

Couchiching Heights

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Principal: Lindsey Cook

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

Principal's Message:

With the days getting longer and springtime just around the corner we leap into March with a renewed sense of excitement! Our students continue to excel in all that they do! Our Intermediate Boys Basketball team has completed all of their regular season games with 7 wins and only 1 loss. The boys will be competing in the area tournament. The top 2 teams in the areas will represent Orillia at counties. Our Intermediate Girls Volleyball Team is also off to their area tournament this month. Good luck, to all of our athletes, your great teamwork and sportsmanship throughout the season has made your coaches proud!

Last month our Chess Team participated at the Orillia area chess tournament hosted by Severn Shores. One of our very own Couch Cats, Adam Trumble, dominated the tournament in his category and took home first place for Grade 5 Boys!! Our Spirit Leadership Team recently organized a very important Character Education Assembly that focused on Inclusion and Kindness. At Couchiching we know that student well-being is critical to student success. We are committed at Couchiching to nurturing positive mental health through inclusion and daily acts of kindness, in order to enable all of our students to flourish. ECO school initiatives continue to make us a leader in Simcoe County for being "green" and our Equity and Inclusion Leadership Team made us proud by recently spearheading a charity cupcake fundraiser for the Orillia SPCA, which made just over \$500.00. Our leaders at CHPS are doing truly amazing things!!

I would like to take this time to wish everyone a safe and happy upcoming 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



Upcoming Events

March 5

Hewitt's Farm Order Forms Due!

March 6

Grade 5 field trip to Springwater Park (Survival Training)

March 7

Term 2 IEP's go home

March 12-16

March Break – School Closed

March 21

Grade 2 – Scientists in the School

March 22

World Water Day

March 23

Earth Hour at CHPS!

March 29

Hewitt's Farm orders delivered to school for parent pick up

March 30

Good Friday – School Closed

April 2

Easter Monday – School Closed

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 April 9th, 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 Steph Whalen, Becky Mead, Laura Grant, Carrie Smith, Aimee Cooper and the student helpers who helped make our Valentine's Day FUNdraiser a great success! We made almost \$300.00 that will be put towards athletic s at CHPS!

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.

Hewitt's Farm Fundraiser

Order forms have been sent home with students. If you would like to order any items please return order forms by **Monday, March 5th**. **Orders will be delivered March 29th**. All proceeds from this fundraiser will go towards increasing technology at CHPS and general school needs. Thank you for your support.



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!

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, 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

On **March 22nd** we are celebrating **World 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.

March 24th this year is the official **Earth Hour Day**, but we will be supporting Earth Hour at CHPS on **Friday March 23rd**. 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 23rd.

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

Child care programming available for March Break

The Simcoe County District School Board (SCDSB) supports your child care needs by offering full-day child care programs in select schools across Simcoe County on PA Days and school holidays. Over 30 of our schools offer child care programs for children from Junior Kindergarten to 12 years of age, including care over March Break (March 12 to 16). The daily fee is \$34.20 and a fee subsidy may be available to families who qualify. Registration in advance is required. Please contact the child care operator directly to register. More information and contact numbers can be found at www.scdsb.on.ca – click on 'Schools' and then 'Before & After School Care.'



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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 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.thelearningcentres.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.

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.



Gilbert Centre programs for LGBTQ2S youth and families

The Gilbert Centre is a community-based, not-for-profit, charitable organization that provides programs and services to serve lesbian, gay, bisexual, transgender individuals and families in Simcoe-Muskoka. Visit the Centre's website at www.gilbertcentre.ca for more information about these programs:

- **LGBTQ2S Youth Connection drop-in groups**

LGBTQ2S Youth Connection is a drop-in and social space for lesbian, gay, bisexual, queer, 2spirit, trans, asexual etc. and questioning youth. Groups are a place for youth to connect with each other and to community. Groups take place in Barrie, Midland and Orillia.

- **Parenting LGBTQ Youth sessions**

These free sessions, 'Parenting LGBTQ Youth,' are offered in April, May and June in Alliston, Barrie, Collingwood and Orillia. Dinner is provided. To reserve your spot, contact Jake at jakef@gilbertcentre.ca or 705-722-6778 ext. 107.



New Path offering child and youth mental health walk-in clinics

New Path now offers Child and Youth Mental Health Walk-In Clinics in five office locations throughout Simcoe County: Alliston, Barrie, Bradford, Collingwood and Orillia. The Walk-In Clinic provides a single session to children, youth and families who require support for emotional, relationship or behavioural challenges. The Walk-In Clinic can be accessed by children, youth and families as often as they require support. Children, youth and families can self-refer by attending one of the walk-in clinic locations across the county. Dates and times of the clinics are posted on the New Path website (www.newpath.ca). For more information, contact New Path's Central Intake Department at 705-725-7656 or from the 905 area code in Simcoe County by calling 1-866-566-7656.



Stay healthy this school year

Colds and Influenza spread easily from person to person. These germs can spread directly from person to person when someone coughs or sneezes, or indirectly when germs land on hard surfaces like door knobs, desks, keyboards, or wet tissues and then are touched by someone. These germs can then enter the body through the eyes, nose or mouth. The most important thing you can do to keep from getting sick and stop the spread of germs to others is wash your hands with soap and warm running water for at least 15 seconds. If your hands are not visibly dirty, you can use alcohol based hand rub hand sanitizer for 15 seconds. Cover coughs and sneezes with a tissue or cough into your sleeve or upper arm and stay home if you are sick. Teach your kids to do the same! For more tips to keep you and your family healthy this school year, contact Health Connection at 1-877-721-7520 or visit the health unit's website at www.simcoemuskokahealth.org.



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, cooked 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 multigrain wrap/pits/tortilla shells with your child's favourite foods such as hummus and grated carrot or sliced turkey with honey mustard
- don't have them drink their fruit...send water instead



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.

Get active and energized this March Break

March Break is the perfect opportunity to get your kids off their screens and moving! Children are spending less time being active and only seven per cent of Canadian kids get enough exercise. Health Canada recommends children and youth get 60 minutes of physical activity every day. Getting our daily dose of exercise not only helps to prevent health risks, it builds strong muscles and bones, develops positive body image and supports mental health. Here are ideas to get you and your kids moving this March Break:

- Get outside and enjoy some fresh air as you explore your local trails, parks and toboggan hills, or build a snowman!
- Make a splash at a local community pool like the YMCA of Simcoe/Muskoka. Day passes are available for families to take advantage of recreational swimming. For older kids, March Break is the perfect time to enroll in aquatic leadership programs such as Bronze Medallion or National Lifeguard training.
- Train as a family by signing up for the YMCA's Move to Give fundraising event, happening on April 7. Challenge the whole family to start training for a 5K run, indoor cycling or a triathlon and continue training together until the event. It will keep the entire family focused on a goal and it's all for a great cause – supporting your



community! For more information, visit www.movetogive.ca.

- Skating is a great sport for all ages – it's low impact and helps improve coordination and balance. Check your local public arenas for family skate times.

March Break is a great time to create healthy daily habits for your children and the entire family. The YMCA of Simcoe/Muskoka offers many opportunities to get fit as a family over the March Break. For more information, visit your local YMCA or www.ymcaofsimcoemuskoka.ca.

Information provided by the YMCA of Simcoe/Muskoka

