

---

January 2017

---

# Couchiching Heights

455 Laclie St N, Orillia

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

T: 705-325-9311

Principal: Lindsey Cook

---

## Principal's Message:

### Welcome back everyone and Happy 2017!

It is exciting to be starting a new part of the school year and to see what all the children at Couchiching Heights Public School can accomplish in the next 6 months and beyond. We have such a great group of children here and we love working with them every day.

Now that it is a new year this is a good time to set priorities, make a plan and get what is important done so we can reach our goals. This may seem like an abstract concept for children to understand; however, they are constantly working on goals they would like to reach without even realizing it. Examples of different goals children may have include: scoring a certain amount of points in their basketball game; getting better at math facts; or getting better at drawing people.

By being intentional and specific with goals it helps children and adults alike become more focused on how to reach their goals. Writing specific goals down and writing a list of steps they need to take to reach each goal is a great way to be intentional. Please help us to encourage your child to set goals for the new year, both inside and outside of school.

As always we love to hear from you. Please do not hesitate to contact the school if you have any concerns or suggestions.

Mrs. Cook



## Upcoming Events

### January 16

School Council 6:30: Anyone is welcome – please join us in the Library!

### January 18 (6-7:30 PM)

Grade 8 Information Night @ Orillia Secondary School  
Snow Date: Tues. Jan. 24<sup>th</sup> 6-7:30 PM.

See page 5

### January 19 (6:00 PM)

French Immersion Info. Night at Harriett Todd P.S.

See page 5

### January 26 (6-8 PM)

School Movie Night! ☺

See page 4

---

## Important Reminders

**Pizza, pitas and milk orders have resumed!**

**Monday's – Pizza Day**

**Thursday's – Pita Day**

---

## **Holiday Festivities – Thank You!**

During the month of December we held a variety of spirit days, fundraisers and even a holiday concert. All of these events helped to bring us together as a community and to feel the excitement of the season! We would like to thank the community specifically for supporting our Elf Shopping hosted by the Kindergarten students, and also for the families that supported our Boston Pizza night and who ordered food from the Hewitt's Farm fundraiser. Collectively, these fundraisers were a great success and also a lot of fun!!



## **School Procedures With Respect to Classroom Interruptions and Loss of Instructional Time**

Collectivity at Couchiching Heights, there is a strong commitment to student learning and assessment. However, we have been noticing that many children have been arriving late, which often directly impacts their achievement and well-being at school due to the loss of instructional minutes. We understand that the morning is often a busy time and that sometimes students have appointments that they are returning from, or there has been an unavoidable circumstance.



We are asking for all parents to help us decrease this loss of instructional time by making sure your children arrive at school by 8:50 every morning. The bell rings at 8:50 to mark the beginning of our school wide DPA (daily physical activity). Bus supervision outside ends at 8:50. After children enter the building important time is spent preparing them for the day.

Also for the safety of your children, and to minimize interruptions at the classroom door, we are going to continue to be very diligent in enforcing the expectation of not taking your children to the classroom door or delivering any items to them in the classroom during the school day. This sometimes takes teachers away from the classroom for up to ten minutes by parents wanting to speak to the teacher about a particular concern. The best time to communicate with your child's teacher is afterschool, by e-mail or notes sent with students or through the agenda, indicating you would like them to contact you. Schools are very busy places so please help us to provide the safest and most efficient educational experience for all children by having your children to school on time and avoiding classroom interruptions. Thank you in advance for your help!!

## Outside Play

Outside play is an important part of our day and all children are encouraged to play outside during the morning and afternoon recesses unless the temperature is too cold (falls below  $-25^{\circ}\text{C}$ , or if the wind chill is  $-28^{\circ}\text{C}$  or greater) or the weather is rainy.

Please ensure that your child is dressed appropriately for the weather and temperatures. Please consider sending a change of clothing so that your child is comfortable in class. If possible please place your child's name on any extra clothing brought to school so that if it is lost or misplaced we can return it to its owner.



## Character Matters

Although we encourage all of our students to demonstrate all of the character traits, our character trait focus this month is "honesty". This year we have held two very successful assemblies to highlight a character trait and also recognize students who have significantly demonstrated the character trait. Students who are recognized at the assembly are awarded a Couchiching Heights character t-shirt, and an example of the trait they have demonstrated is read in front of the whole school. We are very proud of our student's academic accomplishments, but we are equally proud of the good character they show each and every day. Way to go Cats!

## Commit to Character

|           |                |             |         |               |
|-----------|----------------|-------------|---------|---------------|
| Integrity | Responsibility | Cooperation | Caring  | Respect       |
| Optimism  | Honesty        | Empathy     | Courage | Inclusiveness |

## News From the Green Team

The success of litter less lunches has inspired the green team to continue the campaign. The team is encouraging students to pack lunches using reusable containers in order to reduce the amount of garbage the school community produces. The team has a goal to introduce boomerang lunches in September. The boomerang lunch would have students take any garbage brought in their lunch back home with them.



In an attempt to reduce the energy used in our school, the Green Team is also introducing lights out lunches. Let's open our blinds and eat with natural light!

Lastly, the Green Team' campaign to collect used markers to return to Staples to be recycled is going great! If you have markers at home that need recycling send them in to our red recycling buckets!

