

Couchiching Heights

455 Laclie St N, Orillia

<http://cou.scdsb.on.ca/>

T: 705-325-9311

Principal: Lindsey Cook

<http://cou.scdsb.on.ca/>

Principal's Message:

Spring has finally sprung, and with that the promise of wonderful things and moments of new discoveries. Here at CHPS, we are lucky to see this each and every day in our classrooms as more and more students and staff share their mastery of Google documents or new strategies for solving that math problem that used to be so hard. Fantastic things are happening here, and the learning continues to grow and grow! This month, we take time to truly let our students' talents shine as we prepare for the Intermediate Invention Convention, watch students become eco-friendly citizens, promote inclusiveness by wearing blue for Autism Awareness Day, and celebrate with other local schools in the International Day of Pink. It certainly is proving to be an inspired month for us all!

This month's character trait is optimism. This is the perfect time of our school year to be thinking about continuing to work on the goals that students and staff have set from Report Cards and School Learning Plans with enthusiastic *optimism*. I want to express my sincere appreciation for the *optimistic* effort and attitude of our School Council, and our many wonderful parent volunteers and the way they all work so passionately to enhance the learning environment at Couchiching Heights. Thank you, parents, for your partnership in nurturing students of character at our school and for being positive role models for your children. It really does take a village to raise a child!

Finally, as the warmer weather continues to arrive, our students will begin to wear summer clothes to school. Please help your children to follow the school dress code. A copy of the dress code is in the Student Agenda Planner and is posted on the [board website](#). Clothing should not be offensive or distracting to fellow students or staff. Offensive slogans that put down anyone



Upcoming Events

April 3

World Autism Awareness Day at Couch – Everybody wear blue!
School Council Meeting – 6:30-7:30 PM

April 4

School Bus Evacuation Training

April 7

Invention Convention - @CHPS
2-3 PM

April 12

International Day of Pink

April 13

School Easter Egg Hunt

April 14 & 17

Good Friday / Easter Monday –
No School

April 20

Toronto Blue Jays Trip – Grade 7

April 21

Earth Day at CHPS

April 26

Pitch-In Garbage Week at CHPS

April 27

CHPS Wellness Night/Event –
5:30-7:30 PM

April 28

Crazy Sock Day

or any group of students are not permitted. Undergarments should **not** be showing and spiked or chained accessories should not be worn. Thank you for your continued support and partnership in ensuring that CHPS is a positive learning environment for everyone.

Mrs. Cook

News from School Council

Monday April 3rd at 6:30pm is our next school council meeting. The meeting will take place in the school library. As always, all are welcome to attend. Please visit our school website at <http://cou.scdsb.on.ca/> if you would like to view school council agenda's and monthly minutes.

Save the date - Saturday April 8 - Hewitt's Farm Market hosts their Annual Pancake Breakfast. This year the proceeds come to our school!!! Mark it on your calendar April 8 from 9am to 1pm!

Couchiching Heights Wellness Night/Event – April 27th!

Couchiching Heights School Council is hosting a wellness night. This amazing event is for parents to learn ways of supporting mental wellness in our children, as well as helping our children to be able to withstand and overcome the trials they may face in school, on the playground or in the workplace later in life. Please join us Thursday, April 27 from 5:30-7:30pm at CHPS for engaging keynote speaker Danielle Mink, SCDSB's mental health leader, as well as interesting small group breakout sessions. Children attending with their parents will be excited to watch a showing of Disney Pixar's, *Inside Out* (supervision will be provided).

Reminders: Logoed CHPS water bottles are still available at the school for \$7 each. Please see Mrs. Provenzano in the office if you wish to purchase a water bottle to use at our new water filling station. All proceeds go towards school initiatives. Please clearly label your child's water bottle with their name to ensure that it does not get mixed up with other students' bottles.

Did you know that you can easily help our school raise money? When you visit Boston Pizza for a meal, write "Couchiching Heights P.S." on the back of your receipt and place it in the jar at the entrance of the restaurant. A percentage of your total bill goes back to the school!



