



# North Star Community School

## December 2022

This month's Character trait is "Empathy & Compassion"  
Love - "Zaagl'Idiwin "

*This publication is available in accessible formats upon request*



### December Dates to Remember:

- Dec 7 - Choirs to perform at the Retired Teachers Luncheon
- Dec 8 - **Holiday Shopping Event**
- Dec 8 - Picture Retakes
- Dec 12 - Spirit Day - **Holiday Hats**
- Dec 13 - Spirit Day - **Red, White & Green**
- Dec 14 - Spirit Day - **Holiday Sweaters**
- Dec 15 - Holiday Feast @ 10:30 a.m.
- Dec 15 - Spirit Day - **Winter Jammies**
- Dec 16 - Spirit Day - **Formal Day**
- Dec 16 - Holiday Concert @ 1 p.m. in the Gym**
- Dec 16 - Last day before Christmas Holiday



Please check your child's classroom calendar for special events specific to their classroom.

### **School Resumes on January 3, 2023**

### Students' Christmas Shopping Event - December 8, 2022

On December 8th students get to purchase gifts for their loved ones. All items will be priced \$1.00- 2.00. Please send coins or small bills with your child. The children are very proud and excited to be able to give to others. Parents are asked to send a short list of two or three special people that students can shop for. This is a very special time for our students!



## TRANSPORTATION INFORMATION



Did you know that RRDSB and TNCDSB share transportation services?

Visit the Rainy River District Transportation Services Consortium website at:

<https://rrdtsc.rrdsb.com>

Find information about the Joint Transportation Policy Committee, such as committee members, meeting minutes, and the Joint Transportation Policy.



### Winter Clothing

This is a reminder to ensure your child is properly dressed for winter. A hat and extra mitts are a must. The school requires that your child wear boots and snow pants in order to play on the playground.

## REMINDER:

### SCHOOLS REQUIRE ACCURATE CONTACT INFORMATION

Please contact your child's school to provide any changes to all custody & emergency contacts' addresses, phone numbers, or email addresses. As we are moving to a new data system, we want to ensure that we can continue our ability to communicate effectively with families.



### Holiday Brunch

We will be holding our "Holiday Brunch" for all students on Thursday, December 15th at first nutrition break. Anyone able to volunteer please call the office at 597-6640.



## Mental Health Memo School Refusal: Supporting Kids Who Avoid School

With the return to in-person learning this year, is your child overwhelmed with uncertainties and fears about school? Are they having physical symptoms: headaches, sleep disturbances, refusal to sleep alone, or stomach aches that often start the night before school?

If your child consistently finds it difficult to go to school, it is important to speak to a health professional first to get a better understanding of your child's concerns. If your doctor has ruled out physical illness, it could be that your child is struggling with mental health issues leading to their concerns about school and their refusal to attend school.

Here are some tips to support children and teens struggling to go to school every day:

- Focus on your relationship with your child – find out what they need to make the school experience better
- Take time to understand the issue – think about the situations/circumstances that they find difficult
- Commit to the idea that staying at home is not an option – acknowledge their feelings, offer coping strategies
- Try a scaffolding approach to get your child back to school – slowly work towards reengaging into the routine
- Connect with the school – help the teacher to know your child's needs and coping techniques

For more information, click on this link to Children's Mental Health Ontario:  
<https://www.family.cmho.org/school-refusal/>

For more information, please contact the RRDSB Mental Health Leader:

