ISSUE 5 FEBRUARY 2022



touching tomorrow today

Monthly Newsletter of Onoway Elementary School

FEBRUARY EVENTS

Winter Walk Day

FEBRUARY 2

Teachers Convention (No SCHOOL)

FEBRUARY 10&11

FEBRUARY 14
Family Day
FEBRUARY 21









This year, all our trees were decorated by the students. Each student was given a name and made an ornament for someone else. Our trees were filled with purposeful decorations from reindeer, name cubes, gingerbread people, to light-up decorations.



January's theme of the Month: RESPECT

Respect means honouring and taking care of yourself, your loved ones, the land, the water, and the animals. It is about taking and using only what you need and sharing the rest. When we treat others as we would like to be treated, it is an act of respect. We demonstrate respect through our words and more importantly, our actions. To honour and listen to your Elders, parents, and teachers is a sign of respect.

REMINDER

The first bell rings at 8:57 AM and all doors are locked. If dropping off your child after 8:57 AM, they are to use the main entrance (by the flags) and ring the door bell. The door bell is located to the right of the door on the wall.

Let's Talk

by Tammy Charko BA, BSW, RSW







Stuff-A-Truck



Each year, in December, OES partners with Ste. Anne Natural Gas CO-OP (SANG) and collects food for the foodbank. This year, we had hundreds of donations and filled dozens of boxes. WAY TO GO!

Did you know?

You can pay your school fees with School Cash Online!





An average day at school comes with building, playing, listening, and creating. Take a look at some of the fun things that happened this past while. ATLANTA ZOO YORK



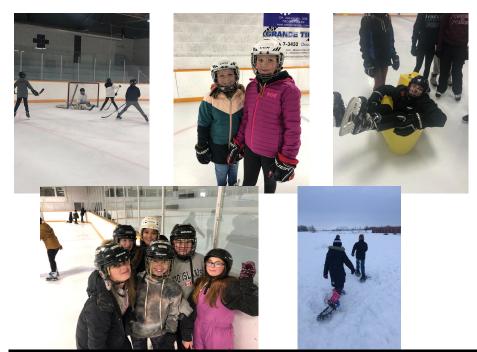
School Council Information

Have you joined our School Council Facebook page? Interested to find out what we are fundraising for?

Visit the website here

Being Active at OES!

December was an interesting month with no-bus days, icy conditions, dumps of snow, splashes of rain, and freezing cold temperatures! But we made the most of it to keep our heart, head, and body healthy! Grades 4 through 7 were able to go skating at the Onoway Rink and grades 1 through 3 had the opportunity to learn to crosscountry ski and snowshoe!



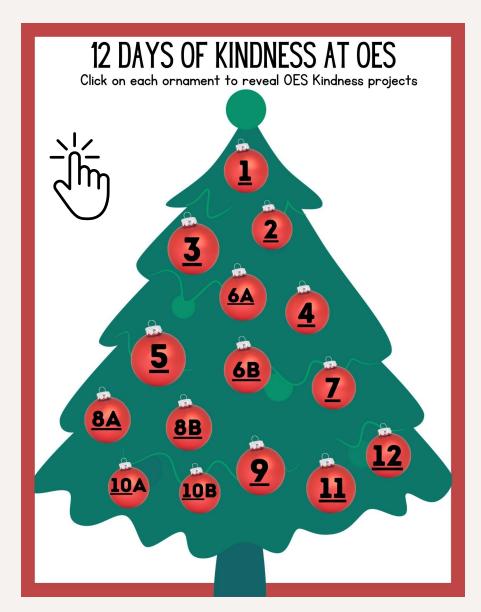
Updated COVIDDaily Checklist



Holiday Sweater Day







Click on the photo, then on each ornament to look at all the projects that took place in December

REMINDER

A friendly reminder when using the drop-off/pick-up loop. Please ensure all your children are ready to exit the vehicle and have all their coats and gear with them for the day. Ensuring a fast and safe flow makes it easier for everyone to use.

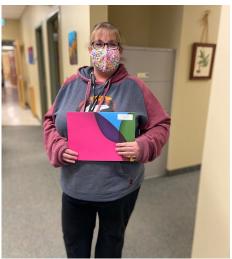


Years of Service Awards

















Lost and Found

We have numerous items brought to our office daily. If you are missing anything, please check the lost and found slideshow!





We are a

WEBS OF SUPPORT

school!



RED - RULE OF FIVE

EVERY CHILD/YOUTH NEEDS TO HAVE AND MAINTAIN AT LEAST FIVE POSITIVE, CARING ADULTS ("ANCHORS") IN HIS OR HER LIFE WHO HAVE AND COMMUNICATE HIGH EXPECTATIONS FOR THEM.

~ PARENT, COACH, TEACHER, MINISTER, ELDER, GRANDPARENT, NEIGHBOUR, UNCLE, AUNT ~

ORANGE - TANGIBLE SUPPORTS



EASY-TO-MEASURE ENVIRONMENTAL SUPPORTS TYPICALLY PROVIDED BY AN INDIVIDUAL'S FAMILY, SCHOOL AND LARGER COMMUNITY. ~ FOOD, CLOTHING, SHELTER ~

YELLOW - INTANGIBLE SUPPORTS



HARDER-TO-MEASURE SUPPORTS THAT EACH INDIVIDUAL HOLDS AND NURTURES WITHIN. THEY ARE VIRTUES, VALUES, AND BEHAVIORS THAT HAVE BEEN TAUGHT TO, MODELED FOR, AND ABSORBED BY THE INDIVIDUAL.



