



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/>

*Twitter @BuckhornPs *YouTube 1783Lakehurst



You can't stay in your corner of the Forest waiting for others to come to you. You have to go to them sometimes.
Winnie the Pooh



March brings hope for Spring and a week holiday for all.

Daylight savings begins on March 13; our days start an hour earlier and the sun shines longer. As we begin to open up, it is exciting to be able to welcome volunteers who follow the attestation process and complete a vulnerable sector police record check back to KPR schools. You can email our Office Administrator, Kimberly_Wonnacott@kprdsb.ca for the form you will need to take to the OPP.

If you are planning to travel during March Break, we hope you have a wonderful time and ask you to please adhere to the following updated Public Health requirements: As of February 28, 2022:

- Children under 12 years old, travelling with fully vaccinated adults, will continue to be exempt from quarantine. They are no longer required to wait 14 days before attending school or childcare.
- All unvaccinated travelers (including children under 12 travelling with unvaccinated adults) will continue to be required to follow federal requirements for testing and quarantining, including not attending school or childcare for 14 days.
- Changes have also been made to the pre-entry testing requirements, therefore families should be encouraged to visit the federal travel website prior to booking any travel arrangements: COVID-19 vaccinated travelers entering Canada - Travel restrictions in Canada.
- Please remind students, staff and any volunteers/visitors to complete the COVID-19 school screening tool every day before returning to school or childcare.

March 8 is International Women's Day. The campaign #BreakTheBias challenges each of us to create a world free of bias, stereotypes and discrimination. We value and celebrate differences at Buckhorn and celebrate all the women in our community and on our staff for their individuality, as well as their social, economic, cultural and political achievements; thank you for all you do.

On March 21 we observe the International Day for the Elimination of Racial Discrimination. It commemorates the day police in Sharpeville, South Africa, opened fire and killed 69 people at a peaceful demonstration against apartheid "pass laws" in 1960. In Canada, this date is an opportunity to reflect on how we choose to stand against racism and discrimination. It a day to re-commit our efforts to combat all forms of racial discrimination, injustice, and systemic racism to ensure a world where everyone is respected, safe, and has equitable access to contribute meaningfully to all aspects of society.

We are looking for input to Buckhorn's 50th anniversary celebrations. Please take a moment to complete the brief google survey so your voice can be heard.

<https://docs.google.com/forms/d/1XCoCx70HZLXJpJYzSAGPVBD1GqOzCeVDhzsS1OKPga0/edit>

We are tentatively planning celebrations for Friday, September 23, 2022, and would like to have your input by March 21, 2022.

Welcome to the staff in the role of educational assistant, Samantha Marlone. Enjoy Spring!

In partnership,
Rachelle Duffus



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BUCKHORN

STAFF 2021-2022



Rachelle_Duffus@kprdsb.ca
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Head Custodian

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Superintendent
Trustee
First Nations Trustee

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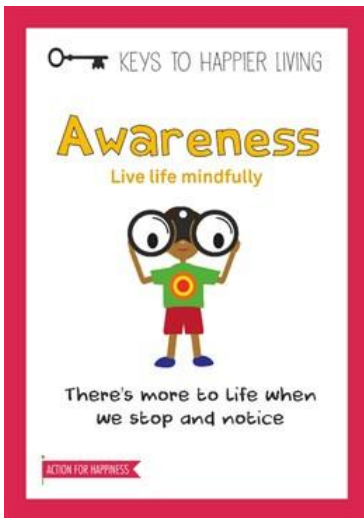
JK / SK
ECE
JK / SK
ECE
Gr. 1
Gr. 1/2
Gr. 2 / 3
Gr. 4
Gr. 5
Gr. 6

Marylouise_Hennan@kprdsb.ca
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Julia_Harrison@kprdsb.ca

French / SERT
Library / JK/SK
Primary Planning

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



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 7

Bring mindfulness into your day

Being mindful means being more fully

aware of what is around us - what we can see, hear, touch and taste. And what is happening inside - our thoughts and feelings. It's about learning to observe all this but not getting caught up in thinking or worrying about it, so being able to choose what we then attend to.



