

The Cobra Compass

Caistor Central Public School
1794 Caistor Centre Rd, Caistor Centre L0R 1E0
<https://caistor.dsbnschools.ca>



OCTOBER
2023

Message from the Principal!

As we approach the time of year traditionally set aside for giving thanks, I reflect on all I am thankful for at Caistor Central School. I see students building positive relationships and supporting one another. Parents are showing interest in supporting a vibrant school community, including School Advisory Council. Staff care about their class communities, believe in their students and are keeping wellbeing at the focus of their work with them. We work together and want to have fun together. I would like to extend my thanks to all members of our school community for their support and dedication.

Did you know, according to [Harvard Medical School](#), "gratitude is strongly and consistently associated with greater happiness". [Being grateful is important, however expressing your gratitude will have an even larger impact on your happiness.](#) (Check out this link for a fun video about gratitude.) With Thanksgiving around the corner, I encourage our families to reach out to someone who has a positive influence in their life and let them know! Not only will you be happier, but imagine how amazing that person will feel after receiving such a compliment! I am truly grateful to be a part of our amazing Caistor Central team and, on behalf of our staff, we wish our families a very Happy Thanksgiving!

Caistor Central is excited to team up with **Fresh From the Farm** for a **fundraising initiative**, offering fresh Ontario grown fruit and vegetable bundles to you. We are hoping to raise funds to grow our library collection here at the school. Orders can be placed in two ways:

- via School Cash Online (preferred)
- Paper order forms (upon request)

All forms (with payments) must be returned to the school by **Tuesday October 10th**. School Cash Online ordering closes on October 10th at 11:59pm.

Delivery of items will take place in November; the school will be contacted 3 days ahead of our delivery date and we will notify you immediately. Thank you for your consideration on this fundraising initiative.

T. Chilcott



Cross Country Meet.....	Oct. 2
School Council Mtg.....	Oct. 2
Celebration Assembly.....	Oct. 3
Pizza Day.....	Oct. 3
World Teachers Day.....	Oct. 5
Photo Day.....	Oct. 5
Hot Lunch day.....	Oct. 5
PD Day.....	Oct. 6
Thanksgiving Day.....	Oct. 9
DSBN Cross Country Meet...Oct.	10
Gr 7 Immunizations.....	Oct. 10
Fall & Scarecrow Day.....	Oct. 13
Secret Path Week Begins....	Oct. 16
Take Me Outside Day.....	Oct. 18
School Council Mtg.....	Oct. 24
Dress in Purple for Child Abuse Awareness.....	Oct. 27
Halloween.....	Oct. 31

DAYS OF SIGNIFICANCE

[Click here](#) for more information about the DSBN Days of Significance calendar.

Friday, October 6th has been designated as a PA Day for the District School Board of Niagara

World Teachers Day

World Teacher's Day is recognized annually on October 5th. Caistor Central is such an amazing place to grow, learn and play in big part due to our wonderful educator staff. We're a great team! I would like to thank them for everything they do each day to positively impact the lives of their students and their community. I know it is important to them to ensure that our Cobras are safe, well, and challenged to do their best. Thank you!



Photo Day

School photo day is coming soon! Our school photos are scheduled for the morning of Thursday, October 5, 2023. A flyer of information and reminders was sent home last week.

Celebrating Our Students – Way to Go!

Congratulations to the following students who made some amazing accomplishments and reached personal bests this month!



Class	Student of the Month Award	Character Trait Award Respect
K1 Misener & MacPherson-Easey	Emily, Parker	Sophia, Marty, Calum
K2 Killins & Soutos	Nate	Marhett, Wilder
1 Donders	Celeste	Kaydence
1/2 Sohi	Ellis	Teagan
2/3 Bleich	Leah	Stella
3/4 VanDriel & Gamble	Bryce	Ruby, L
4/5 Dosa	P	Rowan
5 Whiffield	Karaline, Leilynd, Colt	Sam
6/7 Nawrocki	Thomas, Paisley	Julia, Zoe
7/8 Wellman	Cassie, Claire, Grace	Byron

September – Respect – I am polite, courteous and caring. I value myself and others. I treat all people with dignity and uphold their rights. I protect property and our environment.



