



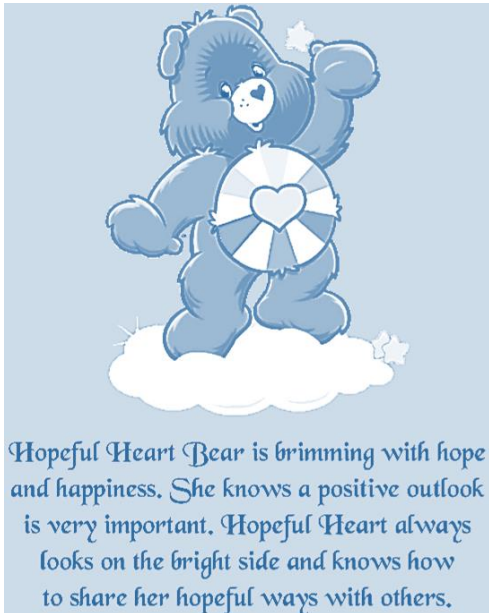
THE BEAR NECESSITIES

Buckhorn Public School Newsletter

1783 Lakehurst Rd. Buckhorn, K0L 1J0 * 1-705-657-8803

Safe Arrival 1-844-434-8119 <https://buckhorn.kprdsb.ca/>

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Happy New Year Buckhorn,

Every morning on the school announcements we think about four words, and as we connect each finger to our thumb we think about each word. We practice the “hopeful four” because science tells us that our thoughts shape our reality. Our positivity improves our happiness and the happiness of those around us. What better gift to have as we start the new year?

New to our family is Kim Wonnacott in the role of administrative assistant and Noel McNabb-Kidd as an Educational Assistant. We thank Educational Assistants’ Courtney McMahan and Kyle Sorensen who are heading on to other adventures. Courtney is expecting anytime, and Kyle has accepted a permanent position in another field. We look forward to hearing how you both are doing.

On January 28 we will recognize Bell Let’s Talk Day in our classrooms. Teachers will promote awareness and action around four pillars: fighting stigma, improving access to mental health care, supporting world-class research, and leading by example in workplace mental health. Bell Let’s Talk Community Fund dollars support Peterborough’s youth walk-in services to help with issues ranging from bullying and family conflicts to suicidal thoughts and sexual identity.

You can access youth mental health services at these locations:



Family and Youth Clinic
705-743-2121 x.5114
Monday to Friday from 8:30 a.m. to 5:00 p.m.
Early evening appointments can be arranged as needed.
Referral Form <https://www.prhc.on.ca/cms/family-youth-clinic>



Kinark Child and Family Services
1-888-454-6275
Monday to Thursday from 9:00 a.m. to 5:00 p.m. Friday they close at 5:00 p.m.
After business hours please, leave a message and your call will be returned.



Talk Now Peterborough Youth Services
705-743-1681 459 Reid St, Peterborough, ON K9H 4G7
Walk in Tuesday’s 2:00 p.m. to 6:00 p.m.
Monday to Wednesday from 9:00 a.m. to 7:00 p.m. Thursday and Friday 9:00 a.m. to 5:00 p.m.

Enjoy this break and please join us in wearing blue on January 28th.

In partnership,
Rachelle Duffus



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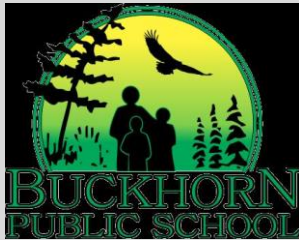
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Arriving Late or Leaving Early?

How about 10 minutes late a day? Surely that won't affect my child?

