



Dear Families,

S. T. Worden

Public School

1462 Nash Road

Courtice, Ontario

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As you are all well aware, the Provincial Government has extended our remote learning for next week. We don't know at this point when we will be returning to in person instruction. We will keep you updated.

I am writing to you with a heart full of empathy and understanding. I know that everyone is experiencing different challenges during remote learning. Trying to balance your work, family matters and your children's learning is easier said than done. Please know that we are thinking of you and I assure you that staff are working hard to support our students to the best of their ability. If you are experiencing any issues, please do not hesitate to reach out to your child's teacher. Our board's student/Parent Helpline for any technical issues is 1-877-741-4577 extension 3002.

Once we are back to in person instruction, it will be mandatory for all students from grade 1 to 8 to wear a mask. If your child is getting used to wearing one, we encourage you to continue practicing. As always, practicing with them to physically distance and washing hands often is essential to keep everyone safe. A message sent from our board to all families this afternoon includes more details. We encourage you to visit our board's website <https://www.kprschoools.ca/en.html> and our school's website for updates <https://stworden.kprdsb.ca/>.

Please save January 28, 2021 for Bell Let's Talk Day. Thank you for supporting mental health initiatives across Canada. Links with resources will follow in a message from our board.

We thank you for your help in keeping each other safe.

In partnership,

Sanaa Soussan

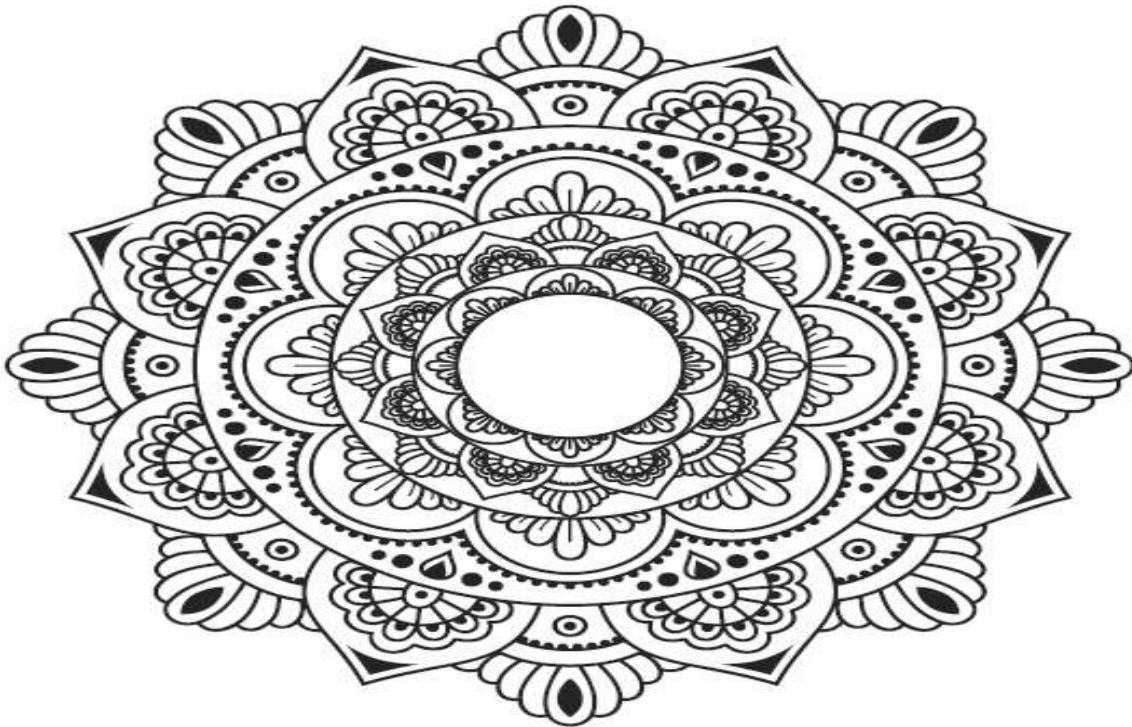
Sanaa Soussan

Up Coming Dates

Jan 28-	Bell Let's talk
Feb 1-	P.A. Day
Feb 7-13	Children's Mental Health Week
Feb 12-	Spirit Day Red and Pink
Feb 19-	Report Cards Accessible on EDSBY
Feb 23-	Antibullying Zoom Show 6:15 pm
Feb 24-	International Pink Day

Bell Let's Talk

Hello to our KPR community! We are sending this email to remind everyone to save the **date for Bell Let's Talk Day, January 28, 2021**. Bell Let's Talk launched in 2010 with a focus on building awareness, acceptance and action in mental health. Last year, Bell Let's Talk set a record, raising \$7.7M for mental health support and services. This brought the total Bell Let's Talk funding to \$100,695,763.75! On Bell Let's Talk Day 2021 Bell will contribute 5 cents for every applicable text, call, tweet, social media video view, or TikTok video using #BellLetsTalk. The funding that is raised through this incredibly important day is used to support mental health initiatives across Canada. The Bell Let's Talk Community Fund provides grants up to \$25,000 for projects that improve access to mental health care, supports and services. Bell Let's Talk has also recently announced a new \$5 million Diversity Fund to support the mental health and well-being of members of Black, Indigenous, and People of Colour communities across Canada.



Practice mindfulness with the Bell Let's Talk mandala

This year, Bell Let's Talk has designed a mandala that you can print out and colour in. Many mental health professionals recommend colouring as an effective way to practice mindfulness.

Mandala, meaning "sacred circle" in Sanskrit, is a circular art form often containing geometric and repeating designs. Similar to meditation, it focuses your attention on the present moment and away from worries and stress.

Share your creation on social media using #BellLetsTalk

On January 28,
join in to help create positive change.



Public Health Covid-19

Public Health Ontario has produced this information sheet regarding COVID-19 Cold Weather Tips for Schools that you may find helpful:

<https://www.publichealthontario.ca/-/media/documents/ncov/sch/2020/12/factsheet-covid-19-cold-weather-tips-schools.pdf?la=en>