



The Ferndale Flash



Principal:

Mrs. D. Mikolic

Vice-Principal

Mrs. J. Wittig

Secretaries:

Mrs. C. Rees-Nelles

Mrs. V. Janzen

From your Admin...

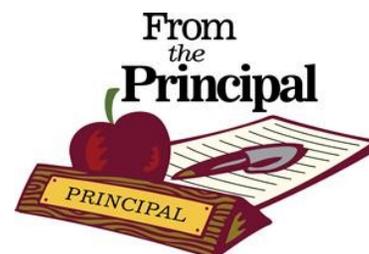
January 2020

From the Principal's Desk

We are now at the half-way point of the school year! It is a good time of year to revisit and perhaps revise some of our goals as we enter the second term.

When setting goals with your child, we encourage you to discuss an action plan for reaching those goals. A good action plan will identify specific actions that the student will take. These actions should be easy to monitor. Avoid action plans that involve the words "trying harder", as this is an action that is difficult to see, measure and monitor. It is better to ask what does "trying harder" look like? The answer to this question will help provide the basis for an effective plan.

D. Mikolic
Principal



UPCOMING DATES

Primary Recognition Assembly	FEB 3
Vaccine Program in library	FEB 4
Junior Shouts Assembly	FEB 10
Valentine's Family Dance	Feb 13
PA DAY	FEB 14
FAMILY DAY NO SCHOOL	FEB 17
SCHOOL COUNCIL MEETING	FEB 18

NOTE FROM THE OFFICE

Ms Janzen and Ms Rees would like to thank those who have been using the Safe Arrival System to inform the school of their child's absences. Please note that if busses are cancelled due to weather but the schools remain open, absences still need to be reported via the Safe Arrival system. We greatly appreciate your help in this attendance procedure.

Our school is a very busy place, especially in the mornings and at the end of the day. Although we understand that at times plans can change, instructional time for all of our students is extremely important. If, due to a sudden change of plans, you need the office to relay a message to your child, please be aware that we will deliver the message either during the first or second nutritional break. For the end of the day changes, please get all messages into the office no later than 2:30 PM. Thank you for helping us try to keep the classroom free from disruptions.

INCLEMENT WEATHER

There may be times during the school year where inclement weather or other situations could cause transportation cancellations or school closures.

At times when students' transportation has been cancelled and schools remain open, the decision on whether or not to have children on that day rests with the parent or guardian.

Should you decide not to send your child to school in the event that the transportation is cancelled but schools remain open, or if your child is ill or will arrive late, please ensure that you report your child's absence through the Safe Arrival, school messenger reporting service.

A key resource in any emergency is the DSBN Emergency Information form that you filled out at the beginning of the school year. Please let the school know of any changes in contact information or procedures you wish to be followed throughout the school year.

Information about transportation cancellations and school closures will be available as soon as it is available through the following channels:

WEBSITES:

www.dsbn.org
www.nsts.ca

SUBSCRIPTIONS FEATURES:

DSBN Facebook or Twitter
NSTS Transportation Delay or Cancellation Alerts

PHONE:

Niagara Student Transportation Services - 905-346-0290

RADIO STATIONS:

CKTB (610 AM) St Catharines
WAVE (94.7) Hamilton

CHRE (105.7 FM) St Catharines
CHTZ (97.7 FM) St Catharines

CKOC (1150AM) Hamilton
CHML (900AM) Hamilton
CHAM (820AM) Hamilton
Y-108 (107.9 FM) Hamilton

CKEY (105.1 FM) Niagara Falls/Fort Erie
K-LITE-FM (102.9 FM) Hamilton
GIANT FM (91.7 FM) WELLAND

TELEVISION STATIONS:

CH - Hamilton
CityTV Breakfast Television
CTV Toronto
Cogeco Channel 10

CANCELLATIONS & CLOSURES



SAFE ARRIVAL SCHOOL MESSENGER

Thank you to all of the parents and guardians that have been using the Safe Arrival reporting system to report your child's attendance. This system will reduce the time it takes to verify student attendance, make it easy for you to report your child's absence and easy for staff to respond to unexplained student absences.

With Safe Arrival, you are asked to report your child's absence in advance using any of these 3 convenient methods:

1. Using your mobile device, download and install the **SchoolMessenger app** from the Apple App Store or the Google Play Store (or from the links at <https://go.schoolmessenger.ca>). The first time you use the app, select Sign Up to create your account. Select Attendance then Report an Absence.
2. Use the **SafeArrival website**, at <https://go.schoolmessenger.ca>. The first time you use the website, select Sign Up to create your account. Select Attendance then Report an Absence.
3. Call the toll-free number **1-866-606-5567** to report an absence using the automated phone system.

