



## Eagle's View Newsletter

January 31, 2025

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### Dental Screening:

**Mireille Ladouceur** a registered dental hygienist (RDH) with Ottawa Public Health will provide a dental screening on **February 25 & 26, 2025** for students in **JK, SK, Grade 2 & 4 and some follow-ups as needed**. If your child's grade is not selected, but you wish for the dental hygienist to see them, please advise the school.

The dental screening is a no-touch technique: the RDH uses a disposable tongue depressor to look at your child's mouth. This short visual assessment helps identify the need for dental care (infection, tooth decay, broken teeth or more). Appropriate measures are in place to limit the spread of illnesses, including hand hygiene and personal protective equipment for the RDH. Afterwards, your child will be given a report to take home which will explain the results of the dental screening. Some students may need follow-up dental screenings as needed. **Some families may be eligible for free dental care. THE SCREENING DOES NOT REPLACE REGULAR DENTAL VISITS WITH YOUR FAMILY DENTIST.**

This dental screening is offered in accordance with the *Ontario Public Health Standards, Oral Health Protocol 2021* from the Ontario Ministry of Health. Personal health information collected during the screening will be used for the purposes of delivering, administering, and managing screening services and for statistical purposes provided under Sections 5 and 7 of the *Health Protection and Promotion Act* (as amended) and the *Ontario Public Health Standards* (2018). Information may be used and shared among Ottawa Public Health authorized employees only in the provision of dental services. Questions concerning the dental screening, how to exclude your child from the dental screening for this school year, the collection and use of this information should be directed to the Supervisor of Dental Health Promotion, Ottawa Public Health, 400-1580 Merivale Rd., Ottawa, ON, tel.: 613-580-2424, ext 26376

### Lost and Found – Check for Missing Items!

Has your child misplaced a clothing item? Our Lost and Found, located at the main entrance, is overflowing with shoes, hats, mittens, jackets, sweaters, and more. Please take a moment to check for any missing belongings—your child's lost item might be waiting to be claimed!



[CSPA](#)

[OSTA](#)

[EarlyON Centre](#)

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### Parish Links

[St. Elizabeth](#)  
613-725-2242

## **Supporting Mental Health, Well Being and Learning:**



**School Mental Health  
Ontario By Your Side**

Parent/caregiver resources to  
support mental health learning  
and well-being for every family

Our team at [School Mental Health Ontario](#) is excited to share that we have launched [By Your Side – parent/caregiver resources to support mental health learning and well-being for every family](#).

We know that parents and caregivers want their children to be physically and mentally healthy, and already have many effective tools and strategies in place.

**By Your Side** recognizes the expertise of parents and caregivers and offers resources to support learning and strengthen mental health and well-being in every family.

The new [Parent/ Caregiver Learning Hub](#), is an online resource centre designed to meet the diverse needs of Ontario's families. Resources and supports were created in collaboration with parents/caregivers, school mental health professionals from Ontario school boards and SMH-ON. These resources have been made available in multiple formats—including web content, PDFs, videos and webinars (coming soon).

The [By Your Side Parent/Caregiver Learning Hub](#) ensures all families can access information and strategies that promote mental health and well-being at home.

### **Key topics in the Parent/Caregiver Learning Hub include:**

- understanding mental health
- promoting mental health at home
- supporting mental health at school
- stress and anxiety management
- substance use prevention
- navigating digital technology use
- reaching out for help

These resources aim to support mental health and well-being by providing accessible, research-informed, culturally responsive supports tailored to a wide-range of learning preferences. Further resources will be added over time, in response to parent identified needs

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### **Candygrams:**

Dear Generous and Supportive St. Elizabeth Family,

The Grade Six Team is raising money for their year-end trip. We will sell "Candy Grams" for Friendship Month (February). The "Candy Grams" will be a small treat with a special message for a friend. Students will be able to purchase the Candy Grams in their homerooms, the week of **February 3rd - 7th. Candy Grams are \$2.** "Candy Grams" will then be



packaged and delivered on Friday, February 14th by the Grade Six Team.

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### **Attendance:**

This is the time of year when winter weather takes a toll on school attendance. Snow and rain can make it hard to get your children to school. So can illnesses such as colds, flu, fevers, earaches and Covid-19. These absences, even if they are excused, break the routine of daily attendance that contributes to students feeling connected and engaged in learning.

