



## SPECIAL POINTS OF INTEREST:

- School Cash Online. Register at [stdavids.dsbni.org](http://stdavids.dsbni.org)
- Just a reminder that we have students who are allergic to nuts. Please check packaging carefully when sending food with your child. Thank you!
- Please call the school when your child is going to be absent 905 262-4533

## UPCOMING EVENTS APRIL

- 3 World Autism Day Wear Blue today  
Assembly 11:30  
Jr Bball @ St. Davids
- 5 Mad Science
- 6 Pizza Day
- 9 Dufflebag Theatre  
Beauty and the Beast
- 10 Jr Bball @ St. Davids
- 12 Project Share JK/Sk  
Mad Science  
Math Olympics  
Jr Bball @ Oakridge
- 13 Gr. 8 Bake Sale
- 17 Buddies  
Heritage Fair
- 19 Mad Science
- 20 Bike Rodeo Gr. 5s  
Pizza Day
- 23 Heritage Fair Finals  
Gr. 4s to Adventure  
Campus
- 24 DSBn Heritage Fair  
6:00 pm School Council
- 25 Carousel Players Perf  
JK - Gr. 3
- 26 Int Badminton @ Gov  
Simcoe  
Mad Science
- 27 Pizza Day  
Colour Groups
- 30 Dental Screening  
Assembly 9:00

**1344 York Road,  
St. Davids, Ontario  
Telephone: (905) 262-4533  
[stdavids.dsbni.org](http://stdavids.dsbni.org)  
Principal - Mrs. Tracy Leemet**

## Raising Resilient Children

Resilient kids are problem solvers. They face unfamiliar or tough situations and strive to find good solutions. Resilience can be taught. It is important for parents to equip their children with the skills to handle the unexpected which actually contrasts with our culture.

Here are some suggestions for raising resilient kids.

1. Don't accommodate every need.
2. Avoid eliminating every risk.
3. Teach them to problem solve.
4. Teach your kids concrete skills.
5. Avoid "why" questions.
6. Don't provide all the answers.
7. Avoid talking in catastrophic terms
8. Let your kids make mistakes.
9. Help them manage their emotions.
10. Model resiliency.

Resiliency helps kids navigate the inevitable trials, triumphs and tribulations of childhood and adolescence. Resilient kids also become resilient adults, able to survive and thrive in the face of life's unavoidable stressors.





### Clean Your Hands

Cleaning your hands is the most effective way to prevent the spread of germs. Regular hand cleaning with soap and water, or an alcohol based hand sanitizer will reduce the risk of getting sick. Cleaning your hands should occur:

- Before preparing meals
- Before eating
- After using the wash-room
- After coughing or sneezing
- After blowing your nose
- After playing with pets
- After playing outdoors

Use warm water and soap and lather and scrub for at least 15 seconds if your hands are visibly dirty. For more information, talk to your school nurse or go to [www.niagararegion.ca/health](http://www.niagararegion.ca/health).

## Prom Project Niagara

education foundation of niagara presents

# PROM PROJECT NIAGARA

**Sat. April 21, 2018**  
**9:30 a.m. - 1:30 p.m.**

**3 Locations:**  
**DSBN Academy**  
130 Louth St., St. Catharines  
**Beamsville Secondary School**  
4317 Central Ave, Beamsville  
**Fort Erie Elementary School**  
474 Central Ave, Fort Erie

~ Bus Pick-ups ~  
**Niagara Falls & Welland**  
 Stamford SS / Westdale - Centennial / Eastdale

A one day fun free formal wear extravaganza for EVERYONE!

- Hairstyling vouchers
- 1000's of dresses
- Lots of suits
- Alterations on site
- Ties
- Many Accessories
- Shoes of all kinds

Instagram: [promprojectniagara](https://www.instagram.com/promprojectniagara)

PenFinancial Credit Union Presenting Sponsor

## Chess Update

St. David's school was well represented at the DSBN area chess tournament on March 26th by 22 students from grade three to grade eight. All players ended the day with at least one win, and three students qualified for the regional tournament on April 10th. Congratulations to Paige Hoadley, Ethan Abraham, and Evan Dueck. Great work chess players!



