



# Arklan CPS News

## January 2024



### Message from the Principal

Happy New Year Wildcat Families. We are happy to be back at school and look forward to an exciting month of learning. Mrs. Hamilton's class is beginning a Real-World Learning Project that involves popcorn, graphing and **eating**. Look for information coming home about purchasing this tasty treat. Pizza hot lunch will be starting in February. We will be looking to order toward the end of January. We are looking for volunteers to help distribute pizza.

If you are available, please email Mrs. Ohlmann by January 19<sup>th</sup> [doris.ohlmann@ucdsb.on.ca](mailto:doris.ohlmann@ucdsb.on.ca)

### Sports and Extra-Curriculars at Arklan

During the 40-minute recess in the afternoon, students will have the opportunity to participate in intramurals in the gym. The first sport that students will be playing is basketball. Junior students can participate two times a cycle week and Primary students 1 day during the 5-day cycle. Students who choose to participate in intramurals must have appropriate indoor running shoes. Encourage your child(ren) to listen to the morning announcements for more information.

Our next Elective Friday is scheduled for Friday January 26<sup>th</sup>. During the last learning block (2:35-3:25) students in Grades 1-6 can sign-up for an elective run by classroom teachers. Some of the activities include board games, yoga, fitness workout, learn to use PowerPoint, coding with dash bots.

### School Council Fundraisers

Thank you to School Council and all the Wildcat families for their support at the Scholastic Book Fair; it was a HUGE success. Together, over \$3,000 was raised by this event. The funds will go directly back into supporting literacy initiatives at Arklan.

### Student Absences

Please contact the school, leave a voicemail, or enter in My Family Room if your child is going to be absent. The Office staff does Arklan's Safe Arrivals in accordance with Ministry Guidelines. With over 400 students in the building, it is greatly appreciated if you notify the school if your child/children will be absent. Please include the student's last name.



### Kindergarten Registration

If your child will be 4 years old by December 31, 2024, register your child for Kindergarten at: <https://www.ucdsb.on.ca/cms/One.aspx?portalId=148427&pageId=656186> or by scanning the QR Code. Our Kindergarten Open House will be in the Spring.



## **Noticing and Responding to Mental Health Concerns**

It can be challenging for parents and caregivers to know what a typical reaction to stressful times might be, and what signs and symptoms may suggest that professional mental health assistance could be beneficial for children. Here is some information to help you understand and respond to your child's needs.

### **If you're concerned about your child's emotional health, you can start by talking to your child:**

- Start the conversation by describing changes you have noticed
- Share that you wonder about how your child might be feeling and if there is any way you could be helpful
- It is useful to help your child to name the emotions they are feeling
- Stay calm and don't abandon the conversation if your child responds with "nothing is wrong...leave me alone". If this happens, reassure your child that you are there for them. Give your child some time and then try again.

### **Tips for Supporting Your Child's Mental Health**

- Take pressure off where you can, avoid talking about things causing you stress. Try not to expose them to worrisome news in the media.
- Listen to your child as they describe their thoughts and emotions. Reflect on what you hear and validate their experience. Try not to judge, jump in with quick solutions, or minimize the concern. Seek to understand.
- Connect with your child in meaningful ways as often as possible. Children and youth rely on the caring adults in their life to lead them through difficult situations and emotions.

If your child does not seem to be improving with the actions you have tried, reach out for help. Your family doctor is a great place to start. For additional community supports and services in your area please refer to the UCDSB website under mental health and wellness.

Visit <https://smho-smsso.ca/wp-content/uploads/2021/02/Info-sheet-noticing-concerns.pdf> to view the complete resource.

### **Building Strong Connections with Children at Every Age**

Warm, responsive and consistent connections with children are crucial for their learning, development and wellbeing. As a parent or caregiver, it can be challenging to know when and how to develop that connection. It can be helpful to think of it as a series of small, meaningful moments instead of one big thing. As children grow, showing genuine interest in their thoughts, playing together, emotional support, routines, boundaries and consistency can boost their self-regulation, social skills and resilience. When they enter pre-teen and teen years, making a few communication tweaks can help build trust and keep relationships strong. Try to have realistic expectations, listen actively, validate their feelings and spend quality time together. Every little moment can make a difference, and supportive connections can help children thrive and reach their full potential. For simple, everyday strategies, [read our article](#).




The Triple P – Positive Parenting Program® gives practical steps to raise happy, confident, resilient kids. For parenting tips and suggestions, call 1-800-660-5853, email [triplep@healthunit.org](mailto:triplep@healthunit.org) or visit [www.triplep-parenting.ca](http://www.triplep-parenting.ca).



# January 2024



Monday	Tuesday	Wednesday	Thursday	Friday
1 <i>Happy New Year</i> 2024	2	3	4	5
8 	9	10	11	12
15	16	17	18	19
22	23	24	25	26 Student Electives
29	30	31		

**Upcoming Dates:**

Feb 1: PA Day – No school for students

Feb 15: Term 1 Report Cards sent home

Feb 19: Family Day – No school