

WILDCAT TRACKS NEWSLETTER



What's Happening from Mrs. Bodnarchuk:

It's hard to believe that we are in December and 2023 is coming to an end!

Mark your calendars as we have many activities this month at J.W. Walker School. Spirit week is December 18-22 and our school concert is on December 20th and will be a night full of entertainment.

Ms. Kirk and I wish everyone a wonderful and safe holiday.

We are looking forward to seeing everyone back in January!

Mrs. Bodnarchuk



HAPPY HOLIDAYS



December 18th - Rainy Crest Visit (Grades 1, 2 & 3)
December 19th - Kindergarten Dress Rehearsal @ 11:30
December 20th - Christmas Concert (see information on second page)

December 23 to January 7 - School Holidays



"Together, we empower all students to believe in themselves, to achieve, and to dream."

WILDCAT TRACKS



J.W. Walker School HOLIDAY CHEER CONCERT 2023

Kindergarten Classes

Dress Rehearsal

J.W. Walker School Gym
December 19th at 11:30
(entire school will participate)

Concert

J.W. Walker School Gym
December 20th at 5:30 PM

Grades 1-6 Classes

Dress Rehearsal

Townshend Theatre
December 20th at 11:15 - 12:45
(Grades 1-6 will participate)

Concert

Townshend Theatre
December 20th at 7:00 PM

Non-Perishable Food Items

Please bring in non-perishable food items to help local families in need. Classes will be collecting items starting on Monday, December 11 to Friday, December 15.

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

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 the media, school community or 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 the consent of the individual.

If you need assistance with ordering school portraits, have questions about an order you have placed, we are here to help.

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December Character in Action Empathy and Compassion

The goal of compassion is seeking to understand another's struggles from his or her point of view and then doing whatever is necessary to heal the hurt.

What is Empathy and Compassion?
I will do whatever is necessary to heal the hurts of others. I will strive to understand and be sensitive to their feelings.