He/she is only missing just...	That equals...	Which is...	And over 13 years of schooling that's...
10 mins per day	50 mins per week	Nearly 1 ½ weeks per year	Nearly ½ year
20 mins per day	1 hr. 40 mins per week	Over 2 ½ weeks per year	Nearly 1 year
30 mins per day	Half a day per week	4 weeks per year	Nearly 1 ½ years
1 hour per day	1 day per week	8 weeks per year	Over 2 ½ years



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 Melissa_Davidson@kprdsb.ca Gr. 4
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BUCKHORN

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Superintendent
 Trustee
 First Nations Trustee

French / SERT
 Library / JK/SK
 Primary Planning

Child and Youth Worker
 Educational Assistant
 Educational Assistant
 Educational Assistant
 Personal Care Assistant
 Educational Assistant



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PCR (polymerase chain reaction) Self-Collection Test Kits

In an effort to promote a safer return to the classroom after the winter break, the Government of Ontario is providing take-home rapid antigen screening kits for every child who attends in-person learning in one of our schools.

The rapid antigen screening kits are intended for use by any child that attends a publicly funded school, regardless of their vaccination status.

Please note, your child's participation in this rapid antigen screening is **voluntary**. Students are **not required** to participate in order to return to the classroom after the winter break.

While providing students with rapid antigen screening kits is an important tool for managing the spread of COVID-19, vaccination remains the most effective protection against the virus and its variants. Ensuring that children and youth are vaccinated will provide them with a strong level of protection and help to keep schools open and as safe as possible.

It is also important to remember that we all need to continue with key public health strategies that have been effective in keeping this pandemic under control, including staying home when sick, getting tested if you have symptoms, washing your hands frequently and wearing a face covering as required.

Please note: this testing option is not available to students who have been learning remotely since September 2021.

Please read the important information below prior to using the rapid antigen screening kit.

When to Use the Rapid Antigen Screening Kit (distributed prior to the winter break):

- For students who choose to use rapid antigen screening kits, it is recommended students conduct the rapid antigen tests every 3-4 days over the holiday break, on every Monday and Thursday beginning December 23, until all five tests have been used.
- Rapid antigen screening kits are only to be used when a child is **asymptomatic** (i.e.: does not have any symptoms of COVID-19 and has not had any exposure to a confirmed case of COVID-19).
- Anyone with symptoms or who is identified as a close contact of a case should still get PCR testing. Rapid antigen screening tests should not be used as a substitute for PCR tests for people with symptoms or for people who are close contacts of cases.

Using the Take-Home Rapid Antigen Screening Kit:

- The BTNX Rapid Response™ can be performed using anterior nasal swabbing (per the package insert, as approved by Health Canada) or using deep nasal swabbing (as recommended by Public Health Ontario in this document, given higher sensitivity compared to anterior nasal swabbing). Both types of specimen collection can be performed using the NP swab provided with the kit.
- Please follow the instructions provided with this letter.
- **Important note:** Parents or guardians may choose to administer this screening on children who may need help (i.e.: younger children).

What to do after your test:

- You will know the outcome of the test within 15 minutes. If test results are negative, your child may attend school and other activities as usual. Even if your child tests negative, they should continue to adhere to all relevant public health guidance, such as guidance on gathering, distancing, and masking.
- A positive result on a rapid antigen screening test is considered a preliminary positive. A child that receives a positive result on a rapid antigen screening test should seek a confirmatory PCR test as soon as possible (ideally within 48 hours) at a [local testing site \(https://covid-19.ontario.ca/assessment-centre-locations\)](https://covid-19.ontario.ca/assessment-centre-locations) or pharmacy that offers testing and isolate themselves until the result of that confirmatory PCR test is known.



