
December 2016

Couchiching Heights

455 Laclie St N, Orillia

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

T: 705-325-9311

Principal's Message:

This past Monday, I had the great privilege of joining the Couchiching Heights team as the new principal! I realize that there has been some changes in administration this year, and I want to assure you that I am here to stay! I am very excited to be working alongside a dedicated staff and vibrant school community. Although I have only been here a few short days, I have been very impressed with how many wonderful things are happening around the school. Many student leaders are rising to the occasion as members of the Green Team, student mentors for younger students (PALS), and even as young artists planning to visit a local retirement residence! Many teams and clubs are well underway, and many upcoming festive activities for the holiday season are being planned. It is very obvious that the staff and students take pride in their contributions to the school and are motivated to look for new ways to make Couchiching an awesome place to be!

I recognize that in order to be successful in school, our children need support from both home and school. Over the next few months, I look forward to getting to know the Couchiching Heights community and working in partnership with families to ensure our students are happy and successful. If you have any questions or concerns please don't hesitate to contact me at the school, or pop into the office for a chat!

Mrs. Cook

News From the Green Team

Thank you parents and students for doing such a great job making litterless lunches. The kindergarten division won the litterless lunch certificate of achievement! We have noticed a drop in garbage at school! Because the program was such a



Upcoming Events

December 5

School Council 6:30

December 12 (5-8PM)

Boston Pizza Night – Please make reservations! The more people we book the more money the school gets back! ☺

December 14

Holiday Concert (see pg. 3)

December 24 – January 8

Winter Break

Important Reminders

Pizza and Milk Orders:

Please watch for pizza and milk order forms being sent home next week!

Pick-up for Hewitts Farm food orders:

December 21 → 3-5pm at the school

Dec 21-23 → At Hewitts market during market hours 9-6pm

success the Green Team would like to make litterless lunches a year long initiative.

The Green Team has also started a campaign to recycle markers at the school. If you have markers at home that you want to recycle, please send them into the school for your child to put into the red buckets at the recycling depots in the school.

Live green, love green, think green!



More Student Leadership

We have an amazing group of student leaders here at Couchiching Heights PS!

Our PALS (Playground Activity Leaders) have been providing games and activities for our younger students to drop in on during first recess. Some of the activities have included long rope skipping, hula-hooping, and ball games.

Our Spirit Crew has been planning school-wide events to promote fun and belonging all autumn! They most recently hosted a bake sale on Pajama Day, with an afternoon spent in cross-grade groupings to 'snuggle up and read'.

Upcoming Spirit Days include:

December 16th - Twin Day

December 23rd - Elf Yourself Day & Santa's Workshops

Our DPA crew has just come together and is preparing to lead some whole school dance sessions, activity centers, and whole school games. Keep coming to school each day prepared to be active and outdoors for the first 20 minutes of the day!



Intermediate Girls Basketball Team

The Intermediate Girls Basketball Team is made up of: Allison Smith, Mandy Wilson, Olivia Mayhew, Mattea Wafelbakker, Mackenzie McIntyre, Peyton Nie, Jessie Brown, Iris Fiddick, Sydney Thompson, Kira Curl and Nichole Wolfe. The girls are currently 10-2 and have enjoyed a fun, positive and competitive season. The team has practised every Monday, Wednesday and Thursday morning for the last two months and grown in both ability and comradery. The girls are competing in the Area tournament Thursday Dec 1st as the #2 seed in all of Orillia and hoping to be successful and fortunate enough to move on to counties. Whatever happens your coaches are very proud of you ladies.



Holiday Concert!

We are excited to get into the holiday spirit with you on December 14th at our holiday concert! Please see below for show times! Please note that parents/guardians are welcome to come to either the afternoon dress rehearsal, or the evening performance, depending on your availability. We do kindly ask however, that families are aware that seating space during the evening performance is limited. There will be a brief intermission between the primary and junior/intermediate evening performances if families wish to leave.

11:45 -12:45 → Primary Dress Rehearsal

2:00 - 3:00 → Junior/Intermediate Dress Rehearsal

5:30 – 6:15 (approx.) → Primary Performance

6:30 – 7:15 (approx.) → Junior/Intermediate Performance



News from School Council

School council will be running a clothing drive fundraiser in January. As you are clearing your drawers and closet over the holidays to make room for new clothes, please consider putting them aside for our collection in early January!



Elf Store!

The Kindergartens and their "Elves" will be holding the first ever Elf Shopping!!! Shopping will take place on December 20 and 21. We are currently in need of 'gently' used items (Toys, books, old Christmas items, mugs, jewelry, etc.) that we will re-sell as a fundraiser. Students will have the opportunity to shop at the Elf Store for Christmas presents for their family and friends. Please send in your donations to the Kindergarten rooms. Thank you!!!



