

# John F. Kennedy Elementary Newsletter

September 2021



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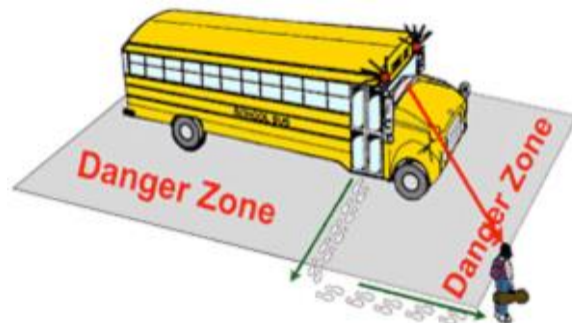
At JFK we strive to respect others, respect environment and property, respect ourselves and respect learning

## WELCOME BACK TO SCHOOL!

We hope you had a wonderful summer and that you are excited about this new school year. We would like to extend a very warm welcome to all returning families and to the new parents and students joining us this year. Please feel free to contact the school at any time if you have any questions or concerns. We are here to help you make this a great school year! Refer to the last page of the newsletter for an infographic on the mask protocol for the school. Essentially, **Grades 1-6 students are mandated to wear masks in the school.** They may remove their masks outdoors. **It is strongly recommended for parents to wear masks when dropping off their children at the drop off gate** as there is not enough space to remain 2 meters apart from one another.

## Peanut / Nut Allergies

We have students in our school that have anaphylactic peanut and or nut allergies. We are asking your help to provide all of our students with a safe school environment. Any exposure to peanuts/nuts may cause a life-threatening allergic reaction that requires emergency medical treatment. To reduce the chance of this occurring, we are asking that you **do not send any peanut or products containing nuts to school with your child.** If your child has eaten peanuts/nuts before coming to school, please be sure your child's hands and face have been thoroughly washed before entering the school.



## Bus Safety

### *Everyone's responsibility*

Please note that it is against school board policy to allow students to travel on a different bus than the bus that they are assigned to. We will not be able to accommodate a friend going to another friend's house. Students must stay seated in their assigned seats. **Students in grades 1-6 must wear a mask on the bus.** Seats will be assigned by the bus driver.

### Be Safe: Riding the Bus

- **RESPECT SELF**
  - Stay out of the bus danger zone.
  - When riding the bus, remain seated at all times.
- **RESPECT OTHERS**
  - Keep hands, feet and belongings to yourself.
  - Use quiet voices and be courteous.
  - Follow the driver's instructions.
- **RESPECT PROPERTY**
  - Bring only school-approved items on the bus.
  - Be respectful of bus space and equipment.

**Know the Bus  
Rules!**

# What will JFK teachers be focusing on this September?

(besides physical distancing, safe movement throughout the school and sanitizing...)

## SEL : Social Emotional Learning

Social and emotional learning (SEL) is the way that both students and adults learn and practice the knowledge, attitudes, and skills necessary to:

- Understand and manage emotions,
- Set and achieve positive goals,
- Feel and show empathy for others,
- Establish and maintain positive relationships, and
- Make responsible decisions.

Cultivating the social and emotional competencies of all members of a school community is important for creating models for student social and emotional growth.

### 5 Core SEL Competencies include:

1. **Self-awareness:** The ability to accurately recognize one's emotions and thoughts and their influence on behavior. This includes accurately assessing one's strengths and challenges and possessing a well-grounded sense of confidence and optimism
2. **Self-management:** The ability to regulate one's emotions, thoughts, and behaviors effectively in different situations.
3. **Social awareness:** The ability to take the perspective of and empathize with others from diverse backgrounds and cultures, to understand social and ethical norms for behavior, and to recognize family, school, and community resources and supports.
4. **Relationship skills:** The ability to establish and maintain healthy and rewarding relationships with diverse individuals and groups. This includes communicating clearly, listening actively, cooperating, resisting inappropriate social pressure, negotiating conflict constructively, and seeking and offering help when needed.
5. **Responsible decision making:** The ability to make constructive and respectful choices about personal behavior and social interactions based on consideration of ethical standards, safety concerns, social norms, the realistic evaluation of consequences of various actions, and the well-being of self and others.

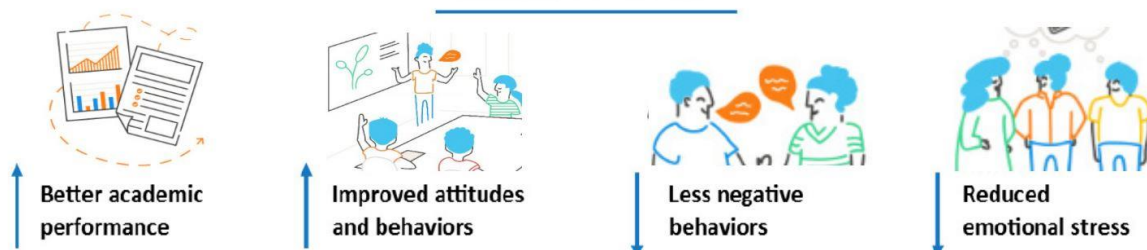
Useful you tube link:

[https://www.youtube.com/watch?v=y2d0da6BZWA&t=30s&ab\\_channel=CASEL](https://www.youtube.com/watch?v=y2d0da6BZWA&t=30s&ab_channel=CASEL)



This includes managing stress, controlling impulses, motivating oneself, and setting and working toward achieving personal and academic goals

### BENEFITS OF SEL



# SCHOOL FEES

School fees cover the cost of workbooks, consumables and lunch-time supervision. All parents are requested to pay their school fees by September 30, 2021. Payments can be made in cash, Interac or Credit (in school) or online through your banking institution (**cheques are no longer accepted**). For your convenience, school fees can be paid in installments, contact Miss Helen to arrange for a payment plan. School fees may be made online or you may send in your payment to your child's homeroom teacher.

## NON-FOOD BIRTHDAYS AND HOLIDAYS

We have a **"no food" policy** for birthdays and holiday celebrations. If you, as a parents, have traditionally sent a candy treat as a gift for your child to give his/her classmates for holidays that occur throughout the year, we are asking that the candy be replaced by something non-edible such as an eraser, sticker, pencil... We ask that food not ever be sent to school unless the teacher has specified that the students may bring something in for a special classroom celebration.

In celebration of student birthdays we would like to invite students to consider their birthday as a **dress down** day. If the birthday falls on the weekend, your child can come to school on the Friday before **or** Monday after in dress down clothing. Your child will also be invited to wear a birthday sticker, provided by Ms. Marchitello, on his/her birthday.

### Important September Dates

September 2: 6:30 Annual General Assembly in gymnasium / 7:15pm: Virtual Meet the Teacher (session 1) / 8:00pm: Virtual Meet the Teacher (session 2)

September 6: Holiday

September 17: Terry Fox Run

September 23: Corn Roast

September 24: PED Day

September 27: Picture Day

September 30: **Orange Shirt Day**

Feel free to practice this calming technique at home. It can be helpful for people of all ages.



# September Spirit Month Theme: Family

## My Summer with my family...

We are asking you to share your favorite summer memory. You can choose to draw a picture or glue your own photo showing your family memory.

You can also write a short description of this favorite moment and share it with your class.

We encourage you to complete the Spirit Month activities with your children to promote home and school connections!

**À L'ÉCOLE, JE ME PROTÈGE ET JE PROTÈGE LES AUTRES !**

**CONSIGNES RELATIVES AU PORT DU MASQUE**  
Régions où la situation épidémiologique est en détérioration

Dernière mise à jour : 27 août 2021

Légende	Élèves du primaire <sup>1</sup>		Élèves du secondaire	Élèves FP et FGA	Personnel scolaire	Visiteurs <sup>2</sup>
<p>Mesures s'appliquant aux personnes fréquentant un établissement d'enseignement avec mesures d'appoint.</p> <p> Je dois porter un masque d'intervention (ou masque d'intervention pédagogique).</p> <p> Je peux retirer mon masque d'intervention (ou masque d'intervention pédagogique).</p>	1 <sup>re</sup> à la 4 <sup>e</sup> année	5 <sup>e</sup> et 6 <sup>e</sup> années				
Service de garde					 Application selon les consignes de la CNESST	
Salle de classe <sup>3</sup>					 Application selon les consignes de la CNESST	
Cafétéria et cafés étudiants	<p> Lorsque je consomme de la nourriture ou une boisson et que je suis assis à la table</p>					
Autres aires communes					 Application selon les consignes de la CNESST	
Sites sportifs intérieurs <sup>4</sup>	 Retrait possible si pratique d'une activité physique	 Retrait possible si pratique d'une activité physique	 Retrait possible si pratique d'une activité physique	 Retrait possible si pratique d'une activité physique	 Application selon les consignes de la CNESST	 Retrait possible si pratique d'une activité physique
Sites extérieurs					 Application selon les consignes de la CNESST	 Si distanciation physique de 1 m maintenue
Terrain d'école					 Application selon les consignes de la CNESST	
Transport scolaire et transport en commun					 Application selon les consignes de la CNESST	
Salle de spectacle et auditorium					 Application selon les consignes de la CNESST	

**Important :** Si un cas est déclaré, le port du masque est obligatoire en tout temps (également durant l'activité physique), pendant 10 jours pour l'ensemble des élèves de la classe. Le cas échéant, la santé publique avisera le personnel et les parents des élèves concernés.

- Ces mesures ne s'appliquent pas aux élèves du préscolaire.
- Toute personne exerçant son emploi à l'intérieur des murs de l'école est soumise à l'obligation du port du masque d'intervention prévue en milieu de travail (exemple : conférencier, animateur scientifique, etc.).
- Les mêmes consignes s'appliquent dans les gymnases lors des cours d'éducation physique et à la santé. Le masque peut toutefois être retiré lors de la pratique d'activité physique.
- Le port du masque peut être retiré lors de la pratique d'activité physique.

Le masque d'intervention s'ajoute aux autres mesures sanitaires