



# SOUTH MARCH PUBLIC SCHOOL

Family Update - Monday, November 16, 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.

## Virtual BookFair

From **November 16th to November 27th** we will be holding a virtual book fair to help support our school collection.

- Check out the promotional video - [HERE](#)
- Attached to this Family update you will find an advertisement and "how to order" sheet
- If you have any questions please contact our library technician - [megan.venner@ocdsb.ca](mailto:megan.venner@ocdsb.ca)

## School Council Update

A big thank you to School Council who approved the following items to support the school:

- Dollarama Gift Cards to staff (\$50 each) to be used to support your classrooms.
- School Council approved \$527.84 to support the Forest of Reading Program
- Purchase of SMPS Sports Jersey - \$600. This was a standing item and even though we may not be able to use them this year we will have new Sports Jerseys for students when sports teams do startup again.
- School Council approved the \$3000 that was originally allocated to the school to use for Arts, Science and PE experiences to be used to partially pay for IXL, RAZ-KIDS, Je Lis, Je Lis which are online programs for students to use at home to support mathematics and literacy. MORE INFO WILL BE SENT TO FAMILIES ABOUT ACCESSING THESE RESOURCES.

## Progress Reports:

Progress Reports will be available for parents to access via the parent portal on **Friday, November 20th**. *Paper copies of the Progress report will not be sent home.* The purpose of the progress report is to provide you with a quick update on your child's progress. If you do not know how to access the report card from the Parent Portal on the ocds.ca website please review the instructions - <https://ocdsb.ca/cms/one.aspx?portalid=55478&pageid=32536398>

## Parent/Teacher interviews

There will be virtual parent-teacher interviews on **Thursday November 26th between 4:30pm - 7:30pm**

- This year, teachers only have time allocated for interviews on Thursday after school. Unlike previous years, there is no time allocated for interviews on Friday, due to the rearrangement of the Professional Activity days for this year.
- Both Thursday, November 26 and Friday, November 27 **are regular school days for students**
- At SMPS, we will not be using an online interview booking system this year to allow staff more flexibility when booking interviews with their class. Teachers will reach out to families soon to book an interview.
- Teachers have 2.5 hours available for interviews because of the reduced time for interviews this year. As a result **teachers will be unable to meet with all families on Thursday evening.** Our teachers remain committed to informing you about your child's progress throughout the year. While not all students will require an interview at this time, if you have any questions related to your child's progress after reading their progress report, you can contact your child's teacher for more information.

## Did you know the Mathematics Curriculum Changed this year?

Darla Fuller and Heather Roberts from SMPS have created a very informative Parent Resource to explain the changes to the mathematics curriculum - check it out: [Math Resource](#)

## Getting a Good Night's Sleep

With November comes shorter days and less sunshine, but continued work and academic demands. It's a good time to remember the importance of [A Good Night's Sleep](#) for students and adults. Sleep promotes learning, improves concentration, helps us recover from exertion and helps reduce stress. Check out some tips for having a healthy sleep hygiene:

<https://parenting.mountsinai.org/blog/melatonin-is-it-safe-for-children/>  
<http://www.anxietycanada.com/sites/default/files/SleepHygiene.pdf>

### GENERAL TIPS FOR HAVING HEALTHY SLEEP HYGIENE<sup>142</sup>



**Go to bed and wake up at the same time** every day (even on the weekends!)



**Don't go to bed feeling hungry**, but also don't eat a heavy meal right before bed



**Avoid caffeine consumption** (e.g., coffee, soft drinks, chocolate) starting in the late afternoon



**Develop a relaxing routine** before bedtime – ideas include bathing, music, and reading



**Expose yourself to bright light in the morning** – sunlight helps the biological clock to reset itself each day



**Reserve your bedroom for sleeping only** – keep cell phones, computers, televisions and video games out of your bedroom



**Make sure your bedroom is conducive to sleep** – it should be dark, quiet, comfortable, and cool



**Exercise regularly during the day**



**Sleep on a comfortable mattress and pillow**



**Don't have pets in your bedroom**



### Stay informed about SMPS

Please take the time to check out <https://twitter.com/SouthMarchPS>. We are trying to share examples of teaching and learning on this platform. The twitter feed also posts to the school website at <https://southmarchps.ocdsb.ca/>