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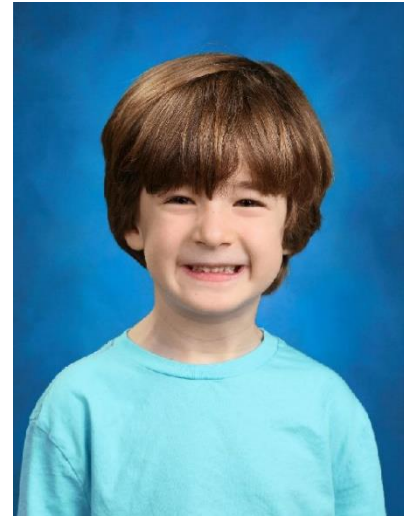
Buckhorn Proud December Award Winners for Respect



Liam Connor



Chloe Dibben



Chase MacEachern



Brady VanNoort



Norah Brooks



Ryker Sinden



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Poppy Melizan



Sadie Fuderer



Lu Borges



William Guest



Hunter Michaelov



Izzy Wagler



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Vanessa Guest



Megan Brady



Emily Burke





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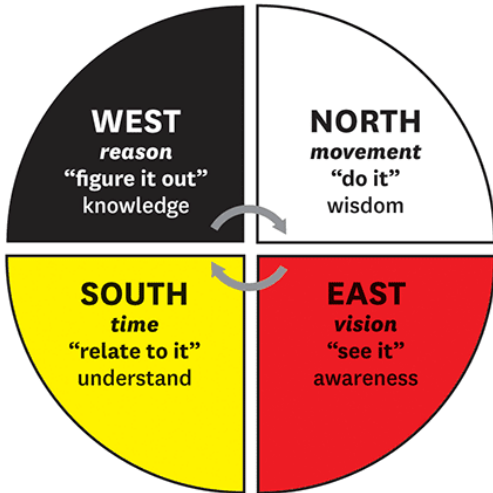


Figure 1: Gifts of the Four Directions

In January we celebrate the KPR Character Education Trait of Initiative. To take initiative means:

- I am eager to do what needs to be done without being asked to by others
- I seize opportunities and willingly take steps necessary towards achieving a goal

We equate this to the Seven Grandfather Teaching of the "Medicine Wheel." The Medicine Wheel represents all of creation, harmony and connections. It is considered a major symbol of peaceful interaction on Earth (All races of people, the directions, all of the cycles of nature, day and night, seasons, moons, life cycles, and orbits of the moon and planets).

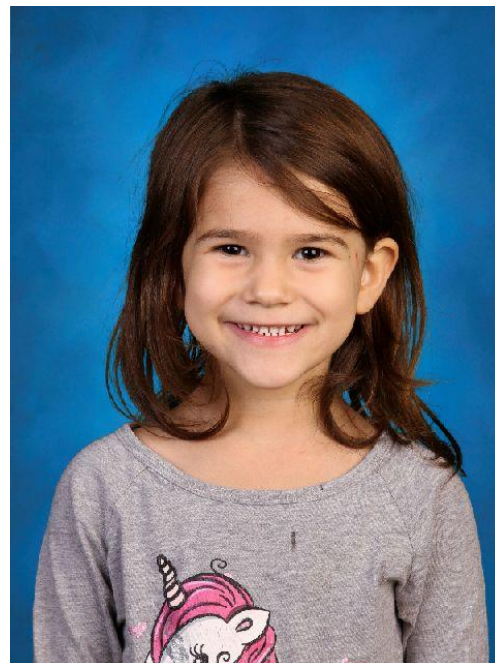


Thank you Jennifer and Jeremy Irwin and Reverend Glenn Emprey for the donations to our Hot Lunch Program.



The Lions Club Good Deeds recipient is:

Kassidy Searle
Senior Kindergarten





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LGBTQ is an acronym

meant to encompass a whole bunch of diverse **sexualities** and **genders**. Folks often refer to the Q (standing for "queer"*) as an **umbrella term**, under which live a whole bunch of identities. This is helpful because **lesbian, gay, and bisexual** aren't the only marginalized sexualities, and **transgender*** isn't the only gender identity. In fact, there are many more of both!



* The "Q" sometimes stands for "questioning" and "transgender" is often thought of as an umbrella term itself (sometimes abbreviated "trans"; or "trans*" in writing). Lots of asterisks, lots of exceptions, because hey – we're talking about lots of different folks with different lived experiences to be inclusive of.



