

The Panabaker Chronicle

May 2026 Edition

Dear Families,

As we enter the month of May, we're gearing up for an exciting and busy final stretch of the school year! It's hard to believe we're approaching the last weeks of school, but there is still so much learning, growth, and celebration ahead.

In the coming weeks, students will be wrapping up projects, demonstrating their learning, and participating in end-of-year activities. We'll also be taking time to recognize student achievements, celebrate progress, and enjoy special class moments together. Please be sure to stay tuned for updates about upcoming events, and important dates as the month unfolds.

May is also a great time to remind students about continuing to show kindness, responsibility, and pride in our school community as we finish strong together. Your support at home, encouraging routines, attendance, and a positive mindset, continues to make a meaningful difference.

Thank you for your ongoing partnership and support throughout the school year. Let's make these final weeks memorable, positive, and rewarding for our students as we head toward a well-earned summer break!

Mr. Fede & Mrs. Baggio

Upcoming EVENTS

Every Tuesday – Pizza Day

Every Wednesday – Booser Juice

Every Thursday – Quesada/Subway

May 4 -8 – Mental Health Week

May 7 – Open House

May 8 – Hamilton Cardinals Game

May 10 – Mother's Day

May 14 – Kindergarten Orientation / School Council Meeting @ 6PM South Learning Commons

May 18 – Victoria Day (No School)

May 25 – EQAO Begins

May 20 – FP School Track Day Gr. 5-8

May 21 – FP School Track Day Gr. 3-4

Are You Moving?



To help us with our planning for the September 2026-2027 school year, it would be appreciated if you could notify the office if you will be moving from our area between now and September.

School Parking Lot

Just a friendly reminder that when dropping off or picking up your child please do not block the bus loading zone or park on the side of the road in the parking lot. Please leave all accessible parking spots free unless you have a valid permit. You are more than welcome to use any empty parking spaces.



Weather and Outdoor Play

Time spent outdoors is an integral part of the school day. Children need fresh air and exercise and time spent outside affords students an opportunity to break free from the structure of the classroom.

It is important that children come to school prepared for all weather. During the spring the grounds are often muddy and wet. Please ensure that they have a change of shoes for the indoors. It is also a good idea to have an umbrella for light rain days. As always, Principals use their judgment in determining whether or not students remain inside during recess given certain weather conditions.



Kindergarten registration is now open for the 2025-2026 School year!
Please complete the registration package online.
<https://www.hwdsb.on.ca/kindergarten/#register>

Bus Students

Please note that buses are assigned based on your home address. For safety reasons, students are not permitted to ride a bus that they are not assigned to. Please contact transportation if you require any changes for pick up or drop off locations.



Out of Catchment

As you are aware, Hamilton-Wentworth District School Board has created attendance boundaries for each of its schools. In some cases, families want their child to attend a school that is not within their catchment boundary.

Unfortunately, Frank Panabaker is staffed based solely on the projected enrollment of students in our catchment area. This means that there will not be space available for out-of-catchment students. We regret the impact this will have for families.

Hamilton-Wentworth District School Board uses this protocol to make the most effective use of space and staff in all schools. All parents are urged to register their children at the school for their designated catchment area.

You can learn more on the HWDSB website's page detailing Out-of-Catchment school attendance at <https://www.hwdsb.on.ca/find/>



PLEASE!!
NOTE

Upcoming Sporting Events!

May is game on at our school—fields, tracks, and courts will be buzzing with cheering crowds, teamwork, and school spirit as our students sprint, shoot, swing, and score their way through an action-packed month of sports!

Hockey Tournament – May 13
Football Co-Ed Tournament – May 15
Football Girls Tournament - Thurs. May 21
Jr Soccer Co-ed Tournament - Thurs. May 21
Football Co - ed tournament - Fri. May 22
Ancaster High Triathlon - Fri. May 22
Sr. Girls Soccer - Mon. May 25
Sr. Boys Soccer - Thurs. May 28
Track & Field - Mon. June 8



EQAO

Primary (Gr. 3) and Junior (Gr. 6) EQAO assessments will take place between May 25th to June 3rd. The assessments will continue to be digital and will be completed on a device. Letters were sent home to all grade 3 and 6 parents with more information. Please feel free to visit the EQAO website at www.eqao.com for parent resources.