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Join Us!

COUNCIL

SPEAK OUT BE HEARD MAKE A CHANGE
WE MUST BECOME THE CHANGE WE WANT TO SEE

Co-chairs: Caroline VanNoort and Allison Schultz

Treasurer: Endrit Karaj

Secretary: Ashley Garbutt

Join our Facebook Page

Join the **Buckhorn Public School Parent Social Group** on Facebook to connect with other Buckhorn Public School parents and engage directly with the Buckhorn Public School Parent Council! Information on upcoming meetings, the progress of fundraising efforts (and where we're choosing to direct Council funds), and news of other community and school initiatives will be shared by Council on this platform as well as providing all parents with an opportunity to bring forward topics they would like to see Council explore.

Seeking BPS Parents' Input

The Buckhorn Committee4IceRegrigeration wants to hear from you!

There is local consideration being given to getting refrigerated ice for the Buckhorn Rink to extend the use of the rink from 6-8 weeks a year (depending on weather) to 16 weeks a year. Doing so would give the students at Buckhorn Public School increased opportunities for ice time both during school hours as well as the potential after-school programs.

To inform the advancement this initiative, input from BPS parents is being sought. Is this an initiative you would like to see materialize? What programming would you like to see: Hockey Skills Development? Girls4Hockey? What amenities would you like to see at the rink? Please contact Bruce Averill, Buckhorn Rink Volunteer, at buckhornsports@gmail.com or 705.772.2132 to share your thoughts!

For more information:

The Buckhorn Rink

<https://www.thepeterboroughexaminer.com/news/peterborough-region/2021/12/08/buckhorn-sports-pad-decision-still-uncertain.html>

UPDATE: Outdoor Masking for Students / Nutrition - Lunch Breaks



- As per Ministry direction, *we are now removing the requirement for students to wear masks outdoors*
- Further clarification was also provided on nutrition/lunch breaks yesterday by the Ministry. The important points are as follows:
 - We will do our best to ensure 'normal' conditions as possible during the lunch break.



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- Students will continue to be allowed to remove their masks when eating and conversations with peers is permitted.

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

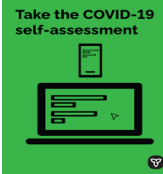
(Please see [SCHOOL AND CHILDCARE SCREENING TOOL](#) for details on symptoms and screening.)

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



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.

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.

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

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

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

Every Friday, EVERY child has

HOT LUNCH

Thank You
Thank You
Thank You!!!! to:



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		Reverend Glenn Emprey, St. Matthew & St. Aidan Parish	BUCKHORN SAND & GRAVEL	
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Based on updated provincial guidance, and in discussion with local public health partners, we can begin welcoming volunteers back into KPR buildings. Volunteers must follow the attestation process, which is outlined below.

In KPR schools, the following people must attest to being fully vaccinated (and provide proof of vaccination) prior to assisting in a school setting:

- Volunteers including parents/guardians and community members
- All college/university placement students (including teacher candidates, nursing candidates, ECE students, EA/CYW students, etc.)

Volunteers and placement students will be asked to attest using an online form, [available by clicking here.](#)

After completing the attestation process, volunteers and placement students must print or bring an electronic copy of their vaccination receipt to the school when volunteering. This can be shown at the school office or to your activity contact person at the school during the sign in process.

As a reminder, **all visitors to schools must also complete the provincial COVID 19 school self-screener prior to attending school each day:** <https://covid-19.ontario.ca/school-screening/>

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.

6. Encourage positive thinking

Reframing negative thoughts to be more positive is a common practice in cognitive behavioral therapy (CBT), one of the most evidence-based treatments for anxiety.

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.



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"You can't tell a child to stop being anxious, but you can say, 'Tell me what you're thinking,'" says Kumar. "Then, you can help your child figure out if a thought is based in fact or based in what-if thinking. If it's based in what-if thinking, work together to change it to reflect something positive."

Take time to share what you are grateful for during this time or to share what you appreciate about your child. If you can focus on the positives and encourage positive conversation, moods will eventually change.