Breakfast Club needs double vaccinated volunteers to come into the school one morning a week 8:00am to 9:00am every other week (that is only twice a month) to prep, bag and pack food bins for the classrooms. Contact Sue Swankie Breakfast Club coordinator. email is best swankie@sympatico.ca or call 705-657-1916.



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Peterborough City and County (also including Campbellford and area schools):
THE WOLF - 101.5 FM
FRESH RADIO - 100.5 FM
COUNTRY 105 - 105.1 FM
ENERGY 99SEVEN - 99.7 FM
OLDIES - 96.7 FM
LIFE - 100.3 FM
FREQ - 90.5 FM

Wondering if your child's school bus is running during bad weather?

On winter mornings, inclement weather and poor road conditions may lead to the delay or cancellation of school transportation services. The decision to cancel bus service due to inclement weather is made based on the daily weather forecast and in consultation with area bus companies between 5:00 a.m. and 6:00 a.m. All cancellation notifications are posted on STSCO's website www.stsco.ca by 6:15 a.m. Radio stations and STSCO's social media accounts are also updated at the same time. If you have provided an email address to STSCO, you will be in receipt of the cancellation or delay notification for your child(ren)'s route(s).

- ✓ Visit the Student Transportation Services of Ontario website at www.stsco.ca and click on "Cancellations & Delays" at the top of the homepage.
- ✓ Listen to your favourite local radio station for bus cancellations.
- ✓ Voluntarily provided email address for direct email notices from STSCO by logging into the "Parent Login"
- ✓ Make sure you have this information at hand!

Child's bus company:	Route number/name:	Ontario Education Number (OEN):
----------------------	--------------------	---------------------------------

✓ Please remember:

- Schools normally stay open even when buses are cancelled.
- If buses are cancelled in the morning, they won't run in the afternoon either.
- If your child rides a school bus and it is cancelled, you don't need to call the school to report the absence.
- If your child does not ride a school bus, you still need to call the school if he or she is absent, even on an inclement weather day.
- Please don't call the school to check on buses, as it ties up phone lines needed for possible emergency calls.

Every Friday, EVERY child has **HOT LUNCH** Thank You Thank You Thank You!!!! to:



Reverend Glenn Empey, St. Matthew & St. Aidan Parish





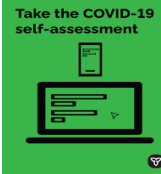
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Every morning before heading to school, staff and students **must** complete the daily self-screening, available at

<https://covid-19.ontario.ca/school-screening/>.

Stay healthy. Stay calm.

8 tips for managing your child's anxiety about COVID-19.



Create a routine.



Listen to your child and check in frequently.



Look for signs of anxiety.



Teach coping skills.



Focus on controllable tasks like washing hands.



Encourage positive thinking.



Stay connected.



Seek professional help if needed.

Stay Healthy
Families are facing major changes in their day-to-day lives because of [coronavirus disease \(COVID-19\)](#). With all the unknowns that come with a new virus, it's normal to feel anxious about the "what ifs" and the future. There are ways parents can help children cope with stress and anxiety about COVID-19. Every month we will offer tips on how to help children with anxiety about COVID-19.

4. Teach children coping skills for anxiety

The more anxious a child is, the more difficult it can be to use rational thinking to calm down. During these times, it's important to use physical coping skills to decrease levels of anxiety.

Children can do things like [taking deep breaths](#), counting backwards from 100 or going to a safe space in your home to relax. Work with your child to identify a place that makes them feel calm, like a bedroom or playroom. Set up the space so they have something tactile to touch or hold, such as a soft blanket, a favorite stuffed animal or a stress ball. Include activities to do in the space, whether reading, drawing a picture or watching a video. These physical actions can help reduce feelings of anxiety and allow you to talk more with your child about how they're feeling as their anxiety goes down the scale.

Join Us!



