

Hopewell Avenue Public School Message – September 9th, 2022



Dear Hopewell Families,

We have had an exciting first week of school! We are always amazed how quickly students adapt to new routines and classes.

On Wednesday we held welcome assemblies for our Primary, Junior and Intermediate students. Our focus was on our [community of character](#) along with a very large acknowledgement that the past two years have shown that we are indeed a school with a strong community of character.

Thank you for returning all of the paperwork backpacked home on Tuesday. There is an option to complete the Appropriate Use of Technology Agreement the Media Permission Form online. The links are here:

[Appropriate Use of Technology Agreement](#)

[Media Permission Form](#)

In the coming weeks we will be sharing details of club and sports opportunities for students and aim to maintain a calendar on our website to keep families informed. Stay tuned for that!

Next Thursday, September 15th, we will be holding our first in person Meet the Team/Curriculum Night since 2019. We are thrilled to be able to welcome families back into the school for this event. Details are below and we have provided you with a sneak peek into our halls in the photos at the end of this message.

Thank you, as always, for your partnership. We look forward to working with you this year!

Wishing you a wonderful weekend! Bonne fin de semaine!

Sincerely,

Martina Sherwood & Sandy Miller
Principal & Vice-Principal

Twitter: @HopewellAvePS
Instagram: @HopewellAvePS



UPCOMING DATES

Thursday, September 15th - Meet the Team/Curriculum Night - details below

Tuesday, September 20th, 7pm - School Council Meeting

Friday, October 7th - PA Day, no school for students

Monday, October 10th - Thanksgiving, school is closed

SCHOOL NEWS

Meet The Team/Curriculum Night



We will be holding our Meet The School Team / Curriculum Information Night on Thursday, September 15th. We hope you are able to attend and learn about the exciting program that will be in place for your child(ren) in the coming year.

The evening will be divided into two parts with two sessions in each part. We hope this format will provide families with multiple children to have the opportunity to attend a session for each child.

The first part of the evening is for parents/guardians of Kindergarten/Primary (grades 1 to 3) students and the second part is for parents/guardians of Junior (grades 4 to 6) and Intermediate students (grades 7 and 8).

Our Learning Support Team will be available to answer any questions you may have about special education. Members of our School Council will also be on site and look forward to enticing you with ways to be involved!

The schedule is as follows:

Kindergarten and Primary (Grades 1 to 3)

5:00pm – 5:30pm – Session One

5:30pm – 6:00pm – Session Two

Junior (Grades 4 to 6) and Intermediate (Grades 7 & 8)

6:00pm – 6:30pm – Session One

6:30pm – 7:00pm – Session Two

Please note, this evening is designed for parents/guardians and childcare is not available. As you are already aware, parking is very limited around our school. We recommend walking or parking on neighbouring streets where parking is permitted.

DISTRICT NEWS

A September Message to Parents and Guardians: Strategies to Help Prepare for a Successful Return to School



Heading back to school in September after a summer break is an adjustment for both students and their families. As parents and caregivers you may see your child(ren) express a wide variety of emotions about returning to school, including happiness, excitement, stress, fear, anger, and sadness - all of which are normal emotions to have. Here are some strategies to support your child(ren) in a successful return to school!

Check in & Talk about it

Setting aside some time to check in with your child(ren) about their feelings about the return to school is a great way to understand where they are at and to help them feel connected. It also reminds them that they are not alone to handle this transition. Focusing on what is within their control will help limit the time spent worrying about things that they can't control and can help things feel more manageable.

Acknowledge & Validate All Emotions

Listen, validate, and empathize with the feelings your child(ren) shares with you. When speaking about emotions, try not to jump to problem solving. Instead, give space to the emotion, responding with things like “tell me more...”, “what are you excited about?” “what makes you feel worried?”, or “sometimes I feel worried too”. Normalize that even as adults, we experience these emotions and that whatever they are feeling is okay.

Model Calm

Your child(ren) will look to you to understand and make sense of their emotions. Modeling a calm, confident, and reassuring attitude will help your child(ren) feel more at ease and help them feel more capable to manage whatever comes their way. Acting with confidence and focusing on things within your control will teach your children to do the same.

Familiar Routines

Summer break and school year routines may be quite different. Gradually moving back to the school year routine can help ensure your child(ren) gets enough sleep and is prepared for their typical school week schedule - consider things like waking up and morning routines, bed time, meal times, and even screen time. Engage your child(ren) in the conversation around what this transition back can look like and how you can work together to prepare for the return.

Self Care

Self care is equally important for parents and children. One of the most important things parents can do to support their child(ren) is to care for their own mental, emotional and physical needs. Taking some time to explore our own habits, routines, and emotions is important and allows us to model healthy coping strategies for our child(ren).

- Healthy habits: developing healthy eating and sleeping habits as well as regular exercise can contribute to both a healthy body and mind.

- Reduce stress: the return to school can be a source of stress for parents and students. Take time to consider the best ways for you to relieve stress and give yourself permission to make time for yourself.
- Reach out: staying connected with others (friends, family, community) helps us to feel less alone. Reaching out is the first step to feeling connected.

Planning Ahead

- Visit your child(ren)'s school (walk around the outside of the building/yard, talk with your child(ren) about the fun things they may do at recess, visit the school website (remember special activities and events to look forward to), & encourage social connections with peers to ease the return. If you continue to have significant concerns regarding your child(ren)'s mental health and the return to school, reach out to your child(ren)'s school for further assistance.

Resources

- [SMHO How to Support a Healthy Back to School for Your Child](#)
- <https://www.anxietycanada.com/articles/healthy-parent/>
- [SMHO- Take Care of Yourself Tipsheet](#)
- [CMHO Back to School Kit](#)
- [5 Tips to Reduce Stress](#)
- [5 Tips for Better Sleep](#)

Student Accident Insurance

Creating a caring and safe environment for our students is our top priority. Unfortunately, despite all reasonable precautions being taken, accidents can still happen. Some injuries may result in medical, dental or other expenses that are not covered by provincial health care or employer group plans. As a parent/guardian, you become responsible for these expenses.

The OCDSB does not provide student accident insurance coverage for student injuries. Student accident insurance is available for purchase, on a voluntary basis. Parents may apply online at [Insure My Kids](#) or call 1-800-463-5437.

The OCDSB encourages all parents/guardians to consider purchasing accident insurance or student accident insurance for incidents that may not be covered by the Ontario Health Insurance Plan (OHIP) or any additional medical plans they have. The accident insurance coverage options range from \$17.00/year to \$33.00/year. This coverage is for the entire calendar year and also applies to accidents that occur outside of school hours. If you have any questions, please call Binks Insurance Brokers directly at 613-226-1350.



