

William E. Brown Public School

SPRING BREAK IS JUST AROUND THE CORNER . . .

The month of April is going to fly by with Easter the first weekend and then spring break the third week. Your children are working diligently on their learning each day which is sometimes difficult with all the covid restrictions (e.g., mask wearing, social distancing, lack of group work). However, each day we are impressed with their ability to focus on the task at hand and do their best with the activities assigned. We know that it has not been a year of exciting co-curricular events, but we are doing our best to allow them to enjoy their learning and each other's company every day. Special events this month like World Autism Day, Earth Day and our monthly spirit day will certainly be highlights. Please continue to support your child in their learning at home by encouraging them to read every day.

DSBN STUDENT CENSUS SURVEY - March/ April

Last month, grade 7&8 students across the DSNB completed the DSNB Student Census Survey with their teachers. From April 6 to 30, we are asking all parents with students in JK to grade 6 to complete the Student Census Survey online. You can access the survey on the William E. Brown website. <http://webrown.dsnb.org/>



WORLD AUTISM DAY - April 6

On Tuesday, April 6, DSNB will be celebrating World Autism Day. Students will be discussing autism in their class and celebrating the uniqueness of autistic people.

EARTH DAY - April 22



Every year, we celebrate Earth Day by doing a variety of activities in our classrooms and outdoors. We limit our use of lighting, clean up the school yard and sometimes even plant something. This year will be slightly different, but a variety of activities will continue as we celebrate Mother Earth.

NEXT VIRTUAL SCHOOL COUNCIL MEETING - May

Our monthly virtual school council meeting will be held in May. The date and time will be included in the May newsletter.

VIRTUAL ALL STAR ASSEMBLY - April 30

Our monthly Virtual All Star Assembly will be happening on Friday, April 30 at 9:25 am.

BIG RED MEAT FUNDRAISER

Our School Council is once again doing a Big Red Meats Fundraiser this year. Information will be coming home in the next few weeks and we are encouraging all our families to get involved. You could also reach out to family members and neighbours if you like.



LITTLE CAESARS FUNDRAISER



We are currently working with Little Caesar's to determine if this fundraiser will be possible during the months of April and May. We will keep you posted as to the decision.

Thank you for your continued support of the William E. Brown community.

ALL STAR RECOGNITION - PERSEVERANCE

Congratulations to the following students who were recognized for “Perseverance” at our All Star Assembly at the end of March.

JK/SK - 1 Kade

Grade 3 Zander & Shea

JK/SK - 2 Grady & Grace

Grade 4/5 Isaiah & Carter
Ryder for the I Matter Award

Grade 1 Clay & Arija
Tyler for the I Matter Award

Grade 5/6 Josh & Emma

Grade 1/2 Addison & Logan D.

Grade 6/7 Cassadie, Clarissa, Hayden,
Phoenix

Grade 2/3 Pyper, Britton, Kayla, Loghan, Kai,
Nolan, Blayke, Tyler, Avery, Parker

Grade 7/8 Riley & Michael

HELPING KIDS WITH LONELINESS DUE TO COVID

Up until late 2019, most kids spent their days in constant interaction with friends, teachers, family and neighbors. And then the coronavirus disease 2019 (COVID-19) pandemic struck.

The impact of loneliness on kids

Loneliness due to the pandemic is particularly tough on children. Compared with adults, kids tend to have a harder time communicating their feelings. And in this situation kids can't rely on familiar coping strategies, such as visiting with friends. Social distancing measures also prevent kids from spending time with their peers during an important period of growth and social development. Friendships with other children can give kids crucial support, build a sense of belonging and help them to develop personal identities.

Loneliness in children and adolescents is also worrisome because it can have long-term effects. Research shows that loneliness in kids, especially over extended periods, is linked with mental health conditions such as depression and anxiety in the following years. Due to heightened stress and reduced access to health care, the COVID-19 pandemic also might worsen children's existing mental health conditions.

Helping kids cope with loneliness

As frustrating, boring and painful as social distancing is for kids, it's important to continue taking steps to prevent the spread of the COVID-19 virus. This means keeping space between your children and other people outside your household. To help your child deal with loneliness caused by social distancing consider the following:

Encourage spending time with friends

Provide extra reassurance at home

Stay in touch with family and friends, virtually

Talk about feelings together

Seek daily purpose

INFORMATION FROM PUBLIC HEALTH

COVID-19 Updates

For information regarding schools and COVID-19, including screening, symptoms, prevention and protection measures, visit <https://www.niagararegion.ca/health/covid-19/reopen/schools.aspx>

If you have general COVID-19 questions, you can also speak with health care professional seven days a week 9:15am to 4:15pm 905-688-8248 or 1-888-505-6074, press 7

Vaccine Rollout

For more information on distribution and eligibility please visit [Niagara Public Health COVID-19 Vaccination](#)

April is Oral Health Month!

Public Health recommends that children's teeth should be brushed twice daily for two minutes with a pea sized amount of fluoride toothpaste to prevent cavities

Children under the age of three should have their teeth brushed by an adult, using a rice grain sized portion of fluoride toothpaste until the child can spit out

Parents and caregivers with children under six years should apply the toothpaste to the toothbrush and supervise to ensure proper brushing

For more information, visit https://www.niagararegion.ca/living/health_wellness/dental/prevent-cavities.aspx

School Dental Screening Updates

Due to COVID-19, public health dental staff have not been able to provide school dental screenings in the 2020-2021 school year

If your child is experiencing dental pain or discomfort, please connect with our dental program through the [Niagara Region Public Health dental website](#) or call the Dental Health Line at 905-688-8248 or 1-888-505-6074 ext. 7399

Spring into Spring

This April, join schools across Ontario to welcome spring by encouraging your families to celebrate walking and wheeling in their community. You can combine this with other environmental celebrations such as Earth Day. For activity ideas including messages you can share on social media and in your newsletter, visit [Ontario Active School Travel](#).



Niagara Parents Facebook Live events

Checkout [Niagara Parents Facebook page](#) for live streaming events and videos!