## **SAFE AND SECURE SCHOOLS**

We strive to maintain our school as a safe and secure learning environment for our students. Access to our school will only be through the front door, and visitors will be buzzed in. To ensure student safety, all visitors must:

- ◆ only access the school through the front door
- ◆ Check in at the office before going to a classroom
- ◆ Sign in using the “Visitor Sign In” book located in the main office
- ◆ Wear a visitor’s sticker during your stay with us
- ◆ Use washrooms designated for adults, as student washrooms are for children only
- ◆ If you are dropping off an item for your child or picking him/her up for an appointment, you may simply check in at the office as per usual and allow one of our staff members to take care of your request.



## **How Long Must My Child Stay Home When Sick?**

Please keep your child at home and away from others if he or she has any of these symptoms:

- ◆ Fever
- ◆ Diarrhea
- ◆ Vomiting
- ◆ Rash
- ◆ Frequent coughing or sneezing
- ◆ Yellow or green discharge from the nose, ears, or eyes
- ◆ Sore throat

Contact your family doctor for a diagnosis. Your doctor will advise you about care and treatment if a communicable disease is diagnosed. For more information, please contact the Infectious Disease Program at 905-688-8248 ext. 7330 or 1-888-505-6074 or [www.niagararegion.ca](http://www.niagararegion.ca)

**Niagara  Region**



## BENEFITS OF ACTIVE SCHOOL TRAVEL

### Healthier students

Active school travel helps to meet the goal for school-aged children of at least 60 minutes per day of moderate to vigorous physical activity, which is linked with lower body mass index and improved cardiovascular health. Physical activity also supports healthy brain development, which can lead to improved learning and academic outcomes.

Mental health benefits include reduced stress, depression, and anxiety, and increased happiness.

Active school travel also helps to meet Ontario Ministry of Education goals for student well-being and helps to build life-long habits of independent and active mobility.

### Fewer emissions, less air pollution

Reducing the number of children being driven to school improves air quality and reduces associated risks of lung and cardiovascular diseases. Air pollution can also impact cognitive development: children are particularly vulnerable, experiencing negative impacts at lower levels of exposure than adults. See: Air Quality Information sheet, and Every Breath We Take: The Lifelong Impact of Air Pollution.

Increased active school travel also supports Ontario's greenhouse gas reduction target of 80% by 2050 (Ontario Climate Action Plan) by reducing vehicle emissions.

### Safer school zones, healthier communities

Reducing traffic volumes at bell times creates safer school zones for all students and improving walking and cycling routes to school enhances the safety, connectivity, and quality of life for the community as a whole.

*The information on this page is drawn from a broad range of sources – for a full listing refer to our Active School Travel Fact Sheet and Reference List.*



