

McCrosson Tovell School  
December 2023



# The TIMBERWOLF HOWL

## Principal Perspective

Dear Parents, Guardians, and Students,

As we enter the festive season, we are thrilled to share the excitement building up in our school community for the Holiday Season. The air is filled with the joy of celebration!

Our students and teachers have been very busy this month. Progress Reports were sent home on November 14 and we had many parents attend parent teacher interviews on November 21. Thank you to all parents who were able to attend. We encourage you to contact teachers if you have any questions throughout the year.

Our students enjoyed another field trip this month, on November 29 for the Magnus Theatre Performance, joining with the students at Riverview School

Students are currently completing Christmas Craft decorations for our Christmas Tea and Concert on Thursday, December 14, 2023 from 2-3 p.m. All have been working diligently to bring you a memorable performance! Please feel free to invite grandparents and other family members to the performance.

We want to take this opportunity to thank our school community for donations of items for our annual White Elephant Sale at Riverview School. Both McCrosson Tovell and Riverview students are excited for December 20, when they will purchase the donated items for family presents with their reindeer bucks! McCrosson Tovell students will be travelling to Riverview to complete their shopping.

As we approach the upcoming holiday break, we want to extend our warmest wishes for a joyful and restful time with family and friends. We are wishing you all a wonderful holiday season as we all look forward to the festivities ahead.

Mrs. Osadchuk & Mrs. Beckett



## Upcoming Dates

Christmas Dance @ RIV .....	DEC 08
Laura Horton .....	DEC 11
Christmas Tea and Concert.....	DEC 14
.....	2-3 PM
White Elephant Sale @ RIV .....	DEC 20
Christmas Holidays .....	DEC 25
.....	JAN 05
PA Day .....	JAN 26
Reports Cards Go Home .....	FEB 12
Family Day .....	FEB 19
March Break .....	MAR 11
.....	MAR 15

## Student Attendance

Regular attendance is very important—a student's over-all growth increases significantly over time when they attend regularly and have strong connections to all aspects of classroom and school learning. Research demonstrates there is a powerful link between successful learning and regular school attendance.

## Special points of interest

- Simply text your child (s) name, your name and the reason your child is absent anytime before 9:15am to 807-271-2622
- Mrs. Everden can be reached until 11:30am in the office, or by email to [terri.everden@rrdsb.com](mailto:terri.everden@rrdsb.com)



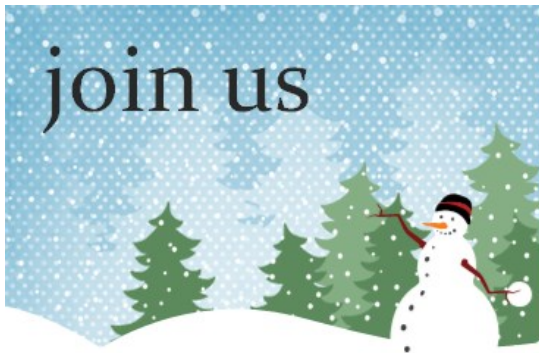
## Empathy and Compassion Character Trait



I will do whatever is necessary to heal the hurts of others. I will strive to understand and be sensitive to their feelings.

### What is Empathy and Courage?

The goal of compassion is seeking to understand another's struggles from his or her point of view and then doing whatever is necessary to heal the hurt.



... for OUR CHRISTMAS  
celebration!

Thursday December 14  
at 2:00—3:00 P.M.

McCrosson Tovell School  
R.S.V.P. by December 8 to  
(807)488-5587

Text (807)271-2622



## Salt Dough Ornament Recipe

Salt dough ornaments are the perfect Christmas craft and activity to do with your kids. Make them to give as gifts or simply to hang on your own tree.

Prep Time: 15 minutes

Cook Time: 2 hours

Total Time: 2 hours hrs 15 minutes

### Ingredients

4 cups flour

1 cup salt

1.5 cups water \*Maybe a little more water needed once kneaded.

