

The Cobra Compass

Caistor Central Public School
1794 Caistor Centre Rd., Caistor Centre LOR 1E0
<https://caistor.dsbns.org>



Principal's Message

Parent Shout Outs

A big thank you to the family that donated all the amazing picnic tables in the kindergarten play area. This is an amazing addition to the yard. We have purchased six umbrellas to go with them so that we can get some shade in the yard during our hot summer days.

Another thanks to all our families who have volunteered in many different ways e.g., school council, planning team for the Fun Fair, and volunteers who help with our sound machine. On Thursday we had a fundraiser for our Graduation, and many families supported the school in different ways: coming out to the event, making donations, creating the flyer, doing Costco runs, picking up the candy floss machine, and volunteering on the night of. We also had several awesome grade 8s volunteering. We couldn't do it all without you!

Upcoming School Events and Celebrations

The spring sun is starting to shine for us, and we all know that once spring is here, the rest of the year seems to fly by fast. We have some fun events planned in the upcoming months:

- Chess Team
- Track and Field
- Fun Fair
- Rugby Team
- Special Olympics
- and more, stay tuned!
- 3 Pitch Team

Principal, J. Poirier

New School Website

Caistor Central WEBSITE REFRESH

Sharing some exciting news! We have refreshed our school website. There are three main reasons for refreshing our website:

- The first is that our new site will meet accessibility standards. The current version, unfortunately, does not.
- The second is that the newly designed site is mobile-friendly - making it easier to view updates and information from your phone.
- Third, we've streamlined the website making it easier to find what you need quickly and easily.

CHECK IT OUT <https://caistor.dsbns.org/>



April 6th Niagara Region
Spelling Bee
April 8th PD Day
April 17th Adventure Campus
Grades 1&2

Save the Dates!

Save the dates:
Grade 8 graduation
June 25th
EQAO dates
Starts May 8th and ends
June 12th

Celebrating Our Students – Way to Go!

Stay tuned for our April Assembly where we will be celebrating our March and April Character Winners.

Character Focus for March - Optimism

I have a positive attitude. I see challenges as opportunities. I think, and act to make the world a better place. I have hope for the future.

Character Focus for April - Integrity

I behave in an ethical and honourable manner even when no one else is around. I am genuine, in that my actions consistently match my words.

FUN FAIR!

Our annual Funfair is happening Friday, June 14th, from 5-8pm. There will be inflatables, games, face painting and more. Rain or shine, we hope to see you there.

School council is looking for volunteers for fun fair this year. If you are interested in volunteering, please reach out to the school or School council.

School council is also looking for donations.

They are currently collecting donations for our penny sale and/or silent auction. If you would like to contact a business regarding a donation, please contact the school for a copy of our official donation request letter. If you are thinking about reaching out to a local business for a donation, please touch base with Melissa first to be sure someone has not already asked them.

They are looking to our community members, including yourselves, for support and generosity. These are three ways you can help:

- donating a prize for our raffle draw
- donating an item or service for our silent auction
- making a money donation to the school

Thank you for your consideration and in advance for your support and generosity. If you are interested in donating to support our school, you may contact the school or

Melissa LeBlanc at Melissa.leblanc@dsbn.org

Jennifer Poirier at Jennifer.poirier@dsbn.org

The community support for this annual event is always so wonderful and greatly appreciated.

Yearbook

A big shout out to our Yearbook Cover Contest Winner and to all the other great entries. The theme this year was belonging.

