



The Black River Bear Weekly



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Kids Feel Stress Too...

Over the past few weeks our students and staff have been exploring aspects of stress through (student led) classroom presentations and in class learning opportunities. Stress is something that we have a pretty good sense of as adults. We know about the realities of adult life- paying bills, managing family or work issues; not to mention those times when life events like illness, death or separation or divorce occur. The holiday season- as joyful as it is supposed to be- can also be a great source of stress. All of these events have the potential to cause stress resulting in a wide range of emotional and physical responses. Adults also use a wide range of strategies to manage stress - ranging from the healthy to the not so healthy.

Though children don't necessarily experience the same stress events that adult responsibilities bring; they do experience stress in a real and impactful way. And, unlike adults, children often lack the language, experience and resources to manage their stress when it does hit them. In school we usually see stress show itself through some common behaviours such as verbal and physical outbursts, negative self-talk, withdrawal or hiding, avoidance or refusals or running away. In some extreme cases, children can talk about; or engage in self harm; banging their heads, engaging in risky actions, abusing substances or cutting themselves. These extreme examples, when they do occur, are a clear call for help that requires an immediate medical response

We are not mental health professionals or social workers- we are educators. We ensure we are aware of the general aspects of children's mental health and continue to learn about the signs of stress in our students and some of the ways we can create a school environment that reduces, rather than adds, stress. Some of these include mindfulness breaks, outdoor learning activities, arts activities and physical activity breaks. It turns out that changes in routines can actually increase stress in children. So, one of the most important things we do is maintain our routines and structure-in our classrooms and across the school. This is important at all times but is essential during those times when our students experience changes and stresses outside of school (like the holiday season). Over the next few weeks our goal is to keep our routines in place, remain calm and support the well-being of all our students-stressed or not.

Brian Harrison & Christine Smith

The Week Ahead...

Mon. Dec. 9th	Day 1	
Tues. Dec. 10th	Day 2	
Wed. Dec. 11th	Day 3	Booster Juice
Thurs. Dec. 12th	Day 4	Pizza Lunch
Fri. Dec. 13th	Day 5	

Quick Hits...

Little Feet/Big Steps...Kindergarten registration will commence on **January 17, 2020 for the 2020-21 school year**. Registration may be completed online or by downloading the registration forms from the YRDSB website: www.yrdsb.ca. Children who turn four or five years old during 2020, live within our school boundary and whose parents are public school tax supporters will be eligible to register for kindergarten. A kindergarten information session for parents is being planned for this spring. Details on the online registration process will be available in January.

French Immersion Registration Info...Information sessions for Grade 1 entry into the French Immersion (FI) program will take place on January 16, 2020 at 7 p.m at Keswick Public School. FI registration will begin on January 17, 2020. Parents or guardians of Senior Kindergarten students entering Grade 1 in 2020, and wishing to enrol in the FI Program, can contact our main office and request an *Office Index Card - short version*. This Office Index Card must be signed by the principal of the home school. Parents or guardians then take this form, along with one piece of identification showing their address to Keswick Public School between January 17 and February 7, 2020.

Council Corner...

Pizza Lunch Orders...Orders for our January to March pizza sales are now open! We accept both paper orders and orders through [School Cash Online](#). Orders are due (online or paper) by **Wednesday, December 18th**. This round will begin **Thursday, January 9th** and continue until **March 26th**.

Bag to School...This year, once again our Council is sponsoring the Bag to School Fundraiser. Donations of men's, women's and children's clothing including all footwear and outerwear and belts, purses, handbags and clean linens and towels can be dropped off at the school for collection. A donation will be made back to the School Council based upon the number of items collected. For more information click [here](#). All donations will be collected **Friday, Dec. 20th**.

Council Updates and information...Parents are invited to join our **Black River School Council**. Council members work together to support student learning and wellness, host events and enhance our school program. The council meets the **first Monday of the month (except December and March)**. Please follow our [Black River School Council Facebook Page](#) for more information on what we are planning and what is happening in the school.

December @ Black River Public School

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Advent Begins	2 Day 1	3 Day 2	4 Day 3	5 Day 4 Pizza Lunch School Bus Safety	6 Day 5	7
8 Booster Juice orders due @ 12:00 on Lunch Box Orders Manu Agiyaras	9 Day 1	10 Day 2	11 Day 3 Booster Juice	12 Day 4 Pizza Lunch	13 Day 5 Birthday of the Aga Khan	14
15	16 Day 1	17 Day 2	18 Day 3 Winter Pizza Orders Due	19 Day 4 Pizza Lunch Holiday Concert-2:00	20 Day 5 Holiday Sing-along - 11:30 Bag to School Ends	21
22	23 Christmas Break Chanukah Begins	24 Christmas Break	25 Christmas Day	26 Boxing Day Kwanza Begins Death of the Prophet Zarathushtra	27 Christmas Break	28
29	30 Christmas Break	31 New Year's Eve	Jan. 1st New Year's Day	Jan, 2nd Christmas Break	Jan. 3rd Christmas Break	Jan. 4th Welcome back! School resumes tomorrow morning @ 9:10

Please remember to check our school [website](#) calendar for current updates and details on school events.

