

Couchiching Heights

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Principal: Lindsey Cook

<http://cou.scdsb.on.ca> | Follow @coustaff on Twitter

Principal's Message:

It is hard to believe that we are in the final months of our 2017-2018 school year. Take a moment to reflect on how far your child has come in their learning, celebrate strengths and talk about next steps for learning.

April is Sikh heritage month, and is also host to Autism Awareness day (April 2), and pink shirt day (April 11). One of SCDSB's strategic priorities for 2017-2022 is to focus on equity and inclusion. Here at CHPS, staff are working hard to build equitable, inclusive and encouraging environments within their classrooms, that extend throughout the school. You can help by talking to your children about how we all learn differently, and celebrate that we have different beliefs, heritage, talents and strengths.

A great big thank you to our CHPS community for their donations on World Autism Day, which raised \$92.00. This important day was organized by our staff and student Equity and Inclusion leadership team. We appreciate all of their efforts to help raise awareness about Autism.

We continue to focus on the SCDSB character traits at CHPS. On April 9th we will recognize students at a school wide assembly who consistently demonstrate the trait of "integrity." We are very proud of these recipients, as well as many other students who continue to shine at our school. Last week we held our annual Heritage Fair, and I would like to personally congratulate Noah S., Tim D. Carter S. and Madelaine Y., who will go on to compete at the county fair on April 25th.

I would formally like to welcome, Cheryl Labelle to the CHPS family. Mrs. Labelle is taking over as Chief Custodian. Our former Chief, Mr. Fletcher, has taken a central maintenance role with the



Upcoming Events

April 9

Character Ed. Assembly 9:00am
School Council Meeting 6:30-8:00pm in Library

April 11

International Day of Pink – Wear pink to school!

April 20

The NED Show – character education presentation for K-8

April 22

Earth Day

April 25

County Heritage Fair

April 26

County Wrestling Meet

April 27

PA Day – No school for students

May 7

School Council Meeting 6:30-8:00pm

May 7-11

Education/Mental Health Awareness Week

board. We appreciate all that Mr. Fletcher did for our school and wish him well in his new role!

Finally, I would like to take a moment to thank our parent council who work tirelessly to host fundraisers, and organize events and experiences to support our students and families. Right now school council is working with staff and students to organize an important upcoming event: Family Active Night. Please save the evening of May 31st to come out with your families and get active at CHPS. I am certain that this will be a fun night for all!

**Your Partner in Education,
Mrs. Cook**

News from School Council

Please visit our school website at <http://cou.scdsb.on.ca/> if you would like to view school council agenda's and minutes from our monthly meetings.

School Council would like to invite new members to our **School Council Meeting on April 9th, 2018** in the school library. May 7th, 2018 will be the date of next month's meeting. School Council is always looking for new members and we would love for you to join us to learn more about council and volunteer opportunities. Please know that you do not have to be a voting member to attend council meetings and/or sit on sub-committees. For those interested in being part of a volunteer/fundraising committee, we can work around your schedule. School Council meetings usually take place on the first Monday of every month (with the exception of a few dates).

A Big THANK YOU to our community for participating in the Hewitts Farm Market fundraiser! A total of \$149.82 was raised and will be put towards increasing technology at CHPS and general school needs.

Parent Resource Lending Library

Did you know that School Council has begun to create an amazing parent/guardian lending library? Last year as part of a Parent Reaching Out grant we purchased a variety of valuable parent resources that focus on building grit and resiliency in our children. There are also many other titles that address topics such as, anxiety, self-regulation, and well-being. This library is located just next to the front office. If you would like to take a look and/or borrow a resource, please see Mrs. Provenzano in the office.

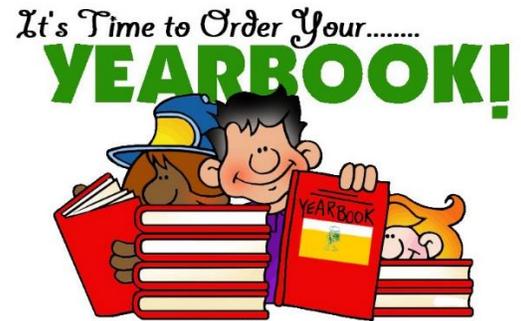


Mabel Labels – There is still time to order!

