

The Panabaker Chronicle



We hope you had a joyful and restful holiday season with family and friends. As we step into 2026, we are excited to continue our shared journey of learning and growth.

At Frank Panabaker School, students are always at the heart of everything we do. Every decision we make is guided by what is best for your child. As we begin this new year, our commitment remains strong to ensure that every student:

- **Feels safe, valued, and happy to be part of our school community;**
- **Engages in a productive learning environment that offers innovative and meaningful learning experiences;**
- **Works toward achieving their full academic potential.**

We look forward to partnering with you to strengthen the positive relationships among staff, students, and families. Together, we will make 2026 an amazing year of learning and success!

Sincerely,

D. Fede & T. Baggio

Giving Back to Our Community

We are thrilled to share some wonderful news! Thanks to the incredible support of our families during our recent pizza sales, we were able to donate almost \$2,000 to Prince of Wales Elementary School. This contribution helped support families during the winter holidays, making a meaningful difference in their lives.

Working closely with our School Council, giving back has become a priority for us. We believe that when we come together as a community, we can create positive change beyond our own school walls. Thank you for your generosity and for showing what it means to care for others. Your support truly makes a difference!



MEDICAL ALERT

Just a reminder that Frank Panabaker is a NUT FREE School. We have both staff and students with severe life-threatening allergies to peanuts and tree nuts. Do not send any nut products to school with your child. Thank you!



Dressing for the Weather

With winter weather upon us, please make sure students are dressed appropriately for outdoor activities. On days where, cold weather and snow are in the forecast, boots, mittens or gloves, a warm hat and a winter jacket should be worn. Snow pants may also be needed for children who will play in the snow.



Bus Information

The HWDSB Transportation service is responsible for the carriers that bring our students to and from school. At times, school busses may run late and the delay time could take up to 30 minutes. We strongly encourage all families to check the status of their child's bus on a daily basis. This could be done using the following link:
<https://www.hamiltonschoolbus.ca/>

Here you will find a posting of all the delays.

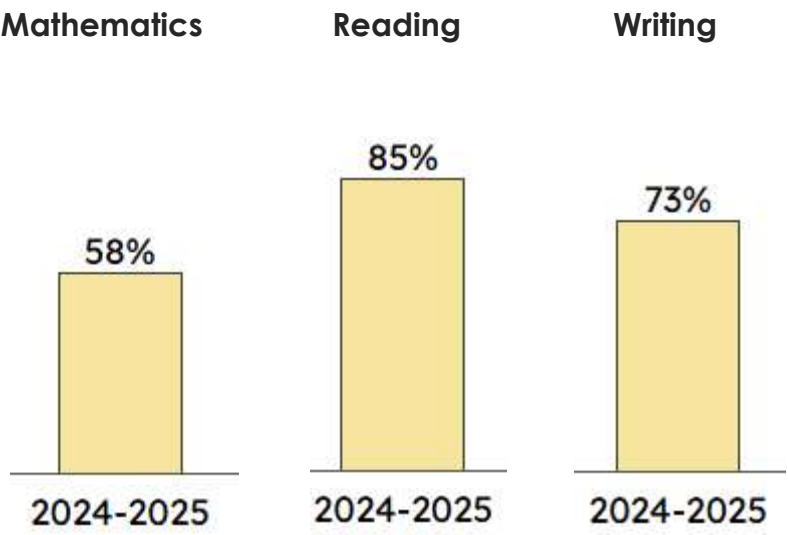
You can also phone transportation directly at (905) 523-2318 or 1-800-691-6402 with any questions you may have, as our school office closes at 3:15 PM.



