



Sunset Park Public School

October 2021 Newsletter



IMPORTANT DATES IN OCTOBER:

October 11

Thanksgiving Day: No
Classes for Students

October 13th/27th

Pizza Days (preorders
only)

October 31

Halloween (more details
to follow)

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Fall Greetings from Sunset Park!

We've had an excellent first month of school! We enjoyed our Terry Fox Walk on Friday, September 24th and raised over \$500 for the Terry Fox Foundation. Students are excited to be back using our beautiful Gymnasium for Physical Education classes, and we are looking forward to two Pizza Days in October.

After our school reorganization, some students are getting settled into their new classrooms. Thank you to all of our families for their support during this transition.

As always, please be sure to complete the Daily Screening with your child each day before they attend school:

[Covid Daily School Screening Tool](#)

We appreciate your support in keeping our students healthy and safe! We wish you all an enjoyable Thanksgiving holiday weekend.

Healthy School Reminders

- We are a **nut free school**. Please ensure all items sent to school are nut-free. Foods labelled "may contain nut products" will not be permitted.
- The NNDSB does not allow the use of peanut butter substitutes such as Wow Butter or School Safe Soy Butter. Although both of these are made with soy nuts, they have the look, smell, and taste of peanut butter and it is impossible for staff to tell the difference. In order to ensure the safety of all, please be advised that **peanut butter substitutes of any kind are not allowed at school**.
- We are a **scent-free school**.

Lockdown Procedures

Over the next few weeks our students will take part in a “Lockdown” practice drill, as required by our NNDSB Administration Guidelines. The process will be explained to students, and the practice will take no more than 10 minutes to complete. In a Lockdown Drill, blinds and curtains are closed and the lights are turned out. Students sit quietly on the floor, away from windows and doors. Students will remain in their classrooms until the “all safe” announcement is made by the principal. This year we have adjusted our lockdown practice to ensure physical distancing. Students may be asked to sit beside their desks instead of gathering together and will be reminded to keep their masks on.

Please call the school if you have any questions about this safety drill. In an emergency evacuation, our alternate sites are Kerr Park (adjacent to our school site) and Gymtrix (located on Ferris Drive).

Helpful Resource from School Mental Health Ontario

The level of digital technology use during the pandemic has significantly increased for most people, including our children. In addition to online learning, digital technology has helped us to stay connected with family and friends and to engage in some recreational activities. Understandably, parents and caregivers have tended to relax family rules around screen time due to the limited options for face-to-face interaction and outdoor activities. Unfortunately, for some students the tremendous increase in use has had a negative impact on their mental health and well-being. Some students may be experiencing problems related to or worsened by their use of digital technology.

This resource from School Mental Health Ontario (SMHO) is intended to assist parents and caregivers in navigating their child’s use of digital technology as they return to school this year. It is important to identify and address problems early in the school year before problems get too big.

[Info sheet: Helping Your Child Manage Digital Technology](#)

Please email Mme Hyatt at Tammy.Hyatt@nearnorthschools.ca if you are interested in joining our School Advisory Council.

Happy World Custodian Day on October 2nd to our amazing Sunset custodians Shawn, Mark, Claudette, and Charles. We are so appreciative of the work you do!



Our whole school is participating in the Zones of Regulation curriculum. This month we would like to share a little bit about the program with you!

What is “The Zones of Regulation” Program?

The Zones of Regulation® is a way of teaching self-regulation developed by Leah Kuypers. Regulation is sometimes called: self-control, self-management, or impulse control.

How does an awareness of our energy and emotions affect our ability to self-regulate?

We focus on the state of alertness of both the body and emotions in specific situations. For example, when a student plays on the playground or in a competitive game, it is beneficial to have a higher state of alertness (level of energy). However, that same energy would not be appropriate in the library. The lessons and learning activities are designed to help the students recognize when they are in the different zones as well as learn how to use strategies (tools) to change or stay in the zone they are in.

What will students learn?

- a vocabulary of emotional terms
- the importance in reading facial expressions and body language
- perspective about how others see and react to their behaviour
- insight into events that trigger their behaviour
- calming and alerting strategies
- problem solving skills

How can I support my child?

Use the language and talk about the concepts of The Zones as they apply to you in a variety of environments. Make comments aloud so your child understands it is natural that we all experience the different zones and use strategies to control (or regulate) ourselves. For example, “This is really frustrating me and making me go into the Yellow Zone. I need to use a tool to calm down. I will take some deep breaths.”