

# NFS LAKERS LEDGER

Nestor Falls School O'fishal News

December 2023

## From the Office

Happy December! November was a blur! And not because we had a lot of snow storms. Staff and students have been busy learning and participating in different field trips and events. Please continue to check SeeSaw and/or Facebook to see all the learning and celebrations happening at Nestor Falls School.

As we get more snow and the temperature drops with traditional December weather, please ensure your child/ren are dressed to be outside comfortably. Outdoor learning and breaks will continue unless the temperature is extreme. In the event that there is a snow day, please check the [RRDTSC webpage](#) to see what busses are running. The school will remain open in most cases. Remember, if you drive your child/ren to school, you are responsible for picking them up at the end of the day.

It really does take a village to raise a child. This African proverb says it all! Nestor Falls School Would like to extend our sincere appreciation to all the members of the school community who help kids in so many different ways A special thank you to the Nestor Falls Municipality for their seasonal support. Students will be receiving a special gift for the holidays.

Give the gift of time this year. Spending time together and building relationships is linked to mental health. This season consider spending time as a family away from a screen. Try cooking meals together, or having a family game night, or just enjoying the great outdoors with a walk, slide or skate.

I would like to take this opportunity to wish everyone a Happy Holiday and New Year. Have a safe and relaxing break!

Ms. Tolen

PS - The last day of school for 2023 is Friday, December 22 and the first day of school for 2024 is Monday, January 8.

## Winter Solstice

Winter Solstice, the shortest day of the year, is on Thursday, December 21. On this day we celebrate the promise of more daylight ahead because every day after winter solstice, the sunlight lasts a bit longer. Can you see the solstice? If you stand outside at noon and look at your shadow, it will be the longest you can cast the entire year! The sun at this time of year is so low on the horizon that it appears to rise and set in the same place. That is why the word solstice can be translated to "sun stands still" in Latin.

## EVERYTHING SEASONAL!!

### Christmas Carol & Craft Night

This festive event will take place at the Nestor Falls Community Hall on Tuesday, December 19, at 5:30 PM.

This year each class will provide a short presentation and then we will work on crafting a Christmas Village! The idea is that each family member completes a part of the village, either a tree or house. The NFS Council will provide a hot chocolate buffet to enjoy while you are creating.



### Privacy at Events

*Students that participate in extra-curricular activities or school events where the public is invited including graduations, school concerts, student awards, and sports or events that take place in public places such as field trips, and fairs, may be photographed by the media, school community or general public. This may result in photos or recordings being posted on social media sites.*

*The public, parents, and students are asked to practice good digital citizenship by being respectful of the privacy rights of anyone they may capture in their recording and not share them without the consent of the individual.*

## Bullying Awareness/Prevention Week - NO 20-24

A virtual assembly kicked-off the week which focused on the theme ONE KIND WORD. Bullying is a world-wide problem with a very easy solution - KINDNESS!

We reviewed the difference between bullying, a mean moment, conflict and teasing. Students watched the band Andy and the Odd Socks talk about bullying and explain why it happens. Bullies usually find something different or odd about a person to pick on. Students were challenged to wear their odd socks all week because odd is awesome! Then classrooms were given some challenges for the week.

Junior/Intermediate students attended a play with the same kindness theme - no matter how different or odd, everyone needs support. To finish up the week we met as a school Friday morning and read the story You Be You by Linda Kranz. Taking inspiration from the author's message and art, students created individualized fish which you will soon see swimming around the school.

### Challenge winners:

- **Odd Sock Class Photo** - Ms. Armstrong's Room
- **Colouring Contest** - Ms. Armstrong's Room

## You Be You

Check the story out by clicking the link!



We may all be different fish, but in this school we swim together!



## Home/School Communication

### Steps to Navigate a Question/Concern/Conflict

Issues are resolved best through direct communication with those closest to the point of the question, concern, or conflict. If you have an issue related to the classroom/program, please contact the classroom teacher. If it cannot be resolved at this level, then have a discussion with the school principal. If it still cannot be resolved with the school, senior administration and/or the director will get involved.

### Positive Messaging - Cheers, not Jeers!

If there is a disagreement, we encourage families to solve school related conflicts, disagreements and issues (jeers) with school staff rather than on social media.

Conflicts and disagreements are a natural part of any relationship. But when the school is blasted on social media, it affects the learning environment for all of us, even your child. We, as adults, are models for our children. It is important not only as a social skill but also for mental health reasons to work through conflict in a proactive manner.

Please help us create an awesome learning environment by working together this year through the good and the not so good.