


KNIGHTS



North Elmsley Public School

March 2024 Newsletter

Principal's Message

Dear Families,

And just like that February has flown by. Hard to believe we are already in March! The days are getting warmer and we are finally getting to see the sunshine 😊 As Winter changes over to Spring, our yard can be a messy place! Please send a change of clothes in your child's backpack in the event that they get wet/muddy. Students are expected to wear appropriate footwear outside and reminded to have indoor shoes for inside use only(not to wear out on the yard).

As you noticed in the Month of February we were having "Spirit Wednesdays". We have had so much participation and fun, that we are continuing to do this during the Month of March too.

Please see the attached calendar for important dates for the month of March.

As always, if your child is going to be away please either call the school or enter their absence into MyFamilyRoom.

Looking forward to another great month. Please feel free to reach out anytime.

Sincerely,

Kami Link

Principal – North Elmsley Public School

School Council

The upcoming Council meeting is taking place on March 6, 2024 at 6:30pm in the library at North Elmsley Public School. All are welcome and we have free childcare available.

Our School Council has been working hard to put together some amazing fundraisers. See next page, we hope to see you out at our at the "Family Photo Knight".

Kindergarten Registration



North Elmsley Public School invites Junior Kindergarten and Senior Kindergarten aged pupils to register for the 2024-2025 school year. Senior Kindergarten pupils must be 5 years of age on or before December 31, 2024. Junior Kindergarten pupils must be 4 years of age on or before December 31, 2024. If you have a child or know of a child who will be of Kindergarten age, please call the School at 613-267-1371 for information regarding registration or register directly through MyFamilyRoom.



Skating

Our grade 1-6 students will be going public skating March 7th and 8th. We are still looking for parent volunteers to tie skates and/or go on the ice and skate to help some of our younger and/or less experienced skaters. Please reach out to the school if you are able to help.

JOIN US AND OUR AMAZING PHOTOGRAPHERS FOR A TRULY MEMORABLE KNIGHTS FUNDRAISER!

\$25.00 GIVES YOUR FAMILY:
▪ A 10 MINUTE SESSION
▪ 1-2 PHOTOS

TO SCHEDULE A SESSION TIME, PLEASE USE THE "LIVE SPREADSHEET" THAT IS LINKED TO THE SCHOOLS EMAIL. REMEMBER TO ARRIVE 5 MINUTES EARLY TO GIVE YOUR INFORMATION AND PAYMENT TO THE PARENT COUNCIL MEMBERS.

MISSED GETTING A SESSION? DON'T WORRY, WE WILL HAVE ANOTHER FAMILY PHOTO FUNDRAISER SOON!

❖
NOTE: CASH ONLY EVENT
❖

NEPS
Parent Council



Family
PHOTO
"KNIGHT"



MARCH 23, 2024

K. JONES
PHOTOGRAPHY

 \$25.00



THE PHOTOGRAPHER WILL DETERMINE IF OUTDOOR SESSIONS ARE AN OPTION PENDING WEATHER FORECAST CLOSER TO THE DATE OF FUNDRAISER.

****Please note: this is a cash only event****

Saturday March 23rd - North Elmsley Public School's Parent Council presents their "FAMILY PHOTO KNIGHT" Fundraiser!!! Proceeds for this event will go towards funding end of year school trips and educational experiences for all our students.

This event is open to family and friends of North Elmsley PS.

YOU DO NOT REQUIRE TO HAVE A CHILD ATTEND OUR SCHOOL TO PARTICIPATE.



E-Bits March 2024

For Administrators and Educators:

MyView Youth Film Festival is back. Engage students in making a short video (5 minutes or less) on a topic of their choice for a chance to win great prizes, including cash prizes of \$500, \$750 and \$1000! Youth ages 10-24 from Eastern Ontario can enter independently or as a group. It is an exciting way to encourage youth voices and creativity. The **submission deadline is May 1st, 2024** and the red carpet Awards Ceremony will be held at the Brockville Arts Centre on June 12th. For more information, visit www.myviewfilmfest.ca or email info@myviewfilmfest.com.

March is Nutrition Month! This year's theme is "We Are Dietitians". Did you know the Healthy Schools team has a dietitian that works with your school's Public Health Nurse? The dietitian supports all elementary and secondary schools in LGL by providing consultations related to teaching about nutrition. This includes recommending curriculum-linked lessons based on the most up-to-date evidence and providing training sessions to school staff and volunteers on teaching about nutrition, body image and self-esteem, and food literacy. Contact your school's Public Health Nurse for more information and to connect with our dietitian.

For Families:

MyView Youth Film Festival is back. Engage youth in making a short video (5 minutes or less) on a topic of their choice for a chance to win great prizes, including cash prizes of \$500, \$750 and \$1000! Youth ages 10-24 from Eastern Ontario can enter independently or as a group. It is an exciting way to encourage youth voices and creativity. The **submission deadline is May 1st, 2024** and the red carpet Awards Ceremony will be held at the Brockville Arts Centre on June 12th. For more information, visit www.myviewfilmfest.ca or email info@myviewfilmfest.com

Heathy Smiles Ontario. Do you have a child 17 and under, who is in pain or you think has a cavity? If it would be a financial hardship to pay for dental care, call the Leeds, Grenville and Lanark District Health Unit to learn more about the free government-funded Healthy Smiles Ontario (HSO) dental program. Call 1-800-660-5853 ext. 2456 or visit our website at <https://healthunit.org/health-information/oral-health/healthy-smiles-ontario/>.

Self-Care over the Winter Break: Ideas for Students. March break is just around the corner! While it is a break that many look forward to, the change in routine may cause many different emotions. Here are some self-care tips and tricks that you can discuss with your children/youth: <https://smho-smso.ca/self-care-over-the-winter-break-ideas-for-students/>.



Winter Mental Health Tips



1

Thinking About Gratitude

As a family, think of the things you are grateful for. For younger kids, try helping them journal their feelings using colours.

2

Stay Connected

Help your kids stay connected with friends, whether that be virtually or in-person. Create opportunities to help them keep in touch.

3

Let Your Kids Help Make Plans

Collaborate with your kids on activities to stay busy. Ask if they want to try anything new or to teach you something like a game or other interest.

4

Embrace Winter & Stay Active

Winter offers so many opportunities to stay active by enjoying all the cold-weather activities. As a family, go sledding, ice skating, skiing, or build a snow man!

5

Keep Healthy Habits and Routines

Prioritizing healthy habits such as getting enough sleep, eating healthily, and exercising regularly will help to keep your family mentally healthy.

6

Self Care for Parents & Caregivers

It is important for parents and caregivers to keep up with self-care and take time for themselves. Check in with your own mental health and reach out if you need support.

7

Reach Out

It's okay to ask for help if you, your family member, or child is struggling. Help is available from child and youth mental health professionals who can talk to your child or you, or both.

To find local supports & services near you, go to www.ucdsb.on.ca



- Click "For Students"
 - "Mental Health & Well-Being"
 - "Community Supports & Services"

WHAT YOU NEED TO KNOW ABOUT HEAD LICE



WHAT ARE HEAD LICE?

Head lice are tiny wingless insects that live on the scalp. They do not carry any diseases so are not a public health risk. Anyone can get head lice.

NITS

- Nits are eggs that are laid by a female louse and are firmly attached to the hair shaft.
- They are about the size of a pinhead and are often found along the forehead, back of the head and behind the ears and are within 1 cm of the scalp.
- The nits are grayish-white, tan or yellow. Some can be the same colour as hair, making them difficult to see.
- Nits hatch in 6-10 days.



ADULT LICE

- Lice are the size of a sesame seed and are tan to grayish-white in colour. They may look darker in people with dark hair.
- They need blood to survive and can live up to 30 days on the head but will die within 1-2 days if they fall off the head.



HOW IS HEAD LICE SPREAD?

- Head lice are spread mainly through direct head-to-head contact. When heads are close together lice crawl very quickly from one head to another. Lice cannot fly or jump.
- They may also be spread by sharing items such as combs and hats but this is less common.
- Head lice do not live on animals.



WHAT DO I LOOK FOR?

WATCH FOR

- Frequent itching and sores on the scalp from scratching.



There may be no symptoms. Check all family members for lice by:

- Using good lighting. Daylight is best, so try sitting by a window.
- Looking throughout the hair for lice. They can be difficult to see because they are small, hide within the hair and move very quickly.
- Using a magnifying glass and fine toothed comb can help.
- Looking for nits firmly attached to the hair shaft and within 1cm of the scalp. Part the hair into small sections and move from one side of the head to the other. Nits can be confused with dandruff or hair spray droplets-they will not fall off if touched.
- Nits will only come off if they are pulled off with your finger nails or nit comb.



TREATING HEAD LICE

Treat only the person who has head lice with a product that kills live lice. Treatment is available from your pharmacy (no prescription needed). Your pharmacist can help you choose a head lice product.

REMEMBER

Always remember to:

- Follow the label directions carefully.
- Avoid use of conditioning shampoo or conditioner before or 48 hours after using head lice treatment.
- Contact your health care provider or a pharmacist before using head lice treatment if you are pregnant, breastfeeding, have allergies or for a child under 2 years old.
- Treatment must be repeated again 7-10 days after the first treatment.



REMOVE

Remove all head lice and nits from hair:

- Use your fingernails to pull off the nits from the hair or use a head lice comb (metal ones work better than plastic). Repeat daily until there are no nits.
- Separate hair into sections then pick up a few strands at a time to remove nits.
- Check each section of the head closely before moving on (pay attention to behind ears, nape of the neck, and close to the scalp).



HOME

Treating the Home:

- Wash clothing and bedding used in the last 3 days by the affected person in hot water and dry in a hot dryer.
- Place items that cannot be washed in a sealed bag for two weeks.
- Put all combs, brushes and hair accessories in hot, soapy water.



Do not treat a person with head lice more than 2-3 times with the same shampoo if it does not seem to be working. Always seek the advice of your health care provider if this should happen. They may recommend a different product.

WHAT ABOUT OTHER TREATMENTS?

A number of household products such as mayonnaise, petroleum jelly, olive oil, tea tree oil, hair gel and vinegar or wet combing have been suggested as a treatment. These products show little proof of killing head lice and are not as effective as head lice shampoo.



FOR MORE INFORMATION

For more information, please visit us online at www.healthunit.org

Call 1-800-660-5853 for more information.

Websites:

- www.healthunit.org
- <http://www.cdc.gov/parasites/lice/head/>
- http://www.caringforkids.cps.ca/handouts/head_lice



Adapted with permission from Middlesex-London Health Unit, Elgin St. Thomas Public Health & Oxford County Public Health

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