

UGDSB TOGETHER

Monthly communications updates from the Upper Grand DSB

Download our UG Connect Mobile App!

Make sure your UGDSB mobile app is up to date!

Download the new mobile app - it's everything Upper Grand in your pocket. For the latest updates, please sign up for notifications from the UGDSB and your school.

- Download for Android <https://aptg.ca/V7pmln>
- Download for iPhone <https://aptg.ca/370LCh>



School & Board Information

Spring Into Spring this April!

Spring Into Spring is an annual celebration of starting the new season which encourages students and families to spend more time being active outdoors throughout the month of April. This April, schools across Ontario will be promoting walking, rolling, biking and other fun ways to get to and from school. Walking or rolling/wheeling to school contributes to:

- Reduced vehicular traffic near the school entrance, which improves road safety
- Reduced noise and air pollution from excessive vehicle use
- Improved levels of physical activity among children
- Improved student cognitive development and brain health
- Improved student memory, attention in class and academic performance
- Is a great way to reconnect with your peers

Don't forget to send us your Spring into Spring pictures on Instagram! @uppergrand

From Public Health: Cannabis Safety Starts at Home

Accidental cannabis poisoning is a real risk and occurs most often in homes. Cannabis edibles can look just like treats to curious children, especially edibles like candies, chocolates, and cookies. Even a small amount of cannabis can make a child very sick. Warning signs include extreme sleepiness, confusion, vomiting, trouble breathing, poor balance, seizures, and loss of consciousness (passing out).

Simple steps can keep children safe.

Learn more about cannabis and your health:

wdgpublichealth.ca/cannabis.





Screen Time Info

Are you looking for resources or support around children and screen time?

Choices Rewired has helpful resources and action steps for parents/guardians around youth and screen time, including ways to Observe, Engage and Lead.

The Unplugged Canada Pledge is a parent-led initiative where families pledge to wait until their child is at least 14 before allowing them to have a smartphone. [Learn more here.](#)

More from the UGDSB

Sustainability Spotlight: Using water wisely at UGDSB

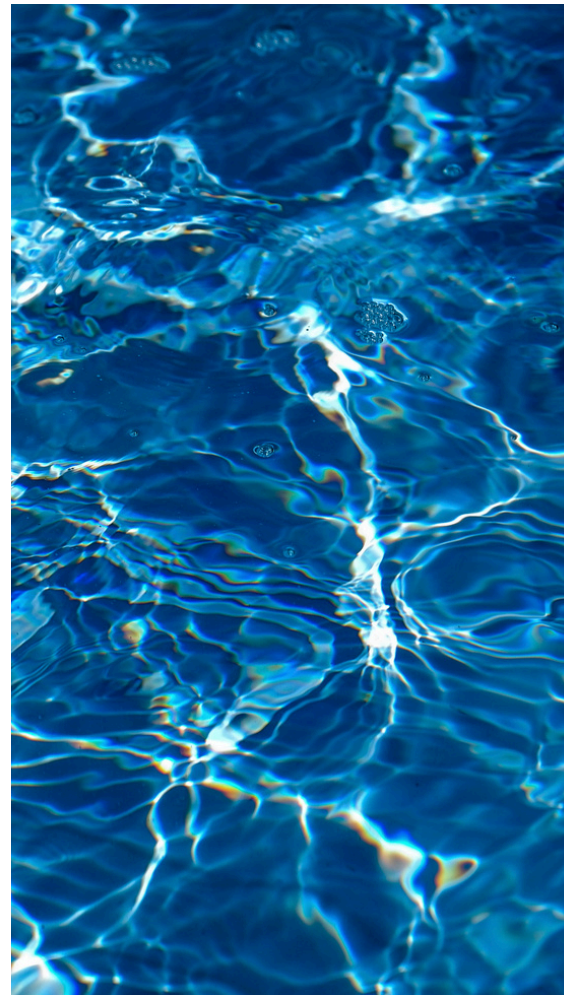
The UGDSB is continuing to highlight the seven focus areas of our Sustainability & Climate Action Plan (2025–2030).

This month, we're focusing on Water. Water is essential for healthy schools and healthy communities. Using water wisely helps protect local waterways, reduces the energy needed to treat and move water, and supports a more sustainable future for students.

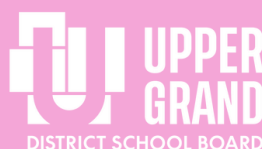
When we conserve water, we help to:

- Protect an important natural resource
- Lower greenhouse gas emissions (because water systems use energy)
- Reduce operating costs in our schools and buildings
- Teach students everyday habits that support the environment

Small actions, repeated daily, can make a big difference. To learn about what the UGDSB is doing, and what families can do at home, [visit the UGDSB website.](#)



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