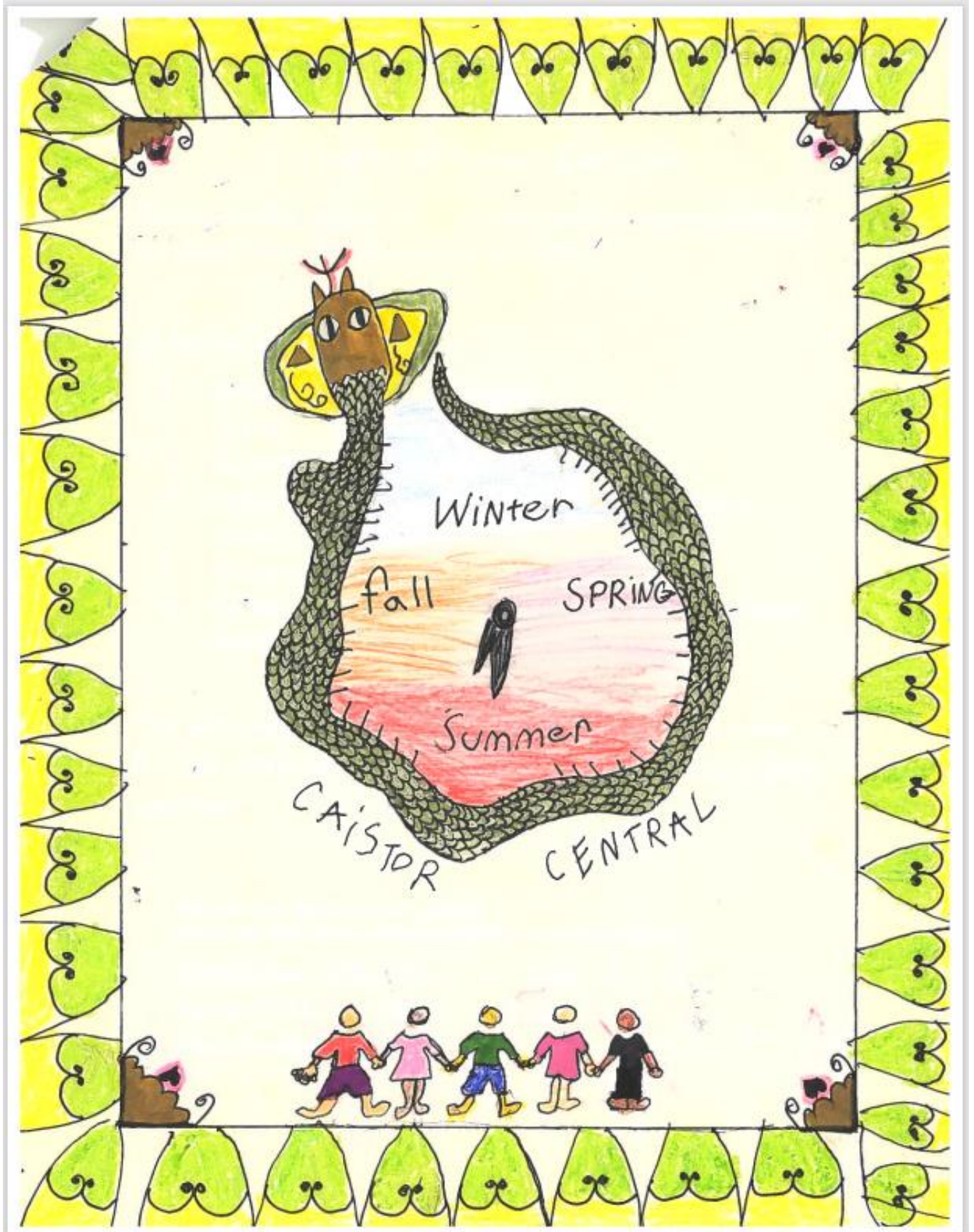
The winner is: Paisley in the 6/7 classroom with the art below. Well done Paisley incorporating belonging sticky notes and our beloved Cobra!



2023-2024

Entry from: Leia in the grade ¾ class

Leia, I love the snakes surrounding your picture and the sense of belonging in your art with the people holding hands – WELL DONE!