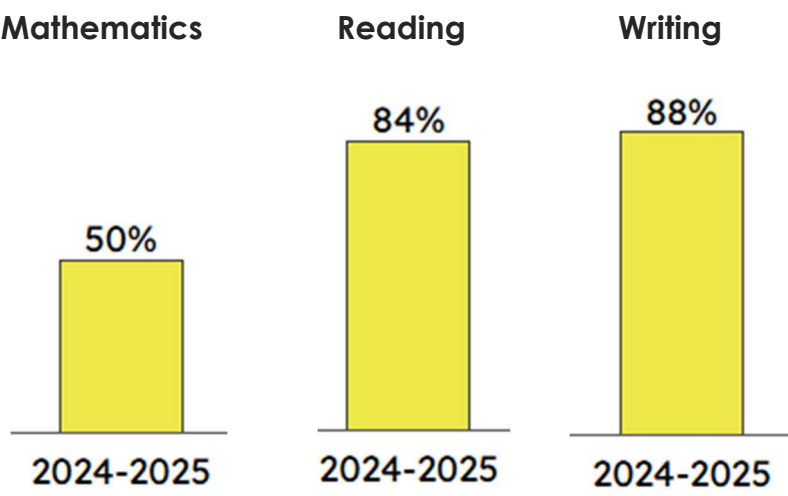
EQAO Results

The following are the Grade 3 and Grade 6 results for the assessments of Reading, Writing, and Mathematics for the 2025 school year. Individual student results were sent home with all students who are currently in grade 4 and 7 who participated in the spring. We are so very proud of all their efforts!

Grade 3



Grade 6



No Pictures Please

To respect the safety and confidentiality of all of our students, we kindly ask that parents and care givers do not take pictures of students while other students are in the vicinity. We have many students who do not have consent to have their picture taken.



ATTENTION!! Parent Parking / Drop Off / Pick Up

Just a friendly reminder that when you are dropping off or picking up your child at dismissal, **please do not block the bus loading zone.** We want to ensure the safety of all our students as they are being transported to and from Frank Panabaker School.

In addition, when dropping off or picking up your child, parents please be aware of children opening car doors to the parking lot access. **As a safety reminder, students should enter and exit cars from the sidewalk and never from the parking lot.** We strongly encourage parents to have these safety discussions at home with their children so that we can ensure that all our students remain safe.

Secure School Information

Every year, school communities are required to engage in a number of Secure Schools drills to ensure all students and staff understand how to participate in the case of an emergency situation. These drills include: 6 fire drills (3 in the fall, 3 in the spring), 1 hold and secure drill, 1 shelter in place drill, 2 lockdown drills and 1 bomb threat drill.

The dates of future drills will be posted on the school website at least one day prior to our scheduled drill. If weather conditions do not allow for a safe drill, the drill would be pushed to the next available school day.

Please do not be alarmed if your child tells you that the alarm went off at school. This is all part of our Emergency Plan of Action.

To learn more about HWDSB's approach to secure schools, please go to:

<https://www.hwdsb.on.ca/secondary/supports/secure-schools/>

Privacy Hold: Ensuring Safety and Calm in Our Schools

At Hamilton-Wentworth District School Board (HWDSB), we are committed to creating safe, caring, and compassionate school environments. As part of this commitment, we have introduced the term “Privacy Hold” to manage certain internal situations that require temporary limited movement within the school.

What is a Privacy Hold?

A Privacy Hold is used when schools need to address behavioural situations internally. During a Privacy Hold, staff and students are asked to remain in classrooms with doors closed while the matter is resolved. This approach helps maintain calm, safety, and dignity for everyone involved. It is different from a “Secure School” response and is designed to reduce unnecessary stress or anxiety.

How does it work?

Announcements will be made through the PA system or two-way radios with clear instructions. For example:

“We’re initiating a Privacy Hold. Please keep classroom doors closed until further notice.”

“We’re initiating a Privacy Hold. Please return to your classrooms and clear the hallways.”

What should families know?

Schools will explain the purpose and process of Privacy Holds to staff, students, and families to ensure everyone understands its role in maintaining a safe and respectful environment.

Thank you for supporting our efforts to keep our schools safe and welcoming for all!





