



SOUTH MARCH PUBLIC SCHOOL

SMPS Family Update - Monday, January 11, 2020

Proud, Positive, Powerful Penguins

Welcome to another great week at South March!



Parents are required to screen their children daily for symptoms of COVID-19 **BEFORE SENDING THEM TO SCHOOL.** Use this [online tool](#) provided by Ottawa Public Health to do daily screening. We need to all work together, to ensure our school remains safe.

Good Evening SMPS Families!

Our next School Council Meeting (Virtual) will be held on Tuesday, January 12th from 7:00 p.m. - 8:30 p.m. Register in advance for this meeting: <https://us02web.zoom.us/meeting/register/tZYlceCqgjwJE9Lv00TvcnZHhg9TuFpbMkRy> After registering, you will receive a confirmation email containing information about joining the meeting.

As you know, remote learning will continue from Monday, January 11 until Friday, January 22. At SMPS our Autism Programs will continue to be in-person. The school is closed to parents but the main office remains open to answer phone calls. *Please note that there is a PD day on Friday January 22 and there will be no school for students.*

I would like to thank families for your patience and understanding while we transitioned to remote learning this past week. There was great attendance and engagement this week. As I accessed google meet classes from Kindergarten to Grade 6, I observed students engaging in learning and demonstrating perseverance and a positive attitude. I am always amazed how resilient our children can be! I would also like to thank parents for their positive feedback. The encouragement and acknowledgement really helped staff get through the week.

As we look forward to another 2 weeks of remote learning I would like to encourage you to maintain close communication with your child's teachers. **I am also available if you have feedback or questions. Please feel free to email me (jeff.gervais@ocdsb.ca) or call me at school (613-595-0543).**



Thank you from the Staff & Spirit Squad: Here's a video clip to thank our SMPS families for all they did to support our 12 days of giving campaign in December. Youtube Link: <https://youtu.be/Cld9rAeDBnU>

Lunch Time Monitors: We are looking to hire a Lunch Time Monitor to supervise students during nutrition and recess breaks. This position requires being available daily from 11:05-12:05, and from 1:50 - 2:50. Supervision includes indoor and outdoor time. If this interests you, please contact Meghan Schuler at 613-595-0543 or meghan.schuler@ocdsb.ca. A police records check is required and training will be provided.



Registration is now open for Kindergarten starting in September 2021 If your child will be four years old by December 31, 2021, they are ready to begin their learning journey with the OCDSB. It's easy to register. [Visit our Registration page](#) to register online anytime.

https://ocdsb.ca/news/its_time_to_register_for_kindergarten

There will be a Virtual Kindergarten Information Night for SMPS families on February 3, 2021 at 7:00 PM - More information will be provided

Do you have questions/Need Help?

Program/Classroom Questions	<ul style="list-style-type: none"> Your child's homeroom teacher (subject teachers) is your first point of contact for program and class related questions - to find a staff email go to: https://southmarchps.ocdsb.ca/staff
School inquiries:	<ul style="list-style-type: none"> The main office 'open' all week. If you have inquiries please call the main office at 613-595-0543 (9:00a.m. - 4:00 p.m.). You can also email our office staff at heather.nichols@ocdsb.ca
Technology requests?	<ul style="list-style-type: none"> If you are in need of a chromebook to access learning you can request a chromebooks at https://forms.gle/BS4sWJYty7JS2xeF9. Pick-up/general questions about chromebooks: meghan.schuler@ocdsb.ca
Technical support for chromebooks:	<ul style="list-style-type: none"> Chromebook not working? Contact our tech department at csc.parent@ocdsb.ca Trouble logging in? Call the main office 613-595-0543 (9:00a.m.- 4:00 p.m.)
STAY INFORMED	<ul style="list-style-type: none"> Follow us on Twitter: https://twitter.com/SouthMarchPS Refer to our website: https://southmarchps.ocdsb.ca/ (you can access the twitter feed here too) At a minimum I send a "SMPS Family Update" once a week - if your email is on file you should receive these messages. If not, please call the main office to check into this.

Take Care of Yourself and Each Other - Mental Health Support

The ongoing uncertainty of COVID is stressful. No matter our age or circumstance, we all get stressed - and stress can affect our mental and physical health. Developing positive coping skills, can help build resilience to allow us to better handle stress and challenges.

- Exercise, routines, eating and sleeping habits and taking a break from screen time are all good for both physical and mental health. Getting outside is also important - please review [the new Ottawa Public Health rules for outdoor skating rinks, tobogganing hills and cross-country ski trails](#). The safest option is to choose activities that can be done with just your household contacts or, if you live alone, with one or two of your chosen social support persons.
- Remember that it's ok NOT to be ok. With so many changes and disruptions to our typical routines, it can be hard to manage everything. Children look to their parents to feel safe and to know how to respond – acknowledge feelings and reassure them and let them know you'll tackle this together. Ottawa Public Health has shared some important messaging on mental health.
- Don't forget: you are not alone. For more information on how to take care of your mental health and the mental health of your family visit the Ottawa Public Health mental wellness support section of the [Supporting schools during COVID](#) or [Mental Health and COVID-19](#) page.
- The [Distress Centre Ottawa](#) and Region - 613-238-3311 in English or [Tel-Aide Outaouais](#) - 613-741-6433 in French are available 24/7.
- [Counselling Connect](#) provides free access to a same-day or next-day phone or video counselling session. This service is for children, youth, adults and families in Ottawa and the surrounding area. There is no waiting list.
- If you are looking for additional mental health services for youth, children and families please contact Youth Services Bureau at 613-260-2360 or 1-877-377-7775 and the online chat at chat.ysb.ca