



Thunderbird Flyer

Mine Centre School's monthly newsletter- **March 2023**

Principal's Message:

Boozhoo friends and family of Mine Centre School.

March break starts on the 11th, and spring is right around the corner! As the days grow longer, it may be increasingly difficult to get children to stick to bedtime routines. Please remember that students who get adequate sleep each night perform better academically, emotionally and behaviourally. Along with proper nutrition and daily exercise, sleep is one of the most important basic needs for kids. I hope you all enjoy a fantastic break, filled with family fun, community activities and beautiful weather. See you on the 20th!

Miigwetch, Jeff Carr

Important Dates:

March 1- Parent Teacher Interviews
March 7- Fluoride Treatments (NWHU)
March 9- Winter Carnival
March 10- Spring Ahead- **Move clocks ahead**
March 14-18- March Break- **No School**
March 17- St. Patrick's Day
March 23- Swimming Lessons

March 24- Star Thunderbird Assembly

HAPPY BIRTHDAY!

March 5 - Gavin
March 13 - Lennyn
March 22 - Silanah
March 27 - Jo



Swimming Lessons:

We are excited to say that swimming Lessons for Grade 1 & 2 students will start back up. This year the students will be going every ****Thursday****. We are very happy to be able to offer this program again. Please check your student's bag for schedules and consents.

Winter Carnival and Spirit Week

Monday 6- Wear all one colour

Tuesday 7- character day

Wednesday 8- Beach/Hawaiian Day

Thurs. 9- Decade Day

Friday 10- Anything but a Backpack Day

Mental Health Memo

Students Learn About and Support Mental Health

Students from across the Rainy River District School Board are volunteering to be Mental Health Champions within their schools. These students are passionate about mental health and well-being and are taking on a leadership role to promote mental health initiatives and a positive school climate.

Student champions are learning:

- the importance of having healthy habits to maintain their mental health
- what healthy strategies help support mental health and when to use them
- how to know when a friend or loved one might be having a mental health issue
- their role and how to care for themselves when helping others who might need mental health support
- when to seek help from a trusted adult
- to identify words that can cause stigma
- about actions they can take to reduce and prevent stigma around mental illness

Students deserve a say in their mental health learning and support. The champions are looking forward to engaging their peers with activities, events, posters, announcements, social media postings etc. to support student mental health and well-being!

Parents, caregivers, and families can learn more about mental health and mental illness here:

<https://www.youtube.com/watch?v=nlBucIF1g>

For more information, please contact the RRDSB Mental Health Leader: tracey.idle@rrdsb.com

Metis Nation Ontario:

A big thank you to Anne-Marie and Debbie of the Metis Nation of Ontario who came to the school on February 6th to present to the staff and students traditional jigging and spoon playing. All students enjoyed learning about the Metis culture and participating in the events.



Attendance:

Thank you to all parents/ guardians and caregivers for the hard work you have been doing to get our students to school. The attendance has been increasing. This is exciting for students as well as staff as being present is key in every student's education journey.

School Matters!



Reminder:

Supervision begins at 8:15. Please do not drop your students off earlier as there is no supervision until then.



Bussing:

We are in the deep of winter. You can keep up to date on Seine River and Nigigoonsiminikaaning bussing cancellations on the MCPS Elementary Transportation (Seine River & Nigigoonsiminikaaning) Facebook Page. All are encouraged to join.



We can't wait to see you for Kindergarten Registration Week 2023!

Your regional school boards have teamed up to offer families Kindergarten Registration Week, happening March 27 – March 31. During this special week, families can visit Open House events, tour schools, meet educators and learn about Kindergarten.

If your child was born in 2019, they can start school in September 2023.

Although schools accept new registrations anytime, Kindergarten Registration Week is a wonderful opportunity to learn more about your neighbourhood elementary schools, programs and to register for school in the fall.

Watch for more information in the next few weeks.