### Instructions

- Preheat your oven to 200 degrees Fahrenheit. Important: Check what temperature your oven setting is. If your oven temperature is Celsius you will need to bake at a much lower temperature (the lowest setting is usually a good one to start with). Adults will need to do the baking part, but kids can help decorate!
- Combine your flour, salt and water and mix well. Knead for 10 minutes. If your dough is too dry, add a little bit more water. If it's too sticky, add a little bit of flour. It will help to place flour down on your surface when kneading and on your hands. Keep kneading until the dough becomes really smooth. This takes about 10 minutes.
- Once you're done kneading, roll out the dough to about 1/2 cm thickness. The thinner you make the ornaments, the better they will thoroughly bake and dry through. If you make them too thick they will take too long to dry.
- Using your Christmas cookie cutters, cut out different shapes for your salt dough ornaments.
- Using a straw, make a hole in the top of the ornament for where you would like the twine to hang.
- For a faster baking process, we like to let the dough air dry for a day. Bake for 1-2 hours. If your ornaments are not completely dried through when you pull them out put back in for another hour. The baking time will vary greatly depending on the size and thickness of your ornaments. Larger ornaments will take longer whereas smaller ornaments will take less time. Make sure to flip them when air drying or baking so that the bottoms of the ornaments dry also.
- Once cool and completely dried, paint with non-toxic acrylic paint. We used white for the snowflake, red for the mitten, green for the Christmas tree and gold for the bell.
- Before adding the glitter, you'll need to seal the ornaments. This will help them keep longer. Make sure your ornaments are completely dried through before sealing. Spray with a clear glaze spray (adults only) or finish with mod podge.
- Now add clear glue on top of your ornament and shake glitter on top until you fill the ornament with glitter.



*Educating the HEART and MIND of every child – today and tomorrow.*

Principal - Kari-Lynn Beckett

Vice Principal - Donna Osadchuk



## Family Mental Wellness Tips for the Holiday Season



The holidays can be a stressful time for all families, but can be an especially trying time for children and youth who have previously, or who are currently, struggling with mental health issues. Changes in routine can cause or increase anxiety for some kids and reduced sunlight and time spent outside can also trigger bouts of depression.

So, while this should be “the happiest time of the year,” here are some tips from Children’s Mental Health Ontario (CMHO) that might help everyone enjoy their holidays a little bit more:

Plan your schedule in advance - allow your child time to prepare for each event, party, or outing.  
Make sure everyone is eating and sleeping - try to maintain routines as much as possible.  
Communicate openly about feelings - save some time to check-in and discuss how they are feeling.  
Have realistic expectations - adjust plans when necessary.  
Find a quiet place and plan for boredom - ensure they have a quiet spot with a selection of activities.  
Don’t worry about other people’s judgements - this helps you remain calm and not overreact.  
Take care of you - maintain healthy routines and boundaries.

To read the entire article, click on the link below:

<https://cmho.org/family-mental-wellness-tips-from-childrens-mental-health-ontario-for-the-holiday-season/>

For more information, please contact the RRDSB Mental Health Leader: [tracey.idle@rrdsb.com](mailto:tracey.idle@rrdsb.com)

## Privacy Considerations at School Events

Students participating in extra-curricular activities or school events where the public is invited including graduations, school concerts, student achievement/awards and sports or events that take place in public places such as field trips, and fairs, may be photographed by the media, school community or general public. This may result in photos or recordings being posted on social media sites.

Parents and students are asked to practice good digital citizenship by being respectful of the privacy rights of anyone they may capture in their recording and not share them without the consent of the individual.

## Join School Council.

*Education is a partnership  
involving parents,  
students, teachers,  
principals, school boards,  
government, and the  
community.*



**Everyone is welcome!**



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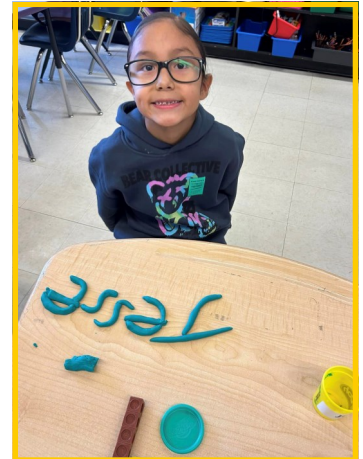
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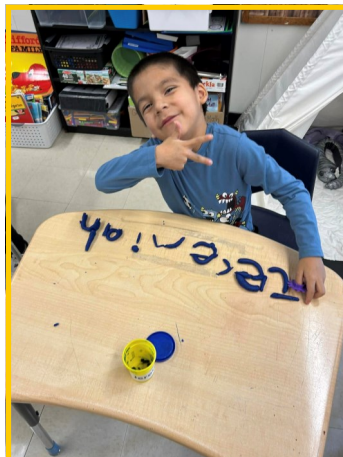




