

Couchiching Heights

455 Laclie St N, Orillia

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

T: 705-325-9311

Principal: Lindsey Cook

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



Upcoming Events

March 3

PA Day – No school for elementary students

March 6

School Council Meeting – 6:30-7:30pm

March 8

Intermediate Ski Trip to Mount St. Louis

March 10

Beach Day – School Spirit Day!

March 13-17

March Break! Students return to school March 20th

School Fundraising Reminder:

Popcorn sales continue each Thursday!

- \$2.00 a bag for Kernels Popcorn.
- Flavours include: caramel, kettle corn, salt & vinegar, dill pickle and buttersalt.

Principal's Message:

With the days getting longer and springtime just around the corner we leap into March with a renewed sense of excitement! We welcome back Ms. Waine (Designated Early Childhood Educator), who has been away on maternity leave, to Mrs. Groen's Kindergarten class. With Ms. Waine's return we say goodbye to Ms. Farrell, who has been a valued member of the Kindergarten team at Couchiching since September. We also would like to welcome Ms. Coons back to Couchiching Heights. Ms. Coon's will be taking over in Ms. Bagley's grade 3 class after the March Break until the end of the school year. We congratulate Ms. Bagley on her permanent contract with the Simcoe County District School Board, although we will definitely miss her at our school!

Our students continue to excel in all that they do! This past month our senior boys' basketball team took home the championship at the Twin Lakes S.S. Classic! Also, our intermediate students placed second in the annual SCDSB Cardboard Boat Races! Ms. Bagley's grade 3 class made us proud by spearheading a charity cupcake fundraiser for the Orillia SPCA, and our ECO school initiatives continue to make us a leader in Simcoe County for being "green!" This month's highlighted character trait will be integrity, which we know our students will fully embrace!

March 3rd is a professional activity day for elementary schools. While students enjoy an early start to their weekend, staff will be engaged in professional development at the school focused on mental health/well-being, and equity and inclusion. At Couchiching we know that student well-being is critical to student success. When students are preoccupied with emotional concerns, they cannot participate fully in

learning. We are committed at Couchiching to nurturing positive mental health and holistic growth, in order to enable all of our students to flourish.

I would like to take this time to wish everyone a safe and happy March Break. Please enjoy this time with your families. We look forward to students returning to school rested and ready to take on the last three and a half months of school!

Mrs. Cook

News from School Council

Monday March 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.

Did you know that you can easily help our school raise money? When you visit Boston Pizza for a meal, write "Couchiching Heights P.S." on the back of your receipt and place it in the jar at the entrance of the restaurant. A percentage of your total bill goes back to the school!

Save the date - Saturday April 8 - Hewitt's Farm Market hosts their Annual Pancake Breakfast. This year the proceeds come to our school!! Mark it on your calendar April 8 from 9am to 1pm!

Keep your eyes open for Hewitt's Farm Easter Dinner Fundraiser. Forms will be coming home this week and are due back to the school on Tuesday, March 21st.

Reminder: Logoed CHPS water bottles are still available at the school for \$7 each. Please see Mrs. Provenzano in the office if you wish to purchase a water bottle to use at our new water filling station. All proceeds go towards school initiatives. Please clearly label your child's water bottle with their name to ensure that it does not get mixed up with other students' bottles.

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.



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!

ECO Schools

On **March 22nd** we are celebrating Water Day. Did you know that there are over 663 million people living without access to clean drinking water? Our theme this year for Water Day is Waste Water. The green team will be posting informational announcements regarding waste water from home cities, industry and agriculture. The school will then be taking a water pledge by classroom and we will post these pledges on a bulletin board in the school.

On **March 24th** we will be celebrating Earth Hour. CHPS will be turning out the lights for the last block of the day. We are also encouraging students to **WALK** to school on March 24th.

Eat Well to Excel: School Breakfast and Snack Program – Volunteers Needed!