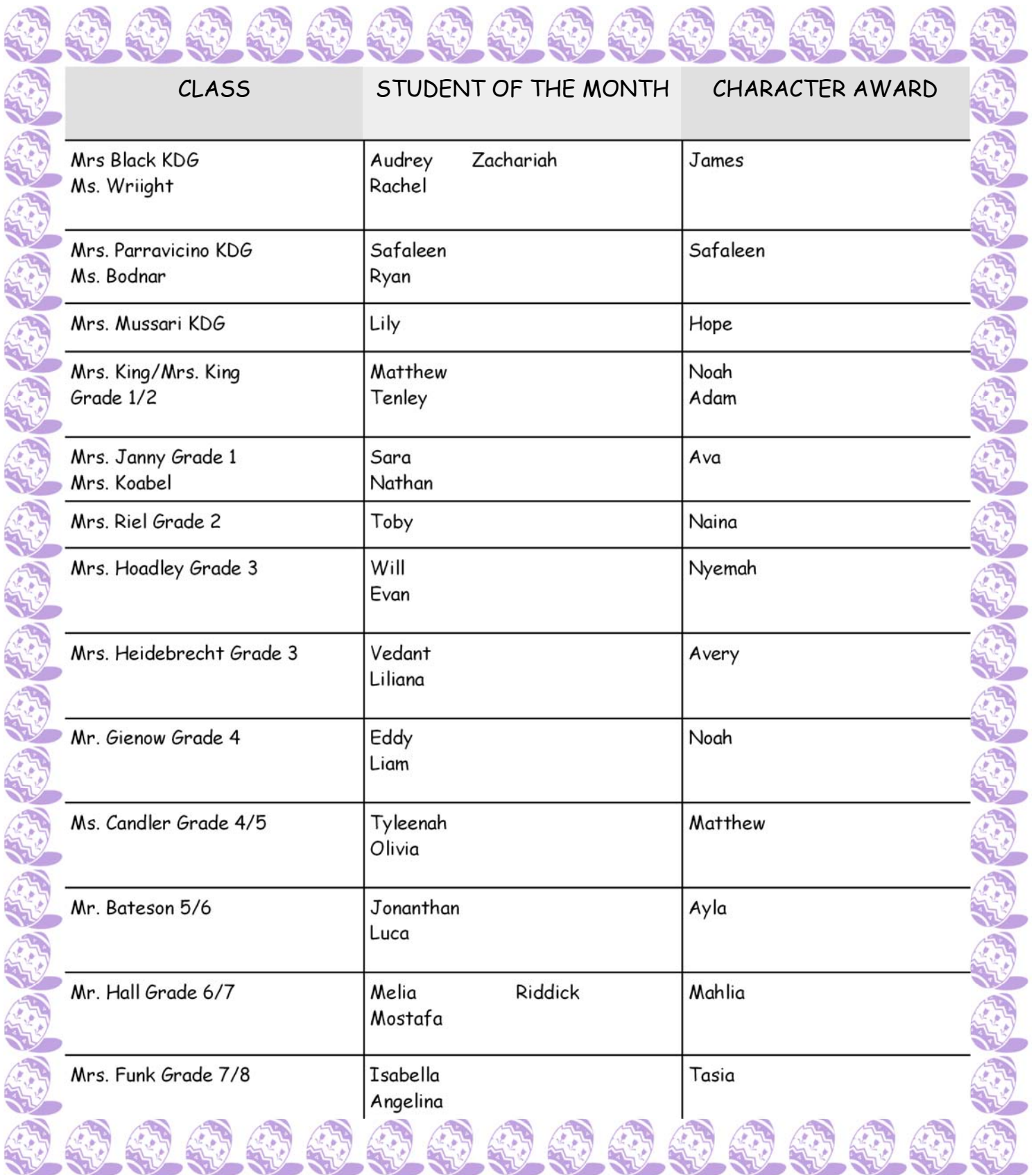
**School's  
website is:  
[stdavids.dsbns.org](http://stdavids.dsbns.org)**

**School and  
Classroom  
Newsletters will  
be posted every  
month on the  
website. Please  
be sure to  
check it  
regularly!!**

## HEALTH NURSE

St. David's health nurse will be visiting and promoting optimal health among our students and assisting us to develop a healthy school environment. If you have any questions about the services she offers, please contact the school.

## Student of the Month Winners for March



CLASS	STUDENT OF THE MONTH	CHARACTER AWARD
Mrs Black KDG Ms. Wriight	Audrey Zachariah Rachel	James
Mrs. Parravicino KDG Ms. Bodnar	Safaleen Ryan	Safaleen
Mrs. Mussari KDG	Lily	Hope
Mrs. King/Mrs. King Grade 1/2	Matthew Tenley	Noah Adam
Mrs. Janny Grade 1 Mrs. Koabel	Sara Nathan	Ava
Mrs. Riel Grade 2	Toby	Naina
Mrs. Hoadley Grade 3	Will Evan	Nyemah
Mrs. Heidebrecht Grade 3	Vedant Liliana	Avery
Mr. Gienow Grade 4	Eddy Liam	Noah
Ms. Candler Grade 4/5	Tyleenah Olivia	Matthew
Mr. Bateson 5/6	Jonanthan Luca	Ayla
Mr. Hall Grade 6/7	Melia Riddick Mostafa	Mahlia
Mrs. Funk Grade 7/8	Isabella Angelina	Tasia

## Parent Council Corner



**Welcome to Spring!**

St. Davids School Council would like to offer you a GREAT opportunity to empty your closets of any items that are too small, not used, or worn out! For the entire month of April you can drop off bags of clean/odourless/dry items such as; drapery, footwear, jackets, clothes, soft toys, belts, purses, sport balls, glasses, and linens!