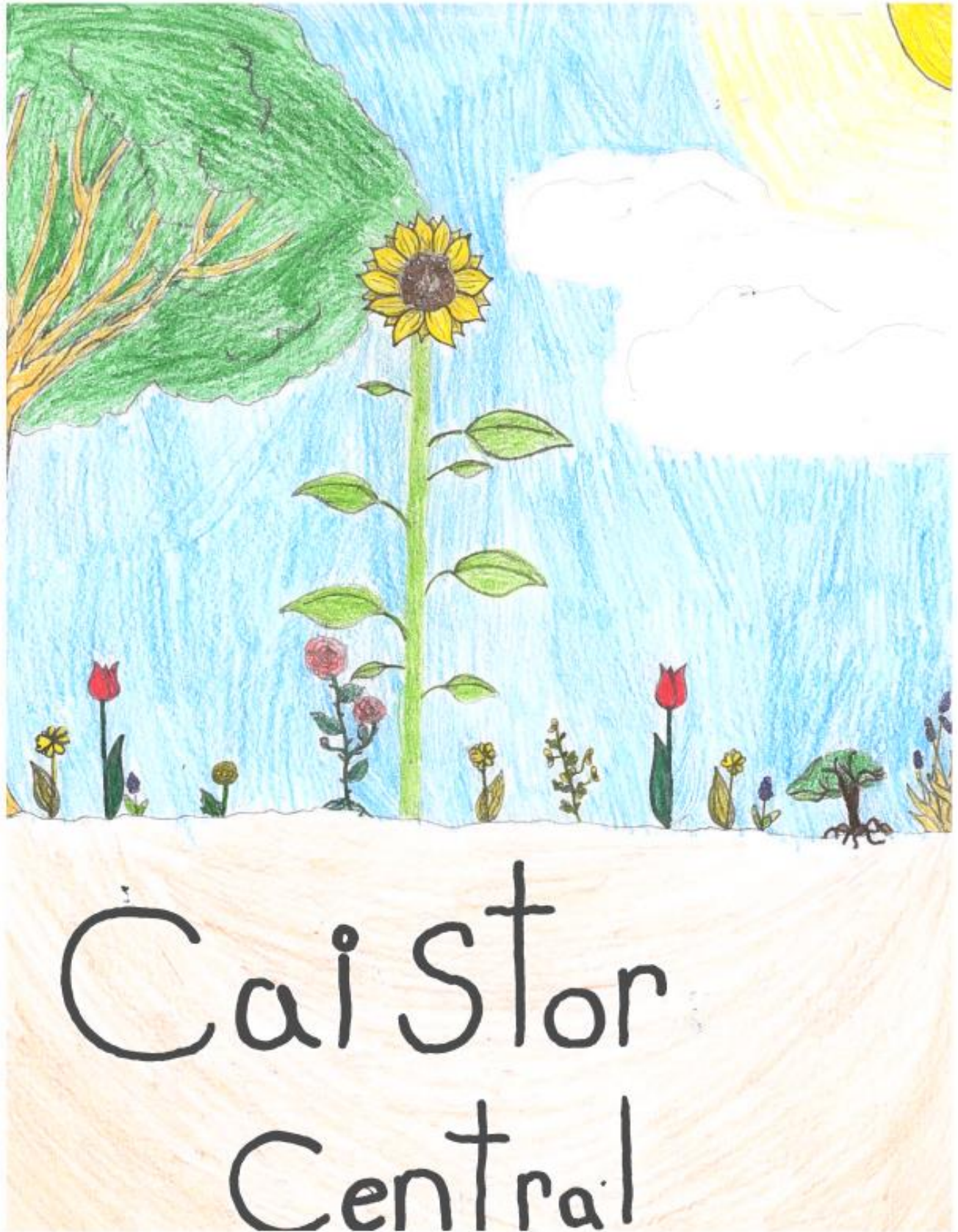
Entry from: Katie in the grade 5 class

Katie, I love the cobras that surround your picture and the beautiful picture of the inclusive hands holding people safely – WELL DONE!



Entry from: Emerson in the grade 6 class

Emerson, I love your drawing of the beautiful garden. It is a welcome reminder of Spring, soon to come – WELL DONE!



Solar Eclipse Safety

On April 8, 2024 (this is a PD Day), the Moon will move between the Earth and the Sun causing a solar eclipse. Niagara will be one of the best places in Canada to view the eclipse.

Although the Moon will be covering most of the Sun, it's still dangerous to look directly at the Sun during this time.

