



VINCENT MASSEY P.S. JANUARY NEWSLETTER



A Peanut & Nut Safe School

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January 2025 Newsletter #5	10 Church St Bowmanville, L1C 1S3	Tel: 905-623-5502 Fax: 905-623-7341
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DATES TO REMEMBER

- Jan 9 – Gr. 8's to BHS for course selection seminar
- Jan 15 – Gr. 8 Information Night at BHS
- Jan 23 – Gr. 8 Transition Meetings
- Jan 28 – Gr. 8 Grad Photos
- Jan 30 – Jr. Basketball Tournament
- Jan 31 – P.A. Day



Principal's Message

Hello families,

Happy New year! We are excited to be back to routines and learning and hope that everyone had a restful break with the ones you love. The weather is getting colder; thank you for sending your kids with all of the necessary winter clothing, and for our Junior and Intermediate parents, thank you for supporting us by encouraging your child to wear what they have brought! When the temperatures get colder, we still go outside and want to ensure everyone is dressed appropriately for our Canadian January and February.

I'd also like to encourage families to try to avoid calling for early dismissal between 2:10 and 2:35. Certainly there are situations where this is necessary and we understand, but it is very difficult to get a student at this time given the process of dismissal, bus lines and winter gear. Any efforts to reduce this are much appreciated by our incredible office staff!

JANUARY 2025
◆ 1 Kwanzaa African-Canadian and African-American
† 1 New Year's Day ●
✦ 1-2 Chanukah
◆ 5 Birth of Guru Gobind Singh ●
† 6 Epiphany
† 7 Christmas (J) ●
✦ 13 Lohri
◆ 13 Maghi
† 14 New Year's Day (J) ●
✦ 14 Makar Sankranti
◆ 14 Thai Pongal
† 19 Epiphany (J)
◆ 21 Lincoln Alexander Day
☾ 27 Isra'a and Mi'raj
◆ 27 Holocaust Remembrance Day
✦ 29 Lunar New Year/Maitreya Bodhisattva's Birthday ●

Our Parent Council and volunteers are always busy supporting our community and we want to send them a special shoutout for all they do both seen and unseen. As is our motto "I am because we are together, we are a community." Stay well!

BHS GRADE 8 INFORMATION NIGHT



Grade 8 students and their families are invited to Bowmanville High School for an information evening at the school.

Wednesday January 15th, 2025
6:00-8:00 p.m.

Kindergarten Registration Information for September 2025

Your child can attend school in September 2025 as follows:

- **Junior Kindergarten** – your child will be four years of age by December 31, 2025
- **Senior Kindergarten** – your child will be five years of age by December 31, 2025

Please bring a birth certificate or other proof of age, proof of address, and current immunization record when registering your child. Registration forms are available at each school and **online at the KPRDSB website.**

Grade 8 Transition Meetings

If you have a child in grade 8 with an Individualized Education Plan (IEP), transition meetings will be held Thursday January 23rd. These meetings will include the homeroom teacher, a special education teacher from the high school, the parents, the principal, myself, and the student. Letters with more information have been mailed out. If your child will be attending a different high school, please let us know so we can set up a transition meeting with that school. We look forward to helping the grade 8's as they transition to high school.

Lauren Crawford (Special Education Resource Teacher)

Outdoor Play + Warm Clothing = FUN!

Having fun and learning to play games in a fun and cooperative manner is something that children need to learn and practice!

With the cold weather upon us, we ask that you ensure your child comes to school dressed for the weather and prepared for outdoor play. Students are outside for all recess and lunch breaks unless the weather is inclement. Although we encourage the students to stay dry and away from puddles and wet, muddy areas, an extra pair of socks/underwear/pants in the backpack is always a good idea!



EXTREMELY IMPORTANT

Inclement Weather

On inclement weather days when buses are cancelled due to poor weather and roads, **KPR schools will remain open for students and staff.** As always, families have the final say on whether they wish their children to attend school on those days.

If your child rides the bus, please ensure that you have created an account with STSCO so you will receive cancellation/delay notifications.

On the rare occasion of the school being closed, we will inform families in several ways, including local news media, on www.kprschools.ca, through our social media channels (@kprschools on Twitter and Facebook), and by email or text from School Messenger.

COLD WEATHER AND OUTSIDE RECESS/ACTIVITIES

It is important that children have outside time and fresh air. The following are some of the benefits:

1. **Stronger bones and lower cancer risk:** Today's "indoor kids" don't get enough sun and are becoming Vitamin D deficient, causing health risks.
2. **Trimmer and more healthy kids:** An hour of play a day is what doctors say is a basic tool in the effort to ward off childhood obesity and diabetes.
3. **Improved eyesight:** Recent studies find that kids who get outdoor time have less nearsightedness and need eyeglasses.
4. **Less depression and hyperactivity:** Outdoor time in natural setting (even tree-lined streets) soothes kids and lowers their need for medications.

5. **Longer attention spans:** Children who stare at TV and video games all day have less patience and shorter attention spans.
6. **Better at making friends:** Children playing together outdoors relate directly with one another, create games together, choose sides and improve their "people" skills.
7. **More creative:** Outdoor kids are more likely to use their own imaginations, inventions and creativity while playing.
8. **Less "acting out" at home and school:** Getting kids away from TV violence and video games helps them see that violent behaviour does not always solve problems.
9. **Measurably better grades in school:** The healthy bodies and minds that come with outdoor play are better able to do well in school.
10. **A longer lifespan and healthier adult life:** Doctors estimate that sedentary and obese children lose three to five years from their life expectancy.

EXTREME COLD

The Kawartha Pine Ridge District School Board released an operations memo that contains information regarding how to deal with extreme cold. You will find that memo attached to this newsletter. The guideline provided is that when the wind chill is -20C or lower students should remain inside.

NUTRITION PROGRAM **VOLUNTEERS NEEDED**

Everyday Vincent Massey provides a nutritious snack to its students. The benefits of this are endless, from social to physical. Currently, we are in dire need of volunteers to keep this program running.

It involves about 2 hours of your time (8:30 – 10:30) and includes preparing the snacks, delivering the snacks, and cleanup.

We have a fantastic volunteer “Tammy” who heads up the program and can show you what needs to be done.

You do not have to commit to everyday, even one day makes a big difference. You will require a valid police record check which Ms. Coffey or Mrs. Fallis can help you with.

If you would like to volunteer, please contact us in the office and we will get your information to Tammy.

A Message from Ms. McGillen and your Student Council

Your student council is back in full swing organizing events for their peers and our community at large.

The goal of student council members is to build school spirit, create a stronger sense of belonging for their peers, understand and harness the power of community, and build their own leadership and public speaking skills.

Most recently, our Student Council ran the Candy Cane Gram initiative which

was hugely successful. Not only did they help spread cheer and encourage kindness between students, but they also raised over \$1000 towards the grade 8 grad trip. This initiative took students giving up their own time to sell, make, sort, and deliver Candy Canes to their peers, they should be very proud of their contributions to our community.

In 2025 you will see student council members continuing to run; our house colour assemblies, two more spirit weeks, student socials, single whole school spirit days, and more that they don't want to give away just yet!

SAVE THE DATE! The first Saturday in May will be our annual Garage Sale. The goal of the garage sale is to build a stronger sense of community at large while raising money for the student council. We want to open our school doors and let the community in! Community members like yourself will be asked to drop off donations the Friday night before the sale, things that you no longer need (houseware, furniture, clothing, sports equipment, toys, books, etc.) that still have life left in them. Student council members will sort and organize them Friday night and prepare a great sale for our community Saturday morning.

That is it for now, stay tuned for more news from your student council!