Live green, love green, think green!

## News from School Council

Mark your calendars for Family Movie Night at Cooch! Thursday January 26<sup>th</sup> from 6:00-8:00PM. Free admission!! Popcorn and other snacks will be for sale. Bring your blankets and pillows and cozy up to enjoy a big family movie. Stay tuned for movie voting.

School Council will be running a clothing drive fundraiser for the first couple weeks in January. Please collect any unwanted clothing – including also hats, belts, purses, footwear (tied in pairs please) and soft/stuffed toys. Watch for specific bags that will be coming home with students this week. If your donation bag is not big enough, other types of bags can be used as well. Please send the bags to school with your student by January 19<sup>th</sup> or 20<sup>th</sup>!

Upcoming this spring: Hewitt's Easter Food Fundraiser!

## Students and parents are invited to complete the School Climate Survey

From Jan. 9 to Jan. 27, 2017, all students in grades 4 to 8 will be asked to complete an anonymous online survey at school about how they feel about their school. Your child's teacher will supervise the class during the survey and can answer any questions or concerns your child may have. As well, parents/guardians of students in grades 4 to 8 will be asked to complete an anonymous online survey about how they feel about their child's school.

These surveys provide students and parent/guardians with the opportunity to say what is great about their school, as well as express their concerns. The survey results will provide valuable feedback to staff and will help schools to develop their Safe Schools Plans. Respondents are not asked to provide their names and all responses will be combined to ensure confidentiality.

To complete the parent/guardian survey, visit the Simcoe County District School Board (SCDSB) website at [www.scdsb.on.ca](http://www.scdsb.on.ca) and click the link to the parent/guardian School Climate survey. The password for the survey is **ElementaryParent2017**. If you do not have access to the internet and/or you prefer to complete a paper version of the survey, you can request one at the school office. Questions about the parent/guardian survey can be directed to SCDSB's Research and Evaluation Services team via email at [research@scdsb.on.ca](mailto:research@scdsb.on.ca). Thank you for your support!



---

### **Host families wanted – learn a new culture and share yours**

Would you like to become a host family for an international student? Learn more about another culture? Share yours? Make a new friend? There are different hosting programs available - several days, weeks, a month, semester or 10 months...it's up to you and your family. For more information, call 705-734-6363 x11211 or email: [studyinsimcoecounty@scdsb.on.ca](mailto:studyinsimcoecounty@scdsb.on.ca)



### **Apply 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 has been sent home to those parents with more details. If you require another copy of this letter or have any questions, please contact the school. Information session dates are also posted at [www.scdsb.on.ca](http://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](http://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.

### **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](http://www.scdsb.on.ca/highschool).

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



### **The Gilbert Centre offers support group for parenting LGBTQ kids and youth**

The Gilbert Centre facilitates the Parenting LGBTQ Support Group, which is a drop-in meeting group for parents, caregivers, family members and friends. Meetings take place every other Wed. in Barrie. The group offers a safe and confidential space for you to share your experience, hear the experiences of others and grow in your abilities to support your LGBTQ child. Meetings are held every other Wed. at 7 p.m. at The Gilbert Centre, located at 80 Bradford Street (Suite 345) in Barrie. For more information, call 705-722-6778, visit [gilbertcentre.ca](http://gilbertcentre.ca) or email [info@gilbertcentre.ca](mailto:info@gilbertcentre.ca).



### **Life with kids is messy – and that's OK!**

Ever feel like some days you have it all together, and some days you don't? Love your kids to bits, but sometimes feel like you're the only parent who has hard days? Want to connect with other parents who have those kinds of days too? Come join the conversation on Facebook @lifewithkidsismessy. Laugh about the tough stuff, hear about what works for other families and to share the ways you give your kids your best. When the messy days pile up, call Your Health Connection at 705-721-7520 or 1-877-721-7520, Monday to Friday, 8:30 a.m. to 4:30 p.m.

*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 look 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.simcoemuskothealth.org](http://www.simcoemuskothealth.org) or call Health Connection at 705-721-7520 or 1-877-721-7520.

*Information provided by the Simcoe Muskoka District Health Unit*

### **How you can support your child's physical literacy**

Physical literacy is the ability to move with competence and confidence in a wide variety of physical activities. Much like learning to read using the ABC's, it's important to start with the basics. The most important step in developing physical literacy is the mastery of fundamental movement skills.

As kids become more confident in their movements, they're able to progress their physical skills faster and more successfully than if they skip over the basics and jump right into recreational athletics. Physical literacy not only supports physical fitness and health, it's proven to support strong social skills, mental health, cognitive skills and educational success.



---

The best way for parents to support physical literacy is to start young providing safe, play-based activities. As they reach the age of four, be sure to support fundamental movements such as climbing, kicking, catching, throwing, dodging, twisting, skipping, sliding, running and jumping. Help your children master these fundamentals as they age by exposing them to activities such as swimming, gymnastics, running games and athletics. And most importantly, make sure that physical activity is always delivered in a fun, safe and supportive way to develop a positive outlook on active movement.

For more information on physical literacy and how organizations like the YMCA can help support your family's healthy lifestyle, visit your local [YMCA Health, Fitness and Aquatics Centre](#).

*Information provided by the YMCA of Simcoe Muskoka*