Register your child for French Immersion, find out more at information sessions in January

The Simcoe County District School Board (SCDSB) offers French Immersion (FI) at select schools throughout the county beginning in Grade 1. This program gives students a bilingual education and the opportunity to become fluent in another language.

Information sessions will be held in January for parents of students in Senior Kindergarten. A letter will be sent home to



those parents with more details. Information session dates will be posted at www.scdsb.on.ca under Programs, French as a Second Language.

The FI online application form will be available from 9 a.m. on Monday, Jan. 23, until 9 p.m. on Wednesday, Jan. 25, 2017 at www.scdsb.on.ca under Programs, French as a Second Language. While every effort is made to accommodate all FI applications, available space and staffing will determine how many students can be registered in the program. **Applications will be processed in the order they are received electronically.**

Please contact the school if you do not have Internet access at home or require assistance accessing the online application. Please note that the host sites for FI may change during your child's time in the program, and your child may need to move schools. This may also include splitting the program between two different sites.

Kindergarten registration opens in January

Do you (or someone you know) have a child who was born in 2013? If so, it's almost time to register them for Kindergarten in the SCDSB! Beginning on January 23, 2017, Simcoe County's public schools will register 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.



Provide input on proposed 2017-18 school year calendar

The Simcoe County District School Board (SCDSB) invites public school communities to submit input regarding the proposed school year calendar for next school year (Sept. 2017 to June 2018). Input can be provided by visiting www.scdsb.on.ca, then clicking the link on the 'School Year Calendars' page under the 'Schools' menu. All stakeholders including staff, school council members, parents/guardians, students and members of the school community are invited to provide input. **The deadline to submit input is Jan. 13, 2017.**



High School information nights coming soon to a high school near you

Is your child starting Grade 9 next year? High school information nights happen this winter. Information nights give an overview of what's new and what to expect, and are a chance to ask questions.



High school is an exciting time—there are so many programs, clubs and activities for students to try. Attend an information night to find out what's offered at your local high school. See the info night schedule and more information on the SCDSB's website at www.scdsb.on.ca/highschool.

All school playgrounds are closed for the winter

Every winter, school playground structures are closed. Students are made aware of this during school hours through announcements and staff reminders during breaks. This may not be well known throughout the community despite signs indicating that playground structures are a winter hazard and are closed. The Canadian Standards Association Regulations make recommendations for the depth of ground cover required to minimize injuries (e.g. sand, pea gravel, or wood chips). These surfaces cannot be maintained when the ground freezes. Injuries from falling would be more significant on frozen ground. We strongly recommend that you do not allow your children to play on any structures while the ground is frozen.



Message from the Simcoe Muskoka District Health Unit: Healthy Celebrations

Celebrations are great opportunities for children to practice the healthy eating messages they learn in class. You can help us teach the importance of healthy eating by choosing healthy foods to send to school the next time your child's class is celebrating. Try these ideas:

- send a tray of watermelon slices, box of clementines or fruit kabobs
- make homemade mini muffins with whole wheat flour and grated carrots or apple
- send a tray of whole grain crackers, cubes of lower fat cheese and grapes



For more ideas, tool and resources to support your healthy classroom celebrations, check out www.brightbites.ca – Reason to Celebrate.

Message from the Health Unit: Is Bedtime Stressing You Out?

Kids need 10 to 12 hours of sleep every night but sometimes getting them to bed can be frustrating. You can help create a regular sleep schedule for your child by setting a clear bedtime and sticking to the same time every night. Start getting ready an hour before bed: turn off the TV, computers and phones. Spend quality time talking or reading stories to help them



unwind. Agree on how many books you'll read before you start! Keep their room dark, cool and quiet - a nightlight is fine. Remember, making sure your child gets enough rest will help improve their mood, behaviour and ability to learn.

For more bedtime tips, contact Health Connection at 705-721-7520 or 1-877-721-7520 to speak with a public health nurse or visit the health unit website at www.simcoemuskokahealth.org.

Message from the Health Unit: Stay Healthy This School Year!

Colds and Influenza spread easily from person to person. These germs can spread directly from person to person when someone coughs or sneezes, or indirectly when germs land on hard surfaces like door knobs, desks, keyboards, or wet tissues and then are touched by someone. These germs can then enter the body through the eyes, nose or mouth.

The most important thing you can do to keep from getting sick and stop the spread of germs to others is wash your hands with soap and warm running water for at least 15 seconds. If your hands are not visibly dirty, you can use alcohol-based hand sanitizer for 15 seconds. Cover coughs and sneezes with a tissue or cough into your sleeve or upper arm and stay home if you are sick. Teach your kids to do the same!

For more tips to keep you and your family healthy this school year, contact Health Connection at 1-877-721-7520 or visit the health unit's website at www.simcoemuskokahealth.org.

