



# North Star Community School November 2020



his month's Character Trait is **"Courage"**  
**"Zoongide'ewin"**

*This publication is available in accessible formats upon request*

## November Dates to Remember:

- Nov 11 SPIRIT DAY - Wear Red
- Nov 18 Progress Reports go home
- Nov 19 Virtual School Council Meeting @ 5:00 p.m.
- Nov 20 SPIRIT DAY - Rainbow Day



## Virtual Parent-Teacher Interviews

**Will take place on November 25th.**  
**Visit the school website to book an appointment with your teacher.**



## Looking for Information?

School Board Code of Conduct and North Star Community School's Student Handbook are available on the school website.



## Buses are a 100% Bully Free Zone!

Our school buses are considered an extension of the classroom and students are expected to behave in the same manner as they would in their classroom. If your child is the victim of a bully it should be reported immediately so action can be taken.



## Significant dates for November 2020

Date(s)	Date ends	Event	Reference
2-Nov	6-Nov	Treaties Recognition Week	First week of November - Ontario Government <a href="https://www.ontario.ca/page/treaties">https://www.ontario.ca/page/treaties</a>
8-Nov		National Aboriginal Veterans Day	<a href="https://www.veterans.gc.ca/eng/remembrance/those-who-served/indigenous-veterans">https://www.veterans.gc.ca/eng/remembrance/those-who-served/indigenous-veterans</a>
11-Nov		Remembrance Day	November 11 each year <a href="https://www.canada.ca/en/services/defence/caf/militaryhistory/remembrance/remembrance-day.html">https://www.canada.ca/en/services/defence/caf/militaryhistory/remembrance/remembrance-day.html</a>
16-Nov		Louis Riel Day	Métis Nation of Ontario <a href="http://www.metisnation.org/news-media/louis-riel-day/">http://www.metisnation.org/news-media/louis-riel-day/</a>
15-Nov	21-Nov	Bullying Awareness and Prevention Week	Ontario Ministry of Education <a href="http://www.edu.gov.on.ca/eng/safeschools/prevention.html">http://www.edu.gov.on.ca/eng/safeschools/prevention.html</a>



**Please have your child check the lost and found for items they are missing.**

## **IMPORTANT ANNOUNCEMENT**



Construction of the Aspen Court Senior Living Complex has now began on Willow Road. Please talked to your child about watching for trucks and other moving vehicles when they are walking to and from school. The safety of children is of the utmost importance.

### **MENTAL HEALTH MEMO: WORKING TOGETHER TO PROMOTE AND PROTECT STUDENT MENTAL HEALTH**

We all want to be as prepared as we can and to help our students to feel safe and cared for as we continue through this unusual and uncertain time in schools. As always, the Rainy River District School Board has a strong commitment to promote and protect student mental health and to ensure students feel safe, confident, included and cared for; whether they attend school in person or remotely in the coming months.

Educators, school and system leaders, and families will need to demonstrate flexibility, creativity and compassion and will need to work together in order to support student mental health.

As we continue through this unique school year, our staff have been working to enhance and protect student mental health by:

- Ensuring a physically and emotionally safe school and classroom environment
- Developing knowledge and confidence to promote positive mental health for students
- Ensuring students feel a sense of belonging and inclusion in the school and their classroom
- Focusing on social-emotional learning, mental health self-care, stigma reduction and help-seeking behaviours
- Working together with families to support student mental health and mobilizing other support services

During these challenging times, you may be worried about your child's/youth's mental health and well-being. You can work with your school's staff to help make sure your child/youth gets the support they need.

Please click on the links below to see these resources from School Mental Health Ontario that can help start the conversation with your child/youth about mental health:

<https://smho-smso.ca/wp-content/uploads/2020/03/Self-Care-101.pdf>

<https://smho-smso.ca/wp-content/uploads/2020/03/Reaching-Out.pdf>

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