Co-chairs: Caroline VanNoort and Allison Schultz

Treasurer: Endrit Karaj

Secretary: Ashley Garbutt



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The Weather is Changing, and We Need to Be Prepared!



There are several community-based counselling supports available for you and your family.

211 Ontario is a telephone helpline (dial 2-1-1) and website that provides comprehensive information on a variety of community-based mental health services that are available in your community

The Canadian Mental Health Association's BounceBack® program is a free, guided self-help program that is designed for people 15 years of age and older. Funding for this program is provided by the Government of Ontario. It is designed to help with mild to moderate symptoms of anxiety or depression and for people who may be feeling low, stressed, worried, irritable, or angry. Individuals can make a self-referral to this program.

If you are feeling at risk or are in crisis, please reach out for help – tell someone, visit your local hospital emergency department, or call one of the crisis numbers listed below:

ConnexOntario provides information about mental health services in Ontario and operates a crisis line that is available 24 hours a day, 7 days a week for all ages. Contact number is 1-8666-531-2600 or www.connexontario.ca

Four County Crisis is available for individuals living in the Peterborough and Northumberland regions. This crisis line operates 24 hours a day, 7 days a week. The contact number is 1-866-995-9933



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KPR also provides several self-care resources that you can access through our KPR Mental Health portal. We are here for you! <https://www.kprschools.ca/en/MentalHealthResources.html>

A Reminder on How to Safely Use a Mask

All masks must have ear loops.

DO		Don'ts	
	Do wear a non-medical mask or face covering to protect yourself and others.		Don't wear masks with exhalation valves or vents.
	Do ensure the mask is made of at least 3 layers, including 2 layers of tightly woven fabric, with a filter or filter fabric between layers.		Don't wear a loose mask.
	Do inspect the mask for tears or holes.		Don't touch the mask while wearing it.
	Do wash your hands or use alcohol-based hand sanitizer before and after touching the mask or face covering.		Don't hang mask from your neck or ears.
	Do ensure the mask or face covering is clean and dry.		Don't share your mask.
	Do discard masks that cannot be washed in a garbage bin after use.		Don't leave your used mask within the reach of others.
	Do wash your mask with hot, soapy water and let it dry completely before wearing it again.		Don't reuse masks that are damp, dirty or damaged.
	Do store re-usable masks in a clean paper bag until you wear it again.		Don't remove the mask to talk to someone.



Raz-Kids

Essential Skills for Reading Comprehension – understood.org

Reading comprehension can be challenging for kids for [lots of reasons](#).

Whatever the cause, knowing the skills involved, and which ones your child struggles with, can help you get the right support.

Here is an essential skill needed for [reading comprehension](#), and tips on what can help kids improve this skill.

Sentence Construction and Cohesion

Understanding how sentences are built might seem like a [writing skill](#). So might connecting ideas within and between sentences, which is called *cohesion*. But these skills are important for reading comprehension as well.

Knowing how ideas link up at the sentence level helps kids get meaning from passages and entire texts. It also leads to something called *coherence*, or the ability to connect ideas to other ideas in an overall piece of writing.

What can help: Explicit instruction can teach kids the basics of sentence construction. For example, teachers can work with students on connecting two or more thoughts, through both writing and reading.



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Illustrated Mathematics Dictionary:

Number Sense and Numeration

dollar
 • one hundred cents make a dollar.

100 cents = \$ 1.00

COIN EXAMPLES:
 • Play Money - how many of each coin make \$1.00?
 • Enter a number and click the button.

more >

fraction
 • any part of a group, number or whole.

Equivalent Fractions have the same value, even though they may look different.

