

# Enterprise Express



## *May 2020 Edition*

<http://enterprise.limestone.on.ca> Twitter @EPS\_LDSB

May 1, 2020

Dear Parent(s) and Guardian(s),

We hope that all of our Enterprise Families are continuing to stay safe and well. These are unprecedented times and we are all continuing to adapt to our new normals. The pictures and videos that you have shared of your children have allowed us to maintain some degree of social connections. Thank you to all of our families that participated in our virtual spirit days!

In an era of social distancing, we're all searching for some form of closeness right now. Please continue to follow our Twitter Feed, check the EPS website for birthday announcements as well as daily wellness activities. Please check out the EPS Twitter Account for a video message from all of the staff.

Education Minister Stephen Lecce has announced that all publicly-funded schools will remain closed until at least May 31, 2020 as part of provincial efforts to keep students, staff and families safe during COVID-19 pandemic. Please continue to stay up to date by following the LDSB communication tools as well as School Messenger.

We encourage you to reach out to your child's teacher if you have any questions or feedback about the emergency remote learning tasks that have been assigned or if concerns have emerged with accessibility and access to technology. We are here to support your family and our community.

The weather is also changing allowing for students to be outside more. We hope that they are able to get out and enjoy where we live, while continuing to practice social and physical distancing. Our school yards remained closed until we have further instruction from KFLA Public Health and LDSB.

The staff of Enterprise would like to wish all the Mothers, Grandmothers, and Great Grandmothers a most wonderful Mother's Day. May you have a great day!

We Miss You!

Stay Well and Stay Safe.

Mr. Taylor and Ms. O'Hearn



## Food Sharing Project

The Food Sharing Project, a non profit organization that helps provide food for our students at school is now offering support to families at their homes. If you are in need of this assistance please reach out. A food basket will be delivered biweekly to your home. Please email Mrs. Bender at [benders@limestone.on.ca](mailto:benders@limestone.on.ca) if you would like more information.


## Kindergarten Registration

Children may start school in September if they turn age four (Junior Kindergarten) or age five (Senior Kindergarten) by December 31 of that year. Those students who are already enrolled in Junior Kindergarten do not need to register again. We welcome Junior and Senior Kindergarten students to our schools year- round, but we encourage parents and guardians to pre-register children in February for the upcoming school year. We are currently accepting kindergarten registrations. If you are unsure of your home school, please check the Triboard School eligibility search.

All registrations can be completed online. If you are having difficulty, please send a direct email to Shellie Bender at [benders@limestone.on.ca](mailto:benders@limestone.on.ca) with details of how best to reach you. We look forward to welcoming our new kindergarten friends!

## Moving In The Summer?

If you know of families with school age children who might be moving into our area over the summer, please let us know. Also, if you and your family are planning a move and will not be in the area, please let us know so we can advise the new school.

A promotional banner for CMHA Mental Health Week. It features a yellow background with a line-art illustration of a woman's face. The text reads: 'I'm fine, thanks. What I really mean is...' in large black font. To the right, it says 'CMHA Mental Health Week May 4-10, 2020'. At the bottom, a green bar contains the text 'Don't just get loud. #GetReal' and 'Visit mentalhealthweek.ca for info and tools!'.

This year, CMHA Mental Health Week is being observed May 4-10, 2020. Mental Health Week is a Canadian tradition, with communities, schools and workplaces rallying to celebrate, protect and promote mental health. Visit [www.mentalhealthweek.ca](http://www.mentalhealthweek.ca) for info and tools about CMHA Mental Health Week.

### **Four Finger Affirmations**

Select four words that make you feel calm and confident. It might be a sentence or just four words.

Examples: "I am loved today"

"I believe in me"

"Breathe, listen, smile, love"

"I can handle this"

Each word you have chosen will match a finger on your hand. As you say your affirmation in your head, connect each finger with your thumb. The more you say this to yourself the more you will feel that what you say is true.

### **Calm Place**

Where do you feel the most relaxed? Imagine you are there. What do you see? What do you hear? Are there any smells, tastes, or textures? You can use your Calm Place to feel more at peace during stressful moments. Spend time developing details of your Calm Place to make it feel more realistic. Use your imagination and walk around your Calm Place – notice every detail.

### **Tense and Relax**

Squeeze your hands into fists as tight as you can hold for a few seconds then relax your hands. Push your shoulders up to your ears and hold for a few seconds then relax your shoulders. Push your heels down into the floor, squeeze your toes and hold for a few seconds then relax your feet. Tense your stomach muscles as tight as you can and hold for a few seconds then relax your stomach.

### **Just Breathe**

Focus on your belly, maybe put your hand there. As you breathe in deeply through your nose, send this breath all the way down to your stomach. Breathe in... feel your stomach expand and your hand move out. Breathe out... feel your stomach contract and your hand move in.

Just Breathe The activity can be helpful before a test or any stressful situation. The more you practice, the more natural this will feel! Before sleep is a great time to practice.

### **Gratitude**

Being grateful makes you more patient when life is difficult. Think of something that you are grateful for. Hold this in your mind for a moment. You may choose to write the details of your gratitude moment in a journal or share with someone. Gratitude Moment Keep In Mind...This is a great way to end the day. Try to practice this regularly. Be grateful for small things (flowers, smiles, chocolate) and grand things (friends, clean water, music).

### **Just Notice**

Notice 5 things you can see. Notice 4 things you can hear. Notice 3 things you can feel/touch. Notice 2 things you can smell. Notice 1 thing you can taste. Just notice is an example of a grounding practice. Grounding is a way to focus your attention to the sensations you are experiencing in this moment. Grounding is good to practice at any time but especially helpful when your emotions or thoughts are stressing you out.

