



October 2018 Newsletter



www.stedward.cdsbeo.on.ca



From the Principal's Desk...

We've had another very busy, but wonderful start to our school year. I would like to say "Thank You" to everyone who has helped in any way to contribute to our successful September. We are very lucky to have such a great community. The school community, parish community and Westport community are all such amazing gems, and I am so thankful to be a part of it all.

I would also like to say a big **Thank You** to all parents and guardians for continuing to follow our drop off and pick up procedures. Just a reminder to make sure that no one is walking between the buses.

During the season of Thanksgiving we have so much to be thankful for in our school, homes, parish and country. We are truly blessed!

We held our Terry Fox Walk last week and raised \$200 for a great cause. On October 1st, our school, along with all CDSBEO schools, participated in Orange Shirt Day. As we remember and honour the Indigenous people, and their families, who were part of the residential school system, let us challenge one another to keep kindness, equity and inclusion at the heart of our actions every day.

Your Partner in Catholic Education,



Dan Lesser



St. Edward Catholic School Sports:

- Intermediate Boys competed in the Lanark Area Senior Soccer Tournament on October 1st in Beckwith in a combined small school team with Sacred Heart in Lanark.
- Junior Boys and Girls competed in the Lanark Area Junior Soccer Tournament on October 2nd in Beckwith in a combined small school team with Sacred Heart in Lanark.
- During the week of October 15th to 19th, our Cross Country Team, consisting of students in grades 3 to 8 will be competing in the Cross Country Meet.



St. Edward students are well known for their sportsmanship while on and off the field.

A very special thank you to staff members who helped to coach these sports. Without staff volunteering to coach, we would not be able to take part in these events. **WAY TO GO EAGLES!**



Triple P Parent Workshop:

Triple P aims to make parenting easier. It offers suggestions and ideas on positive parenting to help you enjoy being a parent and help your child develop well. Childcare and snacks provided free. Please join us at St. Edward on **Thursday, October 11th from 6:30 to 8:00 pm** to learn more about "Raising Confident, Competent Children". Please see the form that was already sent home for more information about this important and valuable parent workshop.



You can help your child become confident and successful - at school and beyond. Find out ways to encourage them to be respectful and considerate, communicate and get along well with others, feel good about themselves and become independent problem solvers.

Please email Dan Lesser dan.lesser@cdsbeo.on.ca if you would like to attend and if you require childcare at the school for this event.

ORANGE SHIRT DAY:

This national day, usually held on September 30th, is dedicated to commemorating the residential school experience of the First Nation, Metis and Inuit people, and to witnessing and honouring the healing journey of the survivors and their families. CDSBEO is committed to the ongoing process of reconciliation.



After School Homework Club:

Our After School Homework Club is up and running for all students. This is run by Stephanie Dodge, our Educational Assistant and runs Monday to Thursday until 3:45 pm. If you would like your child to stay and get extra help or finish homework, please write a note in the agenda or call the school. Please arrange to pick up your child or provide information on how he/she will get home.



Kids Help Phone:

Kids Help Phone has recently updated their website, and the online chat is currently available to students 24/7 should they wish to speak with a counsellor. There's lots of information on the Kids Help Phone site that may be helpful (i.e., Worry Rockets, Breathing Balloon, etc.) not only for students, but parents and educators who are supporting kids as well! You are encouraged to check it out if you haven't already.

www.kidshelpphone.ca 1-800-668-6868



PA Day: Friday, October 26th



In order for our school bus to be safe, your child must:

- Talk quietly. The driver needs to concentrate to be safe.
 - Remain in the seat and sit properly, facing forward at all times.
 - Keep the aisle of the school bus clear at all times.
- Having something appropriate to do on the bus helps with students to keep busy for the long bus ride and can help them to make the right choices!



Leeds and Grenville FAMILY Program Guide:

The Fall edition of the Leeds and Grenville FAMILY Program Guide is now available on the UCLG website.

https://www.leedsgrenville.com/en/services/resources/Childrens-Services/Family-Guide-Fall_Final.pdf

The FAMILY Program Guide is a listing of community programs, services and activities for families with children from infants to teens. Information included in this guide is collected from many different agencies and is free of charge, unless there is a fee mentioned. Each listing has information about times and locations, and most have a telephone number for further information. If you have a question about a particular listing, please call the contact number for that listing first.



