



# Eagle Nest News



February

2258 Pitt Street, Cornwall, ON K6K 1A3 p: 613-933-0644, f: 1-855-358-3364

School Hours 9:15 am – 3:35 pm

## A Message from our Principal...

Dear Families,

Welcome to our new monthly newsletter! We hope that you will find it a helpful way to stay connected to the events happening in the school and hear about the great work being done here. We would really appreciate your feedback on the newsletter so that we can make it the best it can be and can serve the needs of the families at our school. If you are able to take a few minutes to give us your thoughts through this quick QR code survey, that would be most appreciated.

Dr. Leah Eden, Principal

Eamer's newsletter



**Brrrr! It's cold outside!**

Please remember to send your child dressed appropriately to spend 20 minutes outside during recesses, or up to 40 minutes during phys ed class.

Tip: It's always a good practice to have your child's name written inside their hats, mitts, and sweaters so that we can return them to the proper child if they are lost and found.



Do you have a child born in 2019 that is ready for Kindergarten in the fall, or a child born in 2018 who has not started school yet? If so, it's time to start thinking about registering them for Kindergarten!

Registration applications are submitted through My Family Room. Please contact the school if you have any questions.

Parent Council is so excited to announce the return of the in-person Scholastic Book Fair!! Our Fair will run from Tuesday, February 7th to Friday, February 10th.

Each class will have 2 opportunities to access the Book Fair: first, to view the selection and create a "wish list"; and second, to make purchases. Our Book Fair will also be open to families on the evening of Wednesday, February 8th from 5pm-7:30pm. Flyers will be sent home soon.



## Coming soon... Junior Art Club

We are excited to announce that Mme Leduc will be starting a Junior Art Club in the month of February. Students in grade 4, 5 & 6 will have the opportunity to sign up and participate. Encourage your child to listen to announcements for more details.



**Term 1 Report Cards are coming home!**

**Be sure to check your child's book bag on Thursday, February 16th!**

## Happy Valentine's Day!

Valentine's Day is coming soon! Due to food allergies and restrictions, we ask that families NOT send Valentine treats to share with their child's class. Non-food items are acceptable, such as cards, pencils or small gifts. Due to confidentiality, we are unable to share class lists with parents, however teachers can advise of how many students are in your child's class. If your child can not name their classmates, simply send blank cards, signed by your child, and we will make sure one is given to each student in their class.

## Parent Council



After 3 years of online meetings, Parent Council is

very excited to be back to in person meetings. This year we have planned 3 fundraisers for Eamers. Our first fundraiser kicks-off this month with our in-school **Scholastic Bookfair!** This spring, we are bringing back **Budding Artists** and then trying a new fundraiser selling seeds through **Make it Sow**.

Money raised will go towards the purchase of an indoor garden tower, expected to start in September, along with tools, supplies, seedlings, and seeds that will benefit both the indoor and outdoor gardens. Follow our Facebook page, **Eamer's Corners P.S. Parent Council**, to stay up to date on Parent Council plans. Remember, Parent Council meetings are open to all parents, even if you aren't an official member. Join us if you can!



## BLACK HISTORY MONTH

UCDSB schools make efforts throughout the year to celebrate the valuable contributions of all Canadians. The communities that we serve are more diverse than ever before and it is very important that all students, staff and families see themselves reflected in our schools and school curriculum.

February is Black History Month across Canada. Our students will be celebrating Black History Month in many different ways. Here are some things you can do at home:

- Read books, graphic novels and poetry by Black authors

Learn the history of Black History Month (check out [www.cbc.ca/kids](http://www.cbc.ca/kids)) Watch the Heritage Minutes stories of Chloe Cooley, Jackie Shane and Richard Pierpoint on Histoica Canada ([www.historicacanada.ca/heritageminutes](http://www.historicacanada.ca/heritageminutes))

## Steps to Positive Mental Health



### Body

Taking good care of our physical body means we will be better able to cope with emotional problems. Take steps to get enough sleep, eat a healthy diet and stay active.

### Achieve

Our brain gets a boost when we achieve things during the day. Plan realistic and achievable goals every day, such as those concerning work, chores and study.

### Connect

When we're struggling with our mental health, we can withdraw and isolate ourselves. Connecting with others boosts the neurotransmitter oxytocin in your brain which improves mood and overall wellbeing. Plan to connect with other people every day, particularly with close friends and/or family, but also with the local community.

### Enjoy

When our mood dips and we feel tired, or we withdraw and isolate ourselves, the first things we stop doing are the fun and enjoyable activities. Aim to spend time each day doing something you enjoy.

### Step back

When we feel emotional it is difficult to think clearly and we sometimes react by doing things that are unhelpful. Take a moment to calm your mind and body before deciding how you will respond when under stress.

Carol, Vivyan (2015) *BACES: Steps to Positive Mental Health*, GetSelfHelp <https://www.getselfhelp.co.uk/media/e1pfgcie/baces.pdf>