Character Focus for October – Cooperation

Cooperation - I work together with others to do something better than if we were working alone. I lend support to others. I receive help from others. I am patient and work through disagreements so that the result of our work together is meaningful and successful.

Technology & Chromebooks

We look forward to adding to our chromebook collection in order to support student learning in the classroom. Thank you to Steve Witt for his very generous donation of ten chromebooks to Caistor Central. This new set will be added to our allotment once it arrives. We value a community who works together to support and inspire all students to reach their learning potential and are grateful for this amazing donation.

Days of Significance & Creed-Based Days

The Niagara Region is growing more diverse in creed and/or religious beliefs and practices. The District School Board of Niagara (DSBN) is committed to fostering diverse, equitable, and inclusive learning and working environments that promote acceptance and protect individuals from discrimination and harassment based on the protected grounds under the Ontario Human Rights Code. Creed and/or religion is one of the grounds that is both an individual right and a collective responsibility. The DSBN recognizes and embraces the creed diversity represented in its students, staff, and community members.

As we start our school year, I invite you to share with me your family's most significant creed-based holiday(s). We will work together through the accommodation request process as Caistor Central School recognizes the importance of families celebrating their creed and/or religious beliefs and practices.

The DSBN has created a [Family Guide: Recognizing and Respecting Creed Diversity](#) to support families in requesting accommodations. This guide has also been translated into the following languages; Arabic, French, Hungarian, Korean, Mandarin, Spanish, Urdu and Vietnamese, which can be viewed on the [DSBN Equity webpage](#). For a list of Days of Significance, please refer to the [Days of Significance Calendar](#).

Honouring Veterans on Remembrance Day

We would like to honour veterans from our families at the assembly again this year through a short video on Remembrance Day. We are asking parents who wish, to send in a photo of their veteran family member along with the following information by email to Elizabeth.Norman@dsbn.org by October 15:

- Name and Title of Veteran
- The Unit they served in
- Where they served
- When they served
- The student name and how they are related to the veteran

Thank you for helping us make Remembrance Day a meaningful experience for our students.

New Picnic Tables & Our Outdoor Classroom Spaces

We would like to thank Smithville Home Hardware for their generous donation of two picnic tables for our Outdoor Classroom! This makes a wonderful seating area for outdoor student activities. We are also thrilled to announce that Caistor Central has been awarded a grant of \$2000.00 to develop the Kindergarten Outdoor Learning spaces. The community will be kept up to date on plans as they are developed.

Take Me Outside Day

The 13th annual Take Me Outside Day will be celebrated across Canada this year on Wednesday, October 18th. All DSBN educators from K – 12 are invited to join in taking their classes outside for 1 hour that day.

Terry Fox

On Friday, September 15, our Caistor Cobras participated in the Terry Fox School Run. Thank you to the families that donated to the Terry Fox Foundation. Through the generosity of our families, we surpassed our \$1000 goal and raised over \$3000 to support cancer research. We had so much fun. Way to go Cobras!

Book Fair Thank You!

Our Scholastic Book Fair was so well attended at our Open House in mid-September. Students and families were able to purchase from a wonderful selection of engaging and affordable books and support the development of our library along the way. Thank you so much. Through your support, we sold \$3,500.00 worth of books. That translates into just over \$1000.00 to be directed toward library resources that every child in the school can access.

Coaches' and Clubs' Corner

This month, Cross Country Running Club wraps up with two meets on October 2nd and 10th.	Mrs. Jackson, Mrs. Donders
Junior Rugby continues with a tournament on October 18 at Kalar Sports Park.	Mr. Nawrocki
Intermediate Volleyball season is also starting soon with a tournament the week of October 23 rd .	Mrs. Whitfield
Students should stay tuned for announcements in the coming days.	

School Advisory Council

Our first rescheduled School Advisory Council Meeting will be held on Monday, October 2. Thank you to all the parents who have shown interest. All School Advisory Council meeting agendas and minutes will be posted on the Caistor Central Website once they are approved. Our schedule of meetings for the 2023-2024 school year is as follows:

- October 24, 2023 @ 6:00 pm
- November 28, 2022 @ 6:00 pm
- January 23, 2022 @ 6:00pm
- March 26, 2022 @ 6:00pm
- May 28, 2022 @ 6:00pm

Halloween at Caistor Central

Plans are already being made to celebrate Halloween at Caistor. As you prepare for Halloween for school with your child(ren) please remember to avoid costumes that include weapons of any kind or that are overly violent in nature. We ask that props (such as knives, spears, hooks, etc.) and Halloween masks be left at home. More detailed information will be sent home in the next couple weeks.

Spirit Days

On Friday October 15, we are inviting students to celebrate Fall and harvest season! Dress in Autumn colours, wear items that represent harvest season or dress as a scarecrow! Let's see all the spirit the cobras have!

Pizza Days and Special Hot Lunches!

Pizza Days will run every Tuesday as a general rule. This year, we are also offering special lunches on the Thursday of the first and third weeks of the month. Students can enjoy Dominoes Hot Lunch (Pasta or Chicken Nuggets) on the first week and then Pita Pit Lunch on the third week. Order through School Cash Online.

Special Events and Food at School

Students at Caistor Central are reminded regularly that we do not share food. One of the reasons for this expectation is that we have a number of students that have significant, and in some cases, life threatening food allergies (not only to peanuts) and other significant dietary needs that may cause serious health complications.

Although strongly discouraged, if a parent/guardian is inquiring about bringing food items for the purpose of sharing (e.g. Halloween, birthdays, holidays, etc.), the following needs to take place:

- parent communication with homeroom teacher prior to bringing any food items for the purpose of sharing;
- food items would need to be individually wrapped and peanut/nut free;
- the individually wrapped food items will be provided to the students by a teacher prior to them leaving at the end of the school day (i.e. placed in backpacks), therefore, the decision can be made at home as to what to do with the item;
- individual 'Dollar Store' items (e.g. erasers, pencils) are preferred over food items due to safety (anaphylaxis) and nutrition;

If you do not wish your child to receive food items at school to take home, please also communicate directly to your child's teacher. Thank you so much for your continued understanding and support.

This year, [Mental Illness Awareness Week](#) is from October 1-7. Mental Illness Awareness Week is an annual national public education campaign designed to help open the eyes of Canadians to the reality of mental illness.

Annual Memorial Forest Vigil: The [Memorial Forest](#) seeks to reduce the stigma around mental illness and promote a greater understanding and compassion from the community as a whole. Each year, a Memorial Forest Vigil is held during Mental Illness Awareness Week to provide an opportunity to share stories of hope and success as told by individuals and family members living with mental illness.

Mental Illness and Stigma: Stigma is when someone views you in a negative way because you have a distinctive characteristic or personal trait that is thought to be a disadvantage (a negative stereotype). Stigma can occur from a lack of understanding of mental illness. This stigma can lead to discrimination, and it may be direct or unintentional.

Some of the harmful effects of stigma can include:

- Hesitancy to get help or treatment
- Lack of understanding by family, friends or others
- Fewer opportunities for work, school or social activities
- Bullying, physical violence or harassment
- The belief that you'll never succeed at certain challenges or that you can't improve your situation

You can help reduce stigma by educating yourself, being aware of your attitudes and behaviours and choosing your words carefully when you talk about mental illness and substance use disorders.

Helpful Resources: [Addressing Stigma](#) / [Canadian Mental Health Association: Stigma and Discrimination](#) / [Words Matter \(CAMH\)](#)