News from the Health Unit:

Is your child in JK? Have you submitted your child's immunization record to the Health Unit? According to the Immunization of School Pupils Act (ISPA), your child's immunizations are required to be up-to-date to attend school. Being fully immunized protects children against many diseases that are easily spread in schools. For more information on how to submit these records visit the Health Unit online at www.healthunit.org or call 1-800-660-5853

Is your child 7? Have they received their 4-6 year old immunizations? The 4-6 year booster requires 2 needles and protects children against the following 8 diseases: tetanus, diphtheria, whooping cough, polio, measles, mumps, rubella and chicken pox. If your child has received these boosters, it's important to notify the Health Unit. For more information on how to submit these records visit the Health Unit online at www.healthunit.org or call 1-800-660-5853.

Talking to your child about cannabis and other substances. On October 17th it will become legal for those 19 years and older to buy, use, possess and grow non-medical (recreational) cannabis in Canada. As we prepare for legalization, parents and caregivers may be looking for tips on how to talk to their children about cannabis and other substances. Parents and caregivers can try out these key strategies:

- Be the kind of adult you want your child to become;
- Spend time with your child and support the activities they enjoy;
- Communicate often and openly;
- Set clear and realistic expectations; know who your child is with, what they're doing and where they are;
- Know the law and the facts on cannabis and other substances.



For more information, check out the following resources: [Cannabis: What Parents/Guardians and Caregivers Need to Know](#), [Cannabis Talk Kit](#), and [Triple P](#). These are electronic links. If you are viewing the printed version of this newsletter, please visit our webpage and view the newsletter to access these links: www.stedward.cdsbeo.on.ca/for-parents/monthly-newsletter/

Emergency Procedures:

The staff and students have been busy practicing our emergency procedures over the past few weeks and we'll continue all year. We've practiced some Fire Drills and will also be practicing our "Lock Down" and "Hold and Secure" procedures in the near future. We like to invite the OPP in, if possible, when we practice the Lock Down so that they are familiar with the school, and the students are familiar with the OPP. If we ever need to evacuate the building for any reason, our first evacuation site is St. Edward Catholic Church, our second evacuation site is the Westport Arena, and our third evacuation site is St. John Catholic High School in Perth. If the village of Westport needs to be evacuated for any reason we would bus the students to Perth. In the event of a real emergency, information would be broadcast through our school's Facebook page, local radio stations, on our School Board website (www.cdsbeo.on.ca) and by our School's Automated Calling system. It is important that parents and guardians not call the school or show up at the school during an emergency. We need to keep our phone lines open and we need to be sure to focus on the safety of all of our students. Parents and Guardians would be notified once we're sure all students are safe.

CDSBEO Personal Support Worker PSW Program:

The CDSBEO Personal Support Worker (PSW) Program is a provincially accredited program that is delivered in various communities throughout our board by qualified health care providers with nursing backgrounds. Our PSW students graduate with qualifications equal to those taking a PSW program at a community college with significant cost savings. Each of our PSW programs include opportunities for various certifications, as well as the ability to earn credits towards an Ontario Secondary School Diploma (OSSD). Please check out our website www.coned.cdsbeo.on.ca/psw for more information.

Information sessions about the PSW program for our February 2019 intake will take place:

November 27/18	1:00 - 2:00	St. James Catholic Ed. Center - SF
November 28/18	3:00 - 4:00	St. Mary C.H.S. - Brockville
December 3/18	2:00 - 3:00	Cornwall Board Office
December 7/18	3:00 - 4:00	St. Joseph - Gananoque
December 10/18	3:00 - 4:00	St. Jude - Vankleek Hill
December 12/18	3:00 - 4:00	St. Michael C.H.S. - Kemptville

Visit our website: www.stedward.cdsbeo.on.ca

October is Fire Prevention Month!
Smoke Alarms: A sound you can live with!

Working Smoke Alarms
Save Lives!
Check them every month!

