

Couchiching Heights

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Upcoming Events

February 1-3

Intermediate students to Muskoka Woods

February 7

Character Education and Pedometer Kick-Off Assembly

February 8

Operations Appreciation Day (We love our custodians!)

February 14

School Valentine's Day Dance

February 17

Term 1 report cards go home

February 24

School Spirit Day – Dress as your favourite fictional character

Principal's Message:

With the arrival of February comes the end of elementary Term 1 and the beginning of the final Term. Students will soon be bringing their report cards home and I encourage all parents/guardians to take some time to discuss the report card with their child(ren). It is important to allow your child to celebrate the areas that they feel they have shown improvement and positive achievement, as well as to identify areas that require further growth. Encourage your children to set some specific goals for improvement and to develop a plan to monitor their work – an essential component to creating life-long learners.

Our school improvement focus continues to be on mathematics. The teachers are involved in professional development work aimed toward enhancing and developing knowledge around content and process in math, as well as assessment and evaluation practices. The staff is regularly working together to explore strategies and activities that focus on enhancing the learning experiences of our students.

Couchiching Heights continues to hum with activity. From hosting basketball tournaments, participating in field trips, participating in school wide fitness challenges, our students are engaged in a hub of learning activities. This month's character trait is inclusiveness. We continue to encourage our students to strive to be good citizens by demonstrating acts of kindness towards one another. The strength in each of us comes from all of us!

As always, 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 School Council

Monday Feb 6th 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.

Tuesday Feb 14th - Get out your dancing shoes - during the day the students will have the opportunity to take part in the Annual Valentine's Dance. Start practicing your dance moves!

New at CHPS – Water bottle filling station! In an effort to reduce plastic waste, please send your child to school with a reusable water bottle that can be refilled at our water filling station. Logoed CHPS water bottles are available at the school for \$7 each. Please see Mrs. Provenzano in the office if you wish to purchase a water bottle. All proceeds go towards school initiatives. Note: Please clearly label your child's water bottle to ensure that it does not get mixed up with other students' bottles.

A big THANK YOU to all the families who came out to make Family Movie Night a great success! Also a thank you to Hannah, Sarah, Mattea, Tyler, Peyton, Ceylon and Ashley for their help with pizza and popcorn sales, and to the school council members who were able to attend and help run the event!

School Website

Please visit our school website at <http://cou.scdsb.on.ca/>, as it has recently undergone some significant updates. 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!



Pedometer Challenge!

We are excited to announce that, Couchiching Heights Public School is one of forty-five schools in Simcoe County District School Board that is involved in a new and exciting initiative called the Pedometer Project. Every student in our school will receive a pedometer to use during the school day. That's more than 20,000 students receiving a pedometer, thanks to the generosity of Canadian Tire JumpStart Charities.

A pedometer is an easy to use, self-monitoring tool that places an emphasis on movement and participation over skill. This makes it inclusive and non-threatening for all students. In addition, a pedometer provides powerful data that will allow students to make real connections to many areas of the curriculum, and provide opportunities for goal setting. Classes will be encouraged to submit pedometer data to contribute to a board goal. Together we will set goals to see how far we can walk collectively! This collective Board total number of steps will be shared on the Pedometer Project website, and 'Math Moments' related to the data and using the pedometers will be available to support learning in classrooms.

For more information:

- View this overview video: bit.ly/StepUPvid

**Our school wide kick-off assembly for the pedometer challenge will be on February 7th.

National Cupcake Day!

National Cupcake Day is a coordinated Canadian event to support local shelters, SPCAs, and Humane societies. In 2016, animal lovers across Canada raised over \$615 000 in support of their favourite societies. On Monday, February 27th, CHPS will be hosting National Cupcake Day. We hope to have some help baking yummy cupcakes to help support the animals at the Orillia SPCA. You may contribute to this cause by donating online at <http://ontariospca.ca/> or to the donation box in our school! More information will be sent home closer to the date! Fight cruelty with cupcakes and "bake" a difference for animals!