Family Literacy Day takes place every January 27th to raise awareness about the importance of reading and engaging in other literacy-related activities as a family. Since 1999, thousands of schools, libraries, literacy organizations and other community groups have taken part in the initiative.

As a school, we will be engaged in various literacy activities on this day! More information may come from your child's classroom teacher.

Here are some activities that you can do at home if you would like:

- Build a fort together, turn out the lights, and read a book using a flashlight.
- Choose or look up a recipe to make.
- Play a board or card game.
- Go for a walk or drive and read the names you see on the signs.
- How many words can you write using only the letters in Frank Panabaker.



Important Reminders About School Hours and Dismissal Procedures

We would like to take a moment to remind parents of the importance of timely attendance at school. Our instructional day runs from 8:15 AM to 2:35 PM, and it is crucial that students arrive on time so they do not miss important lessons and instructions. The morning routines are key, as this is when essential information about the day is shared. Starting the day on time helps all students to feel prepared and engaged.

Additionally, please note that dismissal time is at 2:35 PM. **For safety reasons, we kindly ask that parents refrain from picking up children from the playground earlier than 2:35 PM, unless they have signed their child out at the office.** This ensures that all students are accounted for and that our dismissal process runs smoothly.

Thank you for your understanding and cooperation in helping us maintain a safe and effective learning environment. We appreciate your support in making sure our students can fully benefit from the instructional time each day.

Winter Concert!

In December we had our annual Winter Concert at Frank Panabaker! We want to thank all of our families that took the time out of their busy schedule to come and see the fantastic presentations that our students put on! The excitement was in the air as the winter break was soon approaching! A special thank you to Mr. Little and Mrs. Darlington for all their hard work in organizing this amazing event!

Winter Wonderland

Artistic

Expressions from the Heart of Panabaker Students!



FRANK PANABAKER PRESENTS..

Booster Juice.

Wednesdays from January 28 to March 11

ORDERS DUE BY JANUARY 22ND

All proceeds go towards
Grade 8 Commencement

Orders
Coming
SOON!





**Thank you to Panabaker School community
for your generous contributions! Go, Pumas!**
Together, we collected 931 kg (2052 pounds) of products for
ACS to support the community.



Thanks to ACS volunteers and staff for their dedication, time and care.
For families in need, please contact ACS directly at 905-648-6675.



ANCASTER COMMUNITY SERVICES



SLEEP AND SCREEN TIME

Sleep is important because it allows the body and brain to rest, recover, and develop. For children and youth, getting enough sleep is essential for physical growth, cognitive function, emotion regulation, and overall well-being. Poor sleep negatively impacts mood, academic performance, and mental health. When students struggle in these areas, they are more likely to be stressed, anxious, unfocused, or absent from school.

Percentage of students feeling too tired to come to school by electronic device use before bed

Grade 4-6*	Grade 7-8*	Grade 9-12*
6% 	7% 	11% 
13% 	16% 	24% 

In the Ontario Health and Peer Relations Study (HPRS), we ask students who have missed school in the past two weeks to tell us why. In the Hamilton-Wentworth District School Board, students in Grades 4-8 were more than twice as likely to say they felt too tired to come to school if they used electronic devices before bed compared to students who did not (13% vs 6% for Grades 4-6 and 16% vs. 7% for Grades 7-8).

Absentee rates in Grades 9-12 were even higher, with more than 1 in 5 students who used electronic devices before bed (24%) missing school because they felt too tired.

"As a parent, we all want to set our children up for success. One of my standard recommendations for parents in my clinic is to remove their children's electronic devices from the bedroom about an hour before bedtime to promote faster sleep onset and deeper, restorative sleep."

Dr. Gary Goldfield, Ph.D. C. Psych., Full Professor, uOttawa
and Senior Scientist, CHEO Research Institute



What You Can Do



-  Be sure your child turns off all electronic devices at least one hour before they sleep.
-  Encourage your child to store their mobile device, tablet, or laptop away from their bed so they are not tempted to use them in the middle of the night.
-  If your child is consistently missing school due to fatigue, consider limiting their access to electronic devices at night.

