

# 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

**Jan. 11**

Grade 8 OSS presentation

**Jan. 15**

School Council 6:30-8:00PM

**Jan. 25**

Grade 7 & 8's to Mt. St. Louis for Ski/Snowboard Trip

**Jan. 25**

Family Movie Night at CHPS  
6:00-8:00PM

**Jan. 26**

PA Day – No school for students

**Feb. 1**

Grade 8 and Kindergarten  
graduation photos

### Principal's Message:

#### Welcome back everyone and Happy 2018!

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.

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

---

## **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 Cookie Dough, Bag2School and Hewitt's fundraisers. 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 day. 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!!

## **Reminder about sledding safety at school and Outside Play**

Student safety is our first priority, and although we do allow "crazy carpets" and soft sleds at our school, we do not allow hard sleds, two-person sleds or snow racers. We do supervise sledding and we remind students of safety rules on a regular basis.

We want to inform parents that if students are sledding at school, Ophea (the Ontario Physical and Health Education Association) recommends that they should wear a properly fitted (as per manufacturer's guidelines) and properly worn CSA-approved hockey helmet or snow sport helmet certified by a recognized safety standards association.

If you send a sled and helmet (optional) to school with your child, you are giving permission for your child to take part in this activity. Please note that students who wish to use the snow hills at recess must be properly dressed (i.e., snow pants, hat, mitts, boots, etc.). Students should not need to call home because their clothing has gotten wet during outside play. It is always a good idea to pack extra clothing (i.e., socks, mitts, hat, etc.) in case this happens.

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.

### 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 January 15th, from 6:30-8:00pm** 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 take place on the first Monday of every month (with the exception of a few dates).

### Family Movie Night

Mark your calendars for Family Movie Night at Cooch! Thursday January 25<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.



---

### News From the Green Team

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 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!



### Safe Arrival:

Remember parents it is your duty to contact the school when your child will be absent. It is imperative we hear from you as we need to know your child is safe and supervised. 705-325-9311 Press #1 for Safe Arrival. Thank you!

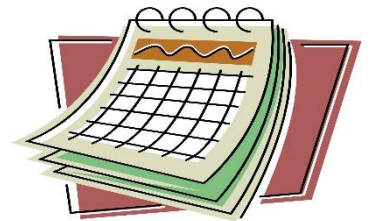


Our school has moved to an automated safe arrival system. The first parent/guardian listed in the student file will receive an automated call on days when buses are cancelled if their child isn't at school. The recording will tell you that you do not need to call the school back unless your child should be at school.

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

#### Provide input on proposed 2018-19 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. 2018 to June 2019). Starting Jan. 9, input can be provided by visiting [www.scdsb.on.ca](http://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. 31.



#### Attend a French Immersion information night, registration opens in January

The Simcoe County District School Board (SCDSB) offers French Immersion (FI) at select schools throughout Simcoe County beginning in Grade 1. The goal of the FI program is to enable students to communicate in French with a high level of proficiency, enabling them to function with ease in both French and English. Upon graduation from the program, students will



communicate in French with confidence in a wide variety of real-life situations.

Information sessions take place 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](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 Mon. Jan. 22, until 9 p.m. on Wed. Jan. 24, 2018 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. 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 starts this month!**

Do you (or someone you know) have a child who was born in 2014? If so, it's almost time to register them for Kindergarten in the SCDSB! Beginning Jan. 22, 2018, Simcoe County's public schools will register children for Kindergarten for the 2018-19 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.



### **High school information nights coming to a school near you!**

Is your child starting Grade 9 next year? High school information nights are happening this winter. This event gives an overview of what's new, what to expect, as well as a chance to check out the school and ask questions. Attend our local high school information night on Wednesday January 17<sup>th</sup> from 6:00-7:30PM to find out what's offered: *Orillia Secondary School -250 Collegiate Dr. Orillia*. Check out the full schedule of info nights and more information at [www.scdsb.on.ca/highschool](http://www.scdsb.on.ca/highschool).



## 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.

### Dec. 18

Identification, Placement and Review Committee (IPRC)  
Information for Families

### Jan. 22

Assessments in Special Education: Psych Ed and Other  
Assessments

### 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.



Learning Knows No Bounds

## RVH Film Festival welcomes student submissions

Barrie's Royal Victoria Regional Health Centre (RVH) has partnered with the Simcoe County District School Board, the Simcoe Muskoka Catholic District School Board and Unity Christian High School to offer students, classes and schools the opportunity to participate in RVH's annual Film Festival in two external categories:

- Kindergarten to Grade 6
- Grade 7 and up

This year's theme is "Making mental health matter - how are you making a difference?" Students and classes are invited to make a two-minute video showing how they promote mental health. The deadline for submissions is Feb. 5, 2018. Voting will take place from Feb. 16 to 26 and those with the winning entries will be invited to an awards ceremony on March 8. Find out more and submit your video at:

[www.rvh.on.ca/SitePages/rvhfilmfestival.aspx](http://www.rvh.on.ca/SitePages/rvhfilmfestival.aspx).

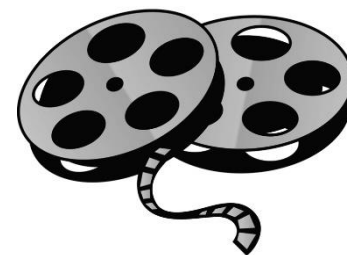
## Changes to Ontario Early Years Centres effective Jan. 1

In February 2017, the Ontario government announced the transformation of the delivery of early years programs for children and families. Starting in January, Ontario Early Years Centres, Parenting and Family Literacy Centres, Child Care Resource Centres and Better Beginnings, Better Futures centres will collectively be known as EarlyON Child and Family Centres. These EarlyON Child and Family Centres will be open to all families across Ontario, and provide support, parenting programs, personal connections and a network of resources as well as play- and inquiry-based programs for young children.

Effective January 1, Child and Family Programs currently in schools will be relocated to the community. These four agencies will now manage EarlyON Child and Family Centres in Simcoe County:

- OEYC Simcoe North, [www.oeycsimcoenorth.ca](http://www.oeycsimcoenorth.ca)
- Simcoe Community Services, [www.simcoecommunityservices.ca](http://www.simcoecommunityservices.ca),
- E3 Community Services, [www.e3.ca](http://www.e3.ca)
- La Clé (Francophone), [www.lacle.ca](http://www.lacle.ca)

For specific days and hours of operation, please contact your local lead agency. Information can be found by visiting [www.scdsb.on.ca](http://www.scdsb.on.ca) – 'Schools' – 'Before & After School Care.'



## Ontario Early Years Centres



*A Place For Parents And Their Children.*

## **Eye See...Eye Learn program offers free glasses for Junior Kindergarten students**

The Eye See...Eye Learn program provides comprehensive eye exams by local optometrists to Junior Kindergarten (JK) students. The eye exams are covered under the Ontario Health Insurance Plan (OHIP) when parents show their child's health card. There is no out-of-pocket cost for the eye exam and if the child requires a pair of glasses, they will receive them free of charge courtesy of a participating optometrist. For more information, visit [www.Eyeseeyelearn.ca](http://www.Eyeseeyelearn.ca).



## **OHIP+ provides free prescription drug coverage for children**

Beginning Jan. 1, 2018, the province will provide free prescription drug coverage for children and youth aged 24 and under, regardless of family income. Under OHIP+, Ontario children and youth will have access to over 4,400 medications and other drug products. Enrollment in OHIP+ will be automatic, based on age. There are no upfront costs, no co-payment and no annual deductible. Those who are eligible for OHIP+ will only need their health card number and a valid prescription from their doctor or nurse practitioner when they visit their pharmacist. For more information, visit: [www.ontario.ca/page/learn-about-ohip-plus](http://www.ontario.ca/page/learn-about-ohip-plus).



## **Questions about your child's health?**

Health Connection offers free, confidential health information from nurses and health inspectors on:

- how your child is growing, parenting tips, fast and healthy meals, safe food and water, common illnesses, keeping kids safe, fun family activities
- health unit programs such as vaccinations and dental care
- community resources for parenting, mental health, addictions, quitting smoking or financial help



Contact Health Connection at 1-705-721-7520 or 1-877-721-7520 Monday to Friday, 8:30 a.m. to 4:30 p.m., or <http://www.simcoemuskokahealth.org/>. If English is not your first language, we have a telephone interpretation service.

*Information provided by the Simcoe Muskoka District Health Unit*

## **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



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



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*

### **Five healthy New Year's resolutions for your family**

Some of the top New Year's resolutions across all age groups for 2017 were eating healthy, getting in shape and reducing stress. So, how do you set and achieve a resolution to be healthier? It's been proven that the key to success is setting small goals which require steps towards a larger goal. Here are some New Year's resolutions that families can work on together in 2018:

- spend 30 minutes outside playing together as often as possible, regardless of the weather
- find a place that provides opportunities for the entire family to be physically active together or offers child care and after-school programs
- add physical activity or play time to the calendar, such as scheduling an evening walk or fitness class, with the same commitment as other important meetings
- pick a fun run/walk or 5K to do as a family – sign up, train and participate together
- have more family dinners together and involve children in preparing meals as much as possible

For more information about programs offered at the Y for the whole family, please visit [www.ymcaofsimcoemuskoka.ca](http://www.ymcaofsimcoemuskoka.ca).

