

# Colborne Public School

## May 2020 Newsletter

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8 Alfred St. Box 70  
Colborne, ON, K0K 1S0  
905-355-2532  
Fax: 905-355-5462  
<http://colborne.kprdsb.ca>

### Principal Message

I hope you are all continuing to do well during these challenging times. The staff here are really missing the routine of school and seeing our students everyday. I hope that distance learning is becoming a bit easier for everyone as we develop new routines.

Should you need anything to support distance learning, please feel free to contact me and I will do my best to accommodate any requests.

Our school building continues to remain closed. A few families have reached out about personal belongings and we promise to do our best to get them back to you as soon as the Chief Medical Officer gives us the go ahead.

Further updates on the length of school closures will continue to be provided through government updates. As of now, the tentative return date is May 31st. Should this change, you will be informed through media outlets. Please do not hesitate to contact me with any questions or concerns.

Sincerely,

Joanne Shuttleworth

[joanne\\_shuttleworth@kprdsb.ca](mailto:joanne_shuttleworth@kprdsb.ca)

### Our School Team

Principal: Joanne Shuttleworth  
Secretary: Helen Dekeyser  
Head Custodian: Brenda MacLean  
JK/SK: Ms. McMurray, Ms. Davy  
Grade SK/1: Ms. Martel  
Grade 2/3: Ms. Broomfield  
Grade 4/5: Mrs. Morton  
Grade 5/6: Ms. Boucher  
Grade 7/8: Mr. Morford  
SERT: Ms. Clitherow  
Library/FSL: Ms. Vollmer  
Support Staff: Mr. Ainsworth, Ms. Mason, Ms. Gilbert  
Ms. Doidge, Ms. Bailey, Ms. Nelson, Ms. Lunitz, Mr. Kelly

Superintendent of Student Achievement:  
Jack Nigro 1-877-741-4577 ext 2602  
Trustee: Cyndi Dickson (613-475-4222)  
School Council Chair: Sherry Dart

[www.kpr.edu.on.ca](http://www.kpr.edu.on.ca)



KAWARTHA PINE RIDGE  
DISTRICT SCHOOL BOARD

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**@ColborneSchool @kprdsb**



## Teacher Appreciation Week



YOU ARE MAKING  
A DIFFERENCE  
**EVERY**  
day.

## Mental Health Week and Education Week – May 4 to 8

May 4 to 8 is Education Week in Ontario and it is also Mental Health Week in Canada. Education Week is an opportunity to celebrate public education and highlight its significant impact, including the contributions of students, parents, teachers and education workers. We all work together to ensure student success and well-being. During these uncommon times especially, we want to take a moment to recognize the importance of public education in all of our lives.

As you know, we have put together a series of mental health supports and toolkits to support students and families during this health crisis, all of which are

available from the home page of our website, [www.kprschoools.ca](http://www.kprschoools.ca)

Further to that, as part of Mental Health Week, we have compiled even more resources for children, teens and parents. We've attached our Mental Health Week poster, which contains links to videos, activities and supports. Follow @kprschoools on Twitter or Instagram, or Kawartha Pine Ridge District School Board on Facebook, for more Mental Health Week information and activities.

# Children's Mental Health Week

May 4<sup>th</sup> - 10<sup>th</sup>, 2020 #mindsmatter@kprschoools

In recognition of Children's Mental Health Week we are sending some resources out to our KPR students, families and staff to encourage everyone to practice self-care and healthy coping during the coronavirus pandemic. Take good care and Be Well.

**Parents**

Parents are important! We need to look after ourselves so we can be there for our kids.

**Children**

Try some of these activities and tips for kids.

**Teens**

Check out these resources for teens.

**Staff**

Some self-care strategies and information for all staff who support our students every day.

# Children's Mental Health Week

May 4<sup>th</sup> - 10<sup>th</sup>, 2020 #mindsmatter@kprschools

Try some quick activities at home with your family to take care of your mental health. Do one thing each day and see if you can get BINGO by completing 5 things in a vertical, horizontal or diagonal line. Over the month of May do your best to fill up the entire card. Have fun and challenge your friends and family to try mental health bingo to take care of their mental health and #BeWell.

mental health week

# B I N G O

Stretch or practice yoga <a href="#">CLICK HERE!</a>	Play a board game	Connect with a friend	Bake a yummy treat	Be kind, fill someone's bucket <a href="#">CLICK HERE!</a>
Cook a meal together	Read a book	Turn up the music and dance!	Create something	Chalk the walk with a positive message
Put a positive message in your window	List things you're grateful for <a href="#">CLICK HERE!</a>	free space	Be mindful, just notice <a href="#">CLICK HERE!</a>	Create a comfy, cozy corner
Learn a new skill/hobby	Go for a walk/run/bike ride	Draw something that makes you happy	Sleep in	Write in a journal
Take 10 slow, deep breaths <a href="#">CLICK HERE!</a>	Laugh! Tell a joke/watch a funny movie	Spend time in the sunshine	Teach someone something new	Check out Kids Help Phone <a href="#">CLICK HERE!</a>



# SELF-CARE 101

Self-care is an important part of wellness. Take time and discover what helps you to feel good and recharge.



