



DR. EMILY STOWE P.S.

May 2021

“Soaring to Victory”

Principal’s Message

Dear Parents/Guardians,

This month’s character attribute is Optimism. If ever there was a time for optimism, it is now. More and more of us are becoming vaccinated, a vaccine for our students is on the horizon, and we can anticipate experiencing a “new normal” in the near future. Even during this difficult time, so many of our students are engaged in their learning and as parents, you have been so helpful with their learning. We are so appreciative of the support you give to us, as educators. We understand how patient and generous you have been!

Throughout this pandemic we have been challenged on many fronts. Overall, the role of mental health during lockdown and Covid-19 restrictions has emerged as a primary focus for health personnel and educators. We work together to collect resources to support students and staff alike. Children’s Mental Health Week runs May 3rd - 10th at KPR. Mindfulness activities, Yoga and journal writing are just a few of the many tools we use with our students. If you are looking for resources for your child, you may want to go to <https://www.kprschoools.ca/en/students/well-being/mentalhealth.html> for ideas. Of course, for more serious concerns, please contact your doctor or speak to me about a school board counsellor. We want to support our students if they are struggling. Please reach out so that we are aware of any issues your child may be facing. KPR is also hosting a free online Mental Health Workshop. Please see the details included in the Board News section of our newsletter.

Our staffing process is behind this year, but we are expecting to receive our student numbers and staff allocation this week. Once things are as finalized as they can be, I will be communicating this information.

There is light at the end of the tunnel. I like to think that the darkness is our cocoon, and we will emerge more beautiful than ever to spread our wings and fly.

I can’t wait to soar with you all again, soon!

Sincerely,

Madame Haley-Twiss



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School Council

Hi Stowe Families,

Our April meeting was cancelled as we do not have as much on our agenda as usual. Our next meeting is Tuesday, May 25th at 7:00 p.m. via Web Ex <https://kprdsb.webex.com/meet/lhaley-twiss>
All parents and guardians are welcome to attend.

Colleen Smiles, Chair
colleensmiles1@gmail.com

Character in the School

May's Character Attribute

Optimism

I have a positive attitude. I see challenges as opportunities. I think, and act to make the world a better place. I have hope for the future.



We congratulate Lucy Paradine from Mrs. Papaleo's class as recipient of the Clarington Student of Character Award. The Student of Character Awards recognize one student in each school who consistently demonstrates the qualities of good character. These are students who consistently demonstrate empathy, fairness, respect and responsibility in relationships and decision-making in a consistent effort to their studies.

Kinder Orientation

We will be doing this virtually this year. If you have not registered your student for JK starting in September, please ensure you do so immediately, in order that you receive an invitation to this orientation. If you know of others who are planning to join us and may not yet have registered, please encourage them to do so.

Class Placements For 2021-2022

We are receiving our preliminary staffing numbers for next year the first week of May. This is based on parent interest in the Virtual School for next year, expressed through the school board survey that closed last Friday. When it comes time for the placement of students in classes for next year, the following criteria will be used: classes will be balanced by academic, social, peer compatibility, number and gender factors in order to ensure a balanced group. Using our professional judgment, these groupings will be decided by sending/receiving teachers and administration. Considering the above information and understanding there will be staffing changes (i.e., grade assignments and transfers) we will not be able to respond to parental requests for specific teachers. Most of these changes occur in late June, over the summer, or into the fall depending on when final staffing is in place. Thank you in advance for your respect of our staff's professionalism and hard work to place students carefully.

Moving This Summer?



If you know that your child(ren) will not be attending Dr. Emily Stowe in September please notify the office as soon as possible, to help us better prepare for the new school year.



If you mention Dr. Emily Stowe before your items are scanned through, 10% of sales comes back to the school! Show your support for your school. Every little bit helps!

Board News

With vaccinations continuing, we are hopeful to once again provide a rich and varied educational experience for all students in our schools in 2021-22. We also will provide virtual learning options for elementary and secondary students. While final details are still being confirmed, our virtual school programs for next year will be based largely on current virtual school structures.

Elementary

- Virtual students will participate in synchronous and asynchronous learning.
- Entry or exit from full-time virtual learning will occur at three designated times in the school year: September 1, Fall Progress Report, Spring 2022.

Free Online Mental Health Workshop

In recognition of Children's Mental Health Week, KPR is offering a free parenting workshop on understanding stress and promoting resiliency in children. The goal of this interactive online presentation is to explore the signs of stress and to encourage healthy coping skills. Details and registration are available at <https://bit.ly/3eurFW9>

Everything on
MINDFULNESS!

WHAT IS MINDFULNESS?
Mindfulness is the basic human ability to be fully present. During this state, we are aware of where we are and what we're doing. We are not overly reactive or overwhelmed by what's going on around us.

Everyone can be mindful, and we can practice being mindful anytime and anywhere!

WHY BE MINDFUL?
Mindfulness has benefits including:

- Reduced rumination thoughts
- Stress reduction
- Boosts working memory
- Higher brain functioning
- Increased clarity
- Lowered anxiety and depression





Kids are facing challenging times. They have had to adapt to so many changes and countless cancelled extracurricular activities that they enjoyed and looked forward to.

And what does this trigger... lots of tough emotions that can affect their overall well-being.

One way you can nurture a child's well-being and help them release their emotions in a healthy way is by engaging in play – an essential component to developing their resilience, confidence, happiness and overall health.

By actively playing with kids you create a stronger bond, showing you care and appreciate them. When I play with my son, it strengthens our connection and becomes the gateway for him to open up more about his concerns, emotions, worries and joys.

Support a child's play experiences by being present and engaged in:

- Outdoor fun – a walk, a hike, bicycling, rollerblading, shooting hoop
- Games – cards, board games, hide & go seek, scavenger hunt, video game for 2 or more
- Activities – crafts, painting, baking, jigsaw puzzles, Lego
- Music – sing, dance, play an instrument, write a song
- Books – read out loud together, play the characters in the book, make funny voices, change the ending

Another way to support your child's play experience is by asking them to write a list of activities that they would enjoy doing with you. You can then choose something off their list that helps them feel good.

If you're short on time, you could say, *'I have a busy day today but I have saved 15 minutes to do an activity that you like.'*

We do this with our son and he always says, *'Let's play mini sticks.'*

We set the timer and play. Even 15 minutes of quality play, makes a positive difference by adding joy, laughter, problem solving and connection.



Scholastic Book Fairs

Time to Shop!

Dear Families,

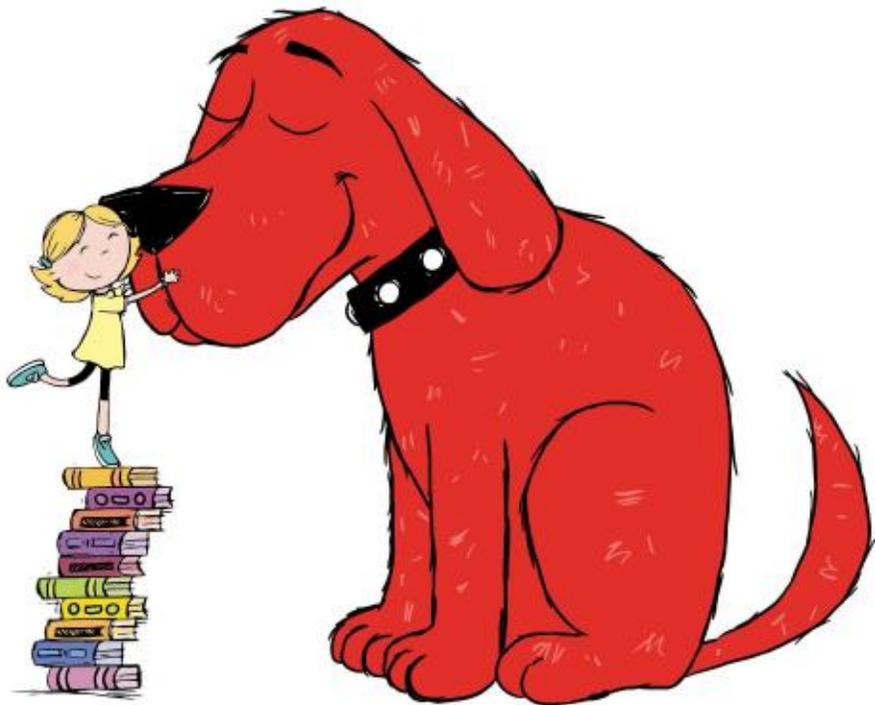
It's here! Our school's Virtual Scholastic Book Fair has begun and will be open from **May 3-May 14th**.

Experience the joy of the Book Fair by shopping at the following link:
<https://virtualbookfairs.scholastic.ca/pages/5156922>

Remember, all purchases benefit our school and earn Rewards that can be redeemed for books and Education Resources for our school's classrooms and library.

Thank you for participating in our Scholastic Book Fair!

Happy reading!



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SCHOLASTIC

CLIFFORD THE BOOK RED DOG
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May

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 
2	3 May 3-14 Virtual Book Fair	4 	5	6	7 	8
9 	10	11	12	13	14	15 
16	17	18 	19	20	21	22
23	24 Victoria Day	25 School Council Virtual Meeting 7 pm	26	27	28	29