We know that students who are given nutritious breakfasts daily make significant improvements in learning, school attendance, behaviour and self-esteem. As such, we are looking to improve our breakfast and snack program at Couchiching Heights. We have lots of great ways to make improvements, but these improvements depend on volunteers. We are currently looking for parent volunteers to assist with our breakfast and snack program. For our breakfast program, we need 10 volunteers to commit to approx. 2 mornings per month (8:00am - 9:00am) to assist with food preparation, distribution, and clean up. Feel free to bring your children with you if daycare is an issue. We are also looking for volunteers to assist with weekly baking and



food preparation at the school for our snack program. This job would require a weekly (1 day/week) commitment for 1-2 hours (time of day is flexible). If you are interested or would like to know more about the role, please call Mrs. Cook in the office (705-325-9311). **Note:** all volunteers must have an up-to-date criminal reference check. If you need a current reference check, the school can provide you with a letter to take to the police station to access a reference check free of charge. Volunteers can be parents, guardians, grandparents, aunts, uncles, etc.!

Heritage Fair – Update!

Students who are completing independent Heritage Fair projects should remember that Mrs. Soper and Ms. Chaput are available on Day 2's at second nutrition break for "check in." Students are welcome to seek out these two teachers at any other time if they have any questions or need help. Our in school Heritage Fair date has been moved to **March 30th**, so students who are working on projects should keep that in mind when completing the various phases of their projects.



The Hangout Zone

The Hangout Zone is an inclusive club that is hosted 3 times a week at first break for students in Grades 6-8. Students are able to participate in a variety of activities, such as open gym, board games, visual arts and engaging in conversations about books, bands and TV shows. The Hangout Zone came to exist as a result of research some of our StAR students conducted earlier this fall.



Invention Convention

It's coming! Intermediate students have been investigating, inventing and innovating, and will be sharing their products in early April at an Invention Convention. All students in the school, as well as parents and community partners, are invited to come and see what the students have been building. Stay tuned for further updates on our school website and twitter (@coustaff).



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*.



Events at Eastview Secondary School in April open to all parents

On **April 10 at 7 p.m.**, Eastview Secondary School will host a screening of the film *Screenagers*, a study of growing up in the digital age. Physician and filmmaker Delaney Ruston created *Screenagers* to probe into the vulnerable corners of family life to explore struggles over social media, video games, academics and internet addiction. This presentation will help parents learn how tech time impacts kids' development and offers solutions on how adults can empower kids to best navigate the digital world.



On **April 12 at 7 p.m.**, the school welcomes financial literacy expert Robin Taub, the author of the best-seller, *A Parent's Guide to Raising Money-Smart Kids*. Her presentation will cover why it's important to teach kids about money, as well as the challenge of being a good financial role model. She will explain how to address money-related topics with young kids, pre-teens, teenagers and emerging adults.

All parents/guardians are welcome to attend the above events. For more information, please contact Eastview Secondary School at 705-728-1321. The school is located at 421 Grove St. E. in Barrie.

SCDSB Media Fest: What Does Being a Great Canadian Look Like?

Students are invited to submit an entry for the 2017 SCDSB Media Fest. This media festival is open to all Simcoe County



District School Board students and can include images, audio and video. For more information, visit www.scdsbmediafest.com. The submission deadline is April 3.

March is Nutrition Month – Tips for packing a healthy school lunch

A school lunch should give children the energy and nutrients they need to be ready to learn, be more alert and perform better at school. When planning lunches keep these tips in mind:

- include one serving from at least three of the four food groups from Canada's Food Guide
- rather than buying pre-made lunch kits, make your own healthy "lunch kit" with divided containers and small 'bite-sized' cheese cubes, left over chicken chunks, veggie sticks or fruit slices
- get your kids to eat more veggies! Send cucumber coins, zucchini sticks and pepper strips with dip
- fill whole wheat or multi grain wrap/pits/tortilla shells with your child's favourite foods such as hummus and grated carrot or sliced turkey with mustard
- water is the healthiest choice to quench thirst

Looking for more information to help keep you and your family healthy? Call Health Connection at 705-721-7520 or 1-877-721-5720 to speak with a public health nurse or visit the health unit's website at www.simcoemuskokahealth.org.

Information provided by the Simcoe Muskoka District Health Unit

Get outside to play on March Break

Active play does more than help kids to achieve the 60 minutes of physical activity they need every day, it supports their development in many ways – especially when the play is outdoors, self-directed and fun. This allows kids to test boundaries and problem-solve, develop social skills and resolve conflict, and learn to control their emotions and behaviour. Active play outdoors in the fresh air and nature also helps to improve mood and lower stress. Support your child to play outside with friends in the neighbourhood and at your local park as much as possible.

Information provided by the Simcoe Muskoka District Health Unit

