

## Student Use of Cell Phones and Apple Watches/similar

A reminder that students do not have access to their phones during the school day-- phones need to be in bags and **OFF** during the school day unless:

1. directed for a specific purpose by a classroom teacher and
2. supervised.

Students are welcome to use the office phone if they need to call home.

With phones away in bags, having them off is important as this is a requirement in the case of **LOCKDOWNS** where all staff and students must have phones off.

Apple watches when used for texting and other purposes are also not permitted.



### "WEEK AT A GLANCE" Sept. 23- Sept.27

#### Monday, September 23

- Open Gym 8:00
- Open Haven 8:00
- Girls Volleyball practice 2:30

#### Tuesday, September 24

- Girls Volleyball practice 7:30am
- Competitive girls vs Eric Langton 3pm @HHE

#### Wednesday, September 25

- **No open gym today!**
- Open Library 8:00
- Individual Photo Day
- Boys volleyball practice 2:30

#### Thursday, September 26

- Open Haven
- Girls Volleyball practice 7:30am
- Rec girls vs Websters 3pm @HHE

#### Friday, September 27

- Open Haven 8:00
- Open Gym 8:00
- Open Library 8:00
- **Orange Shirt Day**
- National Day for Truth and Reconciliation Assembly 9am and Friendship Circle

#### UPCOMING!

National Day of Truth and Reconciliation Stat: Monday September 30: no school  
District Non-Instructional Day: Tuesday October 1, no school for students.

*Don't forget! Login to the parent portal and complete the consent forms asap!*



#### Individual Photo Day

Wednesday

SAY CHEESE



## Family Plan for the end of the day

We have had an increase in the number of phone calls to the office right before the bell rings at the end of the day from parents asking our secretaries to get messages to their children about running late for pick up etc. Often students are already outside by this time or in a location other than their classrooms, and we **CANNOT** guarantee the message will reach your child before they are dismissed.

Please create a **FAMILY PLAN** with your child. For example, if your child does not see you at the regular meeting spot, ask them to wait inside the foyer of the school until you get there.

For some older students, the family plan may be if you don't see me at our regular meeting spot, please walk home.

For the safety of all our students, please have a conversation with your child of what to do if they don't see you at the end of the day!

## National Day for Truth and Reconciliation

Each year, September 30 marks the National Day for Truth and Reconciliation.

The day honours the children who never returned home and Survivors of residential schools, as well as their families and communities. Public commemoration of the tragic and painful history and ongoing impacts of residential schools is a vital component of the reconciliation process.

This federal statutory holiday was created through [legislative amendments](#) made by Parliament.

Wear orange



Both the National Day for Truth and Reconciliation and [Orange Shirt Day](#) take place on September 30.

Orange Shirt Day is an Indigenous-led grassroots commemorative day intended to raise awareness of the individual, family and community inter-generational impacts of residential schools, and to promote the concept of “Every Child Matters”. The orange shirt is a symbol of the stripping away of culture, freedom and self-esteem experienced by Indigenous children over generations.

On September 30, we encourage all Canadians to wear orange to honour the thousands of Survivors of residential schools.

**We invite everyone to wear orange this week.**

## Supporting Our Kids as They Transition Back to School

As we make this this transition back to school we can certainly expect to see some upset, worries and anxiety from our kids. It's sometimes a lot of change for them to navigate.

Here are a few ways we can help to support our kids and students.

- 1) Remember that we as the adults are the anchors in our kids' lives. In times where they are unsure, they look to us for guidance. If we as the adult/ or parent behave in ways that are panicked and we seem at a loss for how to care for them, this will not help to calm or ground them. BUT if instead we take the lead and offer reassurance, and examples and strategies of how we can make it through change and transition, then they too can follow our lead.
- 2) If your child is struggling to leave you in the morning, place the focus on when you will be back together, create a routine around being back together, something that they can look forward to, be it a snack together, cuddling watching a show together, picking up at school and walking home together. What you do is not as important as being together and providing this time to reconnect. Another strategy to help is to put a funny, cute, or loving note in your child's lunch ... something they can see and know that you are thinking of them even while apart... it can help to bridge what can feel like a long day to some kids.
- 3) Routines help to keep kids feeling safe and knowing what comes next. Nothing is too surprising, and they generally know how to conduct themselves accordingly once relationship and routine are established. We are busy here at school (and in our homes) as you are in your homes creating these new routines and expectations. It takes time, patience, compassion and practice to get these routines set up, and hopefully as routines become more established worries and anxieties start to decrease.

Please reach out to us if your child is finding it extra challenging. We do have our wonderful counsellors, Ms. Nina De Luca Monday, Wednesday and Thursday and Ms. Anthea Rippin, on Fridays. They can be reached at [nina\\_deluca@sd42.ca](mailto:nina_deluca@sd42.ca) and [anthea\\_rippin@sd42.ca](mailto:anthea_rippin@sd42.ca).