

Churchill Heights P.S. Newsletter January 2021



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School Website <http://churchillheights.psb.on.ca/ChurchillHeights>

School Council Email ChurchillheightsSC@gmail.com

Message from the Principal

Dear Parents/Guardians,

Another new year begins-
welcome 2021!

I hope everyone has had a chance to relax and enjoy some quality time with family and friends over the Holiday Season.

The start of school, after a significant break, always provides a good opportunity to re-establish a focus on learning.

Since we are learning online until January 25th, please be sure to stay connected with your teacher and share concerns with them.

To reach office staff, please email:

churchillheights@tdsb.on.ca

A warm welcome back to the Churchill Heights Community!

Talcia & David



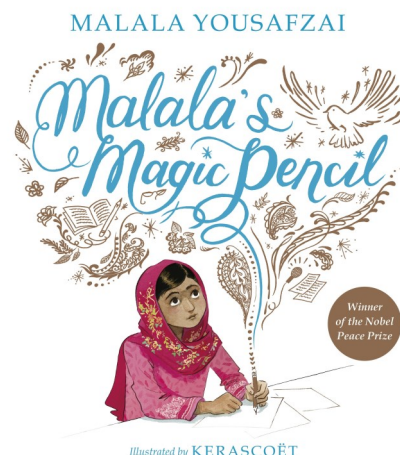
Character Trait Winners

December - Kindness & Caring

Rm 1	Aria, Ethan
Rm 3	Jacob, Maanasa
Rm 6	Anish, Ojasvi
Rm 7	Gourab, Sana
Rm 8	Eva, Sarmika
Rm 21	Rahavi, Rishma
Rm 23	Ishrat, Isra
Rm 26	Kaylee, Nusaiba
Rm 28	Jawad, Meredith

Malala Fundraiser

On behalf of the Student Leadership Council, Mrs. Ifejika and I would like to thank you, the Churchill Heights community, for all your donations in support of the Malala Dollar for Change Campaign. From December 1st to December 10th, we were able to raise just over \$200 for the Malala Fund! Through your generous contributions, we will continue to support the



educators and advocates who provide girls all around the world with a safe learning environment.

Wishing you a safe and happy new year!

Mrs. Lucas

Tamil Heritage Month



The month of January is recognized by the Toronto District School Board (TDSB) as Tamil Heritage Month (THM). This coincides with one of the most important festivals celebrated by Tamils in South Asia and all over the

world. Traditionally, during this month, Tamils, irrespective of their religion, celebrate Thai Pongal, a harvest festival that offers prayers of thanks to the sun and nature for giving bountiful crops. Toronto has the largest Tamil population outside of the South Asian subcontinent with thousands of TDSB students and staff members heritage identified as Tamil. The importance of building awareness, creating a strong self identity and understanding one's own roots and rights are important objectives of the Tamil Heritage Month volunteer planning committee. For more on how the TDSB is recognizing Tamil Heritage month, please [click here](#).

Keeping Safe in Flu Season

In addition to keeping safe from the Covid-19 virus, we must also be proactive in keeping ourselves safe from the flu. Every year, approximately 25 percent of Canadians will get the flu during the fall and winter seasons. Everyone is at risk of getting the flu; it spreads very easily by coughing or sneezing, and by touching contaminated surfaces after someone with the flu has touched them. The flu is characterized by symptoms such as a fever, muscle aches, headaches, weakness, a cough, and can last up to seven days. Needless to say, it is not a favourable state to be in and it makes performing daily tasks very difficult. Most people who get the flu will not become seriously ill; however, the elderly, people with diabetes, asthma, lung and heart ailments, and children less than 2 years of age are at increased risk of complications if they get the flu. The flu contributes to the deaths of thousands of Canadians every year.

Experts tell us that getting the flu shot is the most


effective way of preventing the flu but there are also plenty of lifestyle changes you can make that can help keep the flu at bay:

- 1) Wash your hands often: If someone who has the flu sneezes or coughs into their hand and then touches other surfaces, these germs can live for several hours so that if you touch the same object, you will pick up these germs. If soap and water are not available, use an alcohol-based cleanser.
- 2) Use a tissue: If you muffle coughs and sneezes with your hands, you risk passing your germs to others. Instead, use a tissue and throw it away immediately.
- 3) Drink plenty of water: Water rehydrates you as it flushes your system. On average, we need about eight glasses of water a day.
- 4) Get some fresh air: During the winter, more people stay indoors and that means more germs get circulated within a room. Central heating can dry us out, making us more vulnerable to flu and cold viruses. Bundle up and say yes to a lunch time walk.
- 5) Exercise: Aerobic exercises help increase our body's natural virus-killing cells.
- 6) Eat a healthy diet: Choose foods that are high in antioxidants, vitamins and zinc to strengthen the immune system. Choose fruits and vegetables that are bright red, yellow and dark green such as spinach, broccoli, sweet potatoes, cantaloupe, tomatoes and oranges.
- 7) Don't smoke: Smoking wears down our immune systems, dries out our nasal passages and paralyzes cilia (hairs that line our nose and lungs and sweep viruses out).
- 8) Avoid excessive alcohol: Alcohol has a dehydrating effect on the body and makes it difficult for the liver to filter out germs.
- 9) Avoid junk food: Refined sugar compromises the immune system, putting you at a higher risk of getting the flu.
- 10) Relax and get a good sleep: When you are stressed or don't get enough sleep, your immune system is compromised. Proper rest and relaxation boosts immune system functioning so that it can effectively respond to cold and flu viruses.

Let's work together to keep everyone in the CHPS community safe this winter.



January 2021 - Teamwork

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1  2	
3	4 Back to School	5	6	7	8	9
10	11	12	13 Virtual School Council Meeting 6 pm	14	15 P.A. Day - no school	16
17	18	19	20	21	22	23
24	25	26	27	28 Virtual Assembly for Teamwork	29	30
31						

Upcoming Events

Feb. 10 Virtual School Council Meeting 6:00 p.m.
 Feb. 12 P.A. Day (no school)
 Feb. 14 Valentine's Day
 Feb. 15 Family Day (no school)
 Feb. 25 Virtual Assembly for Fairness
 Mar. 10 Virtual School Council Meeting 6:00 p.m.
 Mar. 14 Daylight Savings (set clocks forward 1 hour)
 Mar. 15 - 19 March Break
 Mar. 25 Virtual Assembly for Honesty
 Apr. 2 Good Friday (no school)
 Apr. 5 Easter Monday (no school)

April 14 Virtual School Council Meeting 6:00 p.m.
 May 9 Mother's Day
 May 12 Virtual School Council Meeting 6:00 p.m.
 May 24 Victoria Day (no school)
 June 4 P.A. Day (no school)
 June 9 Virtual School Council Meeting 6:00 p.m.
 June 29 Last Day of School for Students