

# Tottenham Public School

## April 2021 Newsletter

[tot.scdsb.on.ca](http://tot.scdsb.on.ca)



### From The Desk of Mr. Pattison...

Well it sure is evident that Spring has sprung!

It has been great to have been able to enjoy the wonderful weather that has fallen upon us the past few weeks. In March, it was great to have so many families participate in our Family Paint Night. It was a fun and enjoyable evening for all that attended. Thanks to those of you that have already supported the New Orleans Pizza Kit Fundraiser. Information can be found on our school webpage. As we approach the April Break, I hope everyone can find some time to rest and relax and also have the opportunity to get outdoors and enjoy some great weather! Be safe. Be well!

Sincerely,

Mike Pattison  
Principal



## Super Hero Day

Show your school spirit on Friday April 30th by participating in Super Hero Day!

Dress up as your favourite super hero, create your own super hero costume, or wear a super hero t-shirt. We can't wait to see everyone in their super hero gear!



## SCHOOL DAY

8:45 am	Yard supervision begins
9:00 am	Entry Bell
10:40-11:20 am	Nutrition Break & Recess
1:00-1:40 pm	Nutrition Break & Recess
3:20 pm	Dismissal
3:30 pm	Yard Supervision Ends

*For safety reasons, students should not arrive at school prior to 8:45 am, when staff supervision begins. Please use the **Kiss & Ride** to drop off or pick up your children. There is **NO PARKING** permitted on Rogers Road.*

**PLEASE HELP KEEP OUR STUDENTS SAFE!**

## COVID-19 school screening tool

Each day, families are asked to ensure that their child(ren) complete the COVID-19 school screening tool prior to coming to school. Secondary school students are required to confirm with their teacher that the COVID-19 school screening tool has been completed at the beginning of each day.

The updated provincial direction states that students and staff with any new or worsening symptoms of COVID-19 (as indicated in the screening tool), even those with only one symptom, must stay home until:

- They receive a negative COVID-19 test result;
- They receive an alternative diagnosis by a health care professional; or,
- It has been 10 days since their symptom onset and they are feeling better.

In addition, all asymptomatic household contacts of symptomatic individuals are required to quarantine until the symptomatic household member receives a negative COVID-19 test result or receives an alternative diagnosis by a health care professional.

The COVID-19 school screening tool is available on the Ontario government's website here: <https://covid-19.ontario.ca/school-screening/>. A printable version of the COVID-19 school screening tool can be found here: <https://bit.ly/3uIap6V>. More information is also available on the SCDSB website at [www.scdsb.on.ca/covid-19](http://www.scdsb.on.ca/covid-19).

## In Celebration of International Day of Pink



International Day of Pink is Wed. April 14th. This day celebrates diversity and promotes standing up to bullying. It is a day of action that started in Nova Scotia when two straight high school students saw that a gay student wearing a pink shirt was bullied. The two students intervened, but wanted to do more. They purchased pink shirts and within a few days got everyone at school wearing pink, standing in solidarity for diversity and standing up against discrimination, gender-based bullying and homophobia. At our school we encourage everyone to wear pink that day as together we reinforce the importance of inclusivity and diversity!

## Participate in the first-ever SCDSB student census

At the SCDSB we are committed to identifying and removing barriers within our system that impact equity, achievement and well-being of students, and to ensuring that all students are offered supportive, inclusive and respectful learning environments. To support these efforts, we must learn more about our students.

In April 2021, the SCDSB will hold its first student census. The confidential SCDSB Student Census 2020-2021 will be used to collect identity-based student data so that systemic barriers can be identified. The results will guide our focus on programs, supports and resources to address inequities within our system.

Between April 1 and 30, 2021, students in Grades 7 to 12 and parents/guardians of students in Kindergarten to Grade 6 will be invited to participate in the SCDSB Student Census 2020-2021. Students in Grade 7 to 12 will be emailed a secure link inviting them to complete their census. For students in Kindergarten to Grade 6, parents/guardians will complete the student census on behalf of their child or children. Parents/guardians of these students will receive an email invitation which includes a secure link to their child(ren)'s student census. The email used for parents/guardians will be the primary contact email on file at their child's school.

For further information regarding the SCDSB Student Census 2020-2021, visit the SCDSB website or contact Lisa Newton, Manager of Research and Decision Support, at [census@scdsb.on.ca](mailto:census@scdsb.on.ca), or (705) 734-6363, ext. 11731.

## Family fun with multiplication facts!

Has your child been asked to practice their math facts at home? Math facts are best learned in a purposeful way that helps students make connections between the facts, as opposed to memorizing them individually.