It's always a great idea to label your child's clothing and other belongings each school year. Our lost and found is always overflowing. Couchiching Heights makes 20% of all sales and proceeds will be used toward reducing field trip costs for students. Simply visit: campaigns.mabelslabels.com, search for Couchiching Heights in the drop down and place your order to support our fundraiser! Thanks so much! Happy Labelling!



Reserve your copy of the 2017-2018 CHPS school yearbook today by purchasing your copy using School Cash Online! Yearbooks are on sale now for \$15.00 each and include beautifully coloured pages that capture all the amazing events of the year, as well as class pages, teams and clubs, graduates and more! At this time, we are not accepting any other method of payment for the yearbooks. You must use School Cash Online if you would like to secure a copy of this memorable keepsake! If you are not sure how to use School Cash Online, please see instructions on our school website (also listed below), or call Mrs. Provenzano in the front office for help in getting set up! Yearbooks will be on sale until April 30th and will be delivered to the school mid-June so that students have time to get them signed!



School Cash Online

School Cash Online is a safe and effective way to order milk, pizza, field trips as well as many other events and fundraisers at CHPS. No more worrying about sending money to school with your child or misplacing an order form. There are 4 easy steps to get your account up and running.



- 1 – you will need to log on to <https://simcoecounty.schoolcashonline.com> to register
 - 2 – you will need an email address to have the confirmation emailed to you
 - 3 – you will need your child's student number (Please contact the office for yours)
 - 4 – If you have more than one student, this is the step where you would add more and view items available. (i.e. Milk, Pizza, Trips, etc.)
- Please note: There are 3 types of transactions available. A onetime transaction using your Visa or MasterCard. The "My Wallet" is a prepaid account where you can load funds and hold and use at a later date.

We encourage you to use this payment option moving forward. This also helps with our Eco School initiatives on saving paper.

News from the Green Team

The Green Team has organized this month's Character Education Assembly, to be held on Monday April 9th at 9:00am. All parents and guardians are welcome to attend.

The Green Team will be organizing a community and school yard clean-up later this month. Dates will be announced shortly. Please watch the for an update in the Week at a Glance.

The Green team would like to start flowers and vegetables to sell in an effort to raise money for our butterfly and bee garden. If you have any bags of soil or any seeds that you could donate to support our cause, we would greatly appreciate them.

This year Earth Day is Sunday, April 22nd. Be sure to celebrate Earth Day with your family and friends by going outside! At Couchiching Heights, we are currently planning activities that students will participate in around Earth Day. Stay tuned to the Week at a Glance for more details and dates!

International Day of Pink

Our school will be hosting events during the week of April 9 to 13 in honour of the International Day of Pink, which is Wed. April 11. This day celebrates diversity and promotes standing up to bullying. It is a day of action that 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. ***Our school will be recognizing the international day of pink on April 11th by wearing pink shirts to school.***

Save The Date:

May 16th - Welcome to Kindergarten (5:00-6:00pm)

May 31st – Family Active Night (5:00-7:30pm)

June 12th – Volunteer Appreciation Tea (1:30pm)

June 26th - Grade 8 Graduation



S.C.D.S.B. NEWS! -----

Register now for summer child care

The Simcoe County District School Board (SCDSB) supports your child care needs by offering full day child care programs in select schools across Simcoe County. Twenty schools offer child care programs for children from Junior Kindergarten age to 12 years of age. Registration in advance is required. Please contact the child care operator directly to register. More information can be found on our website at www.scdsb.on.ca – click on 'Schools' then 'Before & After School Care.'



Now accepting Kindergarten registrations

Do you (or someone you know) have a child who was born in 2014? If so, it's time to register them for Kindergarten! Elementary schools are now registering children for Kindergarten for the 2018-19 school year. Required registration documents include birthdate documentation, proof of address and immunization records. Visit www.scdsb.on.ca/kindergarten for more information.



