



# North Star Community School

June 2023

This month's Character Trait is **"Responsibility"**

*This publication is available in accessible formats upon request*



## New Registrants:

The Rainy River District School Board is still accepting registrations for the 2023-2024 school year online at [www.rrdsb-registration.com](http://www.rrdsb-registration.com). Families who have children ready to register for Kindergarten can register virtually, if they haven't already done so. In addition, students who are new to RRDSB can register online at any time.

*"We're pleased to continue welcoming new students, including our youngest learners, and to provide families the opportunity to register online from the comfort of their homes," says Director of Education Heather Campbell. "Starting school is a big step for families and we want to do everything we can to ensure that families have the information needed to help new students flourish and succeed."*

Once the application has been submitted, families will receive a confirmation email and will be contacted by the school. Families will complete the final step in the registration process, such as signing the form and providing documentation, once schools reopen.

## Important Dates

June 2	Farewell to North Star & Family Fun Day
June 5	Science North Fire Show @ 11:15
June 5 - 8	Grade 3 EQAO Testing
June 6	Kindergarten Community Field Trip
June 8	Grade 5 & 6 go to Old Fort William
June 9	Spring into Summer Formal Dance - p.m.
June 12	PD Day - NO SCHOOL
June 13	Grade 5 Archery Team compete in Thunder Bay
June 15	Kindergarten Graduation Rehearsal @ 9:15
June 15	Grade 6 Girls Kindness Workshop
June 16	Kindergarten 2 Graduation @ noon
June 20	Grade 1 & 2 go to French Lake
June 21	Next year's Junior Kindergarten students first bus ride and playdate starting @ 12:30
June 22	Grade 3 & 4 go to Gammondale Farms
June 23	Kindergarten students & parents tour Northern Lakes School
June 26	Grade 1 & 2 students and parents tour Northern Lakes School
June 27	Grade 3 & 4 students and parents tour Northern Lakes School
June 28	Kindergarten pool, park and play
June 28	Grade 5 & 6 students and parents tour Northern Lakes School
June 30	Last Day of School - Reports Cards will go home today!



### Accessibility Feedback

We welcome your comments and feedback about accessibility issues at the Rainy River District School Board. If you have comments or suggestions, please fill out our Accessibility Feedback Form: [https://www.rrdsb.com/accessibility\\_feedback](https://www.rrdsb.com/accessibility_feedback)

# Mental Health Memo

## Supporting Mental Health During Transitions



Transitions are a normal part of life. For young people, some of the most significant transitions include starting Kindergarten, changing grades, beginning secondary school, and graduating from secondary school to start their career pathway. Transitions – even good ones we are looking forward to – can cause stress. That’s because they require us to learn new things, adapt, and grow.

- Parents, caregivers, and families can help support their young people through transitions by:
- Asking what they are looking forward to about the transition and what they are worried about
- Exploring what healthy habits they can start now that might help them after the transition
- Practicing a variety of stress management skills to identify which strategies work for them
- Maintaining some familiar routines as they create new routines
- Helping them focus on what they can control as unknowns come along with change
- Recognizing when your young person’s stress is too much and helping them access supports

Change can be stressful. Your young person may be feeling, nervous, excited, sad, or a combination of many feelings. You can help your young person to see transitions as opportunities to learn new skills, build confidence to enable them to anticipate transition with less worry, and be mentally strong during times of change.

Here are some resources that you can work through with your child/youth that may help them with transitions:  
<https://smho-smsso.ca/wp-content/uploads/2023/01/Student-MHLIT-expansion-pack-2-transitions-balanced-thought-journal.pdf>  
[https://smho-smsso.ca/wp-content/uploads/2023/01/Student\\_MHLIT-expansion-pack-2-transitions-personal-stress-management-plan.pdf](https://smho-smsso.ca/wp-content/uploads/2023/01/Student_MHLIT-expansion-pack-2-transitions-personal-stress-management-plan.pdf)

For more information, please contact the RRDSB Mental Health Leader: [tracey.idle@rrdsb.com](mailto:tracey.idle@rrdsb.com)



**BUS CHANGES?**  
**DEADLINE AUGUST 16**

Help us ensure a smooth startup to the 2023-2024 school year by getting transportation change requests in by **August 16, 2023 at 4:00pm.**


This allows bus drivers the opportunity to familiarize themselves with trial runs ensuring the safety of our students remains the top priority.

All requests received after the deadline will **NOT** be in place for the first week of school. The RRDTC continues to strive to ensure all requests are processed in a timely manner.

**To make a change, complete a Student Transportation Information Form and submit it to RRDTC:**

- MAIL IT TO OR DROP IT OFF AT 522 SECOND ST. E FORT FRANCES, ON P9A 1N4
- FAX IT TO 807-275-4975
- EMAIL IT TO [RRDTSC@RRDSB.COM](mailto:RRDTSC@RRDSB.COM)

Call us anytime at 807-274-6664  
 Visit our website at [rrdtsc.rrdsb.com](http://rrdtsc.rrdsb.com)  
 Summer Office Hours: Monday through Thursday, 8am-4pm

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 \* As the school year comes to a close, please take \*  
 \* the time to check out the lost and found for \*  
 \* missing articles. We have a variety of articles \*  
 \* that belong to our students. \*  
 \* Any unclaimed items will be donated to the \*  
 \* local Revive Store. \*  
 \* Please check at home for any school items and \*  
 \* library books and return to school \*  
 \* at your earliest opportunity. \*  
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