

PONTIAC

Family Day | GLCC | Report cards

Important Dates

February 2 - PD DAY

February 5 - ACD
Anishinaabemowin public speaking contest

February 6 - Winter carnival day & Everyone's An All Star event

February 9 & 10 - Great Lakes Cultural Camps

February 13 - Valentine/Family Day tea

February 17 - Biidaaban Hockey Tournament & Assiginack Chess Tournament

February 19 - Provincial Advocacy Group visit

February 24 - Parent/Student - Teacher Event

Parent Council

This month's Parent Council meeting will take place February 11th at 4:30 in the Staff Room at Pontiac.



February happenings

This month there are great things happening at Pontiac! We will be celebrating the season with a winter carnival day in conjunction with the community's winter carnival weekend. We will then continue our outdoor learning with the Great Lakes Cultural Camps who will be engaging our students in team building activities with a focus on traditional outdoor games. We will end the second week with a Valentines-Family Day Tea with many of the classes using this as an opportunity to fundraise for their class celebrations and outings. We will then be ending the month with a Parent/Teacher night where we will be celebrating our students' learning with student led conferences.



GLCC visit

On February 9th, the following classes will be outdoors: 5Cooper, 6Eshkawkogan, 6Pulkkinen, 7Manitowabi & 8Lavallee

On February 10th, the following classes will be outdoors: 5Peltier, 7Sheppard, 8Hagman & 8McGraw

It's that time of the year...

It is always important to protect yourself, especially when it's flu/cold season. Hand washing is a great way to prevent the sharing of germs.

DEFEND YOURSELF AGAINST THE BUG!

NOTICE TO PARENTS, TEACHERS, STUDENTS, AND THE COMMUNITY



WHY IS HAND WASHING SO IMPORTANT?

It is your **FIRST** line of defense against germs! Washing your hands is the best thing you can do to stop the spread of germs. You can't avoid collecting germs. But you **CAN** reduce the chance of infecting others. **KNOW** when and how to wash your hands.

When should I wash my hands?

- before eating and cooking
- after using the bathroom
- after cleaning around the house
- after touching animals, including family pets
- before and after visiting or taking care of any sick friends or relatives
- after blowing your nose, coughing, or sneezing
- after being outside (playing, gardening, walking the dog, etc.)



How to wash your hands properly

 1 Wet your hands	 2 Liquid soap	 3 Lather and scrub - 20 sec	 4 Rinse - 10 sec
 5 Dry your hands	 6 Turn off tap	DON'T FORGET TO WASH: - between your fingers - under your nails - the tops of your hands	

Or Use an Alcohol-based hand-cleaner!

Note: Use warm water. Use whatever soap you like (anti-bacterial soaps are OK, but not needed for getting rid of germs. **SRUBBING** is MOST important). Work up a lather! Wash for **15-20** seconds. Rinse well, turn taps off with a clean towel

(Adapted from KidsHealth, 2014)



Don't forget to cover your coughs and sneezes (with a tissue or into your upper sleeve).

For more information, contact a Nurse at Wikwemikong Health Centre (705-859-3164)

