



Arklan CPS News

February



Message from the Principal

This month's Expected Behaviour target is "Staying on task until it's completed" working on perseverance.

We are planning a spirit week, February 13th – 17th, to bring us into the Family Day Weekend.

- Monday February 13: Stripes/Dots day
- Tuesday February 14: red/white/pink day
- Wednesday February 15: Beach Day (with 1 freezie for each student provided by the school)
- Thursday February 16: Mismatched/inside out day
- Friday February 17: PJ Day and Ronald McDonald PJ Walk



Save the date for the next student elective activity date is Friday February 24th.

We are also looking at starting Hot Lunch Programs and other volunteer opportunities within the school. **There will be an information night on Friday February 13th at 5pm in the learning commons.**


On Friday February 17th, all Arklan students will participate in a fundraiser in support of Ronald McDonald house. If you can, students are asked to donate to this charity. Students will walk/move/dance 167 steps which is how many steps it is from Ronald McDonald House doors to CHEO doors.

Covid Screening



There have been confirmed cases of Covid within the last 2 weeks in the school. Air purifiers are running in each classroom.

Although masking is not mandatory, it is encouraged. Parents and guardians are asked to remain diligent and complete the Covid screener each day. [School Covid screening link](#) Students who are not well / do not pass the screener should not come to school. If in doubt, please do the screener.

PJ WALK  Ronald McDonald House Charities Ottawa gives families a space where they can be together. Away from the sights and sounds of the hospital, RMHCO lets families play, cook, rest, and relax just 167 steps away from their child's medical team.

WHAT'S YOUR #MyRMHCOMoment?

Family Day is on Monday, February 20th! Please share your #MyRMHCOMoment of family togetherness on your social media channels and tag us! We'd love to share your beautiful family moments in celebration of what matters most to all of us at RMHC - keeping families together in the times that they need each other most.


 @RMHC.OTTAWA
  @RMHCOTTAWA

[Click here to hear from Terri-Lynn](#)



What do we do at Ronald McDonald House Charities Ottawa?

RMHCO is just 167 steps away from CHEO, keeping families close to their loved ones that are receiving care in the hospital. Hundreds of families each year are required to travel to Ottawa for medical care for their little loved ones. When this distance becomes too great for a daily commute, families can call our House 'home.' Our two RMHC Family Room's inside of CHEO offer local parents sleep rooms, showers, a kitchen space and common area to relax away from the sights and sounds of the hospital, but only steps away from their child.



What's Happening at Arklan

Students participated in their First Elective Friday on January 27; it was a HUGE success! Students in Grades 1-6 participated in activities ranging from nail painting, coding, and boom whackers to name a few! Our Friday Electives will be held on the last Friday of each month with our Expected Behaviour Draw. At January's assembly, teachers participated in a few "Minute to Win It" games which really showed the Wildcat Spirit. Students also were shown Arklan's School Dance that they will be learning in class; the song is "We're All in this Together" from High School Musical. If you would like to practice at home, please click [HERE](#).



Student Council also handed out awards for Caring. During the of January, students could nominate their peers who were 'caught caring'. Our very own Arklan Wildcat was in attendance to hand out the awards!

E-Bits for Parents from the Health Unit

Teens Can Be Resilient!: Parents and caregivers, you play a vital role in helping your teen become more resilient. Check out the Health Unit's [new guide](#) to support you in raising resilient teens. Learn about some things you can do to develop supportive relationships, and help your teen to build healthy coping skills, optimistic thinking, emotional awareness and skills for living.

NEW! Canada Dental Benefit: The interim Canada Dental Benefit is intended to help lower dental costs for eligible families earning less than \$90,000 per year. Parents and guardians can apply if the child receiving dental care is under 12 years old and does not have access to a private dental insurance plan. Depending on your adjusted family net income, a tax-free payment of \$260, \$390, or \$650 is available for each eligible child. Applications are now open. Applicants must have filed the previous year's tax return and be in receipt of the Canada Child Benefit for each eligible child in their care.

