



WILDCAT TRACKS NEWSLETTER



What's Happening from Mrs. Bodnarchuk:

It's A Party is the theme for Literacy Day this year. We will be having a Family Literacy Night on February 21st from 5:00 to 6:30 p.m. Please watch for more details. This is a whole school event and we encourage all families to join in celebrating their child's learning!

Report cards will be sent home on Tuesday, February 12th. If you have any questions or concerns regarding your student's report card, please contact their teacher.

February is Kindness month. J W Walker celebrates kindness with a monthly draw where students are recognized for being caught doing random acts of kindness (R.A.O.K.).



End of Day Pick up

The Kiss n Ride program is a very efficient and safe way for drop off and pick up of students at the beginning and end of the day. With most people participating it really does not take more than 10 minutes. Please refrain from parking on Keating Avenue or at the hotel and then walking over to pick up your child. This causes many unsafe practices of crossing the street.

Occasionally, students will need to be picked up at school before the end of the school day to go to appointments. Please buzz into the school and sign them out at the office.

No Citrus Fruit / No Nuts

J. W. Walker School is a citrus fruit, tree nut and peanut free school due to severe allergies. Please do not send citrus fruit, peanut butter or any other nut products to school with your child. Check labels of all food items.

Character in Action

February - Honesty

I will be sincere, trustworthy and truthful.

What is Honesty?

Honesty is when you commit to being true to yourself and others.

January 26th - PD day (no school for students)
February 12 - Report Cards go home
February 19th - Family day (no school)
February 21 - It's A Party - Literacy Night 5-6:30 pm
February 22nd - NWHU Vaccine Clinic (Library)
February 26 - March 1st - Kindergarten Registration



EVENT REMINDER

"Together, we empower all students to believe in themselves, to achieve, and to dream."

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Mental Health Memo

Supporting Your Child with Traumatic Events

Every year, children and adolescents experience and/or witness traumatic events such as natural disasters, serious accidents, acts of violence, and other threats. Family, friends, and other trusted adults play an essential role in helping youth cope with these experiences. How adults respond to trauma can strongly influence how children and adolescents react to trauma. When caregivers and family members take steps to support their own ability to cope, they can provide better care for others.



While it is typical for children and adolescents to have different reactions to traumatic events, these tips may help you support them through these situations:

- Talk about social media, rumors, and facts – encourage them to share with you what they are hearing and being told and balance these with factual information.
- Allow space for all types of reactions – provide time and space for your child to process their feelings and reactions.
- Try to stick to routines and create normalcy – predictability and routines help to build feelings of safety.
- Don't make promises you cannot keep – stick to the facts and validate how difficult it can be when things are unknown.
- Pay attention to changes – seek help if there are sudden changes in thoughts, behaviours, or emotions.

If you are concerned that your child needs help, please refer to this resource:

[Where To Get Help For Your Child.pdf \(sharpschool.com\)](#)

For more information, please contact the RRDSB Mental Health Leader: tracey.idle@rrdsb.com



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