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### **Kindergarten Registration is Open!**

Exciting news! Kindergarten registration has officially begun at St. Elizabeth School for September 2025. Join our vibrant school community and give your child a strong start on their educational journey. **Register early to take full advantage of programs like the Supported School Readiness Program**, which offers home visits and transition support during the first weeks of school. Don't miss our **Kindergarten Open House on March 4th**—an opportunity to meet our caring Kindergarten team and explore the classroom.

[Visit our school website](#) to **register** and learn more about transportation, childcare, and health requirements. We can't wait to welcome you and your little one to the St. Elizabeth family!

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### **Winter Clothing Reminder:**

**It is important to send your child to school dressed for the season.** When possible, we encourage outdoor learning, even in the winter! All students need warm winter clothing for outdoor play and learning, including **snowpants, a jacket, boots, mittens/gloves, and a hat**. We also recommend sending extra **socks** to keep your child comfortable throughout the day.



To help avoid lost items, please **label all clothing** with your child's name.

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### **Safety around the school at bell times:**

Keeping every one of our students safe on their journey to and from school everyday is a priority for everyone in our community. Prioritizing convenience, disobeying signage and poor road user habits have the potential to increase congestion and safety risks around the school.

We encourage all families to take a moment to watch this short School Zone Safety PSA created by our crossing guard provider – the Ottawa Safety Council (OSC) - and share it with others.

The video offers simple yet important tips for drivers, parents, students and pedestrians to help make school zones safer for everyone, including:

- Reducing speed and staying alert in school zones.
- Respecting crossing guards and marked crosswalks.
- Avoiding distractions, especially while walking, driving or crossing the street.
- Respecting the speed limits and no parking/stopping signs.

Check out the video here: <https://youtu.be/VRTVHliAttU>

### **Parking Zones for Drop Off & Pick Up:**



### **Lunchbox — a new addition to School Cash Online:**

**LUNCHBOX**  
by SchoolCashOnline

**Missing Pizza Days?**  
**We still have them and more!**

**LUNCHES  
MADE EASIER**

Sign up for Lunchbox by SchoolCash Online to order lunches for your children

**ORDER NOW**

- log onto School Cash on Line
- Look for the Lunchbox logo (same as above)
- Click "Order Now"
- Select the days you want to order food
- Orders need to be in on Sunday by Noon!

Lunchbox Order Guide for Families: [PDF Lunchbox How-to-Order-Guide.pdf](#)



## Alexander Community Centre:

ALEXANDER COMMUNITY CENTER PRESENTS

# PICKLEBALL DROP IN

**MONDAYS STARTING JANUARY 27 2025**

1-HOUR TIME SLOTS  
FROM 9:30AM - 1:15PM

RESERVE YOUR SPOT ONLINE  
--> [WWW.OTTAWA.CA/RECREATION](http://WWW.OTTAWA.CA/RECREATION)  
--> SEARCH: ALEXANDER COMMUNITY CENTRE  
--> SELECT: DROP IN SCHEDULE - RACQUET SPORTS  
--> SELECT: RESERVE A SPOT AT ALEXANDER COMMUNITY CENTRE

**\*\*RESERVE YOUR SPACE AS OF 6PM TWO DAYS IN ADVANCE\*\***  
**\*\*NO SESSION ON SATURDAY HOLIDAYS\*\***

**SPACE IS LIMITED!**

REGISTER EARLY - SPACE IS LIMITED

**\$4.96  
PER PERSON**

**ALEXANDER C.C.  
(613)798-8978**

FOR MORE INFORMATION:  
[ACC@OTTAWA.CA](mailto:ACC@OTTAWA.CA)  
960 SILVER ST OTTAWA



## River Ward Movie Night:

Councillor Brockington, along with the W.E Gowling's parent council, will be hosting their annual movie night.