Buckhorn Proud February Award Winners for Empathy



Kassidy



Liam



Aiden



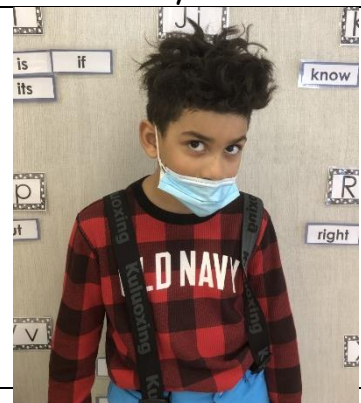
Layla



Rose



Alyssa





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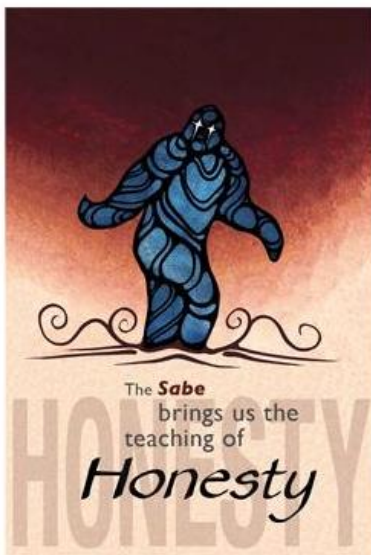
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Dean	Derek	Eiden
 <p data-bbox="300 842 367 877">Dom</p>	 <p data-bbox="776 842 846 877">Bella</p>	 <p data-bbox="1240 842 1333 877">Alexis</p>
 <p data-bbox="293 1262 375 1297">Caleb</p>	 <p data-bbox="769 1262 854 1297">Emma</p>	 <p data-bbox="1240 1262 1333 1297">Carter</p>



In March we celebrate the KPR Character Education Trait of Honesty. To be honest means:

- I am sincere, truthful and trustworthy.

We equate this to the Seven Grandfather Teaching of Honesty or "Gwekwaadziwin." Honesty is represented by either the raven or the "sabe." The "Raven" accepts himself and knows how to use his gift. He does not seek the power, speed or beauty of others. He uses what he has been given to survive and thrive. So must you." *The Seven Sacred Teachings of White Buffalo Calf Woman*, by: David Bouchard & Dr. Joseph Martin. To walk through life with integrity is to know honesty.



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WELCOME TO OUR 2022-2023 BUCKHORN BEARS!

EVERLYNNE

BRAXON

LUKE

AVA

Bennett

Noah

Chelsea

Max

Jordyn

TRACE

Aleksander

Kacey

Holden



Parents and guardians can register Junior Kindergarten students if they are 4 years of age or Senior Kindergarten if they are 5 years of age by December 31, 2022. Registration information can be found out at

https://www.kprschools.ca/en/our_schools/findaschool/schoolregistration.html

You can also pick up a registration form at the office or email our Office Administrator, [Kimberly Wonnacott@kprdsb.ca](mailto:Kimberly_Wonnacott@kprdsb.ca)



March 8 Strike the IWN #BreakTheBias Pose

“Individually, we're all responsible for our own thoughts and actions - all day, every day. We can break the bias in our communities. We can break the bias in our workplaces. We can break the bias in our schools, colleges and universities. Together, we can all break the bias - on International Women's Day (IWD) and beyond. Cross your arms to show solidarity. Strike the IWD 2022 pose and share your #BreakTheBias image, video, resources, presentation or articles on social media using #IWD2022 #BreakTheBias to encourage further people to commit to helping forge

an inclusive world.” <https://www.internationalwomensday.com/Theme>

In recognition of International Women’s Day, KWIC (Kawartha World Issues Centre) and the Kawartha Sexual Assault Centre, along with community partners Nijkiwendidaa Anishnaabekwewag Service Circle, Community Race Relations Committee, Canadian Women for Women in Afghanistan, Soroptimist International Peterborough and the United Way, present Advancing Gender Equality in Nogojiwanong/ Peterborough: Local and Global Perspectives for Leaving No One Behind, a virtual community event via Zoom March 8 from 6 until 8 p.m. Register via Eventbrite at <https://iwd2022advancinggenderequality.eventbrite.ca>. Schedule information and short bios on the evening’s participants can also be found there.



