

WILDCAT TRACKS NEWSLETTER



HAPPY
New Year's

What's Happening from Mrs. Bodnarchuk:

Welcome to a New Year, 2024! The fresh snow outside is exciting for the students after having a green winter break. Just a reminder to wear appropriate winter clothing for the colder temperatures we are now experiencing. We do have extra mitts and hats in the office if needed. Thank you to Ski's Variety for donating extra to the school.

Thank you to all of you who supported our students and teachers during the busy days of December with all the preparations that go into activities to celebrate the season. These next few months of school are very important learning months for your child/children.

On behalf of the staff of J.W. Walker School, we want to wish you all the best in 2024!

Attendance

Students must attend school regularly to achieve in the classroom. Parents who make regular school attendance a top priority help their children become dependable and responsible. If your child is absent, please call 274-3616 or text 271-6793. Please note that the school cellphone is for parents to text student absences ONLY. Call the school to make changes to your child's after school plans before 2:30 pm.

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.

2023-2024 School Year Calendar Survey

Please complete the survey to provide feedback on the upcoming school year calendar. You may access the survey from the RRDSB website. The survey is short and will only take a minute to complete. Available until Thursday, January 18, 2024.

January 15th - Métis Dance (students attend during gym class)

January 16th - School Council Meeting (library at 6:30)

January 24th & 25th - Anishinaabe Legends with Laura Horton

January 26th - PD day (no school for students)

February 12 - Report Cards go home

February 19th - Family day (no school)



**EVENT
REMINDER**

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

WILDCAT TRACKS



January Character in Action Optimism

We maintain a positive attitude.

We look on the brighter side of situations. We are able to see opportunities even in the face of adversity. We have hope for the future.

Optimism is being too noble for anger, too strong for fear, too large for worry and too happy to permit the presence of trouble.

Mental Health Memo Returning to School After Winter Break



Returning to school after winter break can be difficult. Going from all the downtime to your typical schedule, can be hard for all of us and often our kids will struggle with the transition back to routine, rules, and schoolwork.

While any transition can be difficult, these tips on getting back into the school routine after holiday break may help:

- Return to bedtime routines – quality, consistent sleep is essential to their ability to learn
- Frame going back to school as a new beginning – talk about what they're hoping for in the new year
- Choose one way to make your life easier – a little planning and organizing will help with the transition
- Plan something fun to look forward to – consider a family activity or outing for the weekend
- Talk about what they'll share with friends – plan what they will say about their vacation
- Validate their feelings – acknowledge that they may be having mixed feelings about returning

Whether you're looking forward to sending your kids back or will miss the time you had together (often it's a little of both) these tips will help make the transition easier for both you and your kids.

Check out this article to learn more:

<https://www.lovetoknow.com/parenting/parenthood/going-back-to-school-after-winter-break>

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

The Respiratory Season is Here

Break the chain of infection and help to keep yourself and others healthy!

- Receive your COVID-19 vaccine and influenza vaccine.
- Wear a tight-fitting, well-constructed mask in indoor public settings, especially if you or someone you are with is at higher risk of severe infection.
- [Screen daily](#) for signs of illness and stay home when you are sick.
- Wash or sanitize your hands often.
- Cover your mouth when you cough or sneeze.
- Regularly clean frequently touched surfaces.

More resources and information for schools and educators:

- Cleaning and disinfection guidance: [Cleaning protocols for schools page](#).
- Illness specific guidance: [School attendance and contagious illnesses](#).
- Vaccination recommendations for your winter travel plans: [Travel information page](#).

Don't miss out!

Your school memories from cover to cover

Order your yearbook today at
ybpay.ca



Order Deadline: April 26, 2024

Yearbook ID Code: 14967324

School Name: J W Walker School

Yearbook

\$20

- Sturdy softcover with protective coating
- All-colour pages that vibrantly capture your memories throughout the school year
- Durable saddle-stitched binding that keeps the yearbook intact through wear and tear

Lifetouch.