

# St. Davids Bulletin

MARCH, 2017



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

## 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

### MARCH

- 1 Health Nurse Gr. 8
- 1 Cookie Dough Fundraiser Begins
- 2 Mad Science \$ Due
- 3 Pizza Day/ Health Nurse Gr. 7
- 5 Orchestra Performance Gr. 1-6
- 7 Gr. 4-8 River Lions
- 9 Pizza Day
- 10 Beach Day
- 20 Cookie Dough Orders Due
- 23 Mr. Sub Day
- 24 Mad Science Begins
- 24 Bake Sale
- 30 Pita Pit Day

### APRIL

- 4 SK and Gr. 8 Grad photos Family photos available
- 5 Symphony Presentation
- 11 Chess Tournament
- 12 Cookie Dough Delivery

## THE IMPORTANCE OF OPTIMISM

The character trait of the month for March is Optimism. The [benefits of optimism](#) have been proven many times over by research. Optimists enjoy better health and increased longevity over pessimists, experience less stress, and achieve more in life. While much of our [personality traits are inborn](#), you *can* influence your child's tendency toward optimistic or pessimistic thinking: optimism can be taught! Here are some ways you can help instill this valuable trait and raise the optimistic child:

1. Help them experience success.
2. Give credit for success
3. Look for future success.
4. Don't praise indiscriminately.
5. Validate but question.
6. Remember success in the face of failure.
7. Look for opportunities to improve.



Dr. Stan Kutcher is the Sun-Life Financial Chair in Adolescent Mental Health and the Director World Health Organization Collaborating Care in Mental Health Policy and Training at Dalhousie University and IWK Health Centre in Canada. He is a renowned expert in adolescent mental health and leader in mental health research, advocacy, training, and policy and has been involved in mental health work in over 20 countries. Dr. Kutcher will share his research, promote child and youth well-being and teach all of us about building resilience in our children and youth during a parent evening.

**Monday, May 1, 2017  
6:00 p.m. to 9:00 p.m.**

**A.N. Myer S. S.—Gymnasium  
Free Admission**



### 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 2017 Free Formal Wear Opportunity

Prom Project Niagara is a one day fun free formal wear extravaganza for girls and guys!

Students can select their perfect head-to-toe look for their prom, formal, or graduation for FREE!

This year, we are offering Prom Project Niagara at:

- St. Catharine's Collegiate **\*NEW MAIN LOCATION\***
- Beamsville Secondary School
- Fort Erie Secondary School

If you know of a student who could use this program, please join us on Saturday, April 8<sup>th</sup>, from 9:30 a.m. – 1:30 p.m. at one of our locations.

Inviting all students who are in need of formal wear for their special day!

For more information on Prom Project Niagara please call 905-641-2929 ext. 37712, email [efn@dsbn.org](mailto:efn@dsbn.org) or visit [www.efnniagara.ca](http://www.efnniagara.ca)

\*Note: for Welland and Niagara Falls schools: bus transportation is available to the St. Catharines site! Contact the Foundation to book your spot on the bus!

## Cookie Dough Fundraiser

We are excited to announce that St. Davids will be holding a Cookie Dough Fundraiser starting Thursday, March 2nd to raise money for our school end of year trips and the Grade 7/8 Quebec City trip. Each student will receive their package on Thursday, March 2nd and it will be due back on Monday, March 20th. The yummy cookie dough will be delivered to the school on Wednesday, April 12th just in time for Easter!

## Pita Pit and Mr. Sub Days

The Grade 7 and 8 students are very excited to share that they will be organizing Pita Pit and Mr. Sub days for St David's School. All money raised will go towards their very exciting Quebec City trip this June. Pita Pit and Mr. Sub days will be held on Thursdays with the money due on School Cash Online by Monday of that week. Please keep your eyes open for these items on School Cash. The Grade 7 and 8s thank you for your support!

## **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.

Thank you for your support in this matter of student safety.



Our Dance-A-Thon was a great success.

We raised

**\$2,374.95.**

The students enjoyed physical exercise to some fun beats! Thank You to School Council for organizing this event and to all the families who sent in pledge money!

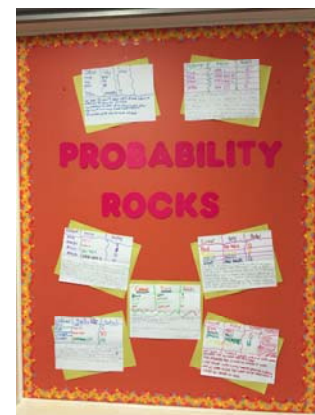
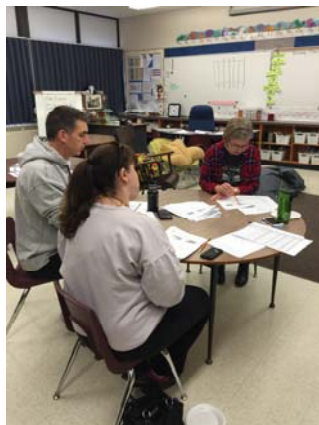
## **How Long Must My Child Stay Home When Sick?**

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**



## March is Nutrition Month

Fruits and veggies are not only absolutely delicious but they are nature's fast food! Ready to eat and most come in their own "to-go" packages, produce makes the perfect snack for kids to grab and go. They need minimal to no preparation and buying ones in season means you can save some money and shop smarter.

