

# The Southwood Source



## Southwood Staff

### 2023-2024

JK/SK (EYA)- C. Djelebian

ECE - C. Woschenski

E.A. - F. Sami

JK/SK (EYB)- S. Tessier

ECE - A. Dinham

E.A. - A. Carter

Grade 1 (1A)- A. Mamo

Grade 1/2 (1/2A)- C. Coulter

Grade 2 (2A) - S. Forget

Grade 3 (3A)- Z. Hamadani

Grade 3/4 (3/4A) - M. Pfaff

Grade 4 (4A) - J. Piescic/S. Clark

Grade 5 (5A) - M. Dragicevic

Grade 5 (5B) - A. Noble

Grade 6 (6A) - K. Trudell

Grade 6 (6B)- J. Scherer

Grade 7 (7A) - J. Dunlop

Grade 7 (7B) - M. Cichon

Grade 8 (8A) - D. Chisholm

Grade 8 (8B) - N. Fitzsimmons

LST - D. Edgar

Library/LST - V. MacDonald

GAINS A - A. McKane

DSW - T. Mickle

E.A. - A. Kaur

GAINS B - A. Bonadonna

DSW - A. Quinn

E.A. - A. Parent

GAINS C - S. Lysay

DSW - D. Branch

E.A. - V. Lopez

E.A. - M. Ashton

French - T. Laurendeau

French- S. Ruffolo

Prep Coverage - S. Drouillard

Gains Prep - A. Seibel/S. Curley

ESL Itinerant - B. Beneteau

Integration EA - A. Renaud

CYW - J. Glover

Day Custodian - G. McMullen

Afternoon Custodian - M. Roy

Clerk - K. Chappell

Secretary - J. Millar

Vice Principal - T. Dugan

Principal - M. Lowes

### FROM THE DESK OF THE PRINCIPAL AND VICE PRINCIPAL ...

Dear Southwood Families,

March is the month things start to turn around in a school with the March break marking the very quick descent into the whirlwind of the spring. This month, we say goodbye to Ms. Clark (grade 4) and Ms. Curley (GAINS Prep) and welcome back Mr. Piescic and Ms. Seibel. We wish all teachers a great Spring start!

Last month, our school recognized and celebrated Black History Month by learning about the legacy of Black people in Canada, their histories, successes, sacrifices, and triumphs. During our daily announcements in February, we shared information about notable Black Canadians who helped shape Canada. Our hallways showcased our learning about the experiences of Black Canadians and how they advanced equality and human rights in Canada.

It is hard to believe, but it is already that time of year when we begin planning for the next school year. Each year, great time and effort are made to determine the appropriate classroom placement for our students. Classroom placements are a school decision that is based on careful collaboration with our school team, including sending and receiving teachers. Considerations for classroom placements include classroom dynamics, specific grouping needs such as academic, behavioural, and social needs, student profiles, personalities, gender balance, and the availability of support services. We always keep in mind the learning needs of the child when determining class placement. With this said, parents/guardians are invited to write a letter to our Principal, Mrs. Lowes, where there are specific requests regarding class placement based on what is best for a child's learning. While we cannot accept requests for specific teachers, we do try to grant requests based on our students' learning needs. All requests must be made in writing, dated and signed, before May 10th, 2024. If you have made the same request in a previous year and it is still relevant, please make the request again this year. Please note that all class placements are TENTATIVE until after the reorganization day in September.

The City of Windsor is partnering with the Board to assist with enforcing traffic infractions on school board property. Traffic enforcement actions are being implemented to support the safety of staff, students, and families, as well as student bus transportation during arrival and dismissal times. We encourage families to use the "Kiss and Ride" for student pick up and drop off. Please do not park at the bus bay or stop on Mount Royal. Thank you for your support in keeping our Sabres safe.

Your Partners in Education,

Mrs. Lowes

Principal

Mrs. Dugan

Vice Principal

### School Bell Times

Supervision Begins - 8:00 AM

Instructional Time Begins- 8:15AM

1st Nutrition Break - 9:55 to 10:35

2nd Nutrition Break - 12:15 to 12:55

Dismissal: 2:35PM

Scan this  
QR code to  
access our  
website!



**Promoting Spirit, Strength,  
Success and Kindness!**



Our Kindergarten Open House was such a great success!

It was so nice to see so many Future Sabres!

welcome to kindergarten

Items required for registration:

- Birth certificate or other government issued proof of age and name
- Proof of residence
- Proof of Canadian citizenship or status in Canada
- Immunization record
- Custody information (if applicable)
- Medical information

Do you know a child that will be 4 years old by December 2024?

Kindergarten registration continues through March!



SCAN TO REGISTER @PUBLICBOARD.CA



School Advisory Council continues to welcome parents/guardians to join Southwood School's School Advisory Council. New SAC members are always welcome to attend. Our next SAC Meeting is Wednesday, March 28th at 5:30pm in the school library.



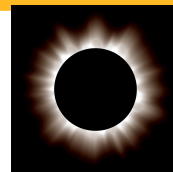
WE ARE IN NEED OF BINGO VOLUNTEERS!

BE A VOICE THAT:

- Promotes Student Success
- Improves School Climate
- Strengthens Family Engagement

Solar Eclipse on Monday, April 8, 2024

A full solar eclipse will occur on Monday, April 8, 2024. This phenomenon happens when the moon passes between the sun and the earth, casting a shadow on the earth that blocks the sun's light in some areas. A solar eclipse creates a halo effect of bright light around the circumference of the sun, so even a brief, unprotected glance at the sun can damage eyesight, in some cases, permanently.



In Windsor-Essex County, we will experience some of the most intense effects of the eclipse between 1:57 p.m. and 3:17 p.m.

Out of concern for student safety during that period of almost complete darkness, students will be dismissed at 1:00 p.m. on April 8th. Buses will run at their regular times in the morning but, since student transportation services will not be possible during the middle of the day, there will not be student transportation services at the end of the day. Families will be required to make arrangements for their child to be picked up from school when they are dismissed at 1:00 p.m.

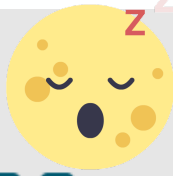


After-school extracurricular activities will also be canceled that day!

Safe Schools Welcome Policy

The Southwood School day begins at 8:15am. If your child arrives after that time, parents may park in the short-term spots in the staff parking lot and bring their child(ren) to the front door. Please use the intercom to notify office staff of their arrival. They will be buzzed into the building and must report to the office for attendance purposes. It is very important that your child(ren) come to the front door of the school to be admitted as all other doors around the school are locked after 8:15am. Please remember to enter your child's absence in Edsby or call the office (519) 969-3470 to advise us of your child's absence. Alternatively, parents/guardians can also leave a note in their child's agenda the day before an absence. By working together, we ensure the safety of our children.





## SLEEP AND SCREEN TIME TIPS FOR PARENTS

World Sleep Day is on Friday, March 15th, 2024! Getting enough sleep is important for the physical, mental, social, and overall well-being of children and teens. To get a good night sleep, children and teens need to create and stick to healthy sleep habits.

### WHAT ARE HEALTHY SLEEP AND SCREEN TIME HABITS?

Healthy sleep habits include a set bedtime, a bedtime routine, and screen-free bedrooms. Bedrooms should be cool, dark, quiet, and free of television and other screens. A routine where children and teens go to bed at the same time each night and wakeup at the same time each morning helps them get the rest that they need.

Avoiding screen time (television, phone, and tablet) at least one hour before bedtime plays an important role in creating healthy sleep habits. Having screens in a bedroom can make it harder for children and teens to fall asleep. Instead, they may want to stay up late to chat with friends or play video games. Blue light from screens can also make it harder to fall asleep.

To cut down the amount of screen time your child is using, it is important to learn how many hours of screen time per day is okay. The Canadian 24-Hour Movement Guideline suggests that:

- Children aged **3-4 years** should have no more than **1 hour** of screen time per day. They should not be seated for long periods of time.
- Children aged **5-17 years** should have no more than **2 hours** of screen time per day. They should spend limited time sitting.

### HOW TO CUT DOWN ON SCREEN TIME USE

Taking a break from screens has many health benefits, like better sleep and eating habits, increased self-esteem, better focus at school or work, and more time to spend with family and friends. Turning off screens will give your children and teens time to focus on the things that they usually may not have time to do. It is important to stick to a plan when turning off your screens.

### More Tips to Reduce Your Childs Screen Time:

- Manage screen use through plans, rules, and limits.
- Make and review a family media plan with content and time limits.
- Encourage your child or teen to use screen time meaningfully.
- Try to watch TV programs where you can learn something. Choose content that is age-appropriate.
- Model healthy screen use for your children or teens.
- Review your own media habits, plan daily “screen-free” times, and turn off screens when not in use.

If you are worried about your child sleep or screen time habits, reach out to their healthcare provider.

For more information on sleep, visit the health unit website at

<https://www.wechu.org/schoolhealth/mental-health/sleep>



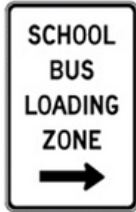


## Parking and Safety Around the School

The safety of our children is of the utmost importance to everyone in our community. Pedestrian activity is traditionally more prevalent around schools during morning arrival and afternoon dismissal.

In an effort to improve pedestrian safety and traffic congestion around our school, various parking initiatives have been enacted. Drivers are encouraged to obey posted signs to create a safer environment for our children.

Please review some of the common signs seen around school zones listed below.



**School Bus Loading Zone:** This sign marks a zone within which school buses load or unload passengers without using the red alternating lights and stop arm. Please do not park in this zone and drive carefully around this area.



**No Stopping:** Do not stop in the area between this pair of signs. This means stopping even for a moment or to drop off passengers or goods is prohibited except when directed by a police officer.



**\*\* No Parking: Do not park in the area between the signs.** This means you are prohibited even when the vehicle is occupied unless you are actively engaged in loading or unloading merchandise or passengers. Drivers are not allowed to wait for their passenger while in a "no parking zone." (These signs are used in pairs or groups.)

**Zones are clearly marked. Parking Enforcement Officers will issue tickets in accordance with the City of Windsor's Parking By-law 9023 (see [By-laws Online](#)).**

For other signs and what they mean, please see the [Ontario Driver's Handbook for Regulatory Traffic Signs](#).

In partnering with local school boards, (Greater Essex County District School Board and Windsor-Essex Catholic District School Board), the City of Windsor is promoting a Healthy lifestyle living for today's children. We encourage parents to allow children to walk a couple blocks or to participate in the bus programs that the school offers.

Please see the links below for safety tips for you and your child when walking to and from school:

- [CAA School Safety Brochure](#) - The route to school should always start with safety
- [Tips for Walking Safely to School](#)
- [Pedestrian Safety](#) - Walking and Biking to School

For questions or more information, please contact:

**Parking Enforcement Office** @1266 McDougall Street, Windsor, ON, N8X 3M7. Call 311 for general information or for detailed inquiries, phone (519) 255-6298 or email [parkingenforcement@citywindsor.ca](mailto:parkingenforcement@citywindsor.ca)

Hours of Operation: Monday through Friday - 8:00 a.m. - 4:30 p.m.



**WINDSOR  
PUBLIC LIBRARY**  
ONTARIO, CANADA



Local libraries offer many fun and engaging activities for families during March Break. Visit [www.windsorpubliclibrary.com](http://www.windsorpubliclibrary.com) for a list of libraries. You will find a link to access each library's website to view their fun upcoming events. Make sure to check out what your local library has to offer during March Break!



