Upper Canada District School Board rummond Central Buzz



JUNE NEWSLETTER

UCDSB Mission:

"We prepare all students for a successful life."

UCDSB Vision:

"Creating futures, leading and learning for all."

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Medication at School

Please stop by the school no later than June 30th to pick up any medication your child may have at the school. We cannot send medication home with students on the bus.

Outdoor Fun Day



We are planning a school-wide outdoor fun day for the afternoon of June 23rd and a rain date of June 26th. This day will involve water activities, so students should wear clothes they don't mind getting wet and/or pack some dry clothes to change in to.

EQAO Testing

EQAO testing for grades 3 and 6 will take place between May 30th and June 9th. We kindly ask that appointments are scheduled outside of these dates to ensure all grade 3 and grade 6 students are in attendance for testing.



Moving On Celebrations

We would like to invite the families of our grade 6 and Kindergarten students to the following respective events:

GR. 6 BEE-LEAVERS CELEBRATION

Fri., June 23rd at 10:30 am in the gym

KINDERGARTEN CELEBRATION

Mon., June 26th at 10:30 am in the gym

Please Send Water Bottles

With the heat upon us, it is very important to stay hydrated. This is a reminder to please send your child with a water bottle each day.

We have been taking an active role in caring for our environment, and we will no longer be providing paper cups.





E-Bits June 2023

Helmet Fitting Using the 2V1 Approach

By law, cyclists under the age of 18 must wear an approved bicycle helmet. For children age 16 and under, a parent or guardian must make sure they wear a helmet. Follow Parachute Canada's 2V1 approach to make sure a helmet fits right!

- The helmet should cover the top of the forehead and should rest about 2 fingers' width above the eyebrows.
- Side straps should fit snugly around each ear in a "V" shape.
- Buckles on the side strap should fit right under the ear. Buckle the chin strap. Tighten it until you can fit only 1 finger between the strap and your chin.
- Shake your head from side to side and from front to back. The helmet should not move around.
- Make sure to check the fit of the helmet every time.

Check out this helmet fitting video: **Brain Waves - Helmet fitting activity - YouTube**. For more information on helmets visit: **Helmets for bicycles, inline skating, scooter riding and skateboarding – Parachute (parachutecanada.org)**

How Do I Send in Immunization Records to the Health Unit?

There are 3 ways to send in this information:

Online submission tool

- Health Card not required, but is very helpful information.
- We require proof of immunization provided to you by a health care provider. We are not able to accept summaries from an immunization tracking app.

ICON Online Tool

- You will need a valid Ontario Health Card
- You will be able to see what records we already have on file at the Health Unit

Mail or drop off immunization records

• You can send to the Health Unit by mail, or drop it off at any Health Unit office location. For more information visit: Immunization Record Submissions - Leeds, Grenville and Lanark District Health Unit



Parachute Canada's 2V1



Brain Waves -Helmet fitting activity -YouTube



parachutecanada.org



Immunization Record Submissions - Leeds, Grenville and Lanark District Health Unit

Sun	Mon	Tue	Wed	Thu	Fri	Sat
PRIDE MONTH	NATIONAL IN HISTORY MO			Pizza day Wear your Colours	End of milk & hot lunch for this year	3
4	5	Gr.4-6 swimming Parent Council Mtg. 6 pm	7 Gr.4-6 swimming Parent Night @ PDCI 6 pm	8 Gr.4-6 swimming Wear your NEON Colours	9 Gr.4-6 swimming	10
11	Perth Family of Schools Track & Field Day @ PDCI	13 Gr.4-6 swimming	14 Gr.4-6 swimming	15 Gr.4-6 swimming	16 Gr.4-6 swimming	17
18 HAPPY FATHER'S DAY	19	20	21 Kindergarten Field Trip	22	23 Bee-Leaver Celebration 10:30 am Outdoor Fun Day (PM)	24
25	Kindergarten Celebration 10:30 am Report cards go home	27 USTDAY USCHOL	28	29	30	



