



# January Newsletter

## Inclement Weather

December 21 marked the official first day of winter. From time to time, winter weather does cause us to adjust our plans at school. For the most part, we will try to have the children go outside at recess time, so please be sure to send your child to school with appropriate winter wear, including **boots, a winter coat, a warm hat and mittens or gloves.**



Please also note that busses are sometimes cancelled, and, on occasion, schools are closed due to the weather. All cancellation information is posted daily at 6 AM on our school board's website, [www.niagaracatholic.ca](http://www.niagaracatholic.ca). Additionally, local radio stations are alerted, so please check the website or listen to local radio stations if you're unsure about bus transportation.

Finally, if busses are cancelled for the day and you are not sending your child to school for that reason, **you must still inform the safe arrival system, either through a telephone call or through the app.**

## Catholic School Council

Our Catholic School Council will meet on **January 22 @ 6:00 PM**. Our meeting will be held in our school library. Please come out to hear about all of the great things going on at St. Alfred!

## Vaccine Clinic

This is a reminder that the school vaccination clinic is taking place on **January 25 at St. Alfred**. Students are welcome to attend the clinic if they received an Immunization Notice from Public Health. On clinic day, students should eat breakfast, wear a loose-fitting shirt and bring their Personal Immunization Record (yellow card). **A parent or guardian must attend the vaccination clinic with their child in order for their child to participate.** This is a great opportunity for students who may not be up to date with their vaccines to catch up and **avoid vaccine related school suspensions.**

## Active School Travel Tips

Tips for a safe and comfortable winter walk include:

### Clothing Tips

Keep hands, head and ears covered. Be sure hats and scarves don't block hearing or vision

Wear mittens; they keep hands warmer than gloves. Wear warm, waterproof boots with good treads for better traction on snow and ice. Wear wool or insulating synthetic clothing to help retain body heat.

Carry umbrellas for those rainy days

Layer clothing and wear a coat that is waterproof or water resistant and deflects the wind

In extreme cold keep as much skin covered as possible. Beware if the temperature falls below  $-25^{\circ}\text{C}$  or if the wind chill is  $-28^{\circ}\text{C}$  or colder. This is when exposed skin freezes in only a few minutes.

Change wet clothes as soon as possible - tuck extra socks and mitts into backpacks

Keep wearing sunscreen - yes, you can still get a sun burn in winter

### Walking Tips

Always walk on the sidewalk. If there are no sidewalks, walk facing oncoming cars and stay on the shoulder or very close to the curb

When crossing at crosswalks, wait until cars come to a complete stop before crossing. They may not be able to stop suddenly on icy roads.

Take care near large snow banks that obscure visibility for walkers and cars at street crossings

Stay away from snowploughs or snow blowers. Blowing snow from these machines can reduce visibility and may include flying pieces of ice and gravel