# Hot Lunch Menu



Monday	Tuesday	Wednesday	Thursday	Friday
4 Tomato Soup Grilled Cheese Fruits / Veggies	5 Chicken Fingers French Fries Fruits / Veggies	6 Spaghetti Meat Sauce Fruits / Veggies	7 Chicken Wraps Fruits / Veggies	8 Pizza Fruit / Veggies
11 Tomato Soup Grilled Cheese Fruits / Veggies	12 Chicken Fingers French Fries Fruits / Veggies	13 Spaghetti Meat Sauce Fruits / Veggies	14 Chicken Wraps Fruits / Veggies	15 Pizza Fruit / Veggies
18 Tomato Soup Grilled Cheese Fruits / Veggies	19 Chicken Fingers French Fries Fruits / Veggies	20 Spaghetti Meat Sauce Fruits / Veggies	21 Chicken Wraps Fruits / Veggies	22 Pizza Fruit / Veggies



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# Nourish to Flourish

## HOLIDAY NEWSLETTER

### BOOZHOO. HELLO. BONJOUR

Please allow me to introduce myself, my name is Tara Rajala. I have worked for the Rainy River District School Board for several years in a variety of positions. As the Student Nutrition and Support Coordinator, I am working to enhance nutrition and healthy living resources to support student success. I am very excited to be working in this new position. My contact information is listed below.

### *Happy Holidays!*

Children who eat home-prepared meals are more likely to include more milk products, fruits, vegetables, and other fibre-rich foods; and fewer fried foods and soft drinks than children who eat out.

Try these tips for quick and easy family dinners:

- Plan ahead - Spend some time planning your dinner meals for the week. Make your grocery list based on your menus.
- Make the most of your time - Cook casseroles or rice in bulk and freeze extra portions to enjoy on days when you are in a hurry.
- Break a few rules - Try foods you usually eat for breakfast or lunch such as pancakes, waffles, French toast, eggs, soup or sandwiches for dinner.
- Create family time - Turn off the TV and enjoy time with your family.

Source: [www.dietitians.ca/Nutrition-Resources-A-Z/Factsheets/Toddlers-and-School-Age/Eat-Well-Play-Well-AtHome.aspx](http://www.dietitians.ca/Nutrition-Resources-A-Z/Factsheets/Toddlers-and-School-Age/Eat-Well-Play-Well-AtHome.aspx)

#### Family Fun Holiday Activities:

- \* Make snowman pancakes.
- \* Go on a winter scavenger hunt / hike.
- \* Do a good deed for your neighbour.
- \* Start an "air band", sing and dance together.
- \* Make New Year 2024 decorations using items around your house (reuse and recycle).

From: Tara Rajala (she/her),  
Student Nutrition and  
Support Coordinator  
Contact information:  
PH: 807-274-9855 ext.5006  
Email: [tara.rajala@rrdsb.com](mailto:tara.rajala@rrdsb.com)



Holiday traditions can be overwhelming and hard to break. Last year, my family decided not to have a big tradition turkey dinner. We had an easy-to-make meal of spaghetti and meatballs. We make homemade meatballs using a family recipe that was given to us from our Baba Baba (great-grandma). We will share part of the secret recipe with you. Add one (1) pound of ground pork to two (2) pounds of ground beef, moose or deer meat. Add in a binding ingredient (like eggs, breadcrumbs or both) and your favourite seasoning and spices. Cook (boil or bake) until the internal temperature of the meat reaches 160 degrees Fahrenheit.

*STUDENTS...share your favorite recipe, holiday tradition or a fun activity you did on the holiday break. I will enter your name into a draw for a chance to win a \$25 gift card for groceries. You can draw me a picture or write me a story. Please bring your entry to the school secretary with your name, your grade and your school's name on it.*

*Drop your entry off to your school secretary by January 15, 2024.*

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