**DOORS  
OPEN AT  
6PM**

**BRING  
YOUR  
BLANKET  
YOGA  
MAT**

**AND  
COMFY  
CLOTHES**



## RIVER WARD MOVIE NIGHT

PRESENTED BY:  
Carlington  
Community  
Association



**FRIDAY FEBRUARY 7**



**ALEXANDER COMMUNITY CENTRE**  
**960 SILVER ST**

[RILEYBROCKINGTON.CA](http://RILEYBROCKINGTON.CA) / 613-580-2486 / [RILEY.BROCKINGTON@OTTAWA.CA](mailto:RILEY.BROCKINGTON@OTTAWA.CA)










**SHOW  
STARTS  
AT  
6:30PM**

**A FREE  
HOTDOG,  
POPCORN  
AND  
JUICE**

**BOX FOR  
EVERY  
GUEST!**



### Important Dates at a Glance:

<b>Month of February</b>	The month of February is dedicated to the Holy Family AND is <a href="#">Black History Month</a>
<b>Feb. 2</b>	World Hijab Day
<b>Feb. 4-7</b>	<a href="#">Ottawa Safety Council WalkSafe Presentations (K-6)</a>
<b>Feb. 4</b>	 Pizza Day
<b>Feb. 5</b>	 Subway Day; <a href="#">Grade 6 Program Night at Notre Dame High School</a> ; <a href="#">Winter Walk Day</a> ; <a href="#">World Read Aloud Day</a>
<b>Feb. 6</b>	<a href="#">National Sweater Day</a> ; Parent Information Evening about <b>FSL Pathways</b> at Lester B. Pearson HighSchool at 6:30pm— <a href="#">register here</a>
<b>Feb. 11</b>	 Pizza Day; <a href="#">International Day of Women and Girls in Science</a> ; <b>Boys Handball Tournament</b>
<b>Feb. 12</b>	 Subway Day
<b>Feb. 13</b>	Term One Report Cards (Grades 1-6) and First Communication of Learning (Kindergarten) posted to the Parent Portal
<b>Feb. 14</b>	Valentine's Day/The Feast of St. Valentine; <a href="#">Have a Heart Day</a>
<b>Feb. 15</b>	<a href="#">National Flag of Canada Day</a>
<b>Feb. 17-20</b>	Kindness Week
<b>Feb. 17</b>	<a href="#">Family Day</a> (No School)
<b>Feb. 18</b>	 Pizza Day
<b>Feb. 19</b>	 Subway Day
<b>Feb. 20</b>	<a href="#">Ottawa Police Hoopstars (Gr. 5 &amp; 6) Workshop</a>
<b>Feb. 25</b>	 Pizza Day; <b>Dental Screening</b>
<b>Feb. 26</b>	 Subway Day;  <a href="#">Pink Shirt Day</a> ; <b>Dental Screening</b>
<b>Feb. 27</b>	<b>Provincial Election Day</b>

### St. Elizabeth Church Updates



## St. Elizabeth Roman Catholic Parish

### Sacramental Updates from St. Elizabeth Church:

It's time to register for Sacramental Preparation! **If your child is in Grade 2**, is a baptized Catholic, and you'd like to register for the **Sacraments of First**

**Reconciliation and First Holy Communion**, sign up [here](#).

**If your child is in Grade 6**, is a baptized Catholic who has already received the Sacraments of First Reconciliation and First Holy Communion, and you'd like to register them for the **Sacrament of Confirmation**, sign up [here](#).

For any students preparing for the Sacraments (Sacrament of Reconciliation, Sacrament of First Holy Communion, and for the Sacrament of Confirmation) this year, please note the following:

- the student must be Roman Catholic
- Parents must send in a copy of the student's Baptismal Certificate to [maria.stafrace@ocsb.ca](mailto:maria.stafrace@ocsb.ca)
- Students must know by heart the following three prayers:
  - The Our Father, The Hail Mary, The Glory Be

**Join us on Sundays for the Children's Liturgy at the 10:30am Mass.  
All are welcome!**



**St. Elizabeth School**  
1366 Coldrey Avenue  
Ottawa, Ontario K1Z 7P5

Phone: 613-728-4744  
Email: [Elizabeth@ocsb.ca](mailto:Elizabeth@ocsb.ca)  
Website: [sel.ocsb.ca](http://sel.ocsb.ca)  
Twitter: [@StElizabethOCSB](https://twitter.com/StElizabethOCSB)