School Website

Please visit our school website at <http://cou.scdsb.on.ca/>. Here you will find helpful resources, important dates on our school calendar, and can learn more about the events and activities happening throughout the school year. We also encourage all families to **subscribe** to the school website by clicking on the "subscribe" link at the top of the homepage of the website. When you subscribe you will be emailed our school newsletters, Week at a Glance, and other important updates and messages pertaining to school wide activities and events. Also included on the homepage of the website is our school Twitter feed. Check out up-to-date activities happening daily at the school! Finally, this website includes relevant information about our school district – right at your fingertips!



Measuring School Safety and Inclusion: Survey Results & Next Steps

In January, students, staff and parents provided feedback on our school climate through a survey. The survey included questions about the tone of the school, safety, inclusion, activities and more.

The results of the survey are now available. You can view the survey by clicking [here](#), or by visiting our school website. Next steps will be shared at future School Council meetings. All parents are invited to attend these meetings.

Here is a summary of our report:

- 86% of our students believe they can succeed in the future
- 88% of our students felt there were many activities for them to get involved in at our school
- 87% of students get at least 20 minutes of activity at school every day
- 88% of students believed they get along with other students
- 87% of students felt that adults at the school encouraged students to take responsibility for their own behaviour
- 80% of students and 100% of parents feel safe at our school
- 93% of students reported that adults in their classrooms help them to figure out how they can learn best

This report will help guide discussions with staff, students and school council about the effectiveness of activities and supports at our school. The survey is one of the ways we measure our progress. It helps us plan for improvement. We use the data when we work on our annual School Learning Plan.



Invention Convention

It's coming! Intermediate students have been investigating, inventing and innovating, and will be sharing their products on April 7th from 2-3PM at the Invention Convention. All students in the school, as well as parents and community partners, are invited to come to CHPS and see what the students have been building.



World Autism Awareness Day at Couchiching Heights

On Monday April 3rd, we will be celebrating World Autism Awareness Day. Staff and students are invited to wear blue and bring \$1.00 to show their support. All funds raised will be donated to Autism Ontario Simcoe County chapter.



School Bus Evacuation Training takes place at Couchiching Heights on April 4th

The Simcoe County Student Transportation Consortium (SCSTC), in partnership with school bus operators, is offering school bus evacuation training to all home-to-school transported students the week of April 3 to 7. During this week, school bus drivers will educate students on how to evacuate a school bus safely in an emergency situation. For more information, visit main.simcoecountyschoolbus.ca/.

BUS SAFETY



Junior Basketball Teams

Our Junior Girls and Boys basketball teams have begun! Ms. Henderson and Mrs. Whitfield look forward to working with these teams and seeing their improvement over the course of the season. Our Junior Girls practice Monday and Thursday mornings before school and play games on Tuesdays, starting April 4th. The Junior Boys practice Wednesday and Friday mornings before school and play games on Wednesdays or Thursdays, depending on the week. Please see our Week at a Glance for practice dates and times.



Students who attended a try-out but did not make the team this year are invited to attend development team practices on Day 2 during first nutrition break and recess. These sessions will be run by some of our intermediate basketball leaders. We hope to continue to build basketball capacity here at Couchiching Heights!

Couchiching School Band!

Our Junior and Intermediate bands have been practicing hard and will be competing in the Kiwanis Music Festival on April 24th



at 9:30 AM. Come out to support our students and hear how far we have come in such a short time!

Library News!

The CHPS library is going coding crazy!!! We have a bunch of classes beginning to work on coding projects. Mr. Carnie, Ms. Barr, Ms. deVeth and Mr. Kearns' classes are beginning the coding quest to learn how to code their very own video games! Mrs. Coons' class is working through a coding course in code.org. Even the kindergarten students have started to work on some coding through the iPad app, Kodable. We're going to make sure our students have the skills for the future!!



What's Happening for Earth Day 2017?

This year Earth Day is Saturday, April 22nd. At Couchiching Heights, we are going to participate in EarthPLAY on Friday, April 21st for Earth Day! This year we will join students across Canada to get outside, connect to our nature, have fun and #Play4EarthDay. Please feel free to contact Ms. Coons for more details.



On Saturday, April 22nd, celebrate Earth Day with your family and friends by going outside! Share your photos of EarthPLAY with us on Twitter @coustaff using #Play4EarthDay.