To learn more about the HPRS, visit our website at hprs.ca.

Severe Weather at HWDSB

During severe winter weather, the difficult decision to remain open or to close is always made with the safety and security of our students and staff in mind.

Here are some guidelines to remember:

Weather Cancellations

When bad weather is expected, Hamilton-Wentworth Student Transportation Services (HWSTS) carriers check weather reports, road conditions and road clearing, starting as early as 4 a.m.



6:00 A.M.



Based on this information, the Director of Education makes the decision in conjunction with Hamilton-Wentworth Catholic District School Board.

HWDSB will announce the cancellation of school and board operations by 6 a.m. based on the best information at the time. We share this announcement on the HWDSB website, HWDSB's Twitter account and on the HWSTS website. We also contact local media outlets including CHCH TV, CHML and the Hamilton Spectator.

HWDSB makes a decisions by 6 a.m.

School and Administrative Building Closures

School boards have varied policies on cancellations. **The HWDSB Rule is: Severe weather + Bus cancellation = Schools and Administrative Buildings are closed.** When HWDSB cancels busing due to inclement weather, we have deemed the roads unsafe and this triggers the closure of schools and administrative buildings.

Severe Weather



Extreme Weather - In extreme cold, buses may not start or run as expected and HWDSB may need to cancel transportation. But this does not automatically mean that schools will close. The Director (or designate) has discretion to keep schools open when busing is cancelled due to extreme cold.

Closing a school and administrative buildings is a tough decision – and some families may disagree with HWDSB's call. Families can always make the choice they feel is best when it comes to sending their child to school.

Resources:

HWDSB's website - Severe Weather Information: www.hwdsb.on.ca/about/severe-weather

Inclement Weather and Board Cancellations Policy: www.hwdsb.on.ca/about/policies

Inclement Weather information video: <https://youtu.be/WMkROsXELfY>

HWDSB

Snow-clearing at HWDSB Schools

A responsibility shared by
Board staff, contractors
and the City of Hamilton



HWDSB Staff

Clear, salt and/or sand...

- walkways from the city sidewalk to the school
- school steps and portable steps
- walkways to the portables
- ramps to schools and portables
- area outside entrances and Fire Exit Doors
- Fire Exit stairs & ramps



HWDSB Contractors

After 5cm+ of snow, will...

- Plow parking lots and sidewalks when HWDSB Facilities staff deem it necessary
- Salt and sand the parking lot before school starts
- If required, Head Caretakers may also salt or sand parts of the parking lot



City of Hamilton

Responsible for clearing...

- Snow and ice from sidewalks directly in front of schools, a top priority for the City.
- **Note:** It may take up to 24 hours after a snowfall for sidewalks to be cleared. Report a sidewalk fronting a school in need of clearing at **905-546-CITY (2489)**

What about playgrounds?

Contractors will plow or clear up to half of the asphalt play area at schools. Head Caretakers also inspect playgrounds and spot sand and/or salt areas made slippery by changing temperatures.

Students, take extra caution when walking or playing on school property that may be slippery. Principals concerned about weather or playground conditions may hold indoor recesses and lunch/nutrition breaks.



Benefits of outdoor play

Time spent outdoors is an integral part of the school day. There are great benefits when children experience **fresh air, exercise and time spent time outside**. Outdoor play is also a break from the structure of the classroom.

Preparing for the outdoors

It's important that children come to school **prepared for the cold**. This means boots, mittens/gloves, hats and even extra mittens and socks in case they are needed.

When is it too cold for outdoor play?

Principals decide whether to send students outside for recess. HWDSB asks Principals to follow the City of Hamilton guideline that we stay inside when it's at or **below -15C, or -20C with wind chill**.

