

Week of February 20 - 24, 2023

Hello KOTR Families,

February Food Drive

Tuesday, February 28th is the last day to donate non-perishable items for our February Food Drive to support the North Gower and Area Outreach Food Bank.

Thank you for all the donations that have come in already - but we have room for more!

Toonie Tuesday

We will be **collecting toonies** for the Education Foundation on Tuesday, February 28th - the last day of our food drive. To celebrate, we are inviting staff and students to “dress in twos” (or threes, or fours...) or to wear their KOTR Family shirts to show their Coyote spirit on the 28th (and bring their toonies!).

Identity-Based Student Support Virtual Meetings

Our Equity Department runs several weekly Google hangouts for students in our District who belong to various identity groups. Each group is moderated by adult staff who also identify as members of an identity group. If your child wishes to join, please contact the principal, Erin Paynter, at erin.paynter@ocdsb.ca for the information. Students will need to join using their school-assigned gmail address.

Indigenous Sharing Circles:	Tuesdays	1:00-2:30
GSA Leadership Group (Gr. 7 -12):	Tuesdays	4:30-5:30
Gender Joy (Gr. 7 -12):	Wednesdays	4:30-5:30
Elementary Rainbow Group (Gr. 1-6):	Thursdays	4:00-5:00
Black Excellence Club (Gr. 7 -12):	Thursday	4:00-5:00

Supporting Youth Mental Health

This week, OPH released data about growing youth mental health issues in our community. We all understand the importance of mental health, but it can be difficult to know when children and youth need help and how we can best support them. Here are a few resources that can help in recognizing and responding to their children’s mental health needs:

- [How do you know if you should be concerned about your child/teen’s mental health and well-being?](#)
- [Noticing Mental Health Concerns for Your Child](#)
- Webinar Recording: [Supporting Your Child's Mental Health and Wellbeing](#)
- [Community Mental Health Resources](#)

Rural Ottawa Youth Mental Health Collective

Rural Ottawa youth face unique barriers accessing mental health support. It is the Rural Ottawa Youth Mental Health Collective's goal is to help rural Ottawa youth feel supported if they need mental health help and to provide information so youth know where to go for support. [The Rural Ottawa Youth's webpage](#) has information on [help and resources in the area that youth live](#), [crisis support](#), [knowing when to get help](#), [mental health of rural Ottawa youth](#), etc. They have mental health supports specifically for rural Ottawa youth in the [Rideau – Jock Ward](#).

Child Dental Care

Ottawa Public Health provides free dental screenings in 225 elementary schools in Ottawa. If your children missed the school dental screening or if their class was not selected, they can have a free dental screening at alternative locations.

Your child may be eligible for FREE dental care under the Healthy Smiles Ontario (HSO) Program.

Please see below for more information.

PDF

OCDSB Parent/Caregiver School Climate Survey

We would like to hear your voice as part of the upcoming school climate survey!

In March 2023, we will be conducting the OCDSB Parent/Caregiver School Climate Survey. This is a **voluntary** and **anonymous** online survey for parents, guardians, and caregivers of students in Kindergarten to Grade 12. The purpose of the survey is to give parents, guardians and caregivers an opportunity to provide feedback about their family's and their child's experiences with the school.

To find out more information, please visit our [FAQ page](#) or contact schoolclimatesurvey@ocdsb.ca.

The above message has been translated in various languages:

[Arabic](#)

[French](#)

[Inuktitut](#)

[Pashto](#)

[Russian](#)

[Simplified Chinese](#)

[Somali](#)

[Spanish](#)
[Traditional Chinese](#)
[Turkish](#)
[Urdu](#)

Dates to Remember:

- Tuesday, February 28 - KOTR Toonie Tuesday & Spirit Day (Dress in “twos” or threes, etc./KOTR clothing day); last day for Food Drive
- Monday, March 1 - Term 2 IEPs go home
- Monday, March 6 - Magha Puja Day

Please don't hesitate to reach out to us with any questions or concerns, or to share feedback.

Take good care,

Erin Paynter (she/her)
Principal

Lara Currie
Vice-Principal