Right To Play Assembly

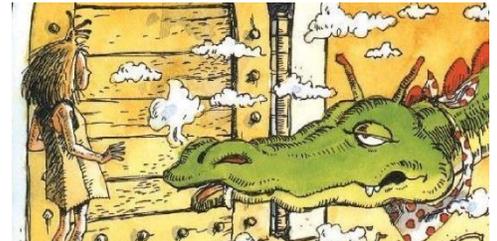
On February 13th, all students in Grades 3-8 will be a part of a "Right To Play" Assembly from 9:45 - 10:45am. Right To Play is a



global organization that uses the transformative power of play to educate and empower children facing adversity. It was founded in 2000 by Johann Olav Koss, a four-time Olympic gold medalist and social entrepreneur. Through sports and games, they help children build essential life skills and better futures, while driving social change in their communities with lasting impact. Parents are welcome to attend.

School Spirit Day!

February 24th is Favourite Fictional Character Day! Show your school spirit and dress like a favourite character from a book or TV show. Spirit points are given to all participants.



School FUNdraising!

Hot Chocolate will be available for students to purchase for \$1.00 on **February 6th, 13th, and the 27th**. To support our Green Team initiatives, students **MUST** bring their own travel mug/reusable cup for the hot chocolate. We will not be providing disposable cups.

Candy-Grams – On **February 9th and 10th** the School Spirit Team will be selling candy-grams. Students can purchase candy-grams for 50 cents outside the library. All candy-grams will be delivered on Valentine's Day. If you wish to purchase a candy-gram for your child(ren) please drop by the office to fill in the cards and leave payment with Mrs. Provenzano.



Your top eight snow day questions answered

Bus cancellations and snow days are inevitable in Simcoe County. Each time buses are (or aren't!) cancelled, the SCDSB and the Simcoe County Student Transportation Consortium (SCSTC) receive many questions from students, parents and community members. Check out the *Sharing Simcoe* blog for the top eight questions and answers - visit www.sharingsimcoe.com and search for 'snow'. Remember to follow the SCSTC on Twitter @SCSTC_SchoolBus for bus updates and cancellations.



School bus safety tip from the Simcoe County Student Transportation Consortium (SCSTC)

Winter weather is here, so please be sure your child's clothing

provides the appropriate protection against the weather while waiting for the bus. Students are requested to be at their bus stop at least five minutes before their scheduled pick-up time. School vehicle delays of 15 minutes or more are posted under 'View Bus Delays' at the SCSTC website:

<http://simcoecountyschoolbus.ca>.

Student information notice for parents of Grade 8 students

As students progress from elementary school to secondary school, important personal student information is shared which eases each student's transition to secondary school. Sharing this information also improves our ability to program effectively to benefit all students. Select student information will be shared at different times as appropriate. The collection and use of personal student information for such purposes is authorized under sections 170, 171, 190 Part X and Part XIII of the Education Act. All information used for the transition process is limited, secure and protected at all times. Please contact *Douglas Paul*, Superintendent of Education for this area, if you would like more information about the transition process at *Couchiching Heights Public School*.



Operations Appreciation Day a chance to say 'thank you'

Feb. 8 is Operations Appreciation Day in the Simcoe County District School Board. We celebrate and recognize our custodians and operations maintenance employees for the great work they do every day to keep our schools safe and clean. We'd like to say thanks to Ms. *Scarlett* and Ms. *Asselin!!!* Please take a moment to thank these very important staff members on Feb. 8. Share your support on social media using #props2ops.



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.



Get the flu shot, not the flu!

Influenza (the flu) is a serious respiratory illness caused by a virus. Anyone can get influenza but young children, those over 65 and people who are pregnant or who have chronic medical

conditions are more vulnerable and at higher risk of complications like pneumonia. By getting your shot you are protecting yourself as well as those around you. Flu shots are available at many pharmacies and from health care providers throughout Simcoe Muskoka. Protect yourself, protect your family – get the flu shot! For more information, contact *Health Connection* at 1-877-721-7520 or visit the health unit's website at www.simcoemuskokahealth.org.

