



UCDSB Mission:

"We prepare all students for a successful life."

UCDSB Vision:

"Futures, Leading and Learning for All."

Principal

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Kindergarten Registration

If your child will be 4 years old by December 31, 2023, register your child for Kindergarten on-line at:

https://www.ucdsb.on.ca/for_families/registration

or by scanning the QR code.



Valentine's Day

Students are welcome to share Valentine's Day cards with their classmates. For the younger students, we recommend only writing who it is from and leaving who it is going to blank. This makes it easier for students to hand out the cards.



Pre-packaged, individually wrapped, nut-free treats only, please.

Students are encouraged to wear red, white or pink.

**Report cards will be sent home on
February 16th**

Returning After Illness

If your child has gastral symptoms (vomiting, nausea, diarrhea), they must be 48 hours symptom free before returning to school. For other illnesses, students must be 24 hours after symptoms have improved and/or 24 hours fever free before they can return to school.



Upcoming in March



March Break.....	Mar. 13-17
School Council Meeting 6:00 pm	Mar. 21
Earth Hour	Mar. 25
Parent Council Stone Bench Fundraiser	Mar./Apr.

Black History Month

UCDSB schools make efforts throughout the year to celebrate the valuable contributions of all Canadians. The communities that we serve are more diverse than ever before and it is very important that all students, staff and families see themselves reflected in our schools and school curriculum.

February is Black History Month across Canada. Our students will be celebrating Black History Month in many different ways. Here are some things you can do at home:

- Read books, graphic novels and poetry by Black authors
- Learn the history of Black History Month (check out www.cbc.ca/kids)
- Watch the Heritage Minutes stories of Chloe Cooley, Jackie Shane and Richard Pierpoint on Historica Canada (www.historicacanada.ca/heritageminutes)

BACES: Steps to Positive Mental Health

Body

Taking good care of our physical body means we will be better able to cope with emotional problems. Take steps to get enough sleep, eat a healthy diet and stay active.

Achieve

Our brain gets a boost when we achieve things during the day. Plan realistic and achievable goals every day, such as those concerning work, chores and study.

Connect

When we're struggling with our mental health, we can withdraw and isolate ourselves. Connecting with others boosts the neurotransmitter oxytocin in your brain which improves mood and overall wellbeing. Plan to connect with other people every day, particularly with close friends and/or family, but also with the local community.

Enjoy

When our mood dips and we feel tired, or we withdraw and isolate ourselves, the first things we stop doing are the fun and enjoyable activities. Aim to spend time each day doing something you enjoy.

Step back

When we feel emotional it is difficult to think clearly and we sometimes react by doing things that are unhelpful. Take a moment to calm your mind and body before deciding how you will respond when under stress.

Carol, Vivyan (2015) *BACES: Steps to Positive Mental Health*, GetSelfHelp <https://www.getselfhelp.co.uk/media/e1pfgcie/baces.pdf>





February 2023



Sun	Mon	Tue	Wed	Thu	Fri	Sat
 BLACK HISTORY MONTH			1 PA Day (no school)	2 Pizza Day	3	4
5	6	7 School Council Meeting 6 pm	8 Grilled Cheese Day Feb./Mar. hot lunch and milk orders are due	9 Pizza Day	10	11
12 Legion Public Speaking Contest	13 New milk/food order starts	14 Happy Valentine's Day wear red. pink or white	15 Grilled Cheese Day	16 Pizza Day 	17	18
19	20 	21	22 Grilled Cheese Day 	23 Pizza Day	24	25
26	27	28				