

# Couchiching Heights

455 Laclie St N, Orillia

T: 705-325-9311

Principal: Lindsey Cook

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



## Upcoming Events

### Principal's Message:

With the arrival of February comes the end of elementary Term 1 and the beginning of the final Term. The educators at CHPS have been working with great commitment and dedication to summarize the achievements and progress of their students in the Provincial Report Card. Provincial Reports are coming home on Friday February 16th. We would ask all families to please take the time to read through the reports with your child(ren). Please focus on the next steps that our teachers have suggested in order to help our students to achieve their goals. These next steps focus on academic growth and also on the development of learning skills and work habits. We appreciate the time and support that parents are providing at home and know that together we are able to make a real difference in our children's lives. Thank you for your partnership!

This month is Black History Month. Canada has a long and important history related to African Americans and the abolition of slavery. Canada grew a strong reputation as a safe haven for Blacks during and after the War of 1812. Between 1815 and 1860, tens of thousands of African-Americans sought refuge in Canada via the legendary Underground Railroad. One excellent historical fiction on this topic is *The Underground Railroad* by Barbara Smucker. It, along with other black history books can be found in the CHPS Library. Students are encouraged to find out more about our country's rich past in the area of black history. Our Equity and Inclusion Leadership Team will be raising awareness on this topic this month.

Couchiching Heights continues to hum with activity. Our leadership teams are continuing to work hard and look for new ways to inspire the student body at CHPS. Sporting events also continue, and students are participating in field trips and are

### Feb. 1

Grade 8 and Kindergarten graduation photos

### Feb. 5

School Council 6:30-8:00PM

### Feb. 7

Operations Appreciations Day – Thank you to our Custodians!

### Feb. 14

Valentine's Day – Pajama Day!

### Feb. 16

Term 1 Report Cards go home

### Feb. 19

Family Day – School Closed

### Feb. 21

School Crossing Guard Appreciation Day

### Feb. 27

Leadership/Character Ed. Assembly @ 9:00am

### Feb. 28

Pink Shirt Day – Stand up against bullying!

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. Kindness is a school wide focus this New Year. Ask your child(ren) about our Kind Cat awards!!

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!

Sincerely,

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 **next School Council Meeting on February 5<sup>th</sup>, 2018** in the school library. 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 all the families who came out to make Family Movie Night a great night! We value these opportunities to come together as a community and also to have fun! Thank you to the intermediate students for their help with pizza and popcorn sales, and also to the school council members who were able to attend and help run the event!

### 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.



## Valentine's Day is Coming! February 14<sup>th</sup> School Fundraiser

This year School Council will be hosting a Pajama and Movie Day to celebrate the day of love! Students will be invited down to the gym with their division to cozy up and watch a movie. Popcorn, juice and other snacks will be available for sale that day and profits will go towards supporting athletics at CHPS. Watch for the Week at a Glance in the coming weeks for more details!



## Girlstrong

Couchiching Heights P.S. is pleased to offer "Girlstrong," a running, empowerment and healthy living program for girls in Grades 3-8. The focus of the program will be on training for a 3 km run while enhancing self-esteem and healthy living. Check out the website – [Girlstrong.ca](http://Girlstrong.ca) and the Facebook page – Girlstrong. **Registration forms have gone home with all girls in Grades 3-8. Registration deadline in February 13, 2018.**

Girlstrong ♡



## 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. Labelling your child's clothing and personal items is a great way to make sure they get home!



mabel's labels™

### Why buy Mabel's Labels?

- they are a great gift idea
- you can label the stuff your kids lose
- they are dishwasher, microwave and laundry safe



Couchiching Heights makes 20% of all sales and proceeds will be used toward reducing field trip costs for students. Simply visit: [campaigns.mabelslabels.com](http://campaigns.mabelslabels.com), search for Couchiching Heights in the drop down and place your order to support our fundraiser! Thanks so much! Happy Labelling!

## News from the Green Team

The team is encouraging students to continue to pack lunches using reusable containers in order to reduce the amount of garbage the school community produces. The team has a goal to encourage boomerang lunches for the remainder of the school year in all classrooms. Students will be required to take any garbage brought in their lunch that cannot be recycled back home with them. Thank you for your co-operation. LIVE GREEN, LOVE GREEN, THINK GREEN. From Jessie & Payton on behalf of the CHPS Green Team!



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

### 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](http://www.scdsb.on.ca/Kindergarten) for more information.



### School's in for summer at the SCDSB

Are you and your child planning their courses for next school year? Looking for a way to create flexibility in their timetable and earn a credit? Consider summer school!

Each year, the SCDSB offers a variety of summer programs to over 2,000 students. Summer school options include open, college and university level courses from Grades 9 to 12. Courses are offered in-person or online. Interested students can also travel and earn credits with the summer EduTravel program.



Summer school program details can be found on the Learning Centres website at [www.learningcentres.com](http://www.learningcentres.com). Current SCDSB students should speak to their guidance counsellor for information and to register. Register now so that your summer school choices align with course selection for next year!

### Parents invited to information sessions about special education

The SCDSB is hosting a series of information sessions for parents and guardians to learn about special education in the SCDSB, and how to support students with special education needs.

#### Feb. 19

Transition Planning Grade 8 to 9

#### March 19

Accessing Supports in the Community

#### April 16

Understanding Alternative/Non-Academic IEP Goals

All sessions take place from 6 to 7 p.m. at the SCDSB Education Centre, located at 1170 Highway 26 in Midhurst. No registration required.



### **National Engineering Month competition takes place March 3**

Students in Grades 5 to 8 are invited to submit a model bridge, catapult or grabber for the National Engineering Month (NEM) event. Models will be tested for design, strength, quality of construction and functionality. Students of any age are invited to attend to check out 3D printers and robots, Raspberry Pi computer coding demos, crystal radio construction and CNC machine coding. The event takes place on March 3 from 9 a.m. to 3 p.m. at Eastview Secondary School (421 Grove St. E. in Barrie). Lunch will be provided. This event is jointly organized by the Georgian Bay Chapter of OACETT and Simcoe-Muskoka Chapter of PEO, under the banner of NEM Ontario. For more information and to register for this free event, visit <https://nemsimcoe.wixsite.com/nemsimcoe>.

### **Update your child's immunization record**

The Simcoe Muskoka District Health Unit is required to keep up-to-date immunization records for all students who attend elementary or secondary school in the County of Simcoe and the District of Muskoka. Parents are responsible for reporting immunizations to the health unit each time their child receives a vaccine from their health care provider. The immunizations that the health unit requires records for include: diphtheria, tetanus, polio, measles, mumps, rubella, meningococcal, pertussis and varicella (chickenpox) for those born in 2010 or later.

It's easy to update your child's immunization status. Go to [www.smdhu.org/immsonline](http://www.smdhu.org/immsonline) to update your child's record or call Health Connection at 705-721-7520 or 1-877-721-7520 (toll free).

*Information provided by the Simcoe Muskoka District Health Unit*

### **The benefits of youth leadership development**

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 and youth often learn lessons through life experiences that significantly impact them later in life. Here are some ways you can help your child develop leadership skills at a young age:

- encourage outdoor adventures and education
- enroll in camps
- find volunteer and community service opportunities

For more information about the YMCA of Simcoe/Muskoka Youth Leadership Development Programs and Outdoor Education, visit [www.ymcaofsimcoemuskoka.ca](http://www.ymcaofsimcoemuskoka.ca).

*Information provided by the YMCA of Simcoe/Muskoka*



**No Shots?  
No Records?  
NO SCHOOL!**