Cell Phone Use

Just a gentle reminder that you play a crucial role in overseeing your child's cell phone use and social media activity. We encourage you to regularly check their social media accounts, online interactions, and digital presence to ensure they are behaving responsibly and respectfully.

Having open conversations about appropriate online conduct helps create a safe and positive environment for all our students. Please take some time to monitor their involvement and discuss the importance of responsible digital citizenship.

Also, please remind your child that their cell phone should be kept out of sight while at school.

Thank you for your continued support in fostering a respectful online community!



Community Supports for Families (May–August)

We're pleased to share the *Growing Together Guide*—a helpful community resource that highlights free and low-cost programs and supports available to children, youth, and families in our area from May through August. This guide includes information on mental health supports, recreational opportunities, parenting resources, and more. We encourage families to take a look and make use of these community supports when needed.

👉 [Growing Together Guide – May to August](#)

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!



Important Reminder About “Senior Assassin”- Style Games

We are aware of a game sometimes referred to as *Senior Assassin*, which involves students bringing water guns and squirting one another. While we understand this activity is often intended to be light-hearted and fun outside of school, water guns and participation in this game are prohibited on school property and during the school day.

This rule is in place for several important reasons. Water guns—realistic or not—can cause confusion or concern and may be perceived as unsafe by students, staff, or visitors. These activities can also create disruptions to learning, raise safety and supervision concerns, and lead to unintended consequences such as slips, property damage, or students feeling uncomfortable or targeted. Our priority is to maintain a safe, calm, and inclusive environment where everyone feels secure and focused on learning.

We encourage students to enjoy school spirit and end-of-year excitement in positive, school-approved ways. Students who bring water guns to school or participate in this game on school property will face school-based consequences, in accordance with our code of conduct.

Thank you for your support in reinforcing these expectations with your child and helping us keep our school community safe and respectful for all.



FRANK PANABAKER ELEMENTARY SCHOOL

OPEN HOUSE

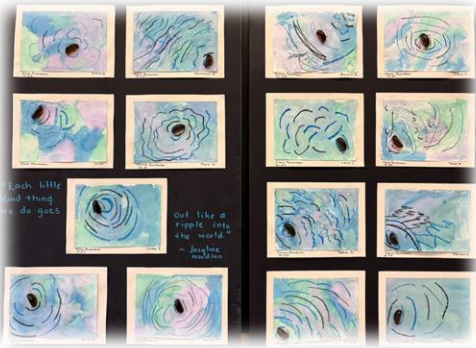
A NIGHT AT THE GALLERY



JOIN US FOR:

- "CURBSIDE" AND "CRAZY CRAVINGS" FOOD TRUCKS
- SHOWCASE OF THE ARTS (SOUTH GYM)
- SCHOLASTIC BOOK FAIR (NORTH GYM)

MAY 7TH, 2026 | 4:30-6:30PM





Important Dates

Fundraiser until May 11

Kreative Klay

New local pottery business offering a creative pottery experience



June 19th

Spring Carnival - food trucks, face painting, games, ponies & more!

4:30 - 8:00 pm



Have any candy, small toys, or gift cards to donate towards the spinning wheel? Please email frankpanabaker@ofhsa.ca





Important Dates



May 7th

Spring Open House with Food Trucks
- Curbside and Crazy Cravings Ice Cream

May 12th

Home and School In-person Meeting.
@ Southcote 53 6:30 pm
rsvp to frankpanabaker@ofhsa.ca
All are welcome!

June 18th

Grade 8 Commencement Ceremony
and Celebration to follow

Tickets \$50 - Option to purchase at
the Spring Open House



Meet the speaker

Katherine Martinko



"Hello. I'm Katherine, an author & speaker. My goal is to reclaim childhood from screens."

