

Jump Rope for Heart

The Jump Rope for Heart 'kickoff' assembly this week has our students really excited for our upcoming event on Thursday, June 15 in support of the Heart and Stroke Association of Canada. Our goal is to empower kids to build healthy habits for a healthy life and learn the importance of giving. Families will also have the opportunity to participate in some of the same activities during our Year-End Carnival! The Jump Give-back Program is Jump's way of saying thank you to schools for putting students' heart and brain health first by giving back 8% of the funds we raise. If we fundraise at least \$500, with the funds we get back, we can help our school get new equipment or supplies or donate it back to Heart and Stroke to support lifesaving research. Please see the attached letter containing further information and fundraising details. Thanks in advance for your support! Donations can be made directly at <https://jumpropeforheart.crowdchange.ca/24880>.

Math on the Move: Video Series Explores How Math is Used in the Community

The Thames Valley District School Board (TVDSB) is pleased to introduce a unique initiative designed to bring students closer to math found in real-life context within communities across the district. *Math on the Move* is a video series that helps to answer the question, "how will I use math in my everyday life?" In each video, Thames Valley Math Learning Coordinators visit local organizations and businesses to explore how math is used in settings like a kitchen, an auto-mechanic's garage, a news station and even an airplane. By connecting with community partners and highlighting the real-world applications of math, students are inspired to recognize that what they learn today will impact their tomorrow. We invite you to share our *Math on the Move* playlist with your children to show them how math is used each day in communities throughout Thames Valley: <https://www.youtube.com/playlist?list=PLL9jSeholp9uZfOD2MB5FWIVjCP6L9Q6w>

Milk & Popcorn

We have lots of chocolate and limited cartons of white milk available for next week. Milk ticket sheets (\$20 for 20 cartons) and popcorn ticket sheets (20 packs for \$40) will be sold through SchoolCash online until June 11. Tickets will be printed and distributed on Monday.

Lost & Found

Here we 'grow' again...more than 2 tables worth of items 😞. If anything belongs in your home, please contact Ms. Elcombe (t.elcombe@tvdsb.ca) or your child's teacher and we will get them back to you on Monday. Don't forget that the Mabel's Labels fundraiser runs continually throughout the year https://mabelslabels.ca/en_CA/fundraising/support/.

Produce Express

Produce Express has offered us an ongoing fundraising code that can be used throughout the year, summer included! All proceeds go toward our school's nutrition program. Please see the flyer attached for more information. Our code is PLATT2023 and should be entered in the 'fundraising code' section of the checkout. Thanks for your support!

Year-End Carnival

Our School Council's second annual Year-End Carnival is coming soon on Thursday, June 15 from 4:30 – 7:30 pm. Four food trucks, the new mobile Library, entertainment, raffles, games, and more! Please see the attached flyer for more information. ***We could always use a few more adult volunteers for some 45 minute blocks that evening.*** If you are able to volunteer your time, or if you have a home-based business that would like to contribute to the raffle prize table, please contact Henrik Ruhwedel (tiuri1103@gmail.com), co-chair of the School Council. We look forward to welcoming the community to this celebration of PDPS!

Run for the FUNd

The Thames Valley Education Foundation is holding its annual 'Run for the FUNd' event on Saturday, June 3 at Prince Charles PS in London. All proceeds go to the 'Caring Fund' which supports students in need throughout the TVDSB. See the attached flyer for more event information and this [link](#) to register or volunteer.

Office Update

Mrs. Knight's will hopefully be returning early next week!!! We can't wait! Until she returns, unfortunately, it does not look like there will be a support available to run the office for a few days. We will do our best to answer phones and doorbells as quickly as possible, but please have patience with us! If your child is arriving late or leaving early, please remember to come into the school to sign your child in/out so that we can keep track of our students for Safe Arrival. Thanks for your help!

Yearbook

We are in the process of creating our 2022-2023 Plattsville & District PS Yearbook through the Board's Graphic Services Department. Watch for the email from SchoolCash online in the next couple of weeks for ordering information.

