our Online Payment system available through My Family Room.



We will begin accepting orders starting April 19th until April 26th.

Earth Day is celebrated every year on April 22nd. Earth Day is the largest environmental event in the world!

School-aged children all across Canada will participate in Earth Day activities in their own schools as well as throughout their communities.

Arklan staff and students are proud to recognize and support Earth Day.

On **Friday, April 22nd**, please wear green, brown or camo.



Earth Day®
CANADA



Spring=Mud

Students are regularly reminded to avoid the wet, muddy areas of the yard nevertheless, here are some suggestions to help our custodians this time of year....

- A pair of waterproof boots
- Splash pants
- Plastic bag boot-liners, if necessary
- Extra socks
- Change of pants
- Any extra clothing you think your child may need

Thank you!



LOOKING AHEAD ...

Ukrainian Refugee \$\$

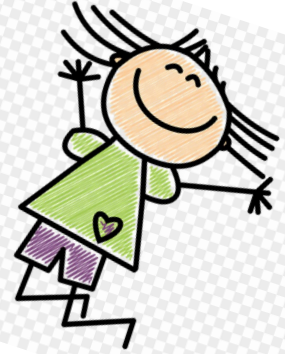


Fundraiser for Ukrainian Refugee Crisis:

Arklan Wildcats have been challenged by the Pakenham Panthers to beat their fundraising total of \$677 in support of Ukrainian Refugees.

The week of April 4 – 8, the Grade 5/6s will be selling chips for \$1/bag during second snack break.

All money raised will be donated to support Ukrainian Refugees.
Bring in your loonies!



To all of the parents who have been called due to a COVID-19 symptom developing at school ... please accept our heartfelt THANKS for: arriving quickly at the school (even though it disrupts your workday and homelife), being pleasant on the phone, and understanding at the Welcome Window when it is not the first time you have been called.



THANK YOU

Welcome to Kindergarten

All new Kindergarten registrants Stay tuned for information about orientation at Arklan School!

Date: Thursday, May 12th. 2022

Time: To Be Determined

If your child will be 4 or 5 by December 31st, 2018, and you haven't already registered for kindergarten, please go to www.myfamilyroom.com to create your account and register online

Please see our Kinder page for further school updates at

http://arklan.ucdsb.on.ca/school_news/kindergarten_2022

Water Bottles

As the weather warms up, so do our students!

Remember to bring your water bottle every day!



April 2022

Sun

Mon










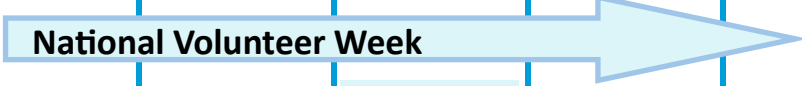
Tue

Wed

Thu

Fri

Sat

					1	2
					World Autism Awareness Day WEAR BLUE!	Ramadan begins
3	4 Fundraiser \$1 chips 	5 Fundraiser \$1 chips 	6 Fundraiser \$1 chips 	7 Fundraiser \$1 chips 	8 Fundraiser \$1 chips 	9
						Vimy Ridge Day
10	11	12	13  International Day of Pink (2SLGBTQ+)	14	15  Passover begins GOOD FRIDAY	16
17	18  EASTER MONDAY	19	20	21 World Creativity & Innovation Day	22  Earth Day Wear green, brown or camo.	23 Passover ends
24	25	26	27 Administrative Professionals Day	28	29	30
						

HEALTH & SAFETY MEASURES

The Ministry of Health has revised the guidance for close contacts in the community and in households as of March 21st, 2022:

- **Non-household close contact** (anyone, for **10** days after exposure)
 - Self monitor for symptoms
 - Wear a mask and avoid activities where mask removal would be necessary
 - Not visit anyone who is at higher risk of illness (ie. Seniors)
 - Not visit or attend work in highest risk settings (unless you have tested positive in past 90 days)
- **Household close contact (no symptoms)**
 1. If you have tested positive in last 90 days
 2. you are 18+ and have received a booster shot
 3. you are under 18 and ****fully vaccinated**
 - ⇒ Follow same precautions as non-household close contact (above for **10** days)
 - You are 11 years or younger and ****fully vaccinated**
 - ⇒ Follow same precautions (above for **5** days)
 - You are 12 years or older and **NOT **fully vaccinated**, or immune compromised
 - ⇒ Follow same precautions (above for **10** days)
 - You are under 5 years
 - ⇒ Isolate for 5 days
 - If you do not meet one of the above conditions
 - ⇒ **Must self isolate according to current Health Unit protocol**



****Who is considered fully vaccinated?**

In Ontario, an individual is considered fully vaccinated if they have received:

1. The full series of a COVID-19 vaccine authorized by Health Canada, (or any combination of such vaccines).
2. One or two doses of a COVID-19 vaccine not authorized by Health Canada, followed by one dose of a COVID-19 mRNA vaccine authorized by Health Canada.
3. Three doses of a COVID-19 vaccine not authorized by Health Canada; and they received their final dose of the COVID-19 vaccine at least 14 days ago.

