



DR. EMILY STOWE P.S.

April 2025

“Soaring to Victory”

Principal’s Message

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Dear Parents/Guardians,

Once again, I am amazed by how quickly a month has passed. March felt exceptionally brief, filled with so many wonderful events, including March break right in the middle. We continue to celebrate and recognize the outstanding students here at Dr. Emily Stowe. Our Stowe Shout-Outs are thriving, and the box is overflowing with names each Monday morning. Great job, students—you are truly remarkable!

Our newsletter is once again filled with news, upcoming events, and the delightful artwork that fills our hallways each day. A heartfelt thank you to everyone who has supported our fundraisers like hot dog day and Purdy’s chocolate; your contributions are greatly appreciated.

Please take a moment to read about all the wonderful happenings this month, and let’s hope that spring is just around the corner!

Sincerely,

Adel Nixon-Evans
Principal
adel_nixonevans@kprdsb.ca

School Council

Hello Stowe Families,

Our fun fair will be held on Thursday May 15th so save the date! More details to come!

Healthy Hunger message – in order to ensure the smooth distribution of our daily hot lunches, if your child is expecting a hot lunch and did not receive it, it is extremely important that they either tell a teacher on duty or come to the office to have the list doublechecked. If your child is absent on a particular day that hot lunch has been ordered for them, you are welcome to contact the office that morning to arrange to pick up their lunch. Pizza is not kept for anyone not in attendance (unless prearrangements have been made prior to pizza deliveries), but as the remainder of the week’s lunches are individually labelled, they are kept in the fridge. We try our best to ensure that those lunches are handed out the next day, but would also appreciate if you



KAWARTHA PINE RIDGE
DISTRICT SCHOOL BOARD

could remind your child (or teacher if in kindergarten) to come pick up from the office. After 2 days, unclaimed lunches are disposed of. **Remember you will need to order 5 days in advance of the date you wish your child to have that lunch.**

For anyone interested in attending, our next meeting will be held on April 28th at 5:30 pm.

Colleen Smiles, Chair
colleensmiles1@gmail.com



Character in the School

April's Character Attribute

Integrity

I behave in an ethical and honourable manner even when no one else is around.
I am genuine, in that my actions consistently match my words.



Gr. 8 Fundraisers

Our Grade 8s are planning for their trip in June. We were successful with the recent hot dog day. We have another new fundraiser now available. We have organized a pizza night with Domino's on April 1st where \$5 from each pizza deal sold comes back to our school. Information was sent out via School Messenger email last week. See attached flyer for more details.

Thank you for your support of our Grade 8 students!

Autism Awareness

Every April we celebrate World Autism Understanding Month, beginning with United Nations-sanctioned World Autism Understanding Day on April 2. Throughout the month, we will focus on sharing stories and providing opportunities to increase understanding and acceptance of people with Autism, fostering school-wide support.



Earth Day: April 22nd, 2025



Earth Day will be recognized on Tuesday, April 22, 2025. Please access the following site for activities and information about Three Days Of Climate Change Action and 51 Actions You Can Take Right Now To Restore The Earth: <https://www.earthday.org/earth-day-2025/>

No Dogs, Please and Thank you!

For the safety of our children please do not bring your dogs on school property, especially during entrance and dismissal times. Thank you for your support!



Class Placements For 2025-2026



We have received our preliminary staffing numbers for next year. 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 ultimately decided by the sending and receiving teachers and administration. With the above information in mind and understanding there will be staffing changes due to grade assignments, transfers, leaves of absence transfers, etc. Most of these changes typically occur in late June, over the summer, or into the Fall depending on when final staffing is in place.

Bikes, Scooters & Boards and other Wheels...

With spring hopefully in the air in the next few weeks, we will undoubtedly see an increase in the number of students riding their bikes, scooters and skateboards to school. For purposes of safety, please remind your children to always wear a helmet, **dismount their bike, scooter or skateboard once they arrive on school property** and secure their bike/scooter with a lock. At no time should any student be riding their bike, scooter or board while on school property during the school day. A bike rack is provided at the front of the school but the school cannot monitor it.



Edsby & School Messenger

One of our primary tools for communication between parents and teachers will be EDSBY. Invitations will be sent from time to time to your email, if you have not yet activated your account. Bookmark the parent portal from the Board website for ease of access. <https://parents.kprdsb.ca/>

Likewise, School Messenger will be utilized to a great extent this year to forward newsletters and important communications from the office. It is therefore important that your email address is accurately on file. If you do not see emails from us, and they are not showing up in your junk/spam folder, please be sure to contact the office to confirm we have your current information.

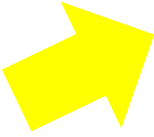
Absence Reporting

At Dr. Emily Stowe, the safety of our students is first and foremost. Our Absence Reporting System allows you to report an absence 24 hours a day, 7 days a week at 1-844-434-8119 or register at studentabsence.kprdsb.ca or download the app (available through your app store). If late, please remind your child to report to the office on their way to class, so we can record that they have arrived safely. Thank you!



POPCORN, POPCORN, POPCORN

Due to the decrease in sales this year, we have decided to sell popcorn on the last Friday of the month for the remainder of the year. The dates for popcorn sales are as follows:



Friday, April 25/25
Friday, May 30/25



PLEASE NOTE payment should be Canadian currency as we often receive game tokens and foreign currency that we cannot deposit, which then lessens the profits for the Grade 8s.