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This Month in Math we will be looking at Probability

Probability is the **chance** that something will happen. It can be shown on a line:

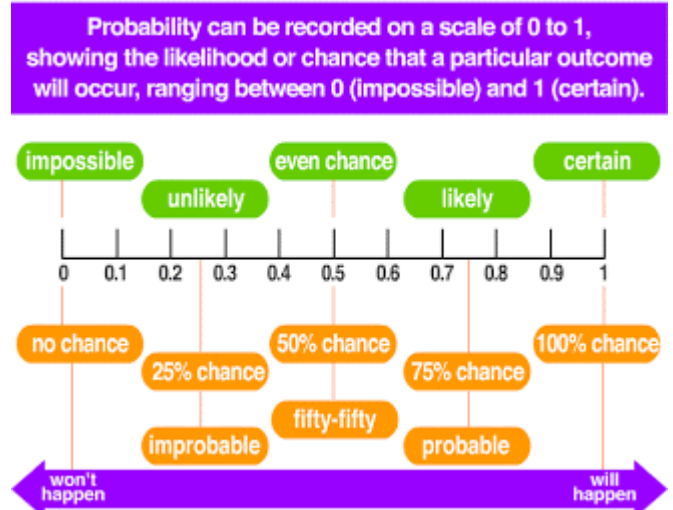


The probability of an event occurring is somewhere between *impossible* and *certain*.

As well as words, we can use numbers to show the probability of something happening:

- Impossible is **zero**
- Certain is **one**

probability		
What is the probability of ... ?	$\frac{\text{favourable outcomes}}{\text{possible outcomes}}$	probability
• tossing heads	heads (H) tails (T)	$\frac{1}{2}$
• rolling a six		$\frac{1}{6}$
• stopping on purple	$\frac{P}{P \ G \ B \ R \ Y}$	$\frac{1}{5}$





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No one is born hating another person because of the color of his skin, or his background, or his religion. People must learn to hate, and if they can learn to hate, they can be taught to love, for love comes more naturally to the human heart than its opposite.

— Nelson Mandela —

AZ QUOTES



Raz-Kids

Essential Skills for Reading Comprehension – [understood.org](https://www.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.

Reasoning and Background Knowledge

Most readers relate what they've read to what they know. So it's important for kids to have background or prior knowledge about the world when they read. They also need to be able to "read between the lines" and pull out meaning even when it's not literally spelled out.

Take this example: A child is reading a story about a poor family in the 1930s. Having knowledge about the Great Depression can provide insight into what's happening in the story. The child can use that background knowledge to make inferences and draw conclusions.

What can help: Your child can build knowledge through reading, conversations, movies and TV shows, and art. Life experience and hands-on activities also build knowledge.

Expose your child to as much as possible, and talk about what you've learned from experiences you've had together and separately. Help your child make connections between new knowledge and existing knowledge. And ask open-ended questions that require thinking and explanations.

You can also read a teacher tip on using animated videos to help your child make inferences.



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Who is going to earn the



Follow us on Twitter @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
	1 Day 2	2 Day 3	3 Day 4	4 Day 5 
7 Day 1	8 Day 2	9 Day 3	10 Day 4	
				
21 Day 5 	22 Day 1	23 Day 2	24 Day 3	25 Day 4 
28 Day 5	29 Day 1	30 Day 2	31 Day 3	

Get Creative!

March Break Activity Wednesday March 16, 2022 9:30 am - 3 pm includes lunch!

Sign your children or grandchildren up now for a creative fun day at the Buckhorn Community Centre
Ages 6 yrs to 12 yrs (Older siblings are welcome to volunteer) 12 years and older required to be vaccinated

Crafts, Cooking & Games

Cost \$10 for BCC members, \$20 for non members 705-657-8833 - Register & payment in advance

*Please self screen prior to attending, wear your mask and bring indoor shoes