

May 7th, 2024

**IMPORTANT DATES
TO REMEMBER:**

- Track and Field - May. 9th
- Grade 7 Vaccine - Friday, May 10th
- Recognition Assembly - May. 10th
- Pizza Lunch - May. 10th
- Swim to Survive (Grade 3) - May. 15th
- Primary Track and Field - May. 16th
- Support Staff Day - May. 16th
- Regional Track and Field - May. 21st
- Swim to Survive (Grade 3) - May. 22nd
- Parent Council - May. 28th
- Swim to Survive (Grade 3) - May. 29th

Contact us at:

Phone: 905-937-0510

E-mail: whm@dsbn.org

**A MESSAGE FROM THE
OFFICE**

April brought a lot of fun and excitement with a lot of extra-curricular activities. The junior boys and girls basketball teams had an excellent season going undefeated and both teams winning the championship game!!!

Our badminton team also had a successful run with a series of tournaments at the Collegiate and at Brock University.

A special shout out to Ayden and Izaak for representing WHM at the chess tournament last week.

Stay tuned for the June newsletter when I have more exciting updates to share.

MOVING BEFORE SEPTEMBER

In order to assist us with making the best decisions possible with respect to class organization and student placements for WHM Public School for the 2024/2025 school year, we would appreciate if you would let the office know if your family is planning to move in the next few months. Providing us with this information in the Spring will also facilitate transportation arrangements for September. We thank you in advance for keeping us informed! School and classroom organization begins shortly, so sharing this information with us now is very helpful for our planning for next year!

NEWSLETTER**DSBN SUPPORT STAFF DAY**

Please mark your calendar for Thursday, May 16, 2024 as it is DSBN Support Staff Day. We would like to thank our amazing support staff team for all they do



to ensure our students have a safe and caring school. Thank you to Mrs. Thom, Mr. Gogo, Mrs. Van Huizen, Ms. Fleming, Ms. McLaughlin, Ms. Leemet, Ms. Eitze, Mrs. Motz, Ms. Mann, Ms. Dirova, Ms. Jean, and Mrs. Jasmin. If you would like to send a special greeting for our support staff, please email it to whm@dsbn.org and we will make sure they receive your "Thanks".

CLASS PLACEMENTS FOR 2024-2025

The staffing process for a new school year always continues through the remainder of the school year and often requires "fine tuning" during the first weeks of September. The teachers assigned to each class and class organizations have not been finalized at this point. When we organize classes, a great deal of consideration goes into the placement of students for the next year. The staff takes into account the children's needs in order to provide an appropriate academic and social environment. More information will be coming out later on in the year.

SCHOOL COUNCIL

Our next school council meeting is scheduled for Tuesday, May 28th at 6:00 pm. All are welcome to join. If you would like to be included for the next council meeting either phone the school and leave a message or you can email me directly at jennifer.wittig@dsbn.org.

"BE THE BEST" AWARD WINNERS

PRIMARY

Oliver G.
(ELKP - K)

Liam T.
(ELKP - K)

Otis V.
(1/2A)

Leah B.
(1/2K)

Evie W.
(ELKP - B)

Ofir R.
(ELKP - B)

Aiden M.
(2/3K)

Chloe P.
(2/3T)

Brooks P.
(ELKP - R)

Brooks P.
(ELKP - K)

Thomas M.
(1/2A)

Josyah S.
(1/2A)

Luke D.
(1/2K)

Jazmine B.
(ELKP - B)

Ruhika B.
(2/3K)

Max Y.
(2/3T)

Cillian B.
(ELKP - R)

Ayla M.
(ELKP - R)

JUNIOR

Medin K.
(SSP)

Holly V.
(6/7B)

Kaelyn W.
(5/6F)

Bentley P.
(5/6F)

Grayson R.
(4S)

Ravine J.
(4S)

Donovan W.
(6/7C)

Jemma B.
(6/7B)

Campbell W.
(5/6F)

Liam C.
(5/6F)

Denver Y.
(4S)

Micah B.
(4S)

Gavin G.
(6/7C)

INTERMEDIATE

Sophia A.
(8B)

Mychalis S.
(6/7B)

Olivia H.
(8B)





Niagara Region Public Health School Health Newsletter May 2024

Vision Health Month

Visual health is an important part of a child's overall health and well-being. Proper vision is important for a child's movement and coordination, independence, play and learning. If left untreated, vision problems may become serious and prevent a child from reaching their full potential.



A yearly eye exam is **FREE** – the Ontario Health Insurance Plan (OHIP) covers the cost of an eye exam every 12 months for children up to the age of 19 with a valid OHIP card. [Find an eye doctor near you.](#)

Also, contact an eye doctor if you see **ANY** of these signs:

- | | |
|--|---|
| • Squinting or holding objects close to the eyes | • One eye that turns out or in |
| • Blinking often | • Rubbing, tearing, itchy or burning eyes |
| • Turning or tilting the head to the side often | • Reporting blurry or double vision |
| • Covering or closing one eye | • Reporting headaches, nausea or eye strain |

For more information on vision screening, please visit <https://www.niagararegion.ca/health/schools/vision-screening.aspx>.

Mental Health Week 2024: A Call to be Kind

Showing compassion toward others can have a huge impact on someone's life. Mental Health Week in Canada runs from May 6 to 12, and this year's theme is focussed on the healing power of compassion. One of the most important ways that we can demonstrate compassion is through active listening without judgment. Actively listening can create a safe space for people to share their thoughts and feelings. You can do this by avoiding interrupting or dismissing their experiences.



Let's all learn to be more present, attentive, and empathetic.



Dangerous Nicotine Product Accessible to Children and Youth: Nicotine Pouches

Local health experts are warning of the dangers posed to young people about new flavoured nicotine pouches. There are multiple brands (Zonnic, Zyn etc.) and concentrations of nicotine pouches currently available for purchase in Canada.

Although this product is not intended for those under 18, youth are becoming their main market. These products come in flavours such as berry frost and tropical breeze. Health Canada approved Zonnic as a quit smoking aid under the country's natural health product regulations, with no restrictions on how it's advertised, where it's sold, or at what age someone can buy it. These products are being sold in local convenience stores and gas stations to youth without any age verification and are found to be stored next to candy and gum.

What's the danger?

Nicotine is a highly toxic and powerfully addictive substance. Children and teenagers are at a higher risk due to the addictive properties of nicotine as brain develops into adulthood. Even using small amounts of nicotine may increase the risk of developing a dependence on nicotine in the future.



Please talk to your children about nicotine pouches and other nicotine products to discuss the risks associated with their use.

For more information about these products, visit: [Dangers of Nicotine Pouches - Canada.ca](https://www.dangersofnicotinepouches.ca)



Educational Resources

ParticipACTION Community Challenge

Partake in [ParticipACTION Community Challenge June 1 – 30, 2024!](#)

Participate in the challenge this June to get moving, connect with others and help students within the Niagara community get crowned Canada's Most Active Community!

What is the Community Challenge?

The ParticipACTION Community Challenge is a national [physical activity](#) and sport initiative that encourages everyone in Canada to get active throughout June in search of Canada's Most Active Community.

For more information visit <https://www.participaction.com/programs/community-challenge/>

