

NFS LAKERS LEDGER

Nestor Falls School O'Fisnal News

April 2024

From the Office

The weather is getting warmer and the days are getting longer as we transition into spring and the growing season. NFS students have already shown a substantial amount of growth this year! We encourage everyone to stay focused for the next three months as there is still a lot of learning left.

This month we recognize International Day of Pink and Earth Day. International Day of Pink will be celebrated on April 10 with an assembly and art activity. Earth Day is April 22... and every day! This year marks the 54th anniversary of the very first Earth Day observed in 1970! The Media Campaign this year is "Earth Day is Leg Day!" It is a reminder that the best thing you can do for the planet and yourself is skip the car, not leg day. The goal is to encourage people, municipalities, and organizations to try different modes of transportation and adopt new eco-friendly habits like ride-sharing if walking is not an option. [Earth Day website](#)

In other news, the Nestor Falls School building project is moving along. The Board has received site layouts and floor plan options to review. We have looked at the rough site plans and provided feedback to the architect. Once the configuration of the building on the property is determined, we will work on finalizing the facility master plan. The goal is to share all this exciting work with the school community by the end of the school year.

PS

We are happy to welcome Shaelyn Jordan as the new NSL teacher at NFS! She started at the beginning of March. Jason Jones is on leave until late spring.

Ms. Tolen



World Down Syndrome Awareness Day - MR 21

NFS rocked their socks on March 21! Why socks? Chromosomes are shaped like socks and people with Down syndrome have an extra chromosome. Students enjoyed the book **Up and Adam** as they learned more about Down syndrome. Way to go NFS!

Connected North Sessions

Connected North is a learning resource that we can access through the RRDSB that delivers a variety of programs using a technology platform. Live interactive video sessions connect students with experts and venues to enhance curriculum. Some of the sessions NFS students have participated in include coding sessions, art workshops, and more!

EQAO Parent Webinar - AP 3

If you are the parent of a Grade 3 and/or Grade 6 student, and have questions about EQAO, think about joining the live EQAO Webinar for Parents and Guardians, on April 3 @ 11:00 AM. Participants will learn about the purpose and format of the assessments, plus have an opportunity to ask questions. Register [here!](#)

KidsHelpPhone.ca
1 800 668 6868

Kids Help Phone

International Day of Pink (April 10)

The International Day of Pink was started in Nova Scotia, Canada, when two straight high school students saw a gay student being bullied because he was wearing a pink shirt. The two students intervened at the moment, but they also wanted to do more to prevent homophobic and transphobic bullying in their school.

In a stroke of creative genius, these two young men decided to purchase pink shirts and wear them. Not only that, but a few days later they also got almost everyone else at their school to arrive wearing pink, standing in solidarity for anti-bullying. The result was that an entire school took a stand and began working together to prevent bullying of any type, particularly related to homophobia and transphobia.

The International Day of Pink campaign has continued to grow. It is now an international anti-bullying campaign that thrives in schools, workplaces, and communities. The International Day of Pink and the conversations, awareness, and acceptance that stem from it are making a real difference in the lives of queer and trans youth. So this is just the day to wear pink, spark some conversations, and inspire acceptance. (From Days of the Year webpage)

Get ready to celebrate **International Day of Pink!**

NFS & Colours of Kindness

NFS is going to take this opportunity to continue building inclusion and encourage kindness. Students are asked to wear as much pink as possible on **Wednesday, April 10**. If you do not have any pink clothing to wear, do not worry! Every student will receive a pink Tyvek bracelet with the message - PINK Day, Colour of Kindness.

There will be an assembly to review the difference between bullying, a mean moment, teasing and conflict. To go with the kindness messaging we started in the fall, we will read a story called **The Crayon Box that Talked**. This is a simple story that celebrates harmony through diversity. Just like crayons, every child is different and has a special way of contributing to the greater picture. When we work together, are inclusive, the results are much more “dazzling”.

To put it all together, students will use colours to create a special piece of art that will remind us that even though we are all different, we all belong. We are going to get inspired by Sandra Silberzweig, a Canadian artist with synesthesia, and use her style to create Silberzweig Selfies. Stay tuned for some great masterpieces!

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| <p>TEASING</p> <ul style="list-style-type: none"> · Everyone is having fun · No one is getting hurt · Everyone participating | <p>CONFLICT</p> <ul style="list-style-type: none"> · No one is having fun · A possible solution exists · Equal balance of power |
| <p>MEAN MOMENT</p> <ul style="list-style-type: none"> · Purposely hurting someone · Reaction to strong feeling or emotion, happens once | <p>BULLYING</p> <ul style="list-style-type: none"> · Purposely hurting someone · Repetitive (over/over) · Imbalance of power |

Upcoming & Ongoing

Solar Eclipse - AP 8

A total eclipse of the sun visible from Southern Ontario to Newfoundland and Labrador is set to occur on April 8, 2024. The rest of Canada, including our region, will experience only a partial eclipse. However, even a partial eclipse can be dangerous for unprotected eyes.

The solar eclipse event will occur between 1:00pm – 3:10pm (CST) on April 8th, with maximum coverage of the sun occurring at approximately 2:00pm. School will remain in session during the partial eclipse, but we will adjust breaks accordingly to ensure our students' safety.

We plan to take full advantage of the great learning opportunities this historic and rare celestial occurrence brings. Please check out the Northwestern Health Unit's resource on how to safely enjoy a solar eclipse:

[NWHU Eclipse Safety Tips](#)



[NFS Bullying Intervention & Prevention Plan 2023/24](#)

Check out our plan and school specific goals to support bullying prevention at NFS.



 **thoughtexchange** 

2024-2025 School Budget - Share your thoughts!



To join the conversation, please scan the code or visit:
<https://tejoin.com/scroll/335670491>
 The exchange will be open until April 5, 2024.