

## PDPS Weekly Update Jan272023

Plattsville DPS <plattsville@tvdsb.ca>

Fri 2023-01-27 4:19 PM

To: Trish ELCOMBE <t.elcombe@tvdsb.ca>

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### **DEAR at PDPS**

On this Family Literacy Day, students carried their books everywhere and 'Dropped Everything And Read' (DEAR) throughout the day...check out our collage! Here are some Family Literacy Resources to use at home. We look forward to World Read Aloud/PJ Day next Wednesday, February 1! [Family Literacy Day Resources](#) [D.E.A.R. Collage](#)

### **Approved Code of Conduct and Use of Personal Technology Devices**

School Council has revised and approved the PDPS Code of Conduct and Use of Personal Technology Devices guidelines for 2022-2023. Revisions were made to align with the new TVDSB Guidelines for Student Dress. Copies of the Codes are attached, and are also found on the school website on the 'Our School' homepage. <https://plattsville.tvdsb.ca/en/our-school/our-school.aspx> <https://www.tvdsb.ca/en/students/guidelines-for-student-dress.aspx> [PDPS Code of Conduct/Use of Personal Technology Devices 2023](#)

### **Popcorn and Milk Sales**

Our first "Popcorn Day" went over very well...we already need to 're-stock' some flavours! We will continue to have popcorn for sale (1 ticket per bag or \$2 cash) on Wednesdays to the end of the school year. Starting this Wednesday, February 1, we will also begin our daily milk sales for 1 ticket per carton, or \$1 cash. Sheets of 20 tickets are available for purchase for both popcorn and milk through SchoolCash online, and are due by Sundays at noon. Tickets purchased during the week will be printed on GOOS paper('good on one side') where possible, and distributed to students on Mondays. SchoolCash will then re-open for the following week after noon on Monday. Proceeds from both will go toward purchasing new/replacing worn out school uniforms for teams and clubs, as well as purchasing new/replacing aging technology for student use. As this is a school-based fundraiser, if you have any questions, please contact Ms. Elcombe. <https://tvdsb.schoolcashionline.com/> [Popcorn Flavours](#)

### **School Council Fundraiser – Elmira Chicken Products**

Brochures and price lists for the Elmira Chicken Products fundraiser went home on Tuesday. Please collect orders and submit them online with payment starting on Wednesday, February 1 and continuing until Tuesday, February 7. We are asking that the paper copy/master list of each family's orders also be sent to the school (after Feb. 1) so that we can 'double-check' orders, and return the master with your order at pickup time on Saturday, February 25. If you have any questions regarding SchoolCash online, please contact [plattsville@tvdsb.ca](mailto:plattsville@tvdsb.ca). If you have any questions regarding the fundraiser or submission of a master copy to the school, please contact Dawn at [boomer\\_dawn@hotmail.com](mailto:boomer_dawn@hotmail.com). Thanks in advance for your support! [Elmira Chicken Products Brochure](#)

### **Kindergarten Registration for 2023-2024**

## **Registration for Kindergarten will take place during the period of Monday, January 23rd to Friday, February 10th, 2023.**

Parents/caregivers can pre-register their child online via TVDSB's website by completing the form under "Parents" and then under "Kindergarten Program". Verification of documentation can be done virtually through e-mail or through a TEAMS meeting OR by appointment at the school, to show their proof of address and their child's proof of birthdate. We encourage all eligible families to register their children by the February 10<sup>th</sup> date as these registration numbers are used to help determine staffing and classrooms for 2023-2024.

[https://www.tvdsb.ca/en/schools/kindergarten-registration.aspx?\\_mid\\_=23341](https://www.tvdsb.ca/en/schools/kindergarten-registration.aspx?_mid_=23341)

### **Lost & Found**

Please see the attached photos and let your child's teacher know if anything belongs to your home. Please also have a look at our 'Last Chance' items which have been in the Lost and Found since the end of November. Any items not claimed by February 3 will be donated. To help keep your child(ren)'s items from being lost, don't forget about School Council's ongoing fundraiser with Mabel's labels! [Lost & Found Jan.27](#) [Last Chance Items January](#)

[https://mabelslabels.ca/en\\_CA/fundraising/support/](https://mabelslabels.ca/en_CA/fundraising/support/)

### **Grade 1 French Immersion Information**

Are you or anyone you know interested in Registering your Senior Kindergarten student for Grade 1 French Immersion for the 2023-24 school year? Here in Oxford County, there are 2 options for Grade 1 French Immersion: Oliver Stephens PS and Roch Carrier FIPS. Registration is opening soon for this opportunity. If you have questions and would like to find out more about this Program, please join us for our Grade 1 French Immersion Information Nights. We hope to see you there!

#### **ROCH CARRIER AREA FAMILIES (north of Highway #2)**

Please join us in person at Roch Carrier FIPS at 840 Sloan Street, Woodstock at 6:00 PM on Wednesday, February 1<sup>st</sup>.

#### **OLIVER STEPHENS AREA FAMILIES (south of Highway #2)**

Join us Virtually by [clicking on this link](#). This virtual meeting will begin at 6:00 PM on Wednesday, February 8<sup>th</sup>.

The registration window for Grade 1 French Immersion for the 2023-2024 school year is Monday, January 23 - Friday February 10, 2023. For more information about the French Immersion Program in TVDSB, please visit the [French as a Second Language](#) page of the Board Website or feel free to contact your designated French Immersion School by phone.

Roch Carrier FIPS: 519-537-7321 Oliver Stephens PS: 519-539-2068

### **TVDSB Award of Distinction**

The Award of Distinction is an annual recognition given by the Thames Valley District School Board Trustees to students, staff, volunteers, parents, and all individuals or groups who have made significant contributions at a system or school level. Attached please find the link for the 2023 Award of Distinction memo and supporting documents. The deadline for submissions is Thursday, 2023 February 9, at 4:00 p.m. <https://www.tvdsb.ca/en/our-board/award-of-distinction.aspx>

## **Hot Lunch Program**

Just a reminder to get orders in **BY NOON SUNDAYS** for the hot lunches on Tuesday (Pizza) and Thursday (Subs).

### **INCLEMENT WEATHER - HOT LUNCH CANCELLATION POLICY**

If buses are cancelled, the program continues. If the school is closed, then the program will be cancelled and credits will be applied to accounts. Food will be kept in the fridge for one day following a bus cancellation and distributed (cold) the following day or can be picked up at the school during school hours. If refunds are necessary, then families can contact Lunchbox directly with that request. If schools are closed we will post a hot lunch update ASAP to both Facebook sites (School Council and the main PDPS page).

<https://lunchboxorders.com/>

## **TVDSB School Climate Survey - Your School, Your Voice**

School climate exists in every school. It is like the personality of a school. Creating and sustaining a healthy school climate benefits all members of our school community. We want to hear your thoughts and experiences about the school climate at our school. This year, you will be invited to complete an online survey. If you have any children from Grades 5-12, they will also be invited to participate. Keep an eye out for more information in the coming weeks.

## **School Sign**

We are looking for a student or community member who would look after changing the sign as needed for rentals or events, as well as making sure the grass is cut around the bottom of the sign as needed. If you are interested or know of someone who might be, please contact Ms. Elcombe.

## **From Southwestern Public Health**

### **Whooping Cough is on the Rise in Our Community**

- Whooping cough is a serious illness caused by *Bordetella pertussis* bacteria.
- Whooping cough spreads easily from person-to-person when a person who has the infection breathes, coughs, or sneezes. The infection can be spread from the time the symptoms start up to 3 weeks after.
- Whooping cough usually starts with mild cold symptoms such as a runny nose and cough. The symptoms often get worse after the first week or two and may include coughing fits or spells, difficulty breathing, whooping sound, gagging, or vomiting
- Babies under the age of 1 may have more serious symptoms.
- Adults may have milder symptoms and not know that they have the infection.

