



# St. Joseph's School

February 2020 Newsletter

The Northwest Catholic  
District School Board  
SCHOOLS OF HOPE

Safe Arrival 223-5227 Best Start 223-7440

Web site: <https://www.tncdsb.on.ca/Pages/default.aspx>

Please **remember** to call the school if your child is going to be away or late.



223-5227

## Graduation Pictures



April 27th

## Spirit Days

February 14th– Red and Pink Day

February 24th– Twin Day

Report cards will be issued on February 19th. Please remember to check your child's backpack.



## Winter Weather

Students will be going outside for recess unless the temperature is *colder than*  $-25^{\circ}\text{C}$  including the wind chill. Please ensure that your child is dressed for colder temperatures. This would include a warm hat, mitts, scarf, ski pants and proper foot wear.



Family day is **February 17th**. There will be no school for students.

# School Newsletter Tips - February

## February

### Reading with your Child

We made a new video featuring local families! Learn more about the importance of reading with your young child...and see whether you recognize any familiar faces. [Watch the video here.](#)

### What's in the Lunch Bag?

Are your children coming home with uneaten lunches? Get them involved! Children involved in food preparation are more likely to eat it. Have them help you with planning and packing their lunches. Help them build healthy food habits by having fun healthy options of a variety of fruits and veggies, whole grain crackers or muffin for them to choose from.

### Preventing Hitchhikers: Bed Bugs

Bed bugs can turn great memories into nightmares. When travelling, take precautions to prevent bringing these critters home:

- Pack items into sealable plastic bags.
- Place luggage on a rack or in the bathroom where there are fewer hiding places for the bugs
- Complete and inspection of your room – pull back bed covers and inspect linen and pillows, look at mattress seams.
- If you find a bug, work with hotel management. Do not accept another room directly beside, above or below the infested room.
- Inspect belongings when you get home, keeping away from furniture and beds.

Download the free NWHUConnect – Healthy Environments app to access seasonal information about bed bugs, tick-borne disease prevention, beach safety, safe drinking water, boil water advisories, extreme temperatures and food safety.

### ICON – your online “yellow card”

ICON is a secure online tool where you can view or print your immunization record. You can also submit new immunizations to keep your record up to date. With ICON, you can access your immunization record any time you'd like, from anywhere.

View your record now! Visit [www.nwhu.on.ca](http://www.nwhu.on.ca) and click on Immunization Connect Ontario (ICON). It's free and easy!

## Concussions

A concussion can occur from a blow to the head, face or neck, or a blow to the body which causes a sudden jarring of the head (ie. a ball to the head, being checked into the boards in hockey).

Symptoms of a concussion can include: confusion, memory loss, headache, dizziness, nausea, ringing in the ears, poor concentration, strange or inappropriate emotions (i.e. laughing, crying, angering easily).

If your child gets a concussion: Your child should stop playing the sport right away. They should not be left alone and should be seen by a doctor as soon as possible that day. If your child is knocked out, call an ambulance to take him/her to a hospital immediately. Follow return to play guidelines! Visit Parachute Canada for more information. Visit <http://www.evanshealthlab.com/concussions/> to watch a brief, informative video about concussions and returning to learn.

## Snow, snow go away, come again another day.

Winter is almost gone. Some easy ways to get moving your way into spring:

- Pull on your boots and walk to work or school
- Try a toonie skate
- Challenge the kids to a snowman contest
- Gather neighborhood parents and kids and play some road hockey
- Play snowman tag
- Take a walk through the snowy park or the local trails
- Check out an indoor walking track or hall walking program
- Try a new activity like curling or skiing
- Shovel the driveway
- Play soccer (soccer in the snow)

While enjoying winter activities such as hockey and skiing, protect your SMILE with a helmet and mouth guard.

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## Vaping: Less Harmful does not mean Safe!

The fast-growing trend of vaping is a serious health concern, especially for youth. Youth who vape can be exposed to harmful chemicals and can become addicted to nicotine.

Vaping is not intended for youth and non-smokers!

Start the conversation and talk to your kids about the consequences of vaping. Learn more by visiting [www.canada.ca/vaping](http://www.canada.ca/vaping)

### **Be sun safe all year round!**

Are you planning a winter vacation to a warmer climate? The sun's rays in tropical climates are much stronger than in Canada, which means you will burn faster. Also remember that the sun's rays can be reflected onto your skin from water and sand. For a safe and fun family vacation follow these tips:

- Use a broad spectrum sunscreen and lip balm with an SPF 30 or higher and reapply every two hours (more often if swimming or sweating)
- Wear sunglasses with 100% UV protection
- Wear a wide-brimmed hat that provides shade to the entire face and neck
- Cover arms and legs with lightweight and tight weave clothing
- Find or make your own shade, especially between 11:00 am and 4:00 pm
- Stay hydrated by drinking plenty of water
- Avoid tanning beds, getting a tan from a tanning bed does not protect you from the sun

### **ChooseWise**

You can see the results of food safety inspections by visiting the Northwestern Health Unit [ChooseWise](#) website. Each time a public health inspector visits a food premises, the results will be posted on the ChooseWise website. Food premises inspection results that you can view include hospitals, schools, daycares, and restaurants.



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## February 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4	5 Hot Lunch– Taco Wrap	6 Hot Dog Day	7	8
9	10	11 Pizza Day	12 <b>Beating the Winter Blues</b>	13 Hot Dog Day	14 Valentine's Day Spirit Day– Pink and Red Day Hot Lunch-Mac and Cheese	15
16	17 Family Day	18	19 Report Cards are sent home  Hot Lunch– Grilled Chicken Sub	20 Hot Dog Day	21	22
23	24 Spirit Day– Twin Day	25 Shrove Tuesday	26 Hot Lunch- Homemade Chick- en Noodle soup  Ash Wednesday service @ 9:45 in gym	27 Hot Dog Day	28	29