

North Star Community School

December 2020

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

This publication is available in accessible formats upon request



With restrictions on the number of people allowed to gather, we, unfortunately, will not be hosting a winter holiday celebration or concert in person this year for the greater school community. We have explored virtual options; however, with the health and safety protocols of physical distancing and masking and the advisory that performances do not include singing, we feel that this endeavor is not possible at this time. We recognize that this may be disappointing news for parents/guardians and extended families.

We will continue to provide support for our students' ongoing learning and their well-being by arranging special activities within individual classrooms and/or held outside, weather permitting, just prior to the holiday break.



Christmas Food Drive

It is the season for caring and sharing. In keeping with this month's character traits, the school will be collecting non-perishable food items to be shared with others in our community. Please help by donating to support families in need.

For each item brought in, your student's name will be entered in a draw to win prizes!



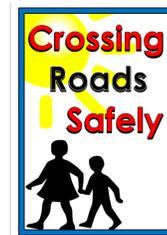
December Dates to Remember:

- Dec 14 - Spirit Day - **Christmas Hats**
- Dec 15 - Spirit Day - **Red, White & Green**
- Dec 16 - Spirit Day - **Christmas Sweaters**
- Dec 17 - Spirit Day - **Formal Wear**
- Dec 18 - Spirit Day - **P.J. Day!**
- Dec 18 - Last day before Christmas Holidays

School Resumes on January 4, 2021



Parents are reminded that traffic can be congested at the end of the school day. If you arrive to pick up your child and you must park across the street from the school, please come meet your child in the security of the parking lot so they can cross the road safely. Thank you!





In accordance with the recommendations from the Northwestern Health Unit, the RRDSB is issuing a travel advisory for students and asking families to follow the Northwestern Health Unit's recommendation of avoiding all non-essential travel outside of Northwestern Ontario. Should your child travel outside of Northwestern Ontario for either essential or non-essential reasons, they may not be able to attend any school board properties for 14 calendar days upon return and must be able to pass the self-assessment prior to returning to school.

**MENTAL HEALTH MEMO:
HOLIDAYS DURING THE PANDEMIC
Reducing Stress, Helping Kids Cope, and Making New Traditions**

While we usually look forward to the holidays, they can also be a source of stress for both ourselves and our children. This year, we are also dealing with the stress of the pandemic which can further affect our sense of well-being and mental health. Here are some tips to consider as we celebrate this unusual season:

- Don't wait to make plans- follow the current advice of the health unit but be prepared to be flexible, increase predictability by discussing various celebration options
- Discuss rules in advance- ensure that you have safety rules in place as this will be comforting for both adults and children with anxiety over COVID-19
- Stick to your ground rules- remind guests and provide children with a script when others are not following the agreed upon rules of the gathering
- Start new traditions- if you are unable to celebrate in the usual way, find new activities to make the pandemic holiday special
- Give kids a voice- ask your child for ideas on how they would like to celebrate, providing them voice is a strong protective factor
- Let kids express disappointment- let them know it's okay to be disappointed/angry/frustrated and we are doing what we can to stay safe

For more information, click on the link for the full article from Child Mind® Institute [Holidays During the Pandemic](#)

For more information, please contact the RRDSB Mental Health Leader: tracey.idle@rrdsb.com

