


THE WEEKLY BUZZZZ...

Simcoe Street School
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February Calendar

Dates to Remember

Feb. 28th - Celebration Assembly - 11:45
 Feb. 28th - Anything Pink Day
 Feb. 29th - School Council Meeting - 9:00
 Mar. 4th - Krispy Kreme Orders Due
 Mar. 11th - 15th - March Break
 Mar. 21st - Krispy Kreme Delivery

Simcoe Updates

Our Krispy Kreme Fundraiser has been a huge success so far. We have 100 dozen left to sell. Please remember to send in your order forms and money as soon as possible. If we sell out, it will be your responsibility to return the money to any people who have purchased but not received donuts. Please remember that all forms and money are due **March 4th**.

Our next Celebration Assembly is this **Wednesday, February 28th at 11:45**. We hope to see everyone at the school.

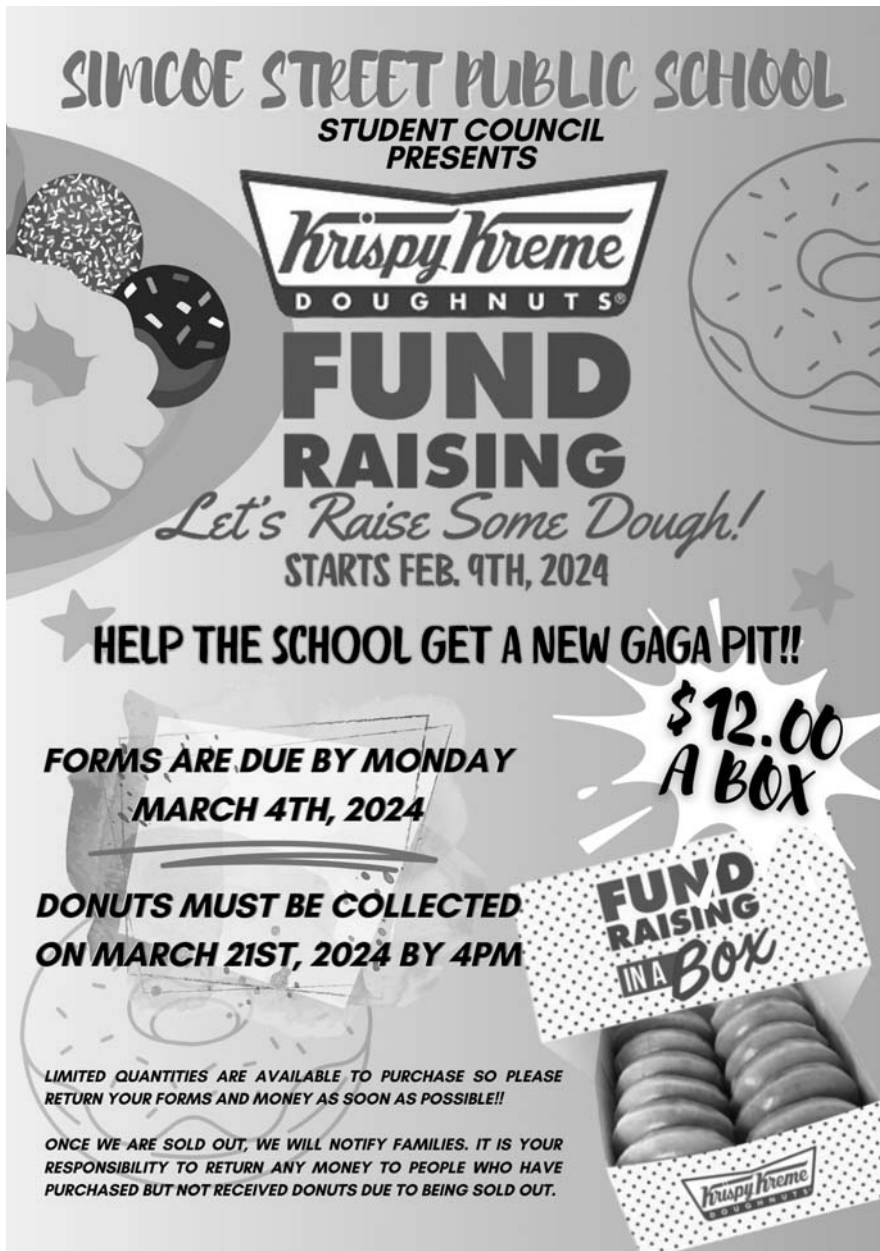


A reminder that our next School Council meeting is this **Thursday February 29th at 9:00am**. You are welcome to join us in person or virtually. [Click here to join the meeting](#) virtually.

We are recognizing **Anything Pink Day**, across all schools, on **February 28th, 2024**. Formerly known as Pink Shirt Day,



students are encouraged to wear **anything pink** to stand up against bullying and its harmful effects. This year, **Anything Pink Day** aims to underline the importance of creating a culture of belonging in preventing bullying, with the message: **“No Place for Bullying: We ALL Belong!”**

A fundraising poster for Simcoe Street Public School. The background is light gray with faint illustrations of donuts and a hand holding a donut. The text is in various fonts and colors, including black, white, and pink. The Krispy Kreme logo is prominently displayed in the center. The poster includes details about the fundraising event, such as the start date, the goal, and the deadline for forms and donut collection. A box of donuts is shown in the bottom right corner.

SIMCOE STREET PUBLIC SCHOOL
STUDENT COUNCIL PRESENTS

Krispy Kreme
DOUGHNUTS®

FUND RAISING
Let's Raise Some Dough!
STARTS FEB. 9TH, 2024

★ HELP THE SCHOOL GET A NEW GAGA PIT!!

FORMS ARE DUE BY MONDAY
MARCH 4TH, 2024

DONUTS MUST BE COLLECTED
ON MARCH 21ST, 2024 BY 4PM

\$12.00
A BOX

FUND RAISING
IN A BOX

LIMITED QUANTITIES ARE AVAILABLE TO PURCHASE SO PLEASE RETURN YOUR FORMS AND MONEY AS SOON AS POSSIBLE!!

ONCE WE ARE SOLD OUT, WE WILL NOTIFY FAMILIES. IT IS YOUR RESPONSIBILITY TO RETURN ANY MONEY TO PEOPLE WHO HAVE PURCHASED BUT NOT RECEIVED DONUTS DUE TO BEING SOLD OUT.



Free **Dental Event**

Wednesday, March 13 | 9 a.m. – 3:00 p.m.

Niagara Falls Community Health Centre (4790 Victoria Ave.)

- Dental screening and fluoride for eligible children (17 & under) and adults (18 - 64) qualified for the Green Door Project
- Oral health education
- Fun games and activities

For more information about this event, contact the Dental Program by calling 905-688-8248 or 1-888-505-6074 ext. 7399 or scan the QR code to live chat with us.



Niagara Region

**niagara
parents**

**Niagara Falls
Community Health Centre**

**Green
Door
Project**


**education
foundation**
of niagara
50/50 Draw
Help support kids across Niagara!

Draw Held on March 8 - 1 PM (lic M818420)

5 for \$20 or \$5 each

The maximum allowed prize on this draw is \$10K



Follow us!

@EducationFoundationOfNiagara

AND @InTheRoundNiagara

<http://weblink.donorperfect.com/5050Winter2024>



Education Foundation of Niagara

Help the Education Foundation of Niagara support kids in serious need - Get your 50/50 Tickets for the March 8th draw in support of the Education Foundation of Niagara!