Parents invited to information session about special education

The SCDSB is hosting a series of information sessions for parents/guardians to learn about special education in the SCDSB, and how to support students with special education needs. The last session takes place this month:

April 16

Understanding Alternative/Non-Academic IEP Goals

The event takes place from 6 to 7 p.m. at the SCDSB Education Centre, located at 1170 Highway 26 in Midhurst. No registration required.



Learning Knows No Bounds

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.



Trauma & Loss: Creating School Communities of Well-being on April 14 in Barrie

Parents and/or community members are invited to attend *Trauma & Loss: Creating School Communities of Well-being* on Sat. April 14 from 9 a.m. - 2 p.m. at Bear Creek Secondary School, located at 110 Red Oak Dr. in Barrie. This conference is being funded through a Regional PRO grant from the Ontario Ministry of Education and is being presented by the Adoption Council of Ontario. This event is free to attend and lunch is provided. Limited child care is available for children aged three to 12 years. Register at www.adoption.on.ca/events. Questions? Contact pact@adoptontario.ca.



Please turn off your car while you wait

A reminder to please turn your engine off when dropping off or picking up your child from school. Idling cars release exhaust that is harmful to the environment, our health and the health of our students. It's good to get into the habit of turning your car off any time you're stopped and in park for more than 60 seconds. Thank you for doing your part to keep our kids and our environment healthy! For more information to keep you and your family healthy, visit www.simcoemuskokahealth.org or call Health Connection at 705-721-7520 or 1-877-721-7520.

Information provided by the Simcoe Muskoka District Health Unit



Stress: Our kids get it too!

Kids have stress, just like us. Stress is a normal part of life, but our bodies are only made to handle it for short amounts of time. Continued stress can cause feelings of pressure, anxiety and tiredness. It can make it hard for kids to focus in school and can cause them to become sick, get lower grades or make unhealthy choices. It's easy to mistake signs of stress for bad behaviour in your child. You can help them learn to manage stress by staying calm, showing love and talking openly about their feelings. Encourage them to try calming activities like deep breathing or doing something active. If the stress continues, be sure talk to your child's family doctor or health care provider. To speak with a public health nurse, contact Health Connection at 705-721-7520 or 1-877-721-7520 or visit the health unit website for more information at www.simcoemuskokahealth.org.



Information provided by the Simcoe Muskoka District Health Unit

YMCA Healthy Kids Day taking place on April 29

YMCAs across Canada are celebrating Healthy Kids Day on Sun. April 29. It's a national day dedicated to improving the health and well-being of kids. The YMCA of Simcoe/Muskoka is happy to host this FREE event for everyone in the community, offering fun and healthy activities for the entire family to enjoy. Across Canada, most children do not meet the recommended 60 minutes of daily physical activity. Rising rates of obesity and related chronic disease tell us that getting kids active should be a top priority for parents, schools, and all Canadians. With summer just around the corner, here are some practical tips on how to keep your kids active and healthy:

- Rather than heading out on a walk or jog solo, invite your kids to hop on their bicycles, skateboards and scooters and head out with you. You will come back energized and connected knowing that you've set a great example and spent quality time together. Everyone wins!
- Many communities have free or low-cost youth activities or programs at facilities such as pools, playgrounds, parks, sporting fields, community centres and the YMCA! Ask your child's teacher, contact your local municipality, search online or contact your local YMCA for upcoming events.
- Depending on the distance and safety factor, consider letting your children walk to school, the library, their friend's house or any other place you would normally drive them to. Some kids may be inspired by tracking their steps with a pedometer. Pedometers are relatively inexpensive and many libraries have them available on loan!

Join the YMCA of Simcoe/Muskoka on Healthy Kids Day and learn about healthy habits, connect with other parents and get the whole family active together under one roof. For schedules of activities and more information, please contact the YMCA in your community: www.ymcaofsimcoemuskoka.ca.

Information provided by the YMCA of Simcoe/Muskoka