Information provided by the Simcoe Muskoka District Health Unit

The facts of lice: How to prevent and treat this nuisance

Like everywhere else, there are head lice in Simcoe County. Lice are a nuisance, but do not pose a public health hazard as they are not known to transmit any infectious diseases. Anyone can get head lice but kids tend to get them more often because they can have head-to-head contact with other children during school and play. The best way to keep head lice in check is to work together to prevent the spread.

Schools are required to inform parents when a case of head lice is confirmed, to provide parents with timely information to begin their own checks at home. Head lice management and treatment is a responsibility of parents/guardians.

Here are some tips to help prevent and treat lice:

- Teach your child not to share personal things like hair brushes, combs and hats
- Set a schedule to check your child's head regularly. Use an area with bright light and look carefully for nits (shells containing eggs) and live lice in the hair, behind the ears and around the neck and hairline. Nits looks like half the size of the head of a pin, shaped like a teardrop and stick to the hair so you can't blow, flick or easily side them off. Lice are about the size of a sesame seed and are very hard to see because they can crawl and hide but they cannot hop or fly.
- If you find nits or live head lice, you'll need to use a head lice treatment to kill them. Make sure to follow the directions, and then to do a second treatment 7 to 10 days later to help stop the lice from returning. Head lice are not likely to live in clothing, furniture or bed linen but it's a good idea to wash bed linen and hats in hot water and dry them in a hot dryer just in case.

For more information, visit the Simcoe Muskoka District Health Unit's website www.simcoemuskokahealth.org or call Health Connection at 705-721-7520 or 1-877-721-7520.



Kids fighting? Here are some tips for a more peaceful household

It's common for children to disagree or argue at times. They may fight or get aggressive with when things don't go the way they want, or if they feel jealous or competitive, especially with siblings. So what can you do to stop fighting before it starts?

- Let your child know what behaviour you expect by explaining rules for playing with others, such as "be gentle" and "keep your hands and feet to yourself."
- Praise your child when they are playing well with others.
- Help children to solve problems before fights start.

Remember, you and other adults play a big role in setting expectations and teaching children better ways of behaving. For more tips, call *Health Connection* at 705-721-7520 or 1-877-721-7520 and talk to a public health nurse about the Triple P-Positive Parenting Program or visit www.tripleontario.ca.

Information provided by the Simcoe Muskoka District Health Unit

Developing leadership skills in your kids

There are many reasons why developing youth leadership skills at a young age is important – it builds confidence, perseverance, problem-solving and communication skills. While leadership skills can come naturally, children learn lessons along the way that significantly impact them later in life. The right words at the right time can make all the difference. Here are some ways you can teach your children how to develop leadership skills at a young age:

- Encourage team activities: Identify your children's interests and encourage their participation in group activities. Whether it's participating in afterschool sports or joining the school band, children learn valuable lessons about teamwork through these activities.
- Enrol in camp: Overnight and day camps are filled with opportunities to participate in team-building activities and build self-confidence. Once youth reach a certain age, they can also become counsellors, where they'll be tasked with leading groups of younger children – the ultimate leadership experience!
- Find volunteer and community service opportunities: firsthand experience is one of the best ways to teach leadership skills to children. Look for local opportunities that will welcome youth helpers and volunteers in your community.



The YMCA of Simcoe/Muskoka offers Youth Leadership Development programs for youth in grades 5 to 12. Participants in our leadership programs often adopt healthier lifestyles, become volunteers in their community, make new friends, earn volunteer hours for school, acquire training certifications, travel to other countries and gain an understanding of their potential impact on their community.

For more information about the YMCA of Simcoe/Muskoka Youth Leadership Development Programs and opportunities, visit <http://ymcaofsimcoemuskoka.ca/ymca-youth-leadership-development/>.

Information provided by the YMCA of Simcoe/Muskoka