

# WHAT'S UP at DOC?



## Dr. F.W.L. Hamilton School e-memo

Date	School Day	
Monday, January 12	4 	Kinder Discovery Club (Library) a.m. Recess Grade 3/4 Minecraft Club at 12:30 (Rm. 7 & 8) Rm. 2 Discovery Club (Library) p.m. Recess
Tuesday, January 13	5 	Grade 3-5 Gymnastics Club at 12:30
Wednesday, January 14	6 	Rm. 5 Discovery Club (Library) a.m. Recess Grade 4 & 5 Basketball Club at 12:30 Minecraft Club at 12:30 (Rm. 9 & 10) Rm. 1 Discovery Club (Library) p.m. Recess
Thursday, January 15	1 	Grade 2 Drawing Club at 12:30
Friday, January 16	2 	Grade 3-5 Gymnastics Club at 12:30

Date	School Day	
Monday, January 19	3 	Kinder Discovery Club (Library) a.m. Recess Grade 3-5 Gymnastics Club at 12:30 Minecraft Club at 12:30 (Rm. 12) Rm. 2 Discovery Club (Library) p.m. Recess
Tuesday, January 20	4 	
Wednesday, January 21	5 	Rm. 5 Discovery Club (Library) a.m. Recess Grade 3-5 Gymnastics Club at 12:30 Minecraft Club at 12:30 (Rm. 3 & 4) Rm. 1 Discovery Club (Library) p.m. Recess
Thursday, January 22	6 	Grade 4 & 5 Basketball Club at 12:30 Grade 2 Drawing Club at 12:30
Friday, January 23	1 	<b>HOT LUNCH</b>

## UPCOMING IMPORTANT DATES

January 30

RETSD Professional Learning Day: **NO SCHOOL for STUDENTS**

February 2

RETSD Professional Learning Day: **NO SCHOOL for STUDENTS**

## THE COMPASSION PROJECT at DH

As we step into 2026, we are beginning a journey of Social Emotional Learning here at Dr. Hamilton School. The Compassion Project is a comprehensive empathy curriculum that serves to teach students the complex but critical skill of compassion through engaging, age-appropriate lessons.

Compassion education strengthens classroom and school environments by helping students in Grades 2 through 5 develop key social-emotional learning competencies including self-awareness, social awareness, and relationship skills. Students who learn empathy early show increased wellbeing, stronger peer relationships, and greater understanding of diverse perspectives.

Alongside classroom teachers, Mr. Chan will lead this learning during times when he is not teaching Music. The first block of learning will be experienced by our Grade 4/5 and 5 classes. Students will engage in this work two times per cycle. Mid-February, our Grade 3/4 classes will be exposed. After Spring Break, we will work with our Grade 2 and 2/3 classes.

We will share some highlights as we go so that families can get a taste of the concepts.

We look forward to working with our students around this important, foundational learning!



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## LUNCH PROGRAM NEWS

Dr. Hamilton Lunch Program is hiring! **PAID POSITIONS** for classroom/recess supervision are available. The commitment is just over 1 hour per day and the number of days per week is flexible! Please reach out to [dhlunchprogram@gmail.com](mailto:dhlunchprogram@gmail.com) if you or someone you know, (University student, grandparent, etc.) is interested!

## Dr. Hamilton Lunch Program is Hiring!



THANK YOU!

Thank you to the members of our school community who generously donated funds with which we were able to invest in some new PE and recess equipment. Students are especially enjoying the scooters, stilts and other balance tools, and their “favourite” type of recess soccer balls! Good quality PE equipment comes with considerable cost, and so we truly appreciate this generosity.



## POLAR BEAR RECESS

Thanks to all who returned the Polar Bear Recess permission forms. Should the weather take a turn, please ensure your child(ren) arrive with the appropriate outdoor gear to brave the cold!



## POLAR BEAR CLUB RECESS

### What is it?

Outdoor play every day throughout the winter! Recess continues outside in temperatures as low as -39°C. Kids simply dress appropriately for the weather.

### Why?

Because winter shouldn't stop kids from enjoying the outdoor play they need! Access to active play in nature and outdoors is an important part of healthy child development.

### Principles:

- Participation is voluntary.
- Parental consent required.
- Students who have consent can participate in all or none of the recess breaks.
- Students must be dressed appropriately, including a warm toque/hat; snow pants; face covering; warm, insulated jacket; mittens; and snow boots.
- Students can go back inside at any time.
- Staff supervision will be provided.
- All students will remain inside when the temperature/windchill is -40°C or below.

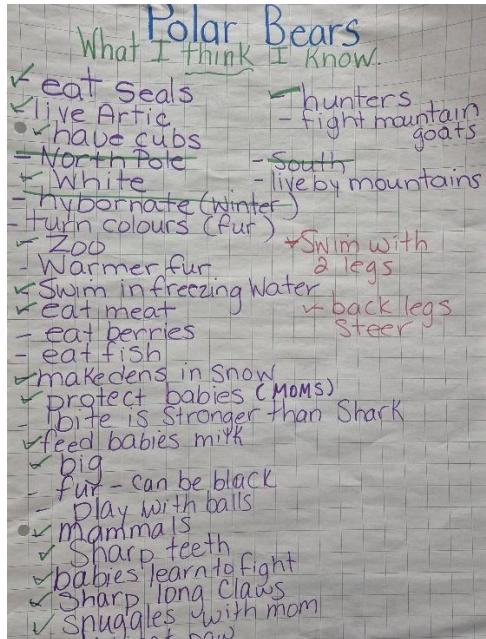
Please contact your school to learn more.

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## PHOTO CORNER

Students in Ms. Chorney's Grade 2 class are beginning to learn all about polar bears ...



Please phone the school at any time with any questions you may have!