### Tips for supporting fact fluency at home

1. Practice the facts in a meaningful order:
  - Start with foundational facts like 2s, 10s, 5s, 1s, and 0sMove on to more challenging facts that can be found using combinations of foundational facts, like 3s, 4s, 6s, 8s, 9s and 7s
  - The Mastering Math Facts resource provides strategies to support each group of facts:  
<https://bit.ly/39cNzLE>
2. Help your child see that the order of the factors does not change the product:
  - Example,  $2 \times 5 = 10$  and  $5 \times 2 = 10$
3. Help your child practice by decomposing more challenging facts into known facts:
  - Example 1:  $7 \times 8$  can be thought of as  $(7 \times 4) + (7 \times 4)$
  - Example 2:  $5 \times 7$  can be thought of as  $(5 \times 5) + (5 \times 2)$
4. Help your child visualize the facts by building arrays and drawing pictures to represent them: <https://mathvisuals.wordpress.com/multiplication-division/>.
5. Play games such as:
  - Blockout! - <https://mathforlove.com/lesson/blockout/>
  - Math Flips - <https://mathvisuals.wordpress.com/math-flips/>
  - Stick and Split - <https://www.stickandsplit.com/>
  - Games to play with a deck of cards - [https://docs.google.com/file/d/0B\\_wlnPzXZBUZRk0yNXFBd3dqTDg/edit](https://docs.google.com/file/d/0B_wlnPzXZBUZRk0yNXFBd3dqTDg/edit)
6. Allow your child as much time as they need to find an answer for a fact. This will lower stress, support them with using the strategies they are learning, and they will soon become automatic with practice.

## Days of awareness and recognition taking place in April

Throughout the year, there are many awareness days that focus on different causes and recognition. The Simcoe County District School Board (SCDSB) has developed a list of these days as a guide for schools. Schools may participate in recognizing some or all of these days in various ways. This list is not exhaustive. Following are the days of awareness and recognition that the SCDSB will recognize during the month of April:

<b>April 2</b>	World Autism Awareness Day
<b>April 14</b>	International Day of Pink
<b>April 22</b>	Earth Day
<b>April 28</b>	Administrative Professionals Day National Day of Mourning (World Day for Safety and Health at Work)

## Character Attribute for the month of April

**Optimism** - we maintain a positive attitude and have hope for the future.

More information about Character Education can be found here:

[www.scdsb.on.ca/about/character\\_education](http://www.scdsb.on.ca/about/character_education)

## Get outside and play!

Active play does more than help kids to achieve the 60 minutes of physical activity they need every day; it supports their development in many ways – especially when the play is outdoors, self-directed and fun. This allows kids to test boundaries and problem-solve, develop social skills, resolve conflict and learn to control their emotions and behaviour.

Active play outdoors in the fresh air and nature also helps to improve mood and lower stress. Support your child to play outside in the neighbourhood and at your local park as much as possible, while staying safe by maintaining COVID-19 prevention protocols for physical distancing and mask use.

*Information provided by the Simcoe Muskoka District Health Unit*

## The Teenage Brain

Did you know that the teen brain is still developing until about the age of 25? The part of the brain that powers a teen's ability to think, plan, solve problems, make decisions and control emotions is one of the last parts to mature. This may help explain certain teenage behaviour such as poor decision-making, recklessness and emotional outbursts.

Due to their brains still developing, young people are at greater risk from the harmful effects of alcohol and other drugs. Stay connected, keep talking with your teen and be a good role model.

For more information, visit the health unit's website at [www.simcoemuskokahealth.org](http://www.simcoemuskokahealth.org)

*Information provided by the Simcoe Muskoka District Health Unit*



## Supporting student mental health and well-being

When students attend school, whether in-person or online, they engage in important routines and foster connections that can help them to feel more balanced amidst the uncertainties of the pandemic. Our school is committed to bolstering student mental health and well-being by teaching our students to practice strategies to increase their stress management and coping skills.

School Mental Health Ontario works together with Ontario school districts to support student mental health. Tottenham Public School will be using a collection of resources for educators to support student mental health during the ongoing pandemic response. These resources are evidence-based. This month, we will be practicing various breathing strategies.

**Try the hand tracing exercise:** <https://bit.ly/2OWOAAAN>

- Starting at your wrist, trace the left side of your hand up to your middle finger while taking a deep breath for four seconds
  - Pause at the top of your middle finger and hold in your breath for four seconds
  - Breathe out while tracing down the right side of your hand for four seconds
- Repeat four times

# April 2021 "Optimism"

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2 Good Friday (no school) World Autism Awareness Day	3 
4 	5 Easter Monday (no school)	6	7	8	9	10 New Orleans Pizza Kit Fundraiser 
11 New Orleans Pizza Kit Fundraiser 	12 <i>Chaitra/Chithirai Begins</i>	13 <i>Ramadan Begins</i> <i>Vaisakhi</i>	14  International Day of Pink	15	16	17
<b>Spring Break</b>						
18	19 Virtual Parent Council Meeting 6:30pm <i>Vasant Navratri begins</i>	20 <i>First Day of Rīdvan</i>	21 <i>Rama Navami</i>	22 Earth Day  Grade 8 Graduation Photos	23	24
25 <b>Upcoming Events</b> May 1-9 – Virtual Book Fair May 9– Mother's Day May 24– Victoria Day	26	27	28 <i>Theravada New Year</i>	29	30 Super Hero Spirit Day 	



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Subscribe to our school website for updates!

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