How to avoid eye injuries:

It is very dangerous to look directly at the sun at any time, but during an eclipse the temptation to have a quick glance can be very strong. To avoid damaging your retinas when viewing the solar eclipse:

- Do not view the eclipse at all or use a proper method of blocking the sun's dangerous rays while viewing.
- Use a filter that blocks all dangerous light. To do this, you must use ISO-certified eclipse glasses from a reputable vendor that meet the ISO 12312-2 international safety standard. The manufacturer's name and address must be printed on the product.
- Do not use any viewer if it has scratched or wrinkled lenses. There are no pain sensors in your retinas to indicate that your eyes are being damaged by looking at the Sun. Symptoms can take 12 to 48 hours to appear and can include retinal burns, permanent or temporary visual loss, and blurred vision. Once symptoms begin, it's usually too late to reverse any damage. How to tell if your solar eclipse glasses are safe: You should not be able to see anything through a safe solar filter except the Sun itself, If you're not sure if the product came from a reputable vendor, don't use it. Safe solar filters produce a view of the Sun that is comfortably bright like the full Moon. If you glance at the Sun through your solar filter and find it uncomfortably bright, out of focus or surrounded by a bright haze, do not use it.



What to avoid:

- Ordinary sunglasses or multiple pairs of sunglasses
- Neutral density or polarizing filters, such as those made for camera lenses
- Smoked glass
- Photographic or X-ray film (unexposed, exposed or developed)
- Eclipse glasses with a binocular or telescope
- Potato-chip bags, DVDs, and any other do-it-yourself filter

Niagara Region Public Health School Health Newsletter

April 2024

Connecting the Curriculum to Home

Your child might start learning about various parts of healthy human growth and development based on their grade and the [Ontario Health and Physical Education \(2019\) curriculum](#). One important topic that is covered is consent.

Starting the Conversation of Consent: Connecting The Curriculum to Home

(Parents of Elementary aged students)

With our School Health Nurses

Our Public Health Nurses Jenn and Austin discuss how to start the conversation of consent, and how to connect the curriculum to home.

- **Watch here:** [Starting the Conversation of Consent - Connecting the Curriculum to Home](#)
- [Frequently Asked Questions about Puberty](#) – as your child starts learning more about human development, our school health team wants to support adults with answering some of those tricky questions.

Niagara Ontario Health Team – Events Calendar

The [Niagara Ontario Health Team](#) created an events calendar tool to highlight the diverse activities happening in our region. This initiative highlights the importance of health and wellness. It also serves as a valuable link, connecting community members to resources available in Niagara.

The [calendar](#) makes it easier to find and explore new things to do. It also helps create meaningful connections in our community. Visit today to learn more about what is going on near you!



Benefits of Risky Play



Did you know that letting kids [play freely outdoors](#), even if it involves a bit of risk, is super important for their growth and well-being? Learn about the benefits of exciting play that might seem a little risky, and how it can help kids develop better physically, mentally, and socially. Let's rethink how we see risks and explore how adventurous play can actually help kids stay healthier and happier in the long run. Join

Niagara  Region



us in creating a world where every child has the chance to thrive!

For more information on what it is meant by risky play, check out [Active For Life webpage](#).

Happy Oral Health Month!

Niagara Region Public Health Dental Program offers **FREE** dental clinics for children and youth 17 and under throughout Niagara.

Appointments are available for children in:

- Niagara Falls on Tuesdays
- Thorold on Mondays (afternoon and evening) and Wednesdays
- Welland on Thursdays



[Niagara's Mobile Dental Clinic](#) also travels around Niagara to various locations throughout the week.

All of our dental clinics offer free dental assessments, cleanings, fluoride and sealants. To book an appointment [contact the Dental Program](#) or [book a dental assessment online](#).



Educational Resources

Opportunities for Every Student with Play for All



To ensure a thriving intramural program, prioritize student safety and inclusivity. Tailor activities to student preferences, communicate goals clearly, and offer flexibility for participation. Cultivating student leadership is key for long-term success.

Explore ophea.net/play-all to discover additional resources, including planning tools and activity suggestions to enhance your students' physical activity throughout the day.

Student Mental Health Ontario: Wayfinder

Unlock the power of mental health promotion and literacy in your classroom with confidence and ease! [School Mental Health Ontario Wayfinder](#) provides a clear framework for mental health learning in the classroom. Empower your classroom with mental health promotion and literacy tools perfectly aligned with the Ontario curriculum, fostering an inclusive space for students to support each other's mental well-being.

Wayfinder provides:

- A digital guide of lessons and activities with easy-to-follow instructions
- Ready-to-use communication materials to foster home-school connections
- Regular email messages to offer you tips, support and new classroom resources