

Oakville School

April 2023



Greetings from OVS

We hope that everyone had a safe, peaceful and enjoyable spring break and are ready for the last stretch before the end of this school year. Your child's **attendance** will be critical for them to continue to learn as much as they can in the last term, to help them engage in important learning outcomes and to prepare them for their next grade level. *Did you know that a cause of absenteeism may be how a child uses technology at home?*

When students stay up too late on their devices or stay on their devices for too long they may be too ill or tired to come to school or function at school at their best (**this happens much more than some people may think**). The negative effects of online drama and cyberbullying also have negative affects on attendance (**this also happens much more than people may think**).



So what can you do at home to help with attendance concerns that may be related to device usage?

- **Establish clear rules regarding technology (i.e. cell phones, tablets, video game consoles etc.) in your home. Set time limits and behavior expectations.**

- **No tech one hour before bed.** (studies have proven that the "blue" light" from devices interfere with natural sleep cycles and delay sleep).
- **Limit tech use during weekdays, weekends and holidays.** For example 2 hours a day on weekends and holidays and even less during a school night.
- **No tech in bedrooms.**
 - studies have shown that devices in bedrooms are linked to sleep problems, increased risk for sexting, conflict and cyberbullying that puts a child at risk for hurtful and predatory behavior.
 - Unsupervised, night tech use is a prime opportunity for risk of cyberbullying and predatory behavior. Limiting device access helps ensure that a child is not being constantly bombarded with or delivering negative, harmful messages.
- **Suggestion:** establish the parent's bedroom as the "house charging station" so at night all devices are charged in that location, thus reducing the opportunity for bedroom device use by children, especially at night.

Source: Tackling School Challenges (Sprick, 2019)

Social Media Awareness Night



Wednesday, April 26
6:00-8:00 PM
Oakville School

Door Prizes
for those in
attendance

For Parents & Caregivers of
Portage la Prairie School Division

Presented by:

Constable Robert Arvai
RCMP School Liason

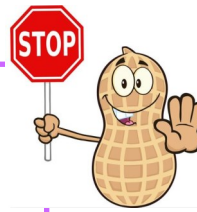


Topics will include:

- safety on various social media apps
- risky online behavior/issues related to social media
- the consequences/emotional impact of using social media
- criminal aspects of social media and online bullying
- strategies/resources to support mental health or social media concerns



UPCOMING DATES



OVS is a nut safe school—please do not send nuts or food items that may have nut products to school

April 6—Manitoba Theatre for Young People visit

April 7—Good Friday—no classes

April 10—Pre-school party

April 11—Jets Town Takeover

April 14—Wear Pink Day/School Assembly

April 20—5:00-8:00

Student Led Conferences

April 21—10:00-12:30 Student Led conferences—no classes

April 24—K-12 PD Day-no classes

April 26—Social Media Awareness Evening 6-8 pm

May 1—Talent Show

May 16—Pre-School Party

May 22- Victoria Day-no classes

May 24—Grade 5/6 track meet

May 26—Grade 7/8 track meet

June 2—Pre-School Party

June 7—Divisional Track meet for grade 5-8

June 13—Grade 8's to PCI (AM)

June 14—Band concert at LVS @ 7:00

June 22—K-4 Skittles Tabloid Day (AM)

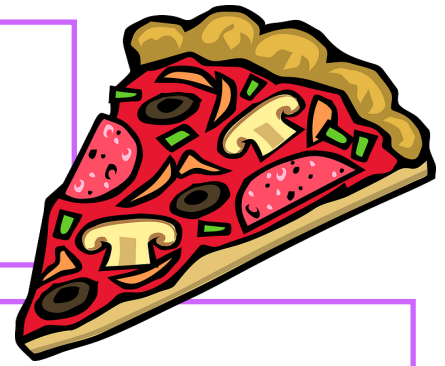
June 30—Last day of classes—AM—noon dismissal

Pink Shirt Day

OVS will be acknowledging Pink Shirt Day on April 14th with activities, lessons, and a wrap up during the assembly at 2:15pm. Students are welcome to wear pink in the form of clothing and/or accessories in support of the anti-bullying message "Be Kind".



PIZZA LUNCH



Just a reminder to students to please hand in pizza orders on time. They are due at 9:00 am on the deadline day. Unfortunately late orders will be returned to the students and refunded. Thank you for your understanding. Our next pizza lunch day is planned for April 12.

Parents, just a friendly reminder to make sure to send cutlery in your child's lunch if required. A reusable set that stays in the bag is a good option.



Just a friendly reminder for students to bring a reusable water bottle to school as the office is no longer handing out disposable cups.

Calling all performers!

We will be having a Talent Show on May 1st as part of our Music Monday celebration. Any student (or group of students) wanting to sing or play a song; to perform a skit or a dance; or do a short artistic/athletic/magical number may audition to be part of the show. Numbers must be stage-ready at audition time. Since we have such talented artists at Oakville School, students will be limited to a maximum of one act. Auditions will take place in April during lunch recesses. Students need to get a permission letter from Ms. Metzloff and have it signed by a parent before auditioning. A finalized performance list will go up April 27th.



From the Band Room

The final divisional band concert of the year will be held at La Verendrye School on June 14th at 7p.m.

The grade 7 band field trip to see the Winnipeg symphony is on May 12th. All permission forms need to be in asap. Parents can also give email permission if they choose at teph.clink@plpsd.net



Oakville School Preschool Party Monday April 10, 2023

2:30pm in the
OVS Resource Room

to register:
204-267-2733
alana.jack@plpsd.net

Preschool Parties!

Join us as we read, play, and get ready for
Kindergarten! For children ages 3-5.

École Crescentview School

January 16; February 9;
March 20; April 25

To register: 204-857-3475 or
jamie.blyth@plpsd.net

12:30 - 1:30
pm &
2:00 - 3:00
pm

Fort la Reine School

January 23; February 16;
March 9; April 18;
May 25

To register: 204-857-7687 or
arielle.humphrey@plpsd.net

2:30 -
3:30 pm

La Verendrye School

January 26; February 23;
March 22; April 19; May 17

To register: 204-857-3478

2:30 -
3:30 pm

North Memorial School

January 20; February 24;
March 10 & 24; April 14 & 28;
May 12 & 26; June 9 & 23

To register: 204-857-4564 or
hema.harrysingh@plpsd.net

11:30 am -
12:30 pm

Oakville School

January 19; February 24;
April 10; May 16; June 2

To register: 204-267-2733 or
alana.jack@plpsd.net

2:30 -
3:30 pm

Yellowquill School

January 20; February 27;
March 16; April 19; May 1

To register: 204-857-8714 or
alana.jack@plpsd.net

2:30 -
3:30 pm

Children must be
accompanied by
a parent / adult.

Family Resource Centre

January 12; February 13; March 4;
April 17; May 11

To register: frcportage.ca
204-595-5005

Check
calendar
for times