*The COVID-19 vaccines currently authorized by Health Canada are **Pfizer-BioNtech, Moderna, AstraZeneca/COVISHIELD and Janssen/Johnson & Johnson.***



A reminder that under **current federal travel requirements**, upon **return from international travel**, **individuals must wear a mask at all times when in public spaces (including schools and offices)**, **maintain a list of all close contacts** for your **first 14 days in Canada**, and **monitor for signs and symptoms of COVID-19.**





COVID-19

screening for children/students

Anyone who is sick or has any symptoms of illness should stay home and complete the school screening tool to determine next steps.

1. A) Does the child/student or anyone in the household have 1 or more of these new or worsening symptoms, today, or in the last 5 or 10 days*?



Cough



Fever or chills



Loss of taste or smell



Shortness of breath

B) Does the child/student or anyone in the household have 2 or more of these new or worsening symptoms today, or in the last 5 or 10 days*?



Runny or stuffy/ congested nose



Extreme tiredness



Muscle aches/ joint pain



Headache



Sore throat



Nausea, vomiting and/or diarrhea

- If the symptom is from a known health condition that gives them the symptom, answer "No". If the symptom is new, different or getting worse, answer "Yes".
- If there is mild tiredness, sore muscles or joints within 48 hours after a COVID-19 vaccine, answer "No". If longer than 48 hours, answer "Yes".

2. Has the student/child or anyone in the household had a positive COVID-19 test in the last 5 or 10 days*?

If the household contact of the individual who tested positive is 18+ and boosted, under 18 and fully vaccinated, or has had a COVID infection in last 90 days they do not need to isolate unless they have been told to isolate/quarantine, select "No".

Note: Asymptomatic individuals who are close contacts of a case or a symptomatic individual in the community are no longer required to isolate but must self-monitor for 10 days following last exposure. During this time, close contacts must wear a well-fitted mask in all public settings and avoid activities where they need to take off their mask (for example, playing a wind instrument in music class or playing high-contact sports).

*Use 5 days: If the person is fully vaccinated or 11 years or younger. Use 10 days: If they are 12 years or older and not fully vaccinated; or immune compromised.

If you answered **YES** to any of the questions, **immediately complete the online screening tool to determine next steps** <https://covid-19.ontario.ca/school-screening/>



1-866-236-0123
www.healthunit.org



[Link for Online Screening Tool for schools and child care.](https://covid-19.ontario.ca/school-screening/)

AUTISM AWARENESS

What is autism?

Autism, or autism spectrum disorder (ASD), refers to a broad range of conditions characterized by challenges with social skills, repetitive behaviors, speech and nonverbal communication.



Light it up blue!

We know that there is not one autism but many subtypes, most influenced by a combination of genetic and environmental factors. Because autism is a spectrum disorder, each person with autism has a distinct set of strengths and challenges. The ways in which people with autism learn, think and problem-solve can range from highly skilled to severely challenged. Some people with ASD may require significant support in their daily lives, while others may need less support and, in some cases, live entirely independently.

Several factors may influence the development of autism, and it is often accompanied by sensory sensitivities and medical issues such as gastrointestinal (GI) disorders, seizures or sleep disorders, as well as mental health challenges such as anxiety, depression and attention issues.

On Autism Awareness Day, we encourage everyone to “Light It Up Blue” in recognition of people with autism and those who love and support them.



DID YOU KNOW ...?

In the past, various buildings and landmarks around the world, such as the White House, the Empire State Building and Niagara Falls have all been lit blue on Autism Awareness Day. <https://www.autismspeaks.ca/>

ONLINE PAYMENTS AND MORE!!



Sign up/Log in to My Family Room

All you need in preparation for using online payments is:

- ◆ A free **My Family Room account** (sign up at myfamilyroom.ca if you don't already have an account)
 - **NOTE: Please be sure to download the latest version of the My Family Room mobile app for Android and iOS, by searching the app stores for "My Family Room UCDSB"**.**
- ◆ A free **PayPal account** that is linked to at least one personal funding source, like your bank account or credit card (sign up at www.paypal.com if you don't already have an account).

In addition, this service, will provide parents and guardians the convenience of:

- * quickly consenting to permission forms,
- * paying for school events and items securely online,
- * any event you sign up for will be automatically added to your child's calendar in My Family Room so you will quickly and easily be able to see upcoming events and key dates.

Arklan's sign up campaign is in full swing and will be available to opt into at any time through the school year.

