



Northern Lakes News

Northern Lakes School Newsletter



WINTER BREAK DECEMBER 23—JANUARY 7
CLASSES RESUME JANUARY 8, 2024

IMPORTANT DATES

DEC 1-2	SGVB/JGVB TOURNAMENT (DRYDEN)
DEC 4-15	CANDY CANE FUNDRAISER (GRADES 7-12)
DEC 5	SCIENCE NORTH PRESENTATIONS (GRADES 4-8)
DEC 5	HOLIDAY SHOPPING EVENT (K-6)
DEC 6	SCIENCE NORTH PRESENTATIONS (K-3)
DEC 6	RL @ NLS (PEP RALLY—WEAR BLUE & GOLD)
DEC 6	NATIONAL DAY OF REMEMBRANCE & ACTION ON VIOLENCE AGAINST WOMEN
DEC 7	SANTA VISITS 10:50-1:10 (K-8)
DEC 7	IGN @ NLS
DEC 8-9	SBBB TOURNAMENT (DRYDEN)
DEC 14	PRIMARY/JUNIOR CHOIR PERFORM @ RETIRED TEACHERS' LUNCHEON
DEC 14	WINTER SEMI-FORMAL DANCE (GRADES 7-12)
DEC 15	WINTER SEMI-FORMAL 2:00—3:00 (K-6)
DEC 15-16	SGVB TOURNAMENT (THUNDER BAY)
DEC 17-18	CURLING EXHIBITION AT LFRC
DEC 18	RR @ NLS
DEC 18-22	HOLIDAY SPIRIT WEEK
DEC 20	CHRISTMAS CONCERT DRESS REHEARSAL (K-6)
DEC 21	CHRISTMAS CONCERT 1:00 PM (K-6)
DEC 22	SCHOOL-WIDE BRUNCH 9:00 AM
DEC 22	CHRISTMAS ASSEMBLY (GRADES 7-12)
DEC 22	ALUMNI VOLLEYBALL GAME 11:30 AM
DEC 22	AFTERNOON SPIRIT ACTIVITIES/CLASSROOM HOLIDAY PARTIES

Ontario Language Curriculum

Last spring Ontario revised the elementary Language Curriculum based on recommendations from the Ontario Human Rights Commission's Right to Read inquiry and report. Here is a brief introduction to some of the changes.

Language development is central to a student's intellectual, social and emotional growth, which is a key element of the new curriculum.

The strands (areas of focus) have been updated to include - Literacy Connections/Applications, Foundations of Language, Comprehension (Understanding and Responding to Texts), and Composition (Expressing Ideas and Creating Texts).

Grades 1 to 3 (explicit word work instruction and transferable skills) - word reading, spelling, phonemic awareness, phonetics, and alphabetical knowledge to develop language foundations - emphasis on printing (Gr 1 & 2), cursive (Gr 3)

Grades 4 to 8 (explicit word work instruction and transferable skills) - learning/application of orthographic, morphological, vocabulary knowledge and fluency, to develop reading/spelling skills - emphasis on cursive and word-processing skills.

Fun with words - [word origins](#) (there are Indigenous ones too!)

[Parents Guide to the New Language Curriculum](#) (click on link)

SCHOOL SPIRIT

DEC 4-15	CANDY CANE FUNDRAISER (GR.7-12)
MONDAY , DEC 18 TH	CHRISTMAS SOCKS, CROCS, AND HATS
TUESDAY, DEC 19 TH	BEACH DAY
WEDNESDAY, DEC 20 TH	RED, WHITE, AND GREEN DAY
THURSDAY , DEC 21 ST	HOLIDAY SWEATER DAY
FRIDAY, DEC 22 ND	CHRISTMAS PJS AND SLIPPERS
	HOLIDAY BREAKFAST
	AFTERNOON SPIRIT ACTIVITIES

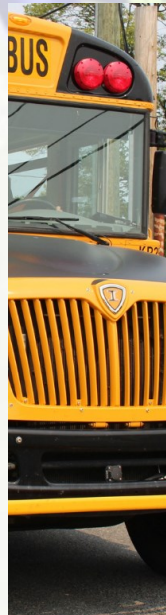


PLEASE CHECK YOUR CHILD'S CLASSROOM CALENDAR FOR SPECIAL EVENTS SPECIFIC TO THEIR CLASSROOM.

PRIVACY CONSIDERATIONS AT SCHOOL EVENTS

Students participating in extra-curricular activities or school events where the public is invited, including graduations, school concerts, student achievement/awards, and sports or events that take place in public places, such as field trips and fairs, may be photographed by media, school community, or the general public. This may result in photos or recordings being posted on social media sites.

Parents and students are asked to practice good digital citizenship by being respectful of the privacy rights of anyone they may capture in their recording and not share them without consent of the individual.



TRANSPORTATION INFORMATION



Did you know that RRDSB and TNCDSB share transportation services?

Visit the Rainy River District Transportation Services Consortium website at:

<https://rrdtsc.rrdsb.com>

Find information about the Joint Transportation Policy Committee, such as committee members, meeting minutes, and the Joint Transportation Policy.



Mental Health Memo

Family Mental Wellness Tips for the Holiday Season



The holidays can be a stressful time for all families, but can be an especially trying time for children and youth who have previously, or who are currently, struggling with mental health issues. Changes in routine can cause or increase anxiety for some kids and reduced sunlight and time spent outside can also trigger bouts of depression.

So, while this should be "the happiest time of the year," here are some tips from Children's Mental Health Ontario (CMHO) that might help everyone enjoy their holidays a little bit more:

- Plan your schedule in advance - allow your child time to prepare for each event, party, or outing.
- Make sure everyone is eating and sleeping - try to maintain routines as much as possible.
- Communicate openly about feelings - save some time to check-in and discuss how they are feeling.
- Have realistic expectations - adjust plans when necessary.
- Find a quiet place and plan for boredom - ensure they have a quiet spot with a selection of activities.
- Don't worry about other people's judgements - this helps you remain calm and not overreact.
- Take care of you - maintain healthy routines and boundaries.

To read the entire article, click on the link below:

<https://cmho.org/family-mental-wellness-tips-from-childrens-mental-health-ontario-for-the-holiday-season/>

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

Student Christmas Shopping Event

Tuesday, December 5



On December 5th, students get to purchase gifts for their loved ones. All items will be priced \$1.00- 2.00, so please send coins or small bills with your child. The children are very proud and excited to be able to give to others. Parents are asked to send a short list of two or three special people who students can shop for. This is a very special time for our students! Santa's elves will be on hand to help wrap students' treasures.

Winter Clothing

This is a reminder to ensure your child is properly dressed for winter. A hat and extra mitts are a must. The school requires that your child wear boots and snow pants in order to play on the playground.

December 6 is the **NATIONAL DAY OF REMEMBRANCE AND ACTION ON VIOLENCE AGAINST WOMEN** in Canada. This day marks the anniversary of the murders in 1989 of 14 young women at l'École Polytechnique de Montréal. **They died because they were women.**

#DECEMBER6

Reflect. Remember.
TAKE ACTION.

Applying to Ontario Post-Secondary Schools

- ♦ Deadline to apply to *college* is February 1st. The non-refundable \$95 application fee must also be paid by this date.
- ♦ Deadline to apply to *university* is January 15th. The refundable \$150 application fee must also be paid by this date.
- ♦ Support videos/instructions can be found at ontariocolleges.ca or ouac.on.ca



NOTE: Out-of-province universities & colleges have different application processes and deadlines.

Please see Mr. Bryk for further details/support

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