**EAT** We all need to refuel. But sometimes when we're stressed, our habits can change – maybe we eat junk food, or don't feel like eating at all. It is important to focus on eating foods that will provide you with the nutrients you need.

- \* **Tip:** Have a healthy snack nearby so you can refuel and avoid getting "hangry."

**HYDRATE** Try to increase your water intake and decrease your caffeine intake. Caffeine has been shown to create a stress reaction in your body and might cause you to feel nervous, irritable or restless.

- \* **Tip:** Drink a glass of water or milk before bed (but not too much!) rather than a caffeinated drink. This should also help you sleep.



**MOVE** Being physically active has many positive effects on your health. It increases your energy, enhances your immune system, reduces insomnia, stimulates brain growth and has been shown to decrease feelings of sadness.

- \* **Tip:** This doesn't need to take much time. You can get these benefits of being physically active from just a 30-minute walk. Stuck inside? Check out YouTube for brief yoga routines, at-home workouts or track your steps, and challenge a friend!

**ENJOY** Take time to discover things you enjoy. Do things that make you feel good as often as you can. It may not be what others find fun, and that's okay! We're all different.

- \* **Tip:** Maybe there's a book you want to read, a show or movie you've been meaning to watch, a skill you've been interested in, or something new!

**SLEEP** Getting a healthy number of hours each night helps you to better deal with the stresses of everyday life.

- \* **Tip:** While you're at home, try to set up a sleep routine that you can stick to. Plan to go to bed and wake up at the same time every day. For some other helpful ideas check out: 'Up all night? Get a better sleep with these tips' 🌙

## WHY SELF-CARE?

Self-care is like saving up for a rainy day! It's about nurturing yourself so that when difficult situations happen, you will have the energy and strategies to help you get through it! It can feel hard to practice all of the self-care tips that we know are important, pick a few to focus on, congratulate yourself on what you're able to accomplish and continue to set goals for yourself.

- \* **Tip:** Try this quiz to find out if you're practising enough self-care 🍌

For more ideas to help you recharge, check out Kids Help Phone's self-care checklist! 🍌



**PAUSE** Make sure to take time for yourself during the day, to listen to music, take a few deep breaths, meditate, write in the gratitude journal.

- \* **Tip:** There are lots of different apps and sites out there for breathing exercises or check out: 'How to calm down when you're stressed' 🍌

**REFLECT** Take time to think about what's important to you. It can be easy to get caught up in the negative messages, instead look for kindness and positivity. This can come in different forms like people doing good things for others or positive posts on social media.

- \* **Tip:** Practicing gratitude on a regular basis can improve our sense of well-being and happiness! Journal about gratitude: every night, write down three good things about your day. They don't have to be major (i.e. a great lunch, talking to a friend, finishing a task).

**REPEAT** Did you know that trying a new skill, habit, or routine for 21 days in a row will increase the likelihood of maintaining this new practice?

- \* **Tip:** Try having a partner to hold you accountable during the first few weeks; this strategy has been shown to enhance your success rate of maintaining your new practice.

**CONNECT** Strong social connections are one of the most powerful influences on our mood and mental health. Spending time with friends and family help to increase your levels of happiness.

- \* **Tip:** Getting involved in something bigger than yourself or doing nice things for others can give you a mental health boost. If you can't see the people you care about every day, send them a text or make a phone call; it will make their day and yours!

**RECOGNIZE** Be mindful of your thoughts and feelings, both positive and negative, as part of your self-care. Finding a healthy outlet to process your emotions and positive self-talk, although always important, is super important during stressful times.

- \* **Tip:** When thinking, ask yourself? Is this helpful/true? If not, challenge yourself to find a positive/true alternative. Remember to speak kindly to yourself, everyone has good and bad days. Don't be too hard on yourself!

If you or someone you know is in crisis, call 9-1-1 or go to the nearest emergency department.

You can also reach out to Kids Help Phone at 1-800-668-6868 or by texting **CONNECT** to 686868.



School  
Mental Health  
Ontario

Santé mentale  
en milieu scolaire  
Ontario

www.smho-smsso.ca