These fractions are really the same:

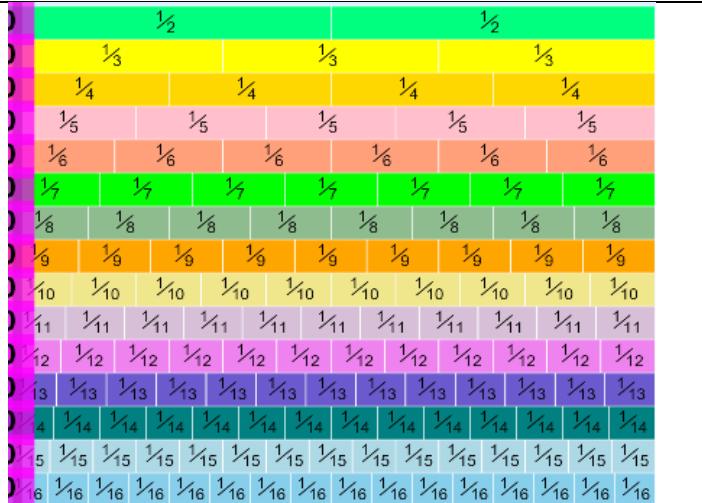
$$\frac{1}{2} = \frac{2}{4} = \frac{4}{8}$$

Why are they the same? Because when you multiply or divide both the top and bottom by the same number, the fraction keeps its value.

The rule to remember is:

"Change the bottom using multiply or divide, And the same to the top must be applied"

Here is why those fractions are really the same:



fraction notation
 A rational number of the form $\frac{a}{b}$ **numerator** / **denominator**
 • a is called the numerator
 • b is called the denominator.

EXAMPLES:
Proper fraction
 Numerator is less than the denominator. $\frac{\text{numerator } 4}{\text{denominator } 5}$

Improper fraction
 Numerator is greater than or equal to denominator. $\frac{\text{numerator } 5}{\text{denominator } 4}$

Mixed number
 Whole number and a fraction. $2\frac{1}{2} \quad 5\frac{3}{4}$

Equivalent fractions
 Fractions that represent the same number. $\frac{1}{2} \quad \frac{4}{8} \quad \frac{5}{10}$

to reduce or simplify a fraction

back <

• to reduce the numerator and denominator in a fraction to the smallest numbers possible.

EXAMPLES: Divide the numerator and denominator by their highest/greatest common factor (HCF, GCF)

$$\frac{5}{20} \div 5 = \frac{1}{4}$$

$\frac{6}{12} = \frac{1}{2}$ $\frac{6}{8} = \frac{3}{4}$ $\frac{25}{100} = \frac{1}{4}$

HCF or GCF = 6 HCF or GCF = 2 HCF or GCF = 25



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My Child Did NOT Pass the COVID-19 Daily Screening. Now What?

(Please see [SCHOOL AND CHILDCARE SCREENING TOOL](#) for details on symptoms and screening.)

If your child has **ONE** new or worsening symptom (that is not related to a known cause or condition) which includes:

- Fever and/or chills (37.8 °C or higher)
- Cough or barking cough (croup)
- Shortness of breath
- Decrease or loss of sense of taste or smell
- Nausea/vomiting, diarrhea

If your child has:

- Been directed by a health care provider or public health to isolate OR if your child is not at least 14 days post 2nd vaccination and has:
 - ✓ Travelled outside of Canada in the past 14 days
- OR
- ✓ Been identified as a close contact of someone who has COVID-19
- OR
- ✓ Has received a COVID-19 Alert exposure notification on their cell phone in the last 14 days

STOP

Your child must not attend school or child care.
Contact the school or child care to let them know.

Your child must self-isolate (stay home) and book a **COVID-19 test at an assessment centre** and/or seek medical advice.

*All household members must self-isolate EXCEPT those who received their 2nd vaccination at least 14 days ago or were previously positive for COVID-19 within the past 90 days AND have no symptoms.

Refer to the **Return to School or Child Care** protocol.

STOP

Your child must not attend school or child care.
Contact the school or child care to let them know.

Your child must self-isolate (stay home) and follow the advice of the Local Public Health Unit.

If your child develops symptoms, you should **book a COVID-19 test at an assessment centre** and/or seek medical advice.