May
21

7-8pm

Dundas Central
School

FREE admission

Navigating device use has become one of parenting's biggest challenges. Join us for a talk by Katherine Martinko, author of "Childhood Unplugged", that will be full of practical strategies for putting digital media in its rightful place



Presented by the
**UNPLUGGED DUNDAS
CENTRAL** team

Let's learn together as we raise our kids in this highly digitized online world.

SELF-CARE 101

Self-care is an important part of wellness. Take time and discover what helps you to feel good and recharge.



EAT We all need to refuel. But sometimes when we're stressed, our habits can change – maybe we eat junk food, or don't feel like eating at all. It is important to focus on eating foods that will provide you with the nutrients you need.

- **Tip:** Have a healthy snack nearby so you can refuel and avoid getting "hangry."

HYDRATE Try to increase your water intake and decrease your caffeine intake. Caffeine has been shown to create a stress reaction in your body and might cause you to feel nervous, irritable or restless.

- **Tip:** Drink a glass of water or milk before bed (but not too much!) rather than a caffeinated drink. This should also help you sleep.



MOVE Being physically active has many positive effects on your health. It increases your energy, enhances your immune system, reduces insomnia, stimulates brain growth and has been shown to decrease feelings of sadness.

- **Tip:** This doesn't need to take much time. You can get these benefits of being physically active from just a 30-minute walk. Stuck inside? Check out YouTube for brief yoga routines, at-home workouts or track your steps, and challenge a friend!

ENJOY Take time to discover things you enjoy. Do things that make you feel good as often as you can. It may not be what others find fun, and that's okay! We're all different.

- **Tip:** Maybe there's a book you want to read, a show or movie you've been meaning to watch, a skill you've been interested in, or something new!

WHY SELF-CARE?

Self-care is like saving up for a rainy day! It's about nurturing yourself so that when difficult situations happen, you will have the energy and strategies to help you get through it! It can feel hard to practice all of the self-care tips that we know are important, pick a few to focus on, congratulate yourself on what you're able to accomplish and continue to set goals for yourself.

- **TIP:** Try this quiz to find out if you're practising enough self-care 🎯

For more ideas to help you recharge, check out Kids Help Phone's self-care checklist! 🎯



PAUSE Make sure to take time for yourself during the day, to listen to music, take a few deep breaths, meditate, write in the gratitude journal.

- **Tip:** There are lots of different apps and sites out there for breathing exercises or check out: 'How to calm down when you're stressed' 🎯

REFLECT Take time to think about what's important to you. It can be easy to get caught up in the negative messages, instead look for kindness and positivity. This can come in different forms like people doing good things for others or positive posts on social media.

- **Tip:** Practicing gratitude on a regular basis can improve our sense of well-being and happiness! Journal about gratitude: every night, write down three good things about your day. They don't have to be major (i.e. a great lunch, talking to a friend, finishing a task).

REPEAT Did you know that trying a new skill, habit, or routine for 21 days in a row will increase the likelihood of maintaining this new practice?

- **Tip:** Try having a partner to hold you accountable during the first few weeks; this strategy has been shown to enhance your success rate of maintaining your new practice.

CONNECT Strong social connections are one of the most powerful influences on our mood and mental health. Spending time with friends and family help to increase your levels of happiness.

- **Tip:** Getting involved in something bigger than yourself or doing nice things for others can give you a mental health boost. If you can't see the people you care about every day, send them a text or make a phone call; it will make their day and yours!

RECOGNIZE Be mindful of your thoughts and feelings, both positive and negative, as part of your self-care. Finding a healthy outlet to process your emotions and positive self-talk, although always important, is super important during stressful times.

- **Tip:** When thinking, ask yourself? Is this helpful/true? If not, challenge yourself to find a positive/true alternative. Remember to speak kindly to yourself, everyone has good and bad days. Don't be too hard on yourself!

If you or someone you know is in crisis, call 9-1-1 or go to the nearest emergency department.

You can also reach out to Kids Help Phone at 1-800-668-6868 or by texting **CONNECT** to 686868.



School
Mental Health
Ontario

Santé mentale
en milieu scolaire
Ontario

www.smho-smso.ca