**School's  
website is:  
stdavids.dsbns.org**

Think you can't get much produce on a tight budget? Here are some tips to make shopping for produce more easy and affordable:

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

Don't shop when you're hungry and carry a list. You'll be more likely to stick to your budget and nutritious food choices.

Look for washed and bagged salads, baby carrots, celery hearts, broccoli and cauliflower crowns, cherry tomatoes, and shredded cabbage in your grocery store. Sweet Potatoes are a popular choice at our school.

Buy fresh produce, like peaches or bananas, in varying degrees of ripeness to allow for some ripening towards the end of the week

Canned and frozen vegetables can be convenient choices

Spend most of your time in the produce, bread, meat and dairy sections

Use store flyers to help you find specials

See more at: <http://www.halfyourplate.ca/produce-is-affordable>



### Our Latest Initiatives:

Do you live in Niagara region and experience problems or barriers to accessing dental care services? [Click here](#) to complete a short survey (The survey is for adults 18 and over only).

***Please Note: The survey cannot be accessed through Google Chrome, please use another web browser.***

Learn more about publicly-funded, lower cost, and charitable dental care programs and services available to Niagara residents - [click here](#) to access our ***Dental Health Intervention Tool and Resource Listing.***

Between 2-3 million people living in Ontario do not visit a dentist each year and many face barriers to accessing care. In 2014, the Ontario government promised to extend public dental programs to low income adults and seniors. ***But, not until*** Take a moment to send an e-petition and message to Ontario's Health Minister, Dr. Eric Hoskins that 2025 is too long to wait - [click here](#) for a link to the e-petition.

## 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. Pietrobon	Charlotte, Nathan	Eric, Ella
Mrs. Parravicino KDG Ms. Bodnar	Logan, Daniil, Ryder	Peyton, Ashwin
Mrs. King/Mrs. King Grade 1	Matthew	Emma
Mrs. Kotsanis Grade 1/2	Hayden, Vedant	Avery
Mr. Climenhage/ Mrs. Heidebrecht Grade 2	Will, David	Lucas
Mrs. Sawicki Grade 3	Sawyer, Marco	Noah
Mrs. Furtney Grade 3/4	Jude, Liam	Jiya
Mr. Bateson/ Mrs. Heidebrecht Grade 4	Blake, Sophia	Owen
Mr. McNamara Grade 5	Kennedy, Lauren	Brett
Mr. Hall Grade 6	Leah, Cole, William	Mahlia
Ms. Candler Grade 7/8	Ben	Austin
Mrs. Funk Grade 7/8	Guan, William	Janvi

# SPORTS AND CLUBS



## BASKETBALL

### Intermediate Boys Basketball—Coach Mr Hall

Thank-you and congratulations to the Intermediate Boys Basketball team for an outstanding season. The boys grew substantially from the start of the season and developed into a competitive group. We learned about teamwork, positivity, adversity, hard work, and perseverance. In the final tournament of the season, the boys went 3-1 in round-robin play, defeating Edith Cavell in a tight 17-16 game as well as Parnall 18-14 to advance to the DSBN semi-finals. Despite being knocked out by a tough Lockview squad, Mr. Hall is very proud of the effort the boys put forth and the fun we had all season long. Thanks boys!

**Senior Basketball Team Members:** Manager, Christian, Dylan, Max, MacGregor, Noah, Logan, Lucas, Tanner, Josh, Tavon, Mike



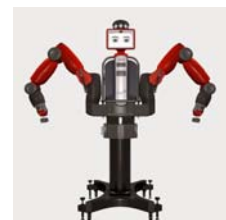
### Intermediate Girls Basketball—Coach Mr Climenhage

The intermediate girls basketball team wrapped up their season last week by participating in the DSBN tournament. The girls lost two close games before defeating Carleton and losing to Riverview in an exciting overtime game. The girls practiced hard throughout the season improving their skills and working well as a team. We are all proud of their efforts and how well they represented St. Davids. Well done girls!

**Intermediate Girls Team Members:** Katie, Phoenix, Paige, Hannah, Zoe, Dawn, Dheerajbir, Tasia, Isabella, Breanne, Arianna

## ROBOTICS

This month our Junior and Intermediate Robotics teams participated in the DSBN Robotics Challenge held at Brock University on Thursday February 23. Our dragons did a great job with problem solving at various different stations throughout the day. Thank you for a great year in Robotics this year!



## TECHNOVATION

The St. David's Girls Technovation Challenge Team (Grace, Mad-die, Dawn, Hannah, Ellie and Zoe) are working hard on their application to be unveiled at April's Girls Coding Conference.