Refer to the **Return to School or Child Care** protocol.

***Anyone who has passed the COVID-19 Screening Tool but has symptoms of illness should stay home until they feel better.**



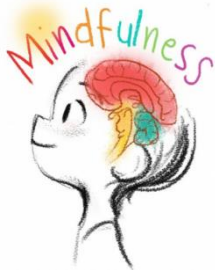
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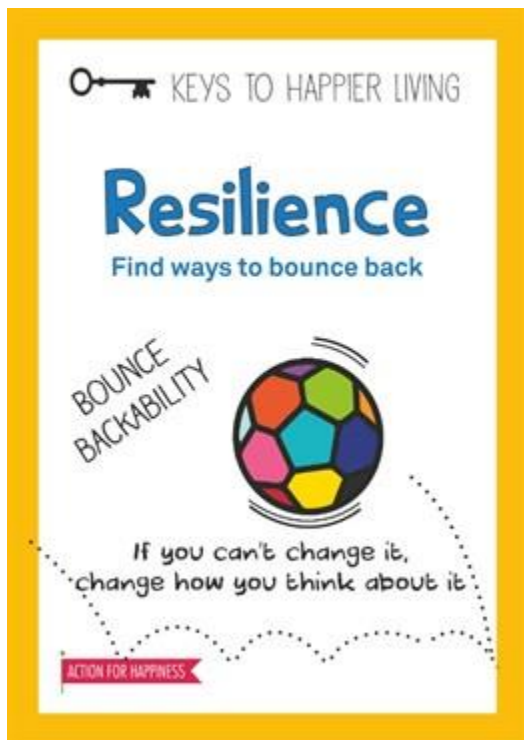


Positive Psychology: Harnessing the Power of Happiness, Personal Strength, and Mindfulness

Mindfulness is now being examined scientifically and has been found to be a key element in stress reduction and overall happiness.

Mindfulness improves mental health. In recent years, psychotherapists have turned to mindfulness meditation as an important element in the treatment of a number of problems, including: depression, substance abuse, eating disorders, couples' conflicts, anxiety disorders, and obsessive-compulsive disorder

Body sensations – Notice subtle body sensations such as an itch or tingling without judgment and let them pass. Notice each part of your body in succession from head to toe.



Keys to Happier Living

Western neuroscience (the science of the brain) has now confirmed what Eastern wisdom has known for a long time: happiness is a skill we can learn.

Research shows that happiness, compassion and kindness are the products of skills that can be learned and enhanced through training, thanks to the neuroplasticity of our brains. Every month we will present you with a challenging action to take to increase your happiness.

ACTION 5

Thank the people you're grateful to

Gratitude does more than make us feel good, it does us good. What's more it's good for other people too. So thanking the people we're grateful

to increases happiness all round.



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Who is going to earn the



Follow us on Twitter [@BuckhornPs](https://twitter.com/BuckhornPs)! Connect with us on EDSBY!
Check out our YouTube channel (coming soon!)

8:55-9:45
Announcements
Period 1
9:45-10:35
Period 2

10:35-10:55
Nutrition Break
10:55-11:15
Recess

11:15-11:55
Mindfulness break
Period 3
11:55-12:55
Period 4

12:55-1:15
Nutrition Break
1:15-1:35
Recess

1:35-2:15
Mindfulness break
Period 5
2:15-3:15
Period 6

3:00 early pick up

3:15 Dismissal

	Monday	Tuesday	Wednesday	Thursday	Friday
3 Day 3	4 Day 4	5 Day 5	6 Day 1	7 Day 2	
 					
10 Day 3	11 Day 4	12 Day 5	13 Day 1	14 Day 2	
					
17 Day 3	18 Day 4	19 Day 5	20 Day 1	21 Day 3	
					
24 Day 3	25 Day 4	26 Day 5	27 Day 1	28 Day 3	
			 	  	
31					
					