



JEAN LITTLE PUBLIC SCHOOL
 MR. C. POPOFSKI, PRINCIPAL
 MRS. S. SCHOETTLER, VICE PRINCIPAL
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January 2021 Jean Little Newsletter Principal and Vice Principal's Message



Happy 2021 to our Jean Little families! We hope your holidays were lit up with kindness and bright days like our school hallways were throughout the month of December. Here at Jean Little students shared messages of kindness and showed their generosity through their Hope House donations. We hope that the holidays brought opportunities to connect with family in creative outdoor and virtual ways and that everyone is healthy and well.



Our first week of January will begin with remote learning online. Monday, January 4th, our first day back, will be a day for teachers to get students set up and will be connecting with a Google meet link found in the Google Classroom or by phone. Students will be able to find independent tasks to do on their Google classroom as teachers work on supporting all students to get set up and ready. January 5th-8th will be like a regular school day consisting of a combination of synchronous (Google meet with teacher) and asynchronous (Independent work) learning. Schedules will be posted on your child's Google classroom on Monday. Our teachers will connect with students and parents/guardians through their regular means of communication with information and instructions.

We understand that some of our students will require a chromebook to participate in the learning. We have sent out a technology survey by email and our school website where parents can request a chromebook for the family as we are able to provide one chromebook per household at this point in time. Pick up times are 8am-12pm on Thursday Dec. 31st and 10am-12pm on Sunday, Jan. 3rd. Parents select their pick-up time in the survey.

It's important to us that your children are in a safe environment here at the school and so we count on our families to do their part as we work hard to do the same here at Jean Little. When we return to school and your child is showing symptoms, please do the COVID-19 school and child care [screening](#) prior to attending school to ensure the direction of public health is being followed.

Looking forward to a better and brighter year in 2021!

Sincerely,

Chris Popofski
 Principal

Sarah Schoettler
 Vice Principal



Be Safe When Crossing the Street:

For your safety, follow these tips when crossing roads:

- Please obey crossing guards when present
- Make eye contact with drivers before crossing
- Get off of bikes, skateboards and scooters before crossing
- Never stop in the middle of an intersection; stopping may confuse waiting drivers
- Always yield to emergency vehicles; if you've already started crossing, clear the road quickly and safely
- At crossings with signals:
 - Only cross when the pedestrian walk signal is displayed
 - Never start crossing when the **don't walk** signal is flashing; this signal means you don't have enough time to cross safely



Parents, if your child uses the cross walk, please take a minute to review these rules with your child. Thank you!

School Council Message For the time being, the School Council will continue to meet virtually. Our next meeting will be **Monday Feb. 1st at 6:15pm**. If you would like to receive a link to attend the meeting please email: JLPSParentCouncil@gmail.com

Talking About Mental Health: Self Compassion

Welcome back from the Winter Break. This has been a different break than any other year I can remember. We all had to adjust to different traditions, different expectations, different connections, different situations to manage in our lives. January is the beginning of a new year. January's Umbrella Theme for Upper Grand District School Board is Self-Compassion. What better way than to remind ourselves that we, too, deserve the same kindness, compassion and care that we give to so many others.



Here are some ways to help yourself with your own self compassion:

1. Remember it's okay to say "this is really difficult right now". What do you need to take care of yourself? What does your self-care look like? Is it a walk outside? A few minutes of deep breathing in a quiet space? A conversation with a friend or family member? Writing down your thoughts? There are so many different things we do to take care of ourselves. Find your "thing" and give yourself permission to do it. You deserve it.

2. Are you judging yourself? Your situation? Your decisions? Try and notice when you are self-judging and hit the pause button. Can you try being gentle with yourself? Give yourself a moment of compassion and kindness. Words can be very powerful. What you say to yourself has an impact. Speak and think kindly of yourself.

Here are some family activities that you can explore this month alongside your child/ren.

