

Senator Gibson
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Principal
Ms. P. Spero

Vice Principal
Mrs .A. Woodland

Secretaries
Mrs. J Hoskin
Mrs. S. Manella

Important Dates

St Patrick's Day
March 17

School Spirit Wear Days
March 5, 12, 19 , 26

School Council
March 23 @ 6PM



Senator Gibson News

March 2021

A message from the office...

Dear Senator Gibson Families,

Spring is just around the corner! It's amazing how quickly our weather can change bringing with it some beautiful, warm sunshine followed by some wet and wild weather. These changes can leave our field very wet and muddy. Please ensure your child has a change of clothes at school or in his/her backpack so they can continue to have fun outside. This will also prevent many phone calls home and extra trips to the school to drop off dry clothes.

A reminder...please help us to keep our Kindergarten Kiss & Ride and bus loading zone clear and safe for our students. We appreciate your efforts to use the *side* Kiss and Ride to pick up and drop off your children in grades 1-8.

Just a reminder that this year March Break has been moved to April 12-16
Ms. P. Spero & Mrs. A. Woodland



Accessible Parking at Senator Gibson

Did you know that 1 in 7 people in Ontario have some form of disability?

No matter what type of disability, these individuals are eligible to accessible parking spaces. Often they come across situations when an accessible parking space is occupied by someone without an Accessible Parking Permit, or when the access aisle, the striped area beside the parking space, is blocked by an adjacent car.

How you can help

Show that you #RespectTheSpace by being mindful of accessible parking spaces and ...

Please do not park in an accessible parking space without a valid permit.

Reminder: Student Safety

In an effort to keep our students as safe as possible we remind parents and guardians to report to the front office when picking up your child(ren) during school hours.

1. At the beginning and end of the day we ask that parents/guardians drop off and pick up your child(ren) in the designated areas outside of the school.
2. The equipment and school yard are supervised by staff starting at 8:20 a.m.. Students should not be arriving at school until supervision is present on the yard.
3. Parents / Guardians should not be in the school hallways during school hours. Please drop off and/or pick up your child from the office during school hours.

Thank you for your help in keeping Senator Gibson a safe place for all our staff and students.

SNACK PROGRAM

THANK YOU! to Niagara Nutrition Partners, Lococo's and our wonderful community folks for providing food for our snack carts. Snack carts provide cereal, crackers, apple sauce, cheese strings, yogurt, granola bars, apples and tangerines to our hungry learners and is available for all students from 8:30 until 3:00 every day.



Thanks!



Just a reminder that we have students who are severely allergic to nuts and eggs.

***Please check packaging carefully when sending food with your child.
Thank you!***

March is Nutrition Month

Fruits and veggies are not only absolutely delicious but they are nature's fast food! Ready to eat and most come in their own "to-go" packages, produce makes the perfect snack for kids to grab and go. They need minimal to no preparation and buying ones in season means you can save some money and shop smarter.

Think you can't get much produce on a tight budget? Here are some tips to make shopping for produce more easy and affordable:

- Don't shop when you're hungry and carry a list. You'll be more likely to stick to your budget and nutritious food choices.
- Look for washed and bagged salads, baby carrots, celery hearts, broccoli and cauliflower crowns, cherry tomatoes, and shredded cabbage in your grocery store
- Buy fresh produce, like peaches or bananas, in varying degrees of ripeness to allow for some ripening towards the end of the week
- Canned and frozen vegetables can be convenient choices
- Spend most of your time in the produce, bread, meat and dairy sections
- Use store flyers to help you find specials
- See more at: <http://www.halfyourplate.ca/produce-is-affordable>



Get inspired with recipe ideas from **Cookspiration** and serve up a nutrition tip a day with **eaTipster!**



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Niagara Region Public Health School Health Newsletter

For Parents

COVID-19 – Understanding the local stats

Did you know Niagara Region updates Covid-19 case and vaccination statistics daily? Please visit <https://www.niagararegion.ca/health/covid-19/default.aspx> for up to date information regarding daily Covid-19 case counts, active cases by municipality, and new daily Covid-19 vaccinations delivered to Niagara Region residents.

COVID-19 – Safe storage of masks

Proper handling of a face covering is important to protect you from this virus. If the face covering is doing its job and blocking the virus from infecting you, or others around you, it may have the virus on it after use. [To safely store your face covering](#), fold the outside of the face covering in on itself, so only the inside of the face covering is facing outwards. Store it in its own bag or container before placing it into your pocket, purse or vehicle. Discard the bag or clean and disinfect the container after use.

To read more about masking please visit <https://www.niagararegion.ca/health/covid-19/mask-bylaw.aspx>

Healthy Eating – quick and easy breakfast tips

Now that students are back to in-person learning,

their food routine might look a little different

- If your child is not hungry when they wake up, have them take something to-go
- Having a [source of protein](#) can help maintain energy levels throughout the day
 - Hard-boiled eggs, hummus with fresh veggies, lower fat yogurt with fresh fruit
- Choose foods with [higher fibre](#) – higher fibre products will have more whole grains listed near the top of ingredient list
 - Apples, Bananas, whole wheat pasta, multigrain cereal, sunflower seeds, raisins

Niagara Parents Promo

Children come in different shapes, sizes and grow at different rates. A child's growth depends on genetics (how their parents grew).

Your child may be taller or shorter, bigger or smaller than other children. Height and weight changes generally follow a regular pattern that is right for your child.

Do you have questions about your child's growth and development?

Connect with Niagara Parents to speak with a public health nurse: niagararegion.ca/parents



A big thank you goes out to all students and staff who participated in Pink Shirt Day. Our school was plastered in pink on February 24th.

Thank you to all families who have contributed to the DSBN's EFN. The Education Fund of Niagara (EFN) helps to create a community where every student has access to many enriching opportunities that school life has to offer. The EFN supports students, within the DSBN, through necessary funds and resources where government funding is not available. Thank you again for helping to make opportunities happen for students across the DSBN!

Benefits and fun facts about Active School Travel:

It only takes about 12 minutes to walk 1 kilometer. Try walking to school or a destination near your home. You might be surprised how quickly you get there.

Children need 60 minutes of physical activity every day for health benefits. A walk to school counts.

There is no such thing as bad weather only bad clothing. In Canada, Nunavit has the highest percentage of children who walk to school. Dress for the weather and enjoy a walk to school all year round.

More people walking means fewer cars and less congestion. This makes it safer for everyone. Cars actually drive slower when there are large numbers of people walking.

Running your car for 10 seconds or more in school zones increases air pollution in an area where children spend a lot of time. Walking or biking, instead of driving, for one or two short trips per week, can lead to positive environmental impacts and better air quality around our school.

Take action on air quality, walk, bike or bus to school.

Source: www.GreenActionCentre.ca

MEMORANDUM

TO: Niagara Region Schools and Childcare Settings

FROM: Niagara Region Public Health

SUBJECT: Update on Niagara Specific Guidance for COVID-19 in the School and Childcare Settings

THIS MEMO REPLACES THE FEBRUARY 5TH MEMORANDUM

DATE: February 22, 2021

Good afternoon,

Please see an updated communication below from Niagara Region Public Health related to COVID-19 for children in school and child care.

ACTIVE SCREENING, ESPECIALLY FOR ADULTS (E.G., STAFF, ESSENTIAL VISITORS), IS THE BEST LINE OF DEFENSE FOR PREVENTING COVID-19 IN THE SCHOOL OR CHILD CARE SETTING.

NEW SCREENING CRITERIA

If a child has **one or more** of the following **new or worsening** symptoms:

- Fever
- Cough
- Runny nose or stuffy/congestion
- Decrease or loss of taste or smell
- Sore throat
- Headache
- Nausea, vomiting or diarrhea
- Fatigue, extreme tiredness or muscle aches

They must **self-isolate at home** immediately and either:

- Contact their health care provider for a medical assessment

OR

- Contact the Niagara Health COVID-19 Assessment Centre to book an appointment for testing, this can be done [on-line](#) or by calling Niagara Health at 905-378-4647 ext. 42819

TESTING AND RETURN TO SCHOOL

Children who need an assessment for testing based on their symptom(s) are not allowed to return to school/child care, or go to any public setting until one of the following has happened:

- A health care provider has told you that a test for COVID-19 is not needed.

OR

- The child had a test that was negative for COVID-19. They may go back to school/child care 24 hours after fever, shortness of breath, sore throat, and headache have all gone away without use of fever reducing medications **AND** any other symptoms are improving.

OR

- If your child is not assessed by a health care provider, and testing for COVID-19 was declined for any reason, we must assume the child has COVID-19 and the child is to self-isolate for 10 days (away from household members) AND all household contacts are to stay home and self-isolate for 14 days.

Note: Ten days after symptoms start, children can return to school/child care as long as they don't have a fever (without use of fever reducing medication) and they are feeling better.

OR

- A health care provider has told you that the symptom(s) are related to a chronic or pre-existing condition (e.g., allergies, post-nasal drip, migraines, asthma). In this case, your child can return to school/child care once they feel well enough, without waiting for symptoms to go away.

RE-TESTING

Individuals who previously tested positive for COVID-19 generally can discontinue isolation after 10 days from symptom onset (or 10 days from positive test collection date if patient never had symptoms), provided that the individual has no fever (without the use of fever-reducing medications) and symptoms are improving for at least 24 hours. As individuals can test positive for weeks after infection, re-testing of prior cases is not recommended for return to school/childcare unless requested by Public Health.

SIBLINGS AND OTHER HOUSEHOLD MEMBERS LIVING WITH A SYMPTOMATIC CHILD

- If a test is recommended by a health care provider for the symptomatic child, or a decision is made to get testing at an assessment centre, all household members are to self-isolate, until the test results are back. If the test is negative, household members can leave self-isolation.
- If testing for COVID-19 is declined for any reason, your child and your entire household must stay home and self-isolate. The child is to self-isolate for 10 days (away from household members, when possible) and all household contacts are to stay home and self-isolate for 14 days.

NOTE: If self-isolation away from household members is not possible, household members are to remain in self-isolation for 14 days from last exposure to the symptomatic child. If household members become symptomatic, they should consult their health care provider and/or go for testing.

- If the test is positive, household members must stay in self-isolation and will receive further direction from Public Health.
- If a health care provider advises that a test for COVID-19 is not needed, household members can leave self-isolation.

SIBLINGS OF AN ISOLATING COHORT

- Siblings who are not contacts, but are household members of an isolating cohort, may continue to attend school as long as they, and all household members, remain symptom free.

If a staff member or other adult develops symptoms, including **any single new or worsening symptom**, they must always remain home and follow ONE of the following options:

- Contact their health care provider, walk-in clinic, or online virtual clinic for guidance (which can be provided over the phone).
- OR**
- Contact a Niagara Health COVID-19 Assessment Centre to book an appointment for testing. This can be done [on-line](#) or by calling Niagara Health at 905-378-4647 ext. 42819.

All household members are to self isolate until the test results are returned.

For more COVID-19 information go to www.niagararegion.ca or you may contact the Public Health COVID-19 Info-Line at 905-688-8248, press 7.