



James Morden News

March 2021

Our return to in-person learning continues to go very well. I am so impressed with the way our students have adapted to new safety measures and the way they continue to put the well-being of others first. Thank you for encouraging your children to be resilient and thoughtful citizens!

Students have had a lot of fun outside over the last few weeks. Although we missed everyone on the snow day, we certainly enjoyed having the extra snow on the yard. It looks like the temperature is rising and things could get a little wet. Please continue to send your children to school with appropriate outdoor attire—we do go outside everyday.



Please look through the Newsletter and check dsbn.org regularly for more information regarding Kindergarten Open House, our revised School Year Calendar, and an upcoming Parent Involvement Committee (PIC) event, as well as information from our Niagara Public Health partners.

Mrs. Scheer :)

THANK YOU DELTA BINGO

James Morden school is grateful to Delta Bingo for their continued support. During the month of March, proceeds will be used to offer students in the grade 3/4 class a virtual museum visit. Staff from St. Catharine's Museum will share their "Follow the North Star" exhibit.

MARCH BREAK

March Break has been moved to April. Our new March break will be from April 12– April 16th this year. However, at James Morden, we are going to try to celebrate March break as best we can with a **SPIRIT WEEK** from March 15th to March 19th. More details to follow!

Revised Elementary School Calendar



2020-2021 ELEMENTARY SCHOOL YEAR CALENDAR

September						
S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

October						
S	M	T	W	T	F	S
				28	29	
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

November						
S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

December						
S	M	T	W	T	F	S
		6-9	6-10	7-1	7-2	
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

January						
S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

February						
S	M	T	W	T	F	S
	10-2	10-3	10-4	10-5	10-6	
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28						

March						
S	M	T	W	T	F	S
	11-10	12-1	12-2	12-3	12-4	
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

April						
S	M	T	W	T	F	S
				14-3		
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

May						
S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29

June						
S	M	T	W	T	F	S
		17-8	17-9	17-10	18-1	
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

 Professional Development Day  Holiday



Online Resource LINKS!

[Daily COVID-19 Family Screening Tool](#) (Ministry of Education link that is linked on DSBN website)

[DSBN Covid-19 Information](#) (link to DSBN website with Covid Updates)

[SafeArrival – reporting absences](#)

[NSTS Transportation Cancellations](#)

[DSBN Kindergarten Registration](#)

[DSBN Academy Online Applications](#)

Protocol Reminders

Masks for staff and students in Grades 1-8 are required. Kindergarten students are encouraged to wear a mask, but they are not required to based on the Ministry of Education and Niagara Public Health recommendations. We have masks for students who don't have one or who have lost or damaged theirs. We will continue to maintain our physical distancing protocols and handwashing and sanitizing routines. We also need to ensure all families are actively [screening your children](#) and ensuring anyone with symptoms stays home. These protocols are in place to ensure the safety of our school community and we thank you for following these protocols and reminding your child about them as well.

Little Big Crunch

March 8th - March 11th, Niagara Nutrition Partners will be holding their second annual virtual Little Big Crunch, in celebration of FoodShare's Great Big Crunch, in support of Student Nutrition and the universal access to quality foods in schools that every child deserves. With the help of Niagara Catholic District School Board, DSBN, Niagara Public Health, United Way and MANY others, NNP and their community partners will be sharing **little big crunches** all week long on their social platforms - Facebook, Instagram and Twitter. Families can join in the fun by taking a quick video or photo of their own little big crunches and sharing them on their social media, tagging NNP @niagaranutritionpartners as well as @NiagaraCatholicDSB and / or @dsbn Niagara, using the hashtag **#littlebigcrunch**.



Important Update to Masking Protocol

Children in Kindergarten are encouraged to wear a mask, but they are not required to based on the Ministry of Education and Niagara Public Health recommendations. Children in Grades 1-3 will now be wearing masks in class and on the bus, just like their peers in Grades 4-8. We have masks for students who don't have one or who have lost or damaged theirs. When playing outside at fitness breaks, students will wear their masks. Teachers will plan for masking breaks when physical distancing can be ensured outside.



Parent Access to the School

One of our goals is to maintain a school environment that minimizes the number of potential contacts for students and staff. For that reason, parents should not enter the school. Pick-up and drop-off of students can only happen outside of the school. If you need to drop something off, please ring the bell or call ahead. We thank you for cooperating with our protocols to keep all members of our school community safe.

Parents Role in Keeping Schools Safe

Everyone has a role to play in keeping families safe and reduce the spread of COVID-19. It is the responsibility of parents and caregivers to assess their children on a daily basis before sending them to school. We ask parents to use this link: [Ontario Ministry of Education Covid-19 School and Childcare Screening Tool](#) to screen their child(ren) daily. The screening tool will provide direction and information to determine if students should attend school, remain home, or seek medical advice.

Additionally, parents must have a person available to pick up their child right away, should they become sick during school. We thank our parents for being diligent with following the screening guidelines and being available to pick up your child when needed!

Supporting Mask Use in Younger Grades

In preparing for our revised mask guidelines and having our students in Grades 1-3 wearing mask, you may want to consider some of these suggestions provided to us by Niagara Regions Public Health:

- ◆ Be a mask role model by wearing a mask yourself as this will normalize mask-wearing
- ◆ show your child how to put a mask on their stuffed animal or doll
- ◆ look in the mirror while putting on or wearing the mask
- ◆ decorate the mask so it's personalized or fun
- ◆ show pictures of other kids wearing masks
- ◆ practice wearing it in the house before going out in public with it on

Also, you may choose to watch the following video with your child to help normalize wearing the mask at school ([Back to School With Elmo](#)) and check out this poster with [Tips for Helping Kids Wear Masks](#).

Tips for Helping Kids Wear Masks

My mask protects you, and your mask protects me.
It may be scary for kids to start wearing a mask, here are some tips to help them through it. Masks are only for children over two years old.



- Let them pick it out!**
Let kids choose their color or fabric or decorations for their masks. Decorating a mask is fun only if it does not affect the integrity of the mask. Surgical masks should not be decorated.
- Wear it properly.**
Teach them to wash hands for 20 seconds before touching the mask. Next, put it on and snap it around ears. Make sure to cover the nose, chin and mouth fully. And, if using cloth masks, wash them after every use.
- Be a mask role model yourself.**
Wear your mask and explain how it keeps both you and others safe.
- Make play masks for stuffed animals or dolls.**
Help them, using materials around the house, to make mask for their toys.
- Practice wearing the mask.**
Start at home with short periods of time while doing fun activities. Some may only need a few minutes to adjust, while others may need to practice daily. Gradually work up to 30 minutes.
- Follow a plan and offer rewards.**
Consistency helps form good habits. Make a plan with your family and stick to it! Find what motivates your child and set some fun goals or small rewards if needed.

We are here for you! As you adapt to all the changes, know you're not alone. Get all our latest care advice at: actionlearningnetwork.org/covid19

Information above sourced from the recommendations of the Centers for Disease Control and Prevention (CDC)

action |   actionlearningnetwork.org
uab.edu/phts

Transportation Reminders

Transportation resumed on Monday, February 8. If your child qualifies for busing, go to www.nsts.ca for procedures and health and safety guidelines.

Parents are encouraged to check transportation times in the parent portal to prepare for returning to in-person learning. Niagara Student Transportation Services is following Ministry of Education protocols for transportation, which includes some additional health and safety measures moving forward. Students in Grade 1 to 12 are required to wear face masks on the bus, and at the bus stop where physical distancing cannot be maintained. Masking is strongly encouraged for Kindergarten students.

IMPORTANT MESSAGE ABOUT INCLEMENT WEATHER PROCEDURES

There are times in Niagara when weather conditions are so poor that we must cancel student transportation, and/or close schools to preserve the safety of students and staff.

The decision to cancel transportation and/or close schools is not taken lightly; a variety of factors are considered when making this choice. To learn more about how these decisions are made, please go to <https://www.dsbm.org/inclementweather>.

Transportation Cancellations:

Information about transportation delays and cancellations are posted to <https://portal.nsts.ca/Cancellations.aspx>. When transportation is cancelled, information is shared before 6:00 am on the day of the cancellation. There are times when transportation is cancelled, but schools remain open. If, on those days you feel it is best for your child to stay home, please report your child's absence, so we can make sure they are safe at home.

School Closures:

When the decision to close schools is made, it refers to all schools: both in-person and virtual schools. School closure information is shared before 6:00 am on the day of the school closure. You will find it on dsbn.org, all school websites, DSBM social media, and local media share the news widely as well.

Student Work on School Closure and Transportation Cancellation Days:

For elementary students - On days where transportation is cancelled and/or schools are closed, please visit our [school website](#) and click on the "Learn From Home" button. There you will find optional asynchronous learning resources.

For secondary students – Students will be able to access online materials for their courses. If it is a culminating activity day, special arrangements will be made and communicated to students centrally.

Winter Weather Reminders

We remind students to bundle up and dress appropriately for outdoor play this winter. Except in extreme cases, such as when Niagara Public Health issues Extreme Cold Weather Alert, gym classes, recess and lunch breaks will continue outdoors to provide our children a much-needed change of pace and scenery. Niagara Public Health will issue a cold weather alert when the temperatures are -

15°C or when weather conditions are severe enough to warrant alerting the community to the risks involved with prolonged exposure to the outdoors, such as a blizzard or wind chill warning. Depending on the wind chill factor, outdoor breaks may be shortened as appropriate.

Students **are not kept in at recess due to illness** as fresh air and exercise are essential to a healthy mind and body. If your child is well enough to be at school, we consider them well enough to be outside. If your child is properly dressed, they will be able to enjoy the colder weather and time outside. We feel very strongly that if the child is too ill to go out for recess, it would be in the child's best interest to remain home for the day.



Niagara Region Public Health School Health Newsletter

For Parents

COVID-19 – Understanding the local stats

Did you know Niagara Region updates Covid-19 case and vaccination statistics daily? Please visit <https://www.niagararegion.ca/health/covid-19/default.aspx> for up to date information regarding daily Covid-19 case counts, active cases by municipality, and new daily Covid-19 vaccinations delivered to Niagara Region residents.

COVID-19 – Safe storage of masks

Proper handling of a face covering is important to protect you from this virus. If the face covering is doing its job and blocking the virus from infecting you, or others around you, it may have the virus on it after use. [To safely store your face covering](#), fold the outside of the face covering in on itself, so only the inside of the face covering is facing outwards. Store it in its own bag or container before placing it into your pocket, purse or vehicle. Discard the bag or clean and disinfect the container after use.

To read more about masking please visit <https://www.niagararegion.ca/health/covid-19/mask-bylaw.aspx>

Healthy Eating – quick and easy breakfast tips

Now that students are back to in-person learning, their food routine might look a little different

- If your child is not hungry when they wake up, have them take something to-go

Having a [source of protein](#) can help maintain energy levels throughout the day

- o Hard-boiled eggs, hummus with fresh veggies, lower fat yogurt with fresh fruit

Choose foods with [higher fibre](#) – higher fibre products will have more whole grains listed near the top of ingredient list

Apples, Bananas, whole wheat pasta, multigrain cereal, sunflower seeds, raisins

For quick and easy breakfast ideas visit, <https://www.unlockfood.ca/en/Articles/Cooking-And-Food/Quick-and-Easy-Meal-Ideas/Quick-and-Easy-Breakfast-Ideas.aspx>

Niagara Parents Promo

Children come in different shapes, sizes and grow at different rates. A child's growth depends on genetics (how their parents grew). Your child may be taller or shorter, bigger or smaller than other children. Height and weight changes generally follow a regular pattern that is right for your child.

Do you have questions about your child's growth and development?

Connect with Niagara Parents to speak with a public health nurse: niagararegion.ca/parents