### **Protecting Yourself and Your Family from Whooping Cough**

- **Stay up-to-date with routine vaccinations:**
  - Children should receive whooping cough vaccine at **2, 4, 6 and 18 months, at age 4 to 6 years, and between 14 and 16 years of age.**
  - **Adults between 19-64 years** should receive a booster dose of whooping cough vaccine.
  - **Pertussis vaccination is recommended in every pregnancy** to protect baby, regardless of previous pertussis vaccination.

## **Preventing the Spread of Infection**

- If you think you or your child may have whooping cough, talk to your health care provider. Antibiotics, when given early, may help improve the symptoms and prevent spreading the infection to others.
- Keep your child home from school, childcare and other activities when they are sick.
- Cover your coughs and sneezes.
- Clean your hands often.

For more information visit: [Caring For Kids \(Canadian Pediatric Society\) Pertussis Fact Sheet](#)

### Exam/Test Anxiety and Sleep

#### **Exam Stress Management**

Many students experience stress when they have upcoming tests or exams. Exam stress is the feeling of tension and worry that comes from test-taking situations. A little bit of stress before a test or exam can be a good thing as it can motivate you to work hard and focus. It is important to plan your studying time, utilize tools such as an agenda or calendar to stay organized, avoid both cramming and procrastination, be creative with your learning and always remember to ask for help when needed. Exam stress can become problematic when it interferes with one's ability to achieve academic and learning goals. Some strategies to help manage exam stress include exercising, positive thinking, getting 8-9 hours of sleep per night, eating well, talking with others, using distract strategies and relaxation techniques.

#### **Sleep**

Sleep has beneficial effects on our health, emotions, memory and academic potential. Inadequate sleep can have a negative impact on our well-being, decision-making and attention which are all aspects necessary for success in school. Did you know that 60-70% of Canadian students are often very sleepy during their morning classes? The body has a natural psychological drive for sleep and unfortunately there are things that interfere with this drive, preventing us from getting a good sleep. Some tips for a good sleep include sticking to a routine, unwinding before bedtime, staying hydrated, waking up to brightness, sticking to a set time to wake up daily and avoiding watching television, surfing the net or playing on your phone before bed.

#### **Thoughts of the Day this past week**

You're braver than you believe and stronger than you seem, and smarter than you think.

The capacity to learn is a gift; the ability to learn is a skill; the willingness to learn is a choice.

Kindness is another way to tap into our everyday power."

Reading is to the mind what exercise is to the body.

You have brains in your head. You have feet in your shoes. You can steer yourself in any direction you choose. You're on your own.

And you know what you know. And YOU are the one who'll decide where to go...

#### **Upcoming Dates**

Month of February	Black History Month begins
Wednesday, February 1	Milk Sales begin, Popcorn Day, TVDSB Trustees visiting PDPS, World Read Aloud Day (PJ Day)
Thursday, February 2	Groundhog Day
Friday, February 10	Term 2 IEPs home, Kindergarten Registration ends, Grade 8 Grad Photos (am)

Tuesday, February 14	Valentine's Day, TVDSB Toonie Tuesday Fundraiser for the Caring Fund begins
Thursday, February 16	Term 1 Report Cards and Communication of Learning Reports home  *date extended due to technical issues with our new Student Information System
Monday, February 20	Family Day
Tuesday, February 21	Shrove Tuesday, Toonie Tuesday Fundraiser ends
Wednesday, February 22	Ash Wednesday, Superintendent visit to PDPS

Have a fantastic weekend, Panther families!      Contact Us at [plattsville@tvdsb.ca](mailto:plattsville@tvdsb.ca) or 519-684-7436.

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