



Arkland CPS News

February 2024



Message from the Principal

Thank you for your Pizza orders and popcorn purchases. Our staff is busy preparing for our Kindergarten information evening on Feb. 21st and our students are looking forward to our Winter Fun Day this month. Arkland will be the focus of the Board meeting March 6th and the UCDSB Communications Department will be in filming early February. Our junior students are preparing a quilt for Black History month and our Primary students will be listening to the story, More than Peach, by Bellen Woodard. Parent Council will be meeting February 13th please feel free to join us.

Sports and Extra-Curriculars at Arkland

Junior Intramurals have started at Arkland; thanks to our amazing staff for organizing and supervising Junior Intramurals during the second recess. The first sport that students will be playing is basketball. Junior Students also can try out for our Handball and Basketball teams. Please encourage your child/children to listen to the morning announcements for more information.

Pizza Lunch

Thank you to everyone who volunteered to help with pizza lunches on Tuesday. Mrs. Ohlman and Mrs. Naraine are organizing a schedule and will be in contact with our volunteers. Reminder that our first pizza day will be Tuesday February 6th.



Popcorn Fridays

Mrs. Hamilton's classroom has been doing a Real-World Learning Project involving popcorn! Students surveyed classes regarding popcorn flavours, tallied results and ordered 34 cases of popcorn! Each Friday, students can purchase a bag of popcorn for \$2 – no need to pre-order! Popcorn sales will go towards purchasing interactive televisions for classrooms.



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.

A Parent Information Night will be held on Wednesday February 21st from 5pm – 6:00pm.





PJ Walk in Support of Ronald McDonald House

On Wednesday January 31st, Arklan students participated in the RMHC PJ Walk. We are please to announce that our Wildcats raised over \$400 in support of Ronald McDonald Children’s House Charity. A huge thank you to everyone for their involvement in this event!

Physical Activity Outdoors

The positive effects of physical activity are increased when it is done outdoors in nature. According to [ParticipACTION](#), being active outside can boost mood, increase energy, decrease stress and anxiety, increase physical activity and more! To enjoy the outdoors this winter and avoid cold injuries, remember to [dress for the weather](#) and learn [how to prevent frostbite and hypothermia](#).

UCDSB Black History Month

The Upper Canada District School Board is committed to providing and maintaining an educational environment that is free of racism and discrimination. We are also committed to ensuring that our students, staff, and communities are educated about the valuable contributions of all members of our society and have the knowledge and skills to identify and address prejudice, discrimination, and racism.

February 17th is Random Acts of Kindness day.

To celebrate, consider visiting www.randomactsofkindness.org for easy, practical ways to help you make kindness the norm at home and in the community. Resources are FREE, including a kindness calendar, quotes, videos, posters, grab and go games and more!

Pink Shirt Day – Feb 28, 2024

PINK SHIRT DAY
FEB 28, 2024

Pink Shirt Day, on February 28, 2024, is a day of promoting kindness and acceptance toward ourselves and others, and helping spread awareness about bullying prevention in our schools and communities.

TYPES OF BULLYING

PHYSICAL	VERBAL	CYBER	SOCIAL AND EMOTIONAL
<ul style="list-style-type: none"> Hitting Kicking Punching, etc. 	<ul style="list-style-type: none"> Name calling Insults Teasing, etc. 	The use of computers, smartphones or other devices to mock, embarrass, hurt, threaten, or be mean to someone online.	Behavioural actions which harm a child or teen’s reputation or cause humiliation. <ul style="list-style-type: none"> Lying and spreading rumours Mean jokes to embarrass someone Social exclusion

1 100 000
CANADIAN YOUTH REPORT BEING BULLIED ONCE PER WEEK.

TIPS FOR PARENTS & CAREGIVERS

IF YOUR CHILD IS BEING BULLIED	IF YOUR CHILD IS BULLYING
<ul style="list-style-type: none"> When your child comes to you with a problem, acknowledge their feelings, accept they are feeling left out or mistreated and offer to work on a solution together. Talk about healthy coping skills and characteristics of healthy relationships i.e. trust, honesty, respect, etc. Model healthy relationships (especially between parents/caregivers). Teach children about assertiveness and role play from a young age on how to stand up for yourself. Advocate for your child at school. Make sure the school understands that it’s a serious problem and steps are taken to resolve it. 	<ul style="list-style-type: none"> Talk to your child about what might be going on in their lives. Listen and explore the situation to identify what might be the motivation behind the bullying. Talk about what bullying is, and healthy ways to express emotions and resolve conflict. Set limitations at home and reasonable consequences for negative behaviour. Consider seeking mental health supports to assist your child in healthy relationship skills.

The above content was developed from BC Children’s Hospital’s This Pink Shirt Day, Let’s Lift Each Other Up resource as well as the Government of Canada’s Cyberbullying resource and provided by the UCDSB Mental Health and Wellness Department. Visit <https://keltymentalhealth.ca/blog/2022/pink-shirt-day-lets-lift-each-other> and <https://www.canada.ca/en/public-safety-canada/campaigns/cyberbullying.html> to view each complete resource.

February 2024

Monday	Tuesday	Wednesday	Thursday	Friday
		Jan 31  PJ Walk bring a toonie	1 	2 Popcorn Day \$2 
5	6 	7	8	9 Popcorn Day \$2 
12	13  Parent Council 5:30 – 6:30	14 	15 Term 1 Reports Sent Home National Flag Day of Canada 	16  Popcorn Day \$2
19 	20 	21	22	23 Popcorn Day \$2 
26	27 	28 	29	March 1 Popcorn Day \$2 

Upcoming Dates:

Feb 1-29: Black History Month

Feb 15: National Flag Day of Canada

March 11-15: March Break – no school for students

March 22: Term 2 IEP's sent home

March 29: Good Friday – no school for students

April 1: Easter Monday – no school for students