# FREE MENTAL HEALTH ACCESS OVER THE PHONE!



**WHAT:** Are you feeling stressed? Worried? Depressed? We're here to help. We're offering free counselling sessions over the phone with one of our Registered Psychotherapists.

**WHO:** Anyone between the ages of 0 - 25 years.

**WHEN:** Monday - Friday from 8:30am - 4:30pm.

**HOW:** Submit a request on our website or call us at 1-844- 855-8340 and we will get back to you as soon as possible (within no later than 24 business hours).

**LINK TO WEBSITE:** <https://maltbycentre.ca/contact-us/>



Prioritize your mental and physical health while preventing the spread of COVID-19.

## PHYSICAL DISTANCING

Avoid all gatherings and non-essential trips.



## PHYSICALLY ACTIVE

Enjoy time outdoors or exercise at home.

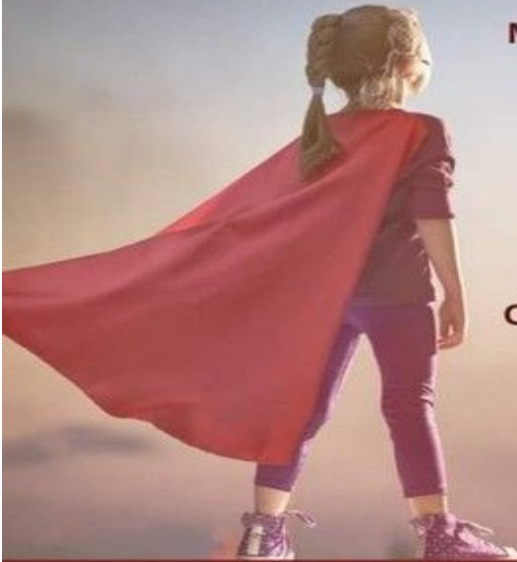


## SOCIALLY CONNECTED

Reach out via phone, text, email, and video chat.



# Our children are little heros, too.



**Missing their grandparents, extended family, friends and school.**

**Lack of normal routines.  
Loss of structure to their day.**

**Parents who are stressed, worried, scared and just *different*.**

**Overhearing talk and news without an understanding of what they hear.**

NoCrySolution.com

**Give your little hero more cuddles,  
more one-on-one playtime, and an extra  
dose of patience and forgiveness.**

## Frontenac County

South Frontenac Community Services - Sydenham

### Food Bank

- By appointment
- Pickup on Wednesdays
- 613-376-6477



### Meals on Wheels (frozen meals)

- Open to anyone
- Pickup or delivery 5 days/week
- \$5/meal, some subsidies available

### North Frontenac Food Bank - Sharbot Lake

- By appointment (place orders by Monday 3:00pm)
- Pickup Tuesday and Friday
- 613-532-8855

## L&A County

Northbrook/Cloyne Food Bank

- Referrals through Land O'Lakes Community Services: 613-336-8934
- Pickups in Cloyne on Fridays 11:00-11:30am



## County of Lennox and Addington - Food Services

### Salvation Army – Food Bank, Napanee

- Groceries
- 12 Mill Street East
- Monday, Wednesday, Friday: 9:00am-3:00pm
- By appointment, limited deliveries
- 613-354-7633



### Morningstar Mission, Napanee

- Meals delivered between 11:30am-12:30pm
- Tuesdays, Thursdays
- Request meals no later than 10:00am on meal days
- 613-354-6355; morningstar@cogeco.net

### Westdale Park Free Methodist Church, Napanee

- By request at 613-354-2669 or info@westdaleparkfmc.ca
- Pre-packaged bags of non-perishable food items
- Deliveries on Wednesdays



# ACTION CALENDAR: MEANINGFUL MAY 2020



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

**"Start Where You Are. Use What You Have.  
Do What You Can" ~ Arthur Ashe**



**4** Focus on what you can do rather than what you can't do

**5** Send friends a photo of a time you all enjoyed together

**8** Take a step towards one of your life goals, however small

**7** Let someone you love know how much they mean to you

**1** Take a minute to remember what really matters to you and why

**2** Do something meaningful for someone you really care about

**3** Reconnect with nature today, even if you're stuck indoors

**11** What are your most important values? Use them today

**12** Be grateful for the little things, even in difficult times

**13** Today do something to care for the natural world

**14** Show your gratitude to people who are helping to make things better

**8** Set yourself a kindness mission. Give your time to help others

**9** Look out for positive news and reasons to be cheerful today

**10** Tell someone about why your favourite music means a lot to you

**18** Hand-write a note to someone you love and send them a photo of it

**19** Find a way to craft what you are doing to give it more meaning

**20** Reflect on what makes you feel really valued and appreciated

**21** Share photos of 3 things you find meaningful or memorable

**15** Find out about the values and traditions of another culture

**16** Look around you and notice five things you find meaningful

**17** Take a positive action to help in your local community

**25** Give your time to help a project or charity you care about

**26** Recall three things you've done that you are really proud of

**27** Today link your decisions and choices to your purpose in life

**28** Tell someone about an event in your life that was really meaningful

**22** Ask a loved one or colleague what matters most to them and why

**23** Share an inspiring quote with others to give them a boost

**24** Do something special today and revisit it in your memory tonight

**29** Think about how your actions make a difference for others

**30** Find three good reasons to be hopeful about the future

**31** Look up at the sky. Remember we are all part of something bigger

**ACTION FOR HAPPINESS**



[www.actionforhappiness.org](http://www.actionforhappiness.org)

31 actions to look after ourselves and each other as we face this global crisis together

Keep Calm · Stay Wise · Be Kind