Pitch-In Garbage Clean Up

On April 26th CHPS will be working with the City of Orillia in their Pitch-In Garbage Clean up. Kindergarten and Primary students will be collecting garbage and recycling on the school yard. Junior and Intermediate students will be asked to clean up in the community around our school.



Parent workshops to help understand Individual Education Plans

The Simcoe County District School Board's Special Education Advisory Committee and Special Education Department are offering informational workshops for parents/guardians to enhance collaboration between parents and schools in the development of a student Individual Education Plan (IEP). These workshops are free to attend and open to all interested parents/guardians.



Workshops take place from 6:30 to 8 p.m.:

- April 11: Lions Oval PS - 25 Brant Street West, Orillia
- April 12: Bear Creek SS - 100 Red Oak Drive, Barrie
- April 13: Mundy's Bay PS - 340 Sixth St., Midland

April 18: Chris Hadfield PS - 211 West Park, Bradford
April 19: Alliston Union PS - 211 Church St. North, Alliston
April 20: Admiral Collingwood ES - 15 Dey Drive,
Collingwood

Is your child turning four this year? It's time to register for Kindergarten

Our school is now registering children for Kindergarten for the 2017-18 school year. Required registration documents include birthdate documentation, proof of address and record of immunization. Visit www.scdsb.on.ca/kindergarten for more information.



Starting school in the fall? Kindergarten orientation session on May 17th from 5-6PM at Couchiching Heights P.S.

This spring, we are hosting an orientation session to welcome new Kindergarten students and their parents to our school. Come experience what life is like in Kindergarten! Explore areas of the program, meet Kindergarten educators and have the chance to ask questions. Our school's session takes place on May 17th from 5-6 PM. We look forward to welcoming you! For more information, visit www.scdsb.on.ca, click on 'Programs,' 'Kindergarten' and then 'Kindergarten Orientation.'



School start dates for September 2017 are as follows:

- Senior Kindergarten (Year 2) students will begin school on Tues. Sept. 5.
- Junior Kindergarten (Year 1) students will begin school on Thurs. Sept. 7.

Summer child care available at select SCDSB schools

In partnership with community child care operators, we are pleased to support your child care needs, offering full-day child care programs for children (aged JK to 12 years) in select schools across Simcoe County this summer. Registration in advance is required. Please contact the child care operator directly to register. A fee subsidy may be available to families who qualify. For more information, please contact the **YMCA at 705-329-3996 or Orillia Central Preschool at 705-327-2764**. For the full listing of childcare centres in the SCDSB, visit www.scdsb.on.ca and click on 'Schools' and then 'Before & After School Care.'



Moving to Find Balance: Free Parent Forum on April 25 offered by Seasons Centre

Seasons Centre for Grieving Children is presenting an educational forum for parents called *Moving to Find Balance: Resilient Children and Youth Connecting Physical Activity to Mental Health*. This event, free for all parents, will explore how you can incorporate more activity in your own life, how you can encourage children to get moving and how to access family-friendly local resources that are low or no cost. The event takes place on April 25 from 6 to 9 p.m. at Liberty North Events Facility (100 Caplan Ave. in Barrie). The evening forum is free to attend, but you must register. For details, visit <http://www.grievingchildren.com/events/signature-events/>.



Identifying school-sponsored trips

All field trip information will be sent home on school and/or Simcoe County District School Board letterhead. This is the best way for parents/guardians to identify supervised and approved trips. There may have been times when community or external groups have organized trips that have been mistaken for school-sponsored field trips. Parents would be notified of individual circumstances if the school is aware that an external trip is being planned. When in doubt about any trip ask questions of the organizers, including "Who is sponsoring or in charge of this trip?", "Who will be supervising?" and "What are their qualifications?" You can also contact the school if you have any questions about a trip you see advertised that you think may not be school-sanctioned.



Events at our school in celebration of International Day of Pink

Our school will wear pink to celebrate the International Day of Pink, which is Wed. April 12th. This day celebrates diversity and promotes standing up to bullying. It is a day of action which started in Nova Scotia when two straight high school students saw that a gay student wearing a pink shirt was bullied. The two students intervened, but wanted to do more. They purchased pink shirts and within a few days got everyone at school wearing pink, standing in solidarity for diversity and standing up against discrimination, gender-based bullying and homophobia.



