

## Hopewell Avenue Public School Message – March 4th, 2022



Dear Hopewell Families:

Happy Friday! We hope everyone had a good week. It was a busy week at Hopewell inside and outside. There was lots of learning together and enjoying the winter in our yards. School photo day was Wednesday. After two years we were finally able to capture everyone's smile. We will send a message when we backpack the proofs and ordering information home. If you missed photo day, we have a scheduled retake day on Tuesday, April 26th.

Please continue to complete the [COVID Screening](#) with your children everyday prior to their arrival. If your child is going to be absent, please remember to call our attendance line (613-239-2348, press 1) to report the absence. The OPH flowchart to understand [symptoms and isolation requirements](#) is a valuable resource as well.

Please don't hesitate to reach out to us if you have any questions.

Thank you, as always, for your partnership. Stay safe and take good care.

Martina Sherwood & Christopher Wereley  
Principal & Vice Principal  
Hopewell Avenue Public School

### Upcoming Dates

March 9th 6pm to 9pm - Emotion Coaching Workshop hosted by Hopewell School Council. See registration details below.

March 14th - March 18th (inclusive) - March Break, school is closed

March 22nd, 7pm - School Council Meeting, Virtual Link TBA

April 4th - Grade 8 Leaving Photos

April 15th - Good Friday, school is closed

April 18th - Easter Monday, school is closed

April 26th - Photo Retake Day (Individual photos and leaving photos)

June 3rd - PA Day, Students do not attend school

June 30th - Last day of school for students

### Rapid Antigen Tests

Rapid Antigen Tests are available to students who have used both of their original tests and require replacements. Should you require additional tests for your child, please email us at: [hopewellaveps@ocdsb.ca](mailto:hopewellaveps@ocdsb.ca) with the subject line: Rapid Antigen Test Request. Include the name and homeroom of your child in your message.


### A Message From School Council

A reminder that your Hopewell School Council is sponsoring a **free** Emotion Coaching workshop for parents and caregivers of students at Hopewell and surrounding schools this coming **Wednesday, March 9th from 6pm to 9pm.**

It's an interactive virtual workshop run by Ottawa psychologists Dr. Katherine Henderson and Dr. Shari Mayman. You will learn practical skills to help you connect with your child and foster their resilience. School council members who have attended this course in the past say it changed their parenting for the better.

You can find more details on the poster below or click here to [register](#) on Eventbrite. For questions about this workshop or any other school council business, we can be reached at [sc-hopewellaveps@ocdsb.ca](mailto:sc-hopewellaveps@ocdsb.ca).

We hope to see you virtually next week!



# FEEL YOUR WAY THROUGH: BECOMING YOUR CHILD'S EMOTION COACH

WITH DR. KATHERINE HENDERSON AND DR. SHARI MAYMAN

THIS UNIQUE WORKSHOP WILL PROVIDE PARENTS, GRANDPARENTS, AUNTS, UNCLES, COACHES, AND EDUCATORS WITH THE ESSENTIAL SKILLS TO HELP FOSTER EMOTIONAL GROWTH AND RESILIENCY IN CHILDREN. THIS THREE-HOUR WORKSHOP WILL PROVIDE SOME BASIC THEORY IN EMOTION COACHING AND LOTS OF OPPORTUNITIES FOR HANDS ON LEARNING. EVERYONE WILL LEAVE WITH NEW SKILLS TO HELP BETTER SUPPORT AND CONNECT WITH THE CHILDREN IN THEIR LIVES.



*"EMOTION COACHING HAS HELPED US CONNECT BETTER WITH OUR SON. IT MADE US FEEL BETTER ABOUT WHAT WE WERE DOING AS PARENTS. OUR COACHING ALLOWED ALLOWED HIM TO FEEL UNDERSTOOD, REDUCED HIS EMOTIONAL OUTBURSTS, AND INCREASED HIS EMOTIONAL AWARENESS."*  
- FORMER PARTICIPANT

**DATE: March 9, 2022**

**TIME: 6 PM to 9 PM**

**LOCATION: Virtual over Zoom**

**Register through the link below**

**<https://www.eventbrite.ca/e/emotions-coaching-workshop-tickets-265388182197>**



Dr. Henderson and Dr. Mayman are co-directors of Anchor Psychological Services. With a combined 25 years of experience, they bring a wealth of knowledge about mental health. They are certified EFFT trainers and supervisors and use Emotion Focused Family Therapy in their practices for a variety of mental health issues.



**Are You Traveling Over March Break?**

We are unable to provide specific guidance for families considering international travel. Please [visit the government of Canada’s website](#) for the new guidelines for travelers returning to Canada from an international destination. If your child will be absent for an extended holiday, please report their absence using the school safe arrival messenger system.

**OCDSB Community Check-In**

Last week the district sent an email to all parents and guardians and students in grades 7-12 asking you to share your thoughts as part of our Community Check-In. Please visit the [OCDSB Website](#) to learn more and take part in the survey. The deadline is March 6th, 2022.

**A Message Of Peace From The Students Of EF5A and EF5B**

You may have noticed doves around the school and in our windows. Please join in by cutting out paper doves and putting them in the window as a message of peace and love. Peace means that we are all equal and accepted. Love means that you can love anyone you want and you can't be judged by who you love. We are doing this because of all the conflicts in the world like in Afghanistan, Syria, Iraq and now the Ukraine.

