

# October Norwood News



Principal: Brooke Ostapek [brooke\\_ostapek@kprdsb.ca](mailto:brooke_ostapek@kprdsb.ca)  
School Council Chair: TBD  
Superintendent of Student Achievement: Ann Marie Duncan  
Trustee: Emilio Ojeda

## From the Office...

We have had an excellent start to the 2021-2022 school year. While life is still very different, the moral in our building is positive and the students all seem very happy (and chatty).

With learning under way, it is important to maintain strong, supportive and cooperative relationships. One of the key components is communication. At the school level, communication comes in various forms:

- Report cards (3x per year)
- Interviews (formal and informal)
- Telephone calls
- Edsby and/or Google Classroom
- Newsletters
- Feedback on student work
- School messenger
- Norwood website

Undoubtedly, you have all noticed that there have been glitches with Edsby this year. I am happy to say that the platform is now working and regular communication will continue from teachers and the office. We appreciate your patience as we worked through the obstacles.

Stay well,  
Mrs. Ostapek

## Do you have concerns about your child?

If you do, contact your child's teacher and arrange a time to discuss over the phone.  
Always speak to the classroom teacher first.

## At Norwood we...

**On Our Yard**

We are **kind**.

We keep our **hands and feet** to ourselves.

We **stay under control**.

We *use equipment appropriately*.

We **problem solve**.

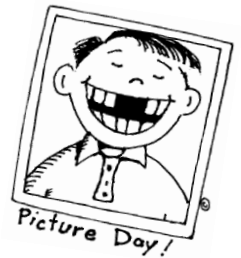


## Medical Plan of Cares

If your child has medical concerns such as, severe allergies, diabetes, epilepsy, asthma, etc., you and your doctor will need to complete a Plan of Care form. If you have not received a form but need one, please contact the office.

## Picture Day

Students will have their photographs taken on **Friday October 8<sup>th</sup>**. Retakes will be Friday November 12<sup>th</sup>.





# WE ARE AN ALLERGEN AWARE SCHOOL & SCENT SENSITIVE

It is important that we provide an environment in which all can learn. Norwood, staff, students and families are reminded that:

1) We are a **Nut Free School**. Please check lunch items carefully to ensure that they are safe to come to school. The Internet is a great resources for nut-free lunches.

2) We are also a **Scent Sensitive Building**. Please be aware that colognes perfumes, scented products and even the smell of cigarette smoke can trigger severe reactions. We ask that scented products not be worn.

3) While dogs are cute some of our students are very scared, even when on a leash. If you are walking your child to school with your dog we ask that you stay on the sidewalk and not be near gates or doors to our building.



Any parents who are still interested in becoming a part of this important advisory group are encouraged to come out and join us. This will be a year that requires very little commitment from our volunteers due to covid restrictions but there is still important work to do and we encourage any type of participation that you can commit to.

Upcoming dates: October 26th

Norwood Executive for 2021-2022:

Chair – Laurie Strawbridge

Vice Chair – Kate Webb

Treasurer – TBD

Secretary – Liz Hilts

*All notes are shared on our website.*



# WORLD TEACHERS DAY

We would like to congratulate and thank our teachers for the caring and generous ways in which they help our students grow and expand their knowledge, while developing important life skills and their love of learning. Their dedicated service to students, families and the broader community is instrumental in helping our students to excel. They inspire and help students to realize their dreams and to build a better world. We commend our teachers for their hard work and dedication on World Teacher's Day, October 5<sup>th</sup>.



*Thank you to everyone who supported our Terry Fox fundraiser!*

## Violence Threat Risk Assessment

The KPR Board is committed to providing safe learning environments for all. When students behave inappropriately, principals use progressive discipline to change behaviour. When student behaviours pose a potential threat to safety or serious harm, KPR's Violence Threat Risk Assessment (VTRA) protocol helps principals take immediate steps to protect student well-being. While such incidents are rare, the VTRA outlines how we work with local police, mental health providers and community agencies to keep students safe. Read more about the protocol, including notification requirements, in the Safe, Caring and Restorative Schools section of [kprschools.ca](http://kprschools.ca). As always, student safety is our first priority. Should you have any questions, please ask.

## Breakfast Program

We continue to run our snack bin program with the help of our school council. Every classroom has its own bin with individually wrapped healthy foods that are available throughout the entire day.

# Illness & COVID - What to do to keep our school safe

As students begin to experience cold and flu-like symptoms this fall, we want to remind everyone of the key points of the KPR Illness Protocol, based on evolving guidance from our local Public Health partners.

Most importantly, all staff and students must complete the self-screening assessment each and every day before coming to school. Please click on the link:

<https://covid-19.ontario.ca/school-screening/>

**We follow protocol provided to all KPR schools by our health units.**

Face Mask Protocol can be found on the KPRDSB web page.

