



OTTAWA-CARLETON
DISTRICT SCHOOL BOARD

Henry Larsen Elementary School

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“Through Caring and Sharing We Learn”

Here are the School Messenger emails that we have sent to families during the month of March, 2021:

19 March 2021

Greetings Henry Larsen Families,

Spirit Week:

What a fun week! We saw team colours, pjs, kahoots, and today a remote dance party broadcasted into classrooms!! Henry Larsen has spirit! We are also wearing our school colours every Friday. If you don't have school spirit wear don't worry you can wear grey or burgundy that day if you want to participate.

Moving into Red and Working with Ottawa Public Health:

We know this week also presented with some concerning news for our community as we moved into the red zone here in Ottawa and had positive cases here at Henry Larsen. We understand all of this is stressful and we have been living with the realities of COVID for over a year now for all of us. Please know that we continue to work closely with OPH. If you have any questions or concerns please contact OPH at 613-580-6744 ext. 74224. Press 1 for English, then press 1 because you know the extension number, then enter the extension number (74224). If you have a reference number from OPH, please have it ready along with a contact phone number. Leave a message and you will receive a call back within 24 hours. Our school Public Health Nurse will be notified of your call as well.

Friendly Reminder:

When family members are dropping off and picking up students, **please wear a mask** when approaching the school yard.

Thank you:

Thank you everyone for your continued support of [daily screening](#) of your child before they come to school and quickly picking your child up if we have to call. We know mornings are busy and we understand getting a call for pick up mid-day is not ideal for anyone.

Thank you again so much for your support!

We also want to take this opportunity to say thank you to the fantastic team of nurses at Ottawa Public Health and our wonderful team of hardworking educational, office and custodial staff at the school here at the school who help us everyday to keep your children safe at school.

School Resource Officer Presentations:

This past month we have had our School Resource Officer, Constable Alan Porteous, present in person Cyberbullying seminars for our grades 5-8 students. He conducts a Kahoot first to get an idea of where/what platform/social media site students are experiencing cyberbullying and then discusses safety, responsibility and privacy while using these online platforms. He finds that most students are using TikTok, Instagram and Snapchat these days.

School Mental Health Ontario has compiled tipsheets and ready-to-use resources into a [Mental Health Action Kit](#).

Support student mental health through explicit skill development. Virtual lesson plans for K to 12 developed by School Mental Health Ontario in partnership with OPHEA. Here are all five versions, including Early Years, Primary, Junior, Intermediate and Secondary. [Virtual Field Trip - Breathing Strategies](#).

Human Rights Policy Consultation:

In March 2020 the OCDSB established the [Office of the Human Rights and Equity Advisor](#) to oversee the investigation and resolution of human rights complaints and to identify and remove barriers that result in systemic discrimination.

In December 2020 the Board of Trustees approved a [consultation plan](#) for the development of a human rights policy for the OCDSB. The human rights policy will set out rights and responsibilities for students, staff, families and community members and create a human rights complaints mechanism.

The consultation is underway! Over the next few weeks there will be several opportunities for staff, students and families to participate in the process.

Here is some additional information:

- link to the [Human Rights Video](#) promoting participation in the consultation
- link to the [Human Rights Policy Consultation Page](#). Watch this page for upcoming dates for small group discussions and forums for students, parents/guardians and community members. We will be holding some discussions in Arabic, Somali, Chinese, Nepali and ASL.
- link to [On-line Survey](#) for students in grades 7-12, parents/guardians and community members (available in English as well as Arabic, Chinese (Simplified), Somali, French and Urdu).
- link to [Narrated Presentation](#) providing basic information about human rights, discrimination, harassment and accommodation and how to participate in the process.

Autism Awareness Month 2021: Virtual Speaker Series

April 2 is World Autism Awareness Day. Please see the information on the [OCDSB website for the three Speaker Series events at 7:00 pm on April 1, 8, and 22](#).

We hope that you and your family have a restful weekend, and enjoy some of this beautiful spring sunshine!

Take care,
Amanda and Dianne

26 March 2021

Greetings Henry Larsen Families,

What a wonderful and mostly sunny week! A reminder that as we move into spring weather, please have your child dress for the wet weather. We want to continue to do as much outdoor learning as we can as the weather gets nicer, and we want to have outdoor recess as much as possible. We will be out for recess if it is only lightly raining, so it is important for students to be prepared.