We have partnered up with Ontario Textile Recycling to earn \$\$\$ for our School for every pound of items collected! Please help us – help you – get kick started on your spring cleaning! Spread the word – and bring in your extended family’s items!

Find out in May how much we raised! Check out [www.OntarioTextileRecycling.com](http://www.OntarioTextileRecycling.com) and/or chat with your kids to hear about what they learned at their March assembly about the benefits to our planet by recycling textiles.

## Importance of Attendance

The primary rationale for high-quality attendance data is the relationship between student attendance and student achievement. Teacher effectiveness is the strongest school-related determinant of student success, but chronic student absence reduces even the best teacher's ability to provide learning opportunities. Students who attend school regularly have been shown to achieve at higher levels than students who do not have regular attendance. This relationship between attendance and achievement may appear early in a child's school career. A recent study looking at young children found that absenteeism in kindergarten was associated with negative first grade outcomes such as greater absenteeism in subsequent years and lower achievement in reading, math, and general knowledge.

It is very important that parents reinforce the importance of good attendance and being on time. These are life skills that will improve their child's academic achievement and develop behavioural patterns of responsibility and discipline. It will also pay dividends in student achievement and preparation for life after high school.



# Spring Clean Up Fundraiser



## St. Davids Public School

### Textile Recycling Fundraiser – April 3<sup>rd</sup> to 27<sup>th</sup>, 2018

Just in time to make your *Spring Cleaning* easier - St. Davids School Council is hosting a **Textile Recycling Fundraiser!** From April 3<sup>rd</sup> to 27<sup>th</sup> we are accepting household textile items you would like to get rid of! We accept items in any condition, as long as they are **clean/dry/odourless!** Just place your clothing/etc in a plastic bag and drop off at the office! Our school will receive \$\$\$ per pound of items donated! Stay tuned in May to hear how much our community raised for St. Davids PS!!!

For more info please contact: Tia Carroll (905) 733-8520, [www.OntarioTextileRecycling.com](http://www.OntarioTextileRecycling.com)

**TEXTILE WASTE DIVERSION**

**WHY REDUCE TEXTILES?**

MORE THAN \$127 MILLION OF CLOTHING WINDS UP IN LANDFILLS EACH YEAR AFTER BEING WORN ONCE

RECYCLING CREATES 85 TIMES MORE JOBS THAN LANDFILLING & JOBS IN RECYCLING PAY 22% MORE THAN THE PROVINCIAL AVERAGE REGARDLESS OF THE ITEM

ONE IN FOUR WOMEN OWN SEVEN PAIRS OF JEANS, BUT ONLY WEAR FOUR OF THEM REGULARLY

**WHAT YOU CAN DONATE?**  
BASICALLY ANY TYPE OF TEXTILE CAN BE DONATED, PROVIDED IT'S CLEAN, DRY AND ODOURLESS.  
CLOTHING, PURSES, BELTS, LINENS, SHIRTS, BOOTS, DRAPERY, AND READING GLASSES

*Items Accepted*

Soft Toys	Drapery	Footwear	Jackets
Clothes	Linens	Belts	Purses
Eye Glasses	Sports Balls		

**why recycle textiles?**

CLOTHING AND TEXTILE RECYCLING HAS MAJOR IMPACT ON REDUCING GREENHOUSE GASSES

**2 million tons** of textiles are recycled each year in the U.S.

That is equivalent to removing **1 MILLION CARS** from America's highways

### WHAT'S IN ONE POUND OF CLOTHES?

**1.00 LB OF CLOTHING =**

- 3 t-shirts
- 9 Articles of Kids Clothes
- 1 Pair of Shoes