



North Star Community School
April 2023
 This month's Character Trait is *"Fairness"*
"Mannaaji'iwewin"



- April 3** Autism Awareness - Blue Shirt Day
- April 6** Easter Brunch
- April 7** Good Friday - No School
- April 10** Easter Monday - NO School
- April 12** International Day of Pink– Pink Shirt Day
- April 21** PD Day
- April 22** Earth Day

Reading Challenge
May 1 - 5, 2023

To celebrate, Education Week Mrs. Skrenski will be challenging the students to read **5000 books in 5 days**. Mrs. Skrenski will visit the classrooms to get ideas for the reward if students reach the goal of reading **5000 books**.
 Happy Reading



To create accessible spaces for everyone, we ask that students refrain from wearing scented products, such as perfume/ colognes, hair products, cosmetics, and scented lotions, while

attending class. Please also avoid using scented soaps, shampoos, and detergents prior to class. These products can cause serious health issues for those with fragrance allergies and/or chemical sensitivities.



We are in need of volunteers to cook pancakes for our Easter Brunch. Please call the school if you can help @ 597-6640.

April is Dental Health Month!

Teeth love healthy drinks:

- ◆ Choose Milk - it helps build strong teeth.
- ◆ Choose Water - it's nature's way of preventing decay especially when it contains fluoride.
- ◆ Choose Less Sugar - high sugar drinks cause cavities.



April 22nd is Earth Day

**How can you help the environment?
 Don't dump it—Blue Box it!**

The simple act of recycling has more impact on the environment than the average Canadian thinks.

"The amount of wood and paper North Americans throw away each year is enough to heat 5 million homes for 200 years." For more information on how you can help the environment visit www.earthday.ca.

Wet Playground

Please send boots, mitts and splash pants for your child to wear at recess. Extra mitts, socks, and pants would be great to have available in your child's pack .



Mental Health Memo

Eating Disorders...if you think it's about food, think again



Eating disorders are complex mental health illnesses with serious physical complications. Several factors, including genetics, individual personality traits, mental health history, social pressures, exposure to trauma, and cultural expectations, intersect and contribute to the development of these potentially life-threatening conditions.

Research by the Canadian Pediatric Surveillance Program indicates that:

- Adolescents and young adults are at higher risk for developing eating disorders
- In Canada, between 12% and 30% of girls and 9% and 25% of boys aged 10-14 report dieting to lose weight
- The incidence of Eating Disorders in Canadian children are estimated to be 2 to 4 times greater than Type 2 Diabetes
- Eating disorders have the highest overall mortality rate of any mental illness, estimated between 10-15%

Parents are key to encouraging youth struggling with an eating disorder to seek help. While eating disorders are serious and can have life-threatening complications, they are also treatable illnesses. Recovery requires professional help, and chances for success are improved the sooner a person begins treatment.

For more information on how to support a loved one you suspect may be struggling with an eating disorder, follow this link to the National Eating Disorders Association TOOLKIT for parents: <https://www.nationaleatingdisorders.org/parent-toolkit>



For more information, please contact the Mental Health and Addictions Nurse: joleen.hogan@hccontario.ca



thoughtexchange



PLEASE SHARE YOUR THOUGHTS WITH US.

As we plan for the 2023-2024 school year, what are the most important things our Board needs to think about in order to support all students?



To share your thoughts, use the QR code or visit:
<https://tejoin.com/scroll/731858841>

The exchange will be open until April 28, 2023