Allergy: We have a student with a latex allergy. Friendly reminder not to bring balloons or latex items into the school.

Reminders from OPH:

Every morning, all families are asked to conduct a [COVID-19 screening](#) to determine if your child should attend school that day.

Please call the school immediately if your child has tested positive for COVID-19 so that we can quickly work with OPH to communicate with high risk contacts.

We had our health and safety inspection on Tuesday with Ottawa Public Health as part of their regular routine. They were very happy with the protocols we have in place at the school and gave a few minor tweaks that we have implemented immediately.

For families, OPH suggested that students who are walking home from school with other student(s) who are not part of their classroom or household should continue to wear a mask even when they are no longer on school property.

OPH was happy to hear that families are doing the screening before school and that families try their very best to get to the school as soon as they can if we need to call to have a parent or guardian pick up a child. I know what that is like when I have been called by my child's school as I don't live in Orleans and so it can take a little time for me to arrive if I am called during a weekday.

From Ottawa Public Health:

[OPH -What does High Risk Contact mean?](#)

Lockdown Presentation Virtual Assemblies:

We held two virtual assemblies this week, one for our Kindergarten to Grade 3 students, and another for our Grades 4 to 8 students to go over lockdown procedures.

Update on the Long Jump & Triple Jump Pit Installation:

The process to install our new long jump/triple jump pit has begun! We are excited that this long-awaited project will be completed this spring.

Friendly Reminders from OCDSB:**Ottawa Black Education Network (OBEN) - Stronger Together: Black Parents Network Session - March 27, 10:30 a.m.:**

The Ottawa Black Educators Network will be hosting the first Black Parents Network session on the topic of building relationships to support Black students. Black parents and parents of Black children are invited to join this interactive session. [Learn more and register.](#)

Join the Discussion: Police Involvement in Schools:

Do you have something to share about police involvement in schools or the creation of the OCDSB's new human rights policy?

Starting on **March 22** we are holding a series of discussion groups for students, parents, guardians and community members.

These discussion groups are part of consultations on (1) police involvement in schools, and (2) developing an OCDSB human rights policy and human rights complaints procedure (please see last Friday's update for the human rights consultation information).

Police Involvement in Schools - Policy and Practice Review

- [Register to Join a Group Discussion](#)
- [Consultation website](#)

Autism Awareness Virtual Speaker Series - April 1, 8, and 22, 7:00 p.m.:

April is World Autism Awareness Month. The goal of this month is building stronger, more inclusive communities for people with Autism Spectrum Disorder (ASD). All OCDSB families and staff are invited to join us for a Speaker Series exploring strategies and supports for people with ASD. The series will feature keynote speaker Dr. Jed Baker, Social Skills Training Project, and a panel of community agencies. [Learn more and register.](#)

Student Passwords:

Students who are impacted by this have already been notified. The Business and Learning Technologies Department recently conducted a security audit and discovered some accounts that were vulnerable for becoming compromised. As a result, we will be changing the passwords on these accounts to a more complex password. We will be reviewing our password policy including enforcing password changes on a more regular basis to further protect our students' security.

Youth Mental Health Supports:

Youth Services Bureau crisis line or chat line is available 24/7: 613-260-2360 / chat.ysb.ca or at <https://www.ysb.ca/services/ysb-mental-health/24-7-crisis-line/>

Kids' Help Phone is available 24/7 through text ("CONNECT" to 686868), phone (1-800-668-6868) and live chat at <https://kidshelpphone.ca/>

Black Youth Helpline - Everyday from 9:00am to 10:00pm, 1-833-294-8650 <https://blackyouth.ca>

Youthline - 2SLGBTQ+ Peer Support - Sun-Fri text: 647-694-4275 (4:00pm-9:30 pm), phone 1-800-268-9688 (6:00 pm - 9:00 pm), at or [chat youthline.ca](https://chat.youthline.ca) or e-mail: askus@youthline.ca

Important Dates:

Easter: Friday, April 2 and Monday, April 5

School Council Meeting: Tuesday, April 6

April Break: Monday, April 12 to Friday, April 16

Have a safe and wonderful weekend,
Amanda and Dianne