## New Grade 7/8 Mental Health Literacy Modules support student mental health and well-being

As of January 2024, the Ministry of Education introduced a series of three modules to support the existing mental health literacy expectations within the grades 7 and 8 Health and Physical Education curriculum. This series of three, 40-minute modules per grade will be delivered by educators to support the existing mental health literacy expectations within the Health and Physical Education curriculum.

They're not new learning – they offer ways to enhance the delivery of the existing curriculum and focus on mental health literacy. This learning will help equip students with inclusive, culturally responsive, evidence-informed knowledge, skills, and strategies to support their mental health and well-being. They align with and support the work we do in the Greater Essex County District School Board to support student mental health. The modules were informed by extensive consultation with parents/guardians, students, cultural, and community organizations.

There are important reasons to bring these modules into the classroom:

Students want to learn more about mental health at school (<https://smho-smsso.ca/online-resources/hearnowon-2021-student-voices-on-mental-health-final-report/>).

- This learning helps students develop skills that support positive mental health.
- Mental health learning supports learning in all other areas.
- This learning can encourage conversations and help students in need reach support.

As caring adults in the lives of young people, we want students to be well!

Feel free to watch the introductory video that provides more information:

<https://vimeo.com/857720241/3877843c8c?share=copy>.

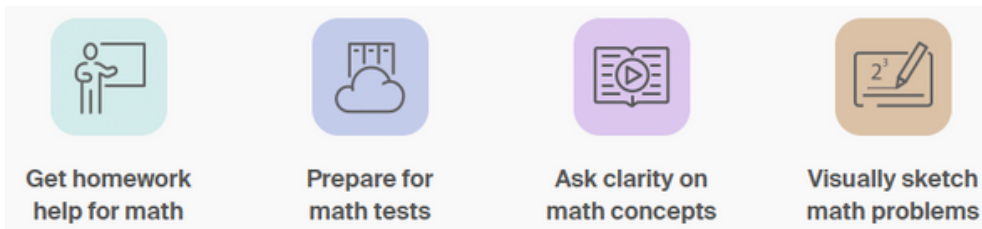


## tvo learn mathify

**TVO Learn Mathify is a FREE 1:1 tutoring service for students Grades 4-12.**

Supported by the Ontario government, Mathify provides individualized math tutoring by OCT Educators online.

Students can use TVO Learn Mathify to:



TVO Mathify offers an enriched online classroom resource that enables interactive math lessons and activities, personalized learning, and easy sharing between educators, students, and tutors. In addition, students have the availability to share their tutoring work with their teachers to support assessment. To learn more go to: [www.mathify.tvolearn.com](http://www.mathify.tvolearn.com).

- TVO Learn Mathify uses anonymous usernames to guard privacy during tutoring sessions.
- Student and tutor feedback about every session is closely reviewed and monitored.
- TVO Learn Mathify is accessible 24/7 from any device and browser.



# NATIONAL NUTRITION MONTH



March is National Nutrition Month and a great time to think about the importance of healthy eating. Southwood is fortunate to receive the support of the Ontario Student Nutrition Program. Healthy eating means eating a variety of foods from 4 groups to feel good and maintain your health.

Follow these steps to help you eat healthy:

Eat the right types of food by following Canada's Food Guide.

Choose a variety of foods from each of the 4 food groups.

Eat the recommended amount of food for your age, gender, and activity level.

Read food labels to compare and choose healthier foods when shopping. The Nutrition Facts table and the Percent Daily Value can help you make better choices.

Limit foods and drinks that are high in calories, fat, sugar, and sodium.

For more useful information on food and nutrition, consult: Canada's Food Guide



## You Belong Here!

A sense of belonging is defined as being accepted, valued, included, and encouraged by others (educators and peers) in the academic classroom and of feeling oneself to be an important part of the life and activity of the class. Students' sense of belonging has been identified as a potential lever to promote success, engagement, and well-being.



## At Southwood, We are...

- building healthy student-educator relationships;
- creating opportunities for students to participate in group activities;
- nurturing social and emotional competencies in students;
- addressing inequities in systems, structures, policies and practices; and
- celebrating and ensuring diversity and representation.