1. Have everyone write a letter to themselves. You can choose to share it with the rest of the family if you want or just spend the time writing together and keep your letter in a special spot

2. Have everyone go around the table and do "rose, bud, thorn". What is one thing you really like/appreciate about yourself (rose), What is one thing that you are working on for yourself (bud) and what is something that you are finding difficult (thorn).

3. Have everyone brainstorm ways to be kind to yourself. You can make a big chart or picture and put it up on the fridge. When someone is needing some self-care they can always go to this and choose something that works for them in that moment

There is no doubt that these are difficult times. It is so important that we are kind to ourselves. Remember to reach out to someone if you are feeling alone and look out for others as well. Remind your kids that they can talk to you when they are feeling sad or down or confused.

If you are in crisis and live in Wellington you can call Here247 at 1-844-437-3247 (HERE247)

If you are in Dufferin and are in crisis you can call Dufferin Child & Family Services at 519-941-1530

Kids Help Phone 1-800-668-6868 or text CONNECT to 686868



Monthly environmental activities to help celebrate our planet

JANUARY is the time to carry out your Eco Resolutions!

"There will be more waste plastic in the sea than fish by 2050" Dame Ellen MacArthur

It's a brand new year and the perfect time for positive change. For example, let's end plastic pollution.

Based on the daily news, it's never been more critical to increase your environmental efforts. The *Earth Day Network* is calling to end plastic pollution. Imagine a future free from harmful plastic garbage! Single-use plastics are especially wasteful and many plastics are also not properly recycled and take up precious landfill space or pollute our oceans, killing marine life and washing up on pristine beaches. Plastic garbage 'islands' are appearing in seas and oceans all over the world.

<https://www.nationalgeographic.org/encyclopedia/great-pacific-garbage-patch/>



Tips on how to reduce single-use plastics:

- Extend your use of cloth shopping bags beyond the grocery store. Use them at all other retail stores too.
- Avoid buying over-packaged food. The choice is yours. Do you need to buy the carrots that are shrink wrapped on a Styrofoam tray?
- Let the restaurants you frequent know that you would like them to join the growing movement to ban the use of straws. Many have implemented a 'serve-straws-upon-request' policy.
- Tap water is best. Bottled water can deplete our precious groundwater resources and produce unnecessary green house gas emissions through the production and transport of plastic bottles. Carry a reusable water bottle instead.
- Lug a travel mug to your local coffee shop. (The plastic lining makes coffee cups unrecyclable, and they all end up in the garbage and in our overflowing landfills.)
- Write letters to the government asking them to fix a problem that you are concerned about such as: mandating the reduction of plastic packaging, banning Styrofoam, or promoting research for recyclable coffee cups or coffee pods, etc.

Bus Cancellations due to Weather Conditions

What happens when my child's bus is cancelled? Elementary schools in Division 1 (Yellow - South Wellington/Guelph/Puslinch) and Division 2 (Blue - Centre Wellington/Erin/Rockwood) **will remain open to both staff and students on bus cancellation days.** If parents are not able to drive their child to school, they can access their child's Google Classroom for tasks posted by the classroom teacher.



School Closures

On the rare occasions when schools and board sites are closed to staff and students (power outages, weather closures etc.), students and teachers will pivot to remote learning. This means that students will participate in Google Classrooms (asynchronous) or engaging in some synchronous learning activities with their classroom teacher.

Drop off and Pick up at School

The Kiss 'n Ride located at the front of the school at the boulevard is our designated drop off and pick up zone. There are no parking zones along the street and parents are asked to adhere to signs as cars may be ticketed. We also ask that cars are not parked or waiting in front of neighbourhood driveways as it poses a safety concern for our Jean Little students.



Back to school means labelling...everything! Support Jean Little Public School when you purchase labels through Mabel's Labels!

<https://mabelslabels.com/support-a-fundraiser/>



Jean Little On-line Calendar Please visit the Jean Little online calendar for upcoming events and important dates. Visit:

<https://www.ugdsb.ca/JeanLittle/>

Twitter Please follow us [@JeanLittlePS](https://twitter.com/JeanLittlePS).