From Southwestern Public Health

Lyme disease is caused by a bacteria that spreads through the bite of an infected deer (blacklegged) tick. Not all ticks can carry Lyme disease, and the tick must be attached for at least 24 hours to be able to transmit the bacteria. It is important to quickly and properly remove the tick and have it identified to know the risk of getting Lyme disease. Ticks like areas with tall grass, marshlands, and bushes, and they get on people who walk through these areas. Ticks cannot jump or fly.

How to avoid tick bites

- Make sure you are properly dressed (light-colored clothes, long sleeves, pants tucked into socks and close-toed shoes)
- If walking in woody areas have students stick to paths
- Use insect repellent as appropriate containing DEET or Icaridin (follow manufacturer's instructions).

How to properly remove a tick on yourself or a child

- Use fine-tipped tweezers or a tick key to grab the tick close to the skin and pull the tick straight out
- Do not squeeze the tick or put anything on it
- Clean the bite with rubbing alcohol and/ or soap and water
- Place the tick in a hard container (e.g., food container, specimen jar)
- Complete the Tick Submission worksheet and submit the tick to Southwestern Public Health

Walking in naturalized areas

- Provide education to kids to stick to pathways
- Encourage reporting of tick bites
- Teach kids not to pick them off and throw them away
- Have the parents/guardians complete a 'tick check'

Information for parents

- After being in an area that may have ticks, have the child shower, and towel off to remove loose ticks
- Complete a 'tick check': check underarms, neck, and groin area for ticks
- If a tick has been removed place it in a hard container, complete the Tick Submission worksheet and submit the tick to Southwestern Public Health
- Watch for symptoms such as fever, chills, headache, or the bull's eye rash (but not everyone will get this rash)
- Talk with your doctor

More information can be found at <https://www.swpublichealth.ca/en/index.aspx> .

ACT-i-Pass Program Expansion to Oxford, Elgin and St. Thomas

The ACT-i-Pass is a physical activity program that offers grade 5 children access to free or low-cost recreational programming at participating recreation partners. We know that physical activity levels drop off around the ages of 9-11 and the ACT-i-Pass tries to counteract this problem by providing additional physical activity opportunities to children after school and on weekends. If children can access physical activity opportunities, they will be given a chance at better health, longer lives, less illness, reduced screen time, and more play!

The ACT-i-Pass program is currently available in the City of London, but it will be expanding to Middlesex, Oxford, Elgin, and St. Thomas for the 2023-24 year. The program will run from July 1, 2023 until June 30, 2024.

Children beginning grade 5 in September 2023 (in grade 4 right now) can register on the ACT-i-Pass website www.playeveryday.ca. Their card will be mailed to your home 3-4 weeks after registering. Your child can use this card to access recreational opportunities throughout the region (London, Middlesex, Oxford, Elgin-St. Thomas). The website will be updated with all the expansion information, schedule of activities, and a list of our service providers for the 2023-24 year starting June 30, 2023.

Thoughts of the Day this past week

Winning doesn't always mean being first. Winning means you're doing better than you did before!

Use your voice for kindness, your ears for compassion, your hands for charity, your mind for truth and your heart for love.

Anything is possible. Anything can be.

There is no elevator to success - you have to take the steps.

Upcoming Dates

May 29	Safe Schools Committee Meeting
May 30	Gr. 3 & 6 EQAO, Toonie Treat Day, Baseball @ PDPS vs. Hickson
June 1	Gr. 3 & 6 EQAO
June 2	PA Day
June 3	TVDSB Run for the FUNd
June 5	TVDSB Track & Field Finals
June 6	Commemoration of #Our London Family (wear green/purple), Toonie Treat Day, Superintendent Visit
June 9	Pick a Decade Dress Up Day, Toonie Treat Day

Have a great weekend, Panther families! Contact Us at plattsville@tvdsb.ca or 519-684-7436.