## EARTH HOUR



Please join millions of people around the world on **Saturday, March 23rd, at 8:30 p.m.** and turn off your lights for one hour in support of action on climate change.



## WORLD DOWN SYNDROME DAY



World Down Syndrome Day is observed annually on March 21st. This day allows communities around the world to recognize and celebrate contributions from people with Down syndrome. We want to encourage our students to celebrate World Down Syndrome Day.

Please wear mismatched socks on **March 21st** in support of World Down Syndrome Day.





# March 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Kindergarten registration continues					1	2
Ramadan Begins on the 10th!	4	5	6	7  Pizza Day	8  international WOMEN'S DAY	9
10  Daylight savings time starts	11	12	13	14  PI DAY	15	16
17  Happy St. Patrick's Day	18 Pizza orders due	19	20	21  World Down Syndrome Day!	22  Pizza Day	23  HAPPY PURIM
24	25  HOLI Festival	26	27  Grade 8 Graduation Retakes	28  School Advisory Council Meeting in library @ 5:30pm	29  GOOD FRIDAY	30
31  HAPPY EASTER				Pizza Day		

**March Break**



## March is Irish-Heritage Month



Throughout March, people across the country will come together to celebrate Irish Heritage Month. Canadians of Irish heritage have been an important part of making Canada what it is now, and as we recognize their accomplishments, we also honour their past.

After arriving in what was then known as New France in the 17th century, Irish immigrants faced extreme poverty and discrimination. In the 19th century, many more arrived on ships escaping the Great Irish Famine. Despite the community's challenges, they never lost their spirit and determination to build a better life for themselves and their families.

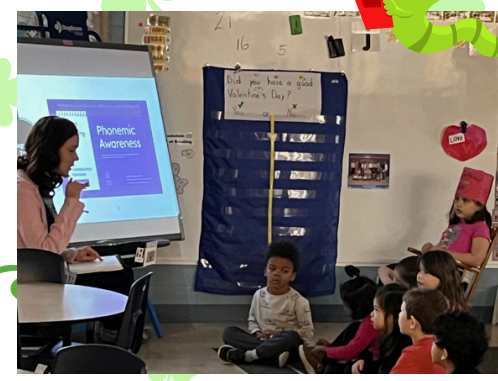
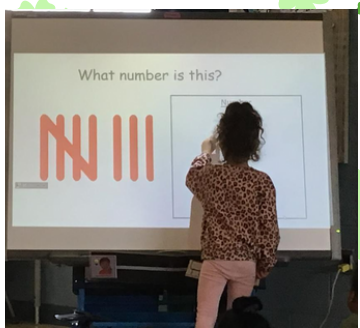
Today, over 4 million people in Canada can trace their roots back to Ireland, and our country is the proud home of one of the largest Irish populations outside of the "Emerald Isle" itself. Canadians of Irish heritage have contributed significantly to the fabric of our society. Whether it is in the arts, music, literature, business, politics, or other fields, their traditions and history have helped enriched communities from coast to coast and have helped shape Canada into a diverse country.



During Irish Heritage Month, let's take the opportunity to learn more about the community's rich



# 100 Days of School







# Spotlight

## ON LEARNING SUPPORT & ESL TEACHERS



**Mr. Edgar**  
Learning Support  
Teacher



**Mrs. MacDonald**  
Learning Support Teacher  
/ Teacher Librarian



**Ms. Beneteau**  
ESL Itinerant  
Teacher

This month, we put the spotlight on our Learning Support Teachers and our ESL Itinerant Teacher. They play a crucial role in facilitating the academic and personal development of students. These educators possess a unique set of skills and knowledge to cater to the diverse learning needs of their students.

Our team of support teachers play a vital role in fostering inclusive and supportive learning environments where all students can thrive and reach their academic and personal goals. Their dedication, empathy, and commitment to student success make them truly amazing educators!

**#SABREPROUD!**