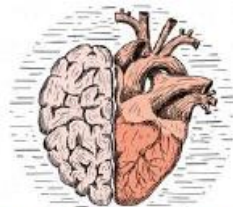


**KPR's 20<sup>th</sup> Annual Parent Conference -- You've Got This! Mental Health After COVID: Getting Back to Normal**

All interested parents, guardians, staff and

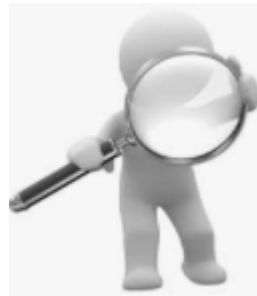
community members can join online for this year's Virtual Parent Conference, which will be held: Saturday, October 16 at 9 a.m.-11 a.m. Featuring Dr. David Templeman

*As always, there is no charge for this much-anticipated conference. Registrants will receive a link to the virtual presentation, which will feature practical advice on supporting your child's or teen's mental health from Dr. David Templeman. A Child and Youth Psychiatrist based in London, ON, Dr. Templeman also is an engaging speaker and author of A Teenager's Guide to Life: The Secret to Living Life and Being Happy.*



Please see the advertisement below for an opportunity to attend a free workshop for parents and caregivers.

**Emotion Coaching 101**



## 2021-2022 Norwood Staffing

JK/SK – Mrs. Stanley & Mrs. Seaboyer  
JK/SK – Mrs. McMillan & Ms. Bierworth  
JK/SK – Mrs. McParlan, Mrs. St.Pierre & Mrs. Hackett  
G.1 – Mrs. Fioritti  
G.1 – Mrs. Mills  
G.2 – Mrs. Mills  
G.2 – Ms. Johnston  
G.3 – Mrs. Merrill  
G.3 – Ms. Brandow  
G.4 – Ms. Olver  
G.4/5 – Mrs. Irvine  
G.5/6 – Mrs. Wynne  
G.6 – Mrs. Hawkes  
Core French – Madam St.Pierre  
Planning – Mrs. Merrin, Mrs. DeCarlo, Mrs. Jeremy  
Special Education Resource – Mrs. Growden  
Early Intervention Reading – Mrs. McParlan

Support Staff:

Mrs. Decker  
Mrs. Tant  
Ms. Scholey  
Mrs. Spalding  
Mrs. Chamberlain  
Mrs. Cook

Secretary – Mrs. Callahan  
Custodian – Mr. Kirkland  
Principal – Mrs. Ostapek

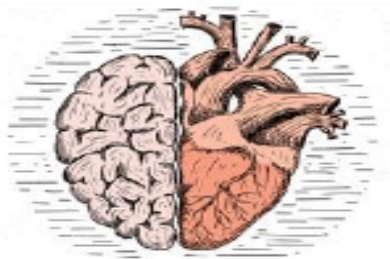
### Newsletter Hard Copy Request

At Norwood Public School we are environmentally conscious and make efforts to make green choices that leave a much healthier footprint for our children. If you require a hard copy, please return this cut-out to the school.

Student Name: \_\_\_\_\_

Teacher Name: \_\_\_\_\_

Or email [laura\\_callahan@kprdsb.ca](mailto:laura_callahan@kprdsb.ca) for a paper copy.



## Emotion Coaching 101

### Workshop for Parents & Caregivers

Emotional regulation plays a key role in a child's academic, social, and life successes. This workshop is for parents and caregivers who are interested in learning more about how they can support their child's emotional development and respond to their child's big feelings in the moment.

This 4-week online workshop will focus on teaching parents and caregivers the skill of Emotion Coaching. This skill can be used to support children and adolescents who struggle with a wide variety of emotional and/or behavioural challenges.

The skill of Emotion Coaching can help to 1) De-escalate big feelings and challenging behaviours in the moment, 2) Improve your child's emotion-regulation abilities over time, 3) Strengthen the connection between you and your child, and 4) Help you to feel more effective and empowered as a parent or caregiver.

Participants will learn about:

- The Anatomy of Emotions
- The Steps of Emotion Coaching
- Their Unique Caregiver Style

Participants will need access to the internet, as well as a tablet or computer with a webcam and microphone. Each sessions will involve active participation, self-reflection, and home practice.

This workshop is being offered by KPR's Psychological Services Department, under the supervision of Melissa Bruder, C.Psych. Sessions will be facilitated by Niki McGill, C.Psych. (supervised practice) and Melissa Bell, C.Psych.Assoc. (supervised practice).



*"When we can talk about our feelings, they become less overwhelming, less upsetting, and less scary."*

*~Mr. Rogers*

**Grades K-8**

**Wednesdays**

**6:30-8:00 p.m.**

**October 6, 2021**

**October 13, 2021**

**October 20, 2021**

**October 27, 2021**

#### HOW TO SIGN UP

If you are interested in taking part in this workshop, or would like more information, please email:

[melissa\\_bell@kprdsb.ca](mailto:melissa_bell@kprdsb.ca)

## START THE CAR!

Asphodel  
Norwood

### SCARECROW

Road Show



OCTOBER 9, 10, 11

To register, please call 705-639-5343 or visit [www.antownship.ca/scarecrowroadshow](http://www.antownship.ca/scarecrowroadshow).

Registrations must be received by October 4, 2021 to be included in the roadshow tour map and to receive a chance to **WIN** a Thanksgiving themed bundle from Sweetheart's Bakery in Norwood.

Please visit [www.antownship.ca](http://www.antownship.ca) for full details.