RED, ORANGE AND YELLOW – WEB OF SUPPORT

TOGETHER THESE PROVIDE THE SAFETY NET, THE "WEB OF SUPPORT," OF A CHILD/YOUTH'S HEALTHY DEVELOPMENT.

WE BELIEVE THAT THIS "NET" IS MUCH MORE...IT IS A
"DREAMCATCHER" THAT FILTERS OUT THE BAD THAT COMES INTO A CHILD/YOUTH'S LIFE AND KEEPS IN ONLY THE GOOD.

Check out this link for more info about the PHactors of the Webs of Support Phramework™







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brightwayslearning.org

WEBS OF SUPPORT

school!



GREEN - THE CHILD/YOUTH

THE CHILD/YOUTH HAS INNATE RESILIENCY FACTORS (BIOLOGICAL CHARACTERISTICS, TALENTS, INTELLIGENCES, AND GIFTS), MOST OF WHICH CAN BE GROWN.

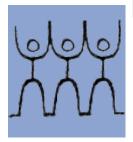
~GROW/SUPPORT THE CHILD'S STRENGTHS & RESILIENCIES~



BLUE - SCISSOR CUTS

THESE ARE DEFICIT BEHAVIOURS/FACTORS THAT CAN UNDERCUT A CHILD/YOUTH'S HEALTH & WELL-BEING.

~LOSS OF A CAREGIVER OR ANCHOR, ILLNESS, HARMFUL LIFESTYLE CHOICES~



INDIGO - CARING FOR THE CARERS

EACH ANCHOR NEEDS TO HAVE HIS/HER OWN NETWORK OF SUPPORT. THEY NEED SUPPORT IN ORDER TO AVOID "DROPPING THE STRINGS" IN THE "WEBS OF SUPPORT" OF THE CHILDREN/YOUTH THAT THEY ANCHOR.

~YOU CANNOT POUR FROM AN EMPTY CUP~



VIOLET - SOCIAL NORMS

CLIMATE OR CONTEXT HAVE STRONG INFLUENCE ON WHAT BEHAVIORS, ATTITUDES, VALUES, AND BELIEFS THE CHILD/YOUTH INTERNALIZES AND/OR PARTICIPATES IN.

~THE 'VIBES' FROM THE FAMILY, SCHOOL & COMMUNITY~

OJSH is also a Webs of Support School!



Derek Peterson Youth Advocate

In the fall of 2017, Onoway
Elementary and Onoway Jr/Sr High,
embarked on a journey with
child/youth champion and
advocate Derek Peterson, to foster
resiliency and prepare our kids
with the tools they need to develop
their own "personal village of
supports."







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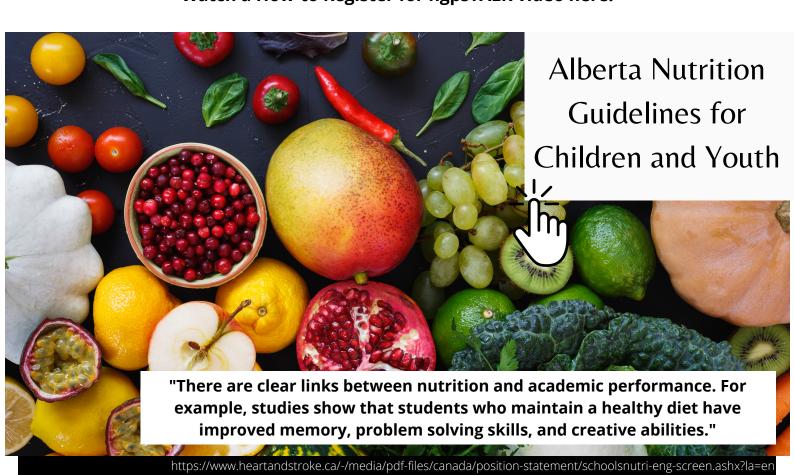


Welcome to ngpsTALK! A space where parents, students, staff and community members can share their ideas and feedback on a variety of topics affecting our school division.

Your voice is important! ngpsTALK is a new online forum we are using to connect easily and regularly with our communities. Register once and you're all set to participate in any/all discussions.

Register now to start sharing! As a thank you for registering, your name will be entered in a draw for prizes! More info to come!

Watch a How-to Register for ngpsTALK video here!



Difficulty sleeping? Waking up tired?

Good sleep habits (sometimes referred to as "sleep hygiene") can help you get a good night's sleep.

Some habits that can improve your sleep health:



Be consistent. Go to bed at the same time each night and get up at the same time each morning, including on the weekends.



Make sure your bedroom is quiet, dark, relaxing, and at a comfortable temperature.



Remove electronic devices, such as TVs, computers, and smart phones, from the bedroom.



Avoid large meals and caffeine before bedtime.



Get some exercise. Being physically active during the day can help you fall asleep more easily at night.

www.cdc.gov

For more: <u>Healthy Sleep Habits</u>

How to be a Better Reader.....



