Order on-line to have tickets delivered to your school:
<http://weblink.donorperfect.com/5050Winter2024>

Please follow us **@InTheRoundNiagara** and
@EducationFoundationofNiagara





Supporting Gender Diverse Youth

Free Workshop Series for Parents and Caregivers

145 Queenston St, Suite 100 St.Catharines

**Monday March 4th & Tuesday April 2nd
from 6:00pm-7:30pm**

**More
Information
Here**





Workshop # 1

How to Advocate for your Youth

Monday March 4th, 6:00pm-7:30pm

- Quest Services
- Community Partners
- Gender Terminology
- Identifying Support Networks
- Allyship for Your Youth
- Connect with Other Parents

Email Kai kkristoff@questchc.ca or text/call 905-932-9332
by Friday, March 1st to register.

Niagara Region Public Health School Health Newsletter

March 2024

Nutrition Month 2024

March is [Nutrition Month](#)! This annual campaign has been created by the [Dietitians of Canada](#) to highlight the importance of making informed food choices and developing both balanced eating and physical activity habits. Adults have a unique opportunity to help youth learn that healthy eating is more than the foods they eat.



Below are some helpful resources to encourage healthy behaviours in children.

- [Building Healthy Eating Habits | Support Your Picky Eater](#)
- Visit unlockfood.ca for recipes, food allergies, [menu planners](#), and to also find a Dietitian
- Check out this [free downloadable e-recipe](#) book from a previous Nutrition Month
- For more support around healthy eating, visit [Healthy eating for parents and children - Canada's Food Guide](#)

World Sleep Day, Sleep is Essential for Health – March 15th

Sleep is very important for physical and mental health, but many children and youth just don't get enough. Lack of sleep may cause a number of health problems and have a big impact on your child's school performance, behaviour and mental health.



How much sleep does my child/youth need?

AGE	RECOMMENDED SLEEP
Ages 3-5 (Preschoolers)	10-13 hours per day
Age 6-12	9-12 hours per day
Ages 13-18	9-10 hours a night

Source: Recommended amount of sleep for pediatric populations, from the American Academy of Sleep Medicine, 2016

Here are a few tips to consider that may help youth sleep better:

- **Limit naps** – some kids are really tired when they get home from school. A short nap can be helpful, but long naps can interfere with nighttime sleep. Consider keeping after school naps short, no more than 30-60 minutes.
- **Spend at least 1.5 hours outside during daylight hours** – natural light from outside helps set the body's internal clock. This is also important for helping a child's eyes develop properly and prevent nearsightedness.
- **Have an electronic curfew** – it can be helpful to have any electronic screens turned off 1-2 hours before bed. Avoiding screens will reduce blue light and help the brain produce melatonin, a hormone that controls the sleep-wake cycles.
- **Have a regular bedtime routine** – typical routines can include brushing teeth, having a bath or shower, putting on pajamas, going to the bedroom and doing relaxing activities such as reading, drawing, writing, or listening to calming music.

For more information, visit caringforkids.ca - healthy sleep

Source: <https://www.cheo.on.ca/en/resources-and-support/resources/P5643E.pdf>

Niagara Parents

Public Health Nurses are available to answer questions and provide reliable advice about pregnancy, nutrition for all ages, child or parental mental health



concerns, and provide connections to community supports through [Niagara Parents](#).

Individuals can connect with a Public Health Nurse at [Niagara Parents](#) **Monday – Friday, 8:30 a.m. - 4:15 p.m.:**

- Call 905-684-7555 or 1-888-505-6074 ext.7555
- [Email](#)
- [Live Chat](#)
- [Facebook Messenger](#)

Active School Travel



Walking home from school can take less time than driving. This is especially true if you must arrive early for a parking spot. If you live too far away to walk all the way to school, try driving to a location near your school and walk the rest of the way.

Here are benefits and fun facts about Active School Travel:

- It only takes about 12 minutes to walk 1 kilometre. Try walking to school or a destination near your home. You might surprise yourself with how fast you get there.
- 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.
- Kids who walk or bike to school arrive alert and ready to learn. Practice a walking route to your school to help your child get ready for an active return.