Use the Safe Schools tool to report bullying, drug use or vandalism

The SCDSB has an online Safe Schools Reporting Tool, which is available on our school website homepage, <http://cou.scdsb.on.ca/>, as a Quick Access button. Students and parents can use this tool to submit a report online if they

witness inappropriate behaviour such as bullying, drug use or vandalism. Students are still encouraged to speak to a trusted adult at school or home if they have any concerns. This form isn't a substitute for having a discussion with a teacher or principal. Student safety and well-being are always our top priority. For more information, please contact the school or visit <http://scdsb.on.ca/ReportAnIncident>.

Students invited to share their work for Mental Health Awareness Week

In celebration of Mental Health Awareness Week (May 1 to 7), the SCDSB invites submissions from students or classes about the importance of well-being. Student work will be incorporated in a gallery of work that will be displayed at the SCDSB Education Centre during Mental Health Awareness Week. Submissions can be in the form of art, music, technology, literature and/or multimedia presentations. Entries must be received before April 14 at bit.ly/SCDSBwellbeing.



Vaccination reminder for parents of Grade 1 students

All students must have an up-to-date immunization record on file at the health unit. Since starting Kindergarten, your child may have received new immunizations. If so, you must send their updated immunization records to the Simcoe Muskoka District Health Unit for:

- Tetanus, Diphtheria, Pertussis , and Polio
- Measles, Mumps, and Rubella
- Meningococcal disease
- Two-doses of a Chickenpox (Varicella) containing vaccine

If your child will not be getting these vaccines, you will need to give the health unit a valid medical exemption or affidavit. To complete either of these forms, you can call the health unit. Your child could be temporarily suspended from school if the health unit does not have an up-to-date record on file.

Follow these steps to help protect everyone in your school community:

- Check your child's yellow immunization card
- Contact your health care provider to get a record or to get missing vaccines
- Share the complete record with the health unit at www.smdhu.org/immsonline or fax the record to the health unit at 705-726-3962

For more information, visit the Simcoe Muskoka District Health Unit's website at: www.simcoemuskokahealth.org.

Information provided by the Simcoe Muskoka District Health Unit



Five ways to make family fitness fun

Fitness and Fun. Two words many families just aren't getting enough of. Health Canada recommends adults should accumulate at least 150 minutes of moderate to vigorous physical activity per week, and children/teens require 60 minutes of physical activity every day. Getting our daily dose of exercise not only helps to prevent health risks, it builds strong muscles and bones, develops positive body image and supports mental health. Here are some great tips to making family fitness fun for everyone:

- Plan ahead - it's hard to have fun when you're rushed or overwhelmed. Schedule family time in your calendar and treat it like any other appointment you need to be prepared for.
- Put family first - make the focus of family fitness about family time. Use this time to connect with one another, share stories, discuss interests, check in on the day or just make each other laugh.
- Take turns - to ensure that family fitness stays fun for everyone, take turns choosing the activity.
- Bring on the music - adding a soundtrack to your favourite work out is a great way to turn up the fun.
- End on a high note - follow your fit-time with activities your family loves to help make the habit fun for all. Plan a movie night at home after attending a fitness class together, or make it a tradition to share a healthy treat after your heart-pumping fun.

Information provided by the YMCA of Simcoe/Muskoka
(www.ymcaofsimcoemuskoka.ca)

Events at Eastview Secondary School in April open to all parents

On **April 10 at 7 p.m.**, Eastview Secondary School will host a screening of the film *Screenagers*, a study of growing up in the digital age. Physician and filmmaker Delaney Ruston created *Screenagers* to probe into the vulnerable corners of family life to explore struggles over social media, video games, academics and internet addiction. This presentation will help parents learn how tech time impacts kids' development and offers solutions on how adults can empower kids to best navigate the digital world.

On **April 12 at 7 p.m.**, the school welcomes financial literacy expert Robin Taub, the author of the best-seller, *A Parent's Guide to Raising Money-Smart Kids*. Her presentation will cover why it's important to teach kids about money, as well as the



challenge of being a good financial role model. She will explain how to address money-related topics with young kids, pre-teens, teenagers and emerging adults.

All parents/guardians are welcome to attend the above events. For more information, please contact Eastview Secondary School at 705-728-1321. The school is located at 421 Grove St. E. in Barrie.