



# S.C.A.P. Rap



Volume 8

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April 29, 2020

## *From the School Board*

Due to the COVID-19 pandemic, public schools in Ontario, including the Rainy River District School Board, will remain closed until May 31, 2020. The closure may be extended if necessary to protect the health and safety of students, families and staff. Please visit [www.rrdsb.com/covid-19](http://www.rrdsb.com/covid-19) for updates. For general inquiries during this time, please email [generalinquiries@rrdsb.com](mailto:generalinquiries@rrdsb.com). Messages will be checked once daily.

For urgent matters, please contact our acting vice principal, Rhian MacIver at: [rhian.maciver@rrdsb.com](mailto:rhian.maciver@rrdsb.com) (Please note that there is an "a" in "MacIver" that was missed in the last newsletter!).

Parents, please see the letter from the School Board that was emailed to you earlier today.

## *RRDSB Student Registration Forms*

Parents of senior kindergarten students, please remember to fill in and send back the School Board registration form that was emailed to you last week. They can be emailed to: [diane.veldhuisen@rrdsb.com](mailto:diane.veldhuisen@rrdsb.com)

## *May Birthdays*

Celebrating birthdays in May are: Dezaræe, Laura, Miller, Mrs. Hammond, Creed, Laud, Taylor, Duncan, Ethan and Mrs. MacIver. **HAPPY BIRTHDAY!!**



## *From the Northwestern Health Unit*

No gym? No park? No problem! Check out this physical activity resource guide from ParticipACTION:  
<https://www.participaction.com/en-ca/blog/no-gym-no-park-no-problem-introducing-our-physical-activity-resource-guide>

Movement apps, games, websites by age group by Common Sense Media:  
<https://www.comonsensemedia.org/lists/movement-apps-games-and-websites>

The COVID-19 pandemic can be stressful on parents and caregivers to explain everything that is taking place in our communities and around the world. Check out these online resources to help guide you through these conversations and to keep your child/youth mentally healthy during this time:

- Helping children cope with stress during the 2019-nCoV outbreak
- Talking to your anxious child about COVID-19
- 12 easy and fun mental health practices to try with your children at home

Visit our webpage for more mental health resources.

Thankfulness is the soil  
in which joy grows strong!