These options are available 24 hours/day, 7 days a week. **Future absences can be reported at any time.**

This information is always available on our school website, under 'Report Absence'



SCHOOL CASH ONLINE

School Cash Online

Paying school items just got easier!
Sign up to get started today.

A banner for School Cash Online. It features a dark grey background with a pair of orange sneakers on the right. On the left, there is a text box that says 'What is School Cash Online?' followed by 'School Cash Online is an easy to use, safe way to pay for your children's school fees.' Below this text box is a yellow arrow pointing to a blue button labeled 'Get Started Today'. To the right of this button is another blue button labeled 'Sign Into Your Account'.

We will be using School Cash Online for ALL payments this year. Once you have registered, you will receive email notifications for items that are available for you to purchase (ie. Trips, pizza etc) and reminders when the item is about to expire. If you are new to Ferndale coming from another DSBN school, your previous login information is still valid. If you are new to school, have not previously signed up or are coming from another board you will be required to register.

Go directly to the website <http://ferndale.dsbm.org> (or hold ctrl and click on the link)

1. Click on the Cash Online icon on the top right hand corner (Please note: Internet Explorer is the most effective internet browser for Cash Online).
2. Create a profile for yourself (Parent/ Guardian).
3. Attach your student(s) to your profile (date of birth & legal name required). If you need any assistance or internet access please see Ms. Rees or Mrs. Janzen in the main office.

PLAYGROUND EQUIPMENT

Once the protective surface on the playgrounds becomes frozen, both playgrounds will be closed for the winter to ensure the safety of our students. Thanks for your cooperation in helping all our kids stay safe by reinforcing this before/after school hours as well.



PLAYING OUTSIDE EVERY DAY



Each and every day, unless there is a severe winter weather alert, we will endeavor to get our students outside to play and get some fresh air. Children need 60 minutes a day of physical activity, and there is no better way to keep them active through the winter than by getting outside. Please send your child with appropriate warm winter gear. Hats are essential for warmth and when dressed properly, kids can really enjoy our Canadian winter and have fun! While not at school, try skating, hiking, building a snowman or go tobogganing.

SNOW POLICY

Now that the kids are dressed warm, Ferndale's policy with respect to snow is **"Please leave it on the ground"**. To ensure the safety of students on our playground during the winter months, it is necessary for us to ban the throwing/kicking of snow/ice, sliding on ice, as well as the use of the playground equipment. Children are also not permitted to slide on the ice for their safety. Children who are unsafe with the snow and ice will be temporarily re-moved from recess, and if further infractions occur, they will have an office detention, followed by calls home and if necessary, even a potential suspension for repeated infractions. The students are constantly reminded of our snow rules. We just want to make sure that everyone is safe. After school, kindly keep your children off of the equipment as well for their safety, as even if there is no snow on the equipment, the ground is frozen which no longer allows for the proper cushion should a child fall. Children will be notified when the equipment is safe to play on again.



INDOOR SHOES



Just a reminder that with the cold, wet weather it is recommended that students keep a pair of indoor shoes to wear in the classroom and during physical education. This is a safety issue as well as helps keep our school clean and tidy. Thank you

WINTER REMINDERS

Winter is exciting for kids. It brings some great outdoor activities, and here are some winter safety tips:

- * Never allow kids to play outside alone. Establish a buddy system.
- * Have younger children take frequent breaks to come inside for a warm drink.
- * Tell children not to put their tongues on cold metal. It may sound silly but some still do it.
- * Advise children to stay away from snow blowers and snowplows.
- * Never play in an area by roads, fences or water.



STUDENT FEELING UNWELL?

With the winter comes the flu and cold season, some of the symptoms may include the following,

- Vomiting, Diarrhea or Nausea
- Fever or Chills (temperature of 100°F / 37.8 °C or more)
- Cough or Sore Throat
- Sneezing, Nasal Congestion or Runny Nose
- Red or Pink eyes
- Stomach Ache or Body Aches
- Headache or Fatigue
- Hoarseness, Chest pain or Shortness of Breath



If your child portrays any signs or symptoms of being unwell, either the night before school or the morning of, please keep the student home until they are symptom free for 24 hours. We appreciate your help in trying to keep the classrooms germ free.

HEART HEALTHY

Tips For a Healthy Heart

1. DON'T SMOKE OR USE TOBACCO

Chemicals in tobacco can damage your heart and blood vessels, leading to narrowing of the arteries.