Useful links:

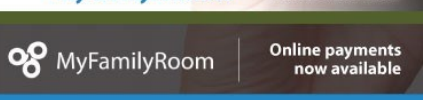
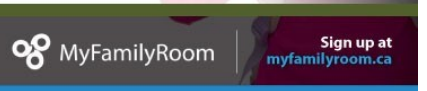
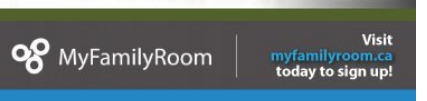
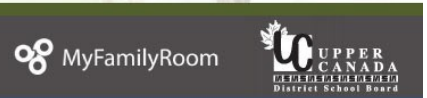
How to get started? Check out this video —



Have questions about the new Online Payments service? Visit the **My Family Room Help page** at: askuc.ucdsb.ca/MyFamilyRoom

- click on the **"Online Payments" button**
- Or click on **"Contact Us" link** to send your question
- To view upcoming school events available for your child:
 - Website click on **"EVENTS/OFFERS" button**
 - Mobile App click on **"View Events/Offers" link**

Online Payments NOW AVAILABLE!



TRADITIONAL CELEBRATION

MUSLIM

Ramadan is a holy month that begins when the first new moon is sighted in Spring (each year Ramadan begins on a different day and month) and typically lasts for 30 days.

Fasting begins each day from sunrise to sunset. One of the more important reasons for fasting is that it represents the revealing of the holy book the Quran.

During fasting, many will think and reflect on people who are less fortunate and gifts will be donated to charities.

Fasting is also considered to be a healthy practice in that it promotes detoxifying of the body.

If you see a friend at school who is fasting, keep in mind that person will spend the first few days adjusting to not eating during the day.

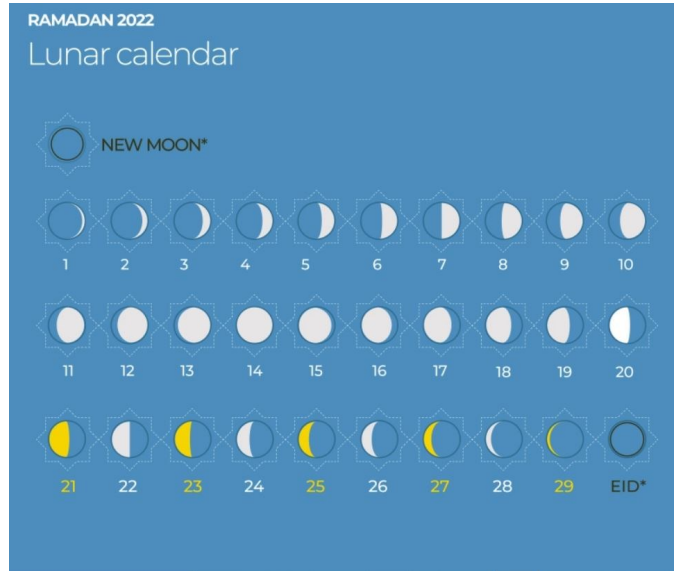
In the second week, you may notice your friend becomes very tired through the day.

So please be patient, show kindness and understanding if your friend does not feel up to a lot of physical activity during recess.

Another thing we can all do to support our friends is to greet them with "Happy Ramadan" or "Ramadan Kareem" which is a way of wishing them well for the month ahead.

When the 30 days of fasting is done, (around May 2nd) then it is time to say "Eid Mubarak" which means blessed Eid.

And in case you are wondering what "Eid" means, it is the name given to the day of celebration.



TRADITIONAL EASTER

JUDAISM

Passover, or Pesach in Hebrew, is one of the Jewish religion's most sacred and widely observed holidays. In Judaism, Passover commemorates the story of the Israelites' departure from ancient Egypt, which appears in the Hebrew Bible's books of Exodus, Numbers and Deuteronomy, among other texts.

Jewish people observe the weeklong festival with a number of important rituals, including a traditional Passover meal known as a seder, the removal of leavened products from their home, the substitution of matzo for bread and the retelling of the exodus tale



CHRISTIANITY

Christians take part in services to mark an important day for them—**Easter Sunday**.



According to the Christian holy book, the Bible, Easter Sunday represents the resurrection of Jesus, three days after his crucifixion.

Easter is on different dates each year between March 21 and April 25, depending on when there is a full moon in Spring.

Many spend time at church in thought, prayer and celebration of Jesus Christ's life, and may get together with friends and family for a special meal.

White Easter Lilies symbolize the purity of Christ to Christians and are common decorations in churches and homes around the Easter holiday. Their growth from dormant bulbs in the ground to flowers symbolize the rebirth and hope of Christ's resurrection.



EASTER
LILY

MODERN EASTER

EASTER BUNNY

According to some sources, the Easter bunny first arrived in America in the 1700s with German immigrants who settled in Pennsylvania and transported their tradition of an egg-laying hare called "Osterhase" or "Oschter Haws."

Their children made nests in which this creature could lay its colored eggs. Eventually, the custom spread across the U.S. and Canada and the fabled rabbit's Easter morning deliveries expanded to include chocolate and other types of candy and gifts, while decorated baskets replaced nests.

Additionally, children often left out carrots for the bunny in case he got hungry from all his hopping.