This program is a federal program administered by the Canada Revenue Agency (CRA) and not administered by the LGL Health Unit. For more information, please visit Canada.ca/dental or call 1-800-715-8836.

As your teen develops their resiliency, it supports their mental health.

To become more resilient teens need:

- S** Supportive Relationships
- H** Healthy Coping
- O** Optimistic Thinking
- E** Emotional Awareness
- S** Skills for Living



TEENS CAN: A Guide for Parents and Caregivers 3

BLACK HISTORY MONTH

UCDSB schools make efforts throughout the year to celebrate the valuable contributions of all Canadians. The communities that we serve are more diverse than ever before and it is very important that all students, staff and families see themselves reflected in our schools and school curriculum.

February is Black History Month across Canada. Our students will be celebrating Black History Month in many ways. Here are some things you can do at home:

- Read books, graphic novels and poetry by Black authors
- Learn the history of Black History Month (check out www.cbc.ca/kids)
- Watch the Heritage Minutes stories of Chloe Cooley, Jackie Shane and Richard Pierpoint on Histoica Canada (www.historicacanada.ca/heritageminutes)

Webinar for Parents and Guardians of Students in Grade 3 and Grade 6

Register for this free live webinar and learn about EQAO assessment results and Ontario's large-scale assessment program at the elementary-school level. EQAO will review highlights from the 2021–2022 assessment results. The session will also highlight how the primary-division (Grade 3) and junior-division (Grade 6) assessments have been modernized. The presentation will be approximately 45 minutes and will be followed by a live Q & A session with EQAO staff.

Registration: www.eventbrite.ca/e/451955981507 EQAO will be running this year between May 10th and June 14th, 2023. (specific dates to come)

BACES: STEPS TO POSITIVE MENTAL HEALTH

Body

Taking good care of our physical body means we will be better able to cope with emotional problems. Take steps to get enough sleep, eat a healthy diet and stay active.

Achieve

Our brain gets a boost when we achieve things during the day. Plan realistic and achievable goals every day, such as those concerning work, chores and study.

Connect

When we're struggling with our mental health, we can withdraw and isolate ourselves. Connecting with others boosts the neurotransmitter oxytocin in your brain which improves mood and overall wellbeing. Plan to connect with other people every day, particularly with close friends and/or family, but also with the local community.

Enjoy

When our mood dips and we feel tired, or we withdraw and isolate ourselves, the first things we stop doing are the fun and enjoyable activities. Aim to spend time each day doing something you enjoy.

Step back

When we feel emotional it is difficult to think clearly and we sometimes react by doing things that are unhelpful. Take a moment to calm your mind and body before deciding how you will respond when under stress.

Carol, Vivyan (2015) *BACES: Steps to Positive Mental Health*, GetSelfHelp
<https://www.getselfhelp.co.uk/media/e1pfgcie/baces.pdf>

Open Doors and Triple P Parenting Workshops







There are 2 parenting workshops coming in March, one virtual and one in-person. They are as follows:

1. **Fear-Less** one-day workshop for parents of 6–14-year-olds in Smiths Falls on March 4. It provides a wide range of anxiety-management skills and strategies to help parents support their child or youth.
2. **Group TEEN** for parents of 10–16-year-olds; four weekly virtual sessions starting March 20 that provide parents with everyday strategies for home life

We are hoping to host some Triple P Café/Seminars in the Spring. Stay tuned for a parent survey to capture the needs of our parent community.

More information on Triple P at this link: [Triple P Lanark Health Unit](#)

February 2023

Monday	Tuesday	Wednesday	Thursday	Friday
February is Black History Month		1 PD Day – No School	2	3
6	7	8	9	10 Valentines Dance 
13 Stripes/Dots Day Volunteer Information Session 5pm	14 Pink/Red/White Day Valentine's Day 	15 Beach Day 	16 Term 1 Report Cards Sent Home Mismatched/Inside Out Day	17 PJ Day 
20 No School Today 	21	22 	23	24 School Spirit / Elective Activities
27	28 Expected Behaviour Draw 			

Upcoming:

- We are aiming to have a hot lunch program up and running at the start of term two, week of February 20th, 2023. Stay tuned.