


KNIGHTS



North Elmsley Public School

April 2024 Newsletter

Principal's Message

Dear Families,

As March flew by, we are excited to kick off April. As the weather is getting warmer, the yard at times can be quite 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). Younger students should also bring a change of clothes, just in case they get wet and muddy.

Please see the attached calendar for upcoming events and important dates for the month of April.

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

I would also like to officially announce the retirement of Mrs. Churchill. She has been an integral part of the North Elmsley Staff for decades. Her positivity, passion for education, contagious laugh and dedication to her students will be sadly missed by our entire community. All the best to Mrs. Churchill. Congratulations! In the same breath, we welcome (back) Mr. Blythe who will be taking over the Gr 5/6 starting April 2nd.

As always, please reach out anytime!

Sincerely,

Kami Link

Principal – North Elmsley Public School

Kindergarten Registration

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North Elmsley Public School invites Junior Kindergarten and Senior Kindergarten aged pupils to register for the 2024-2025 school year. 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.

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Real World Learning

We are very excited at NEPS to be part of some Real World Learning projects. You may have saw on our Facebook page that our Gr 5/6 class planned a meatless crockpot meal (finding recipe, ingredients, creating a budget, etc), went shopping at the Metro for their ingredients, prepared their meal, cooked it and tasted it 😊 They also wrote reviews of their own meals and others and looked at extensions in budgeting for having to consider making their meal for multiple people.

Our grade $\frac{3}{4}$ class wrote letters to the Real World Learning team and did a TEAMS video pitch to get two ZipGrow towers for growing plants indoors. They spent some time putting them together, finding a location, planting, and now are performing all the maintenance. This is a learning process, but they are so excited.

More to come about how our Kinders and Gr $\frac{1}{2}$ will also be involved!

School Council hosted our first annual
Photoshoot on Saturday, March 23rd and it was
a huge success!!!!!!

Here is the next event!

NEPS PARENT Council Presents

PARENT "KNIGHT" OUT

May 10, 2024
5:00pm - 8:00pm
canteen snacks and drinks
at additional cost

due to limited spaces and
volunteers, parents must
register permission forms
BEFORE May 1

\$10.00 for 1 child
\$15.00 for family of 2 children
\$25.00 for family of 3 children
\$35.00 for family of 4 children

**All proceeds go towards
Student events and experiences**

Forms will be sent home in a next couple of
weeks.

Learn more about

One Stop Talk



ABOUT THE PROGRAM

One Stop Talk offers children and youth (aged 0-17) immediate access to free mental health support. The program provides single session counselling support and ensures direct referral to additional service when needed. Services are provided through an integrated network of infant, child and youth mental health agencies across Ontario.



TO BEGIN YOUR SESSION



Online chat option for (audio and video call):
www.OneStopTalk.ca



For the phone option, call:
1 (855) 416-8255 or
1 (855) 416-TALK

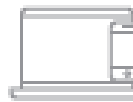
One Stop Talk is committed to be an inclusive service for every child and youth across Ontario.

KEY INFORMATION



HOURS OF OPERATION (EST):

Monday to Friday:
12PM - 8PM
Saturday:
12PM - 4PM



EASY TO ACCESS

Access the program online or by phone to connect with registered mental health professionals for brief therapy. There is no limit on the number of times you can contact One Stop Talk.



SESSION DURATION

1-hour long and typically focus on a single issue.



INTERPRETERS AVAILABLE

Services are offered in English and French. You can request an interpreter (available for 200+ languages including ASL) for a session in your preferred language, before connecting with our therapists.



SESSION OUTCOME

You receive access to help right away and co-develop an 'action plan' after a therapy session.






April 8th Solar Eclipse: Planning to view the solar eclipse on April 8th? Check out this safety information first:

- Looking at the eclipse without proper eye protection could burn your retinas, blur your vision or cause you to lose your eyesight.
- Make sure you have undamaged, safe to use eclipse glasses (ISO Certified and meet ISO 12312-2 international safety standard). To find suppliers of these glasses visit: <https://eclipse.aas.org/eye-safety/viewers-filters> or check your municipality's website.
- Keep a watch on those you care for during the eclipse, particularly young children, and make sure they do not look at the sun without the right eye protection.
- It is not safe to view the eclipse through sunglasses, a homemade filter, camera/phone lens, telescope, binoculars, or any other optical device.
- If driving during the eclipse, turn on your headlights, watch out for pedestrians, and do not stop on the shoulder.
- If you experience any changes in your vision during or after the eclipse, call Health811, your health care provider or visit a virtual care clinic: www.virtualcareontario.ca.

For more safety tips: <https://healthunit.org/health-information/emergency-preparedness/total-solar-eclipse/>

April is Oral Health Month! This year's theme is "We Are Stronger Together". The Leeds, Grenville & Lanark District Health Unit is encouraging families with children from JK to Grade 6 to participate in an Oral Health Month activity. We want to see what oral health means to children in our community. More details can be found in the attached poster. We look forward to your submission!

April is Oral Health Month



The parent/guardian, child, dental office, and public health all play an important role in maintaining a child's oral hygiene and preventing cavities.

We are Stronger Together!

Attention:
Parents and Kids JK to Gr. 6!
 Work together to submit a drawing or painting to show who is on your child's oral health team.
 Examples may include: how a child cares for their teeth at home, how their parent/guardian helps with their oral health care routine, what happens when they visit the dental office, or what dental screening looks like when our Oral Health Team visits their school.
 Email a photo of the creation to hso@healthunit.org to enter the draw. Include your name, grade and school.
10 Lucky winners are eligible for an oral health friendly prize!
 The activity opens April 1, 2024 and the deadline to submit is May 1, 2024.

For more information,
 call 1-800-660-5853 ext. 2456
 or visit www.healthunit.org