2. EXERCISE FOR 30 MINUTES ON MOST DAYS OF THE WEEK

Physical activity helps you control your weight and can reduce your chances of developing other conditions that may put a strain on your heart, such as high blood pressure, high cholesterol and diabetes

3. EAT A HEART HEALTHY DIET

Choose healthy fats over unhealthy fats; increase intake of fruits and vegetables, whole grains and low fat dairy products.

4. MAINTAIN HEALTHY WEIGHT

Reducing your weight by just 10 percent can decrease your blood pressure, lower your blood cholesterol level and reduce your risk of diabetes.

5. GET REGULAR HEALTH SCREENINGS

Make sure to monitor your blood pressure, cholesterol levels and have your diabetes screening.

IMMUNIZATION RECORDS

Is Your Child's Vaccination Record Up to Date?

The *Immunization of School Pupils Act (ISPA)*, Amending Reg. 645 of R.R.O. 1990, requires Public Health to collect and maintain immunization records for all school-aged children in Niagara. At the beginning of December 2018, letters were mailed to parents/legal guardians of elementary and secondary school students who have **incomplete immunization records on file at Public Health**.

If you received this **Immunization Notice** in the mail please ensure that you provide the required immunization information to Public Health in order to avoid suspension from school. Suspension will take effect March 24 2020.

Public Health will be holding an immunization program at Ferndale on Tuesday February 4th from 8:30 AM until 11:00 AM in the learning commons for those that would like to get a missed vaccine at that time.

If you have any questions or concerns, we encourage you to call the Vaccine Preventable Disease program at **1-888-505-6074 or 905-688-8248 ext. 7425** Monday to Friday 8:30 a.m. to 4:30 p.m.

For more information please visit,
<https://www.niagararegion.ca/health/vaccinations/children/records.aspx>



VALENTINES FAMILY DANCE NIGHT



Come join us for a fun filled night of music, dancing and share the love of friends and family! We encourage everyone to wear red, white and/or pink.

We will be having our family dance night on Thursday, February 13 from 5:00 to 7:00 p.m. There is no admission cost, but donations to help cover the cost of the DJ would be welcomed.

There will be pizza for sale, so save yourself the trouble of cooking and come on out for dinner and dancing! There will also be chips and sour keys for sale. Remember, we have filtered water fountains, so please feel free to bring your refillable bottles.

Volunteers to help with the sales would be greatly appreciated. Please contact the school or put a note in your child's agenda if you can help.

FOREST OF READING

Shhhhh! We are busy with our books! The Forest of Reading is underway for the Silver Birch Club (grades 5 and 6) and the Red Maple Club (grades 7 and 8). More than 40 students are committed to reading and discussing titles by Canadian authors, both fiction and non-fiction titles. Our younger classes are enjoying books being read aloud to them with Mrs. Mason in the library for the Silver Birch Express and Blue Spruce programs. Students will vote on their favourite titles in April. Many thanks to Mrs. Mikolic and Mrs. Wittit for once again making this fabulous opportunity available to us!



ME TO WE

LITTERLESS LUNCHES TUESDAY'S AND THURSDAY'S

Did you know that one student produces 67 pounds of waste each year just in their school lunches? During Tuesdays and Thursdays Me to We and Eco club decided to promote litterless lunches which includes no plastic bags, no wrappers, no chip bags, etc. So bring reusable water bottles and food containers. Consider fresh fruits and vegetables and sandwiches in food containers. Please help reduce the waste we produce and make our Earth better for our children. There's also no recycling aloud.



RANKIN CANCER RUN 2019



SAVE THE DATE!!! Ferndale School will once again be participating in the 15th anniversary of the Rankin Cancer Run on Saturday, May 23, 2020 and looking for students and families to join us. The Ferndale Falcons team IS NOW online (www.rankincancerrun.com) and ready for your registration.

****PLEASE NOTE THIS IS A BRAND NEW TEAM (MEMBERS FROM LAST YEAR ARE NOT AUTOMATICALLY INCLUDED)**

TEAM NAME: FERNDALE FALCONS 2020

Once again, we had a successful Tshirt design winner (congratulations Ethan in 5S) and all our Ferndale shirts will have his design. ALL ONLINE REGISTRATIONS MUST BE COMPLETED BY WEDNESDAY, APRIL 29 in order to guarantee your Tshirt says Ferndale!!!

Student cost: \$10 adult cost: \$20 or pledge to raise \$100 in donations and your registration is covered!

Thank you for your continued support of this incredible and powerful local event.