If you mention Dr. Emily Stowe before your items are scanned through, 5% of sales comes back to the school! Show your support for your school! **Please note this is only at the King/Townline location.**

Board News

Tuesday, March 25, 2025

BOARD APPROVES NORTHGLEN ORCHARD PUBLIC SCHOOL AS NAME FOR NEW BOWMANVILLE ELEMENTARY SCHOOL

Kawartha Pine Ridge District School Board Trustees this evening approved Northglen Orchard Public School as the name for the new elementary school in Bowmanville, among other decisions.

“As always, these are difficult decisions not only for the committee but for the Board as well in its deliberations. The variety and worthiness of all the submissions, over 70 in total, is a wonderful testament to the community’s interest in this school and public education,” says Jaine Klassen Jeninga, Chairperson of the Board. “We would like to thank all those who participated in the process. The committee clearly was deliberate and thoughtful in its discussions. “By incorporating the reference to the historical agricultural usage of the land as an orchard, the committee felt strongly that this name, as per the guiding principles within policy, reflected the area to be served by the school and would be welcomed by the newly established school community.”

School Council, Regional School Council and Volunteer Policies

KPR policies are reviewed every five years to ensure they remain up-to-date, relevant and responsive. As part of the Chairpersons’ Committee Report, it was noted that the Board’s School Councils, Regional School Councils, and Volunteers policies have been reviewed with suggested updates and revisions. One notable change being proposed to the Volunteers policy to support volunteer participation and reduce barriers (cost and wait time) to volunteering, is the adoption of an initial police record check followed by annual offence declarations (with record checks renewed on a five- year term). This change will support volunteers who wish to contribute to school communities on a continual year-over-year basis. Prior to final approval of these revisions, school council members, volunteers, families and community members are invited to share their feedback online on the policies and associated administrative regulations by May 26, 2025 at www.kprschoools.ca





APRIL 1, 2025, 4:00 PM - 8:30 PM

DOUGH RAISER

ORDER ANY OF THE SPECIALS BELOW AND A DONATION FROM EACH ORDER GOES BACK TO DR. EMILY STOWE PS

DEAL 1

2 MEDIUM 3-TOPPING PIZZAS AND CHEESY BREAD

\$25.99*

Offer code: FPNM

\$5.00 donation

DEAL 2

2 LARGE 3-TOPPING PIZZAS AND CHEESY BREAD

\$30.99*

Offer code: FPNL

\$5.00 donation

Valid at 1303 King St E Unit 2, Oshawa - 905-571-4000

*Taxes not included. Offer valid online, over the phone and in-store. For carryout and delivery. An additional charge may apply for premium toppings, sauces, extra cheese and specialty crusts. Delivery charges may apply. Limited delivery area. While supplies last.



Healthy Schools: Linking Nutrition and Mental Well-Being



Healthy eating ↔ Positive mental well-being

The facts – Ontario students (grades 7-12)

85%

Do not eat enough vegetables and fruit.



58%

Do not eat breakfast before school every day.



247,000

27% of students rate their mental health as fair or poor.



Healthy foods for a healthy mind

Eating healthy food may be linked to:

- Better mental health and well-being
- Better self-esteem and less peer problems
- Better academic performance and achievement
- Increased attention and memory
- Better able to cope with stress
- Lower feelings of depression and anxiety

Eating less healthy food may be linked to:

- Low mood
- Feelings of anxiety
- Adverse classroom behaviour
- Difficult academic outcomes

Schools play an important role - What can we do?

- ✓ Make healthy eating a priority and include it in school action plans.
- ✓ Build a healthy school food environment using the [Foundations for Healthy School Framework](#).
- ✓ Provide healthy food and beverage choices anytime food is offered.
- ✓ Limit access to foods that are linked with poor mental well-being.

“**Healthy eating is more than the food you eat. It is also about where, when, why and how you eat.**

Source: Canada's Food Guide



1. Offer only water at all school events.
2. Use non-food rewards for student recognition.
3. Use foods from [Canada's Food Guide](#) in classroom lessons or school activities.
4. Provide practical food literacy opportunities to learn about, see, smell, touch, grow, cook, and try a variety of food.
5. Make classroom celebrations healthier.

6. Encourage students to eat together and provide at least 25 minutes of eating time. Limit distractions and turn off screens.
7. [Make it a practice not to comment on students' lunches](#). Understand that many factors influence what foods families provide. Trust students to listen to their own hunger cues.
8. Offer food items in [Student Nutrition Programs](#) that meet the nutrition guidelines.
9. Engage in healthy fundraising initiatives.
10. Offer nutritious and appealing menu items and create a warm social environment in the cafeteria.

Looking for more ideas? Check out [brightbites.ca](#)

WALKING THE HALLS AT STOWE....



Ms. VanAlebeek's Shoes



Our Gr. 8 Popcorn Makers this week!



Mrs. Miriam's Four Leaf Clovers using varied paint techniques



Ms. Morgan's creations






















Mrs Luke-Hewitt's Word of the Year



Mrs. Szagala's Book Reviews

April

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 pizza fundraiser 	2 World Autism Day 	3 	4 	
6	7 	8 imm. clinic 	9 	10 	11 PA Day	12
13	14 	15 	16 Int. Badminton 	17 	18 Good Friday	19
20 	21 Easter Monday	22 Earth Day 	23 	24 	25 POPCORN 	26
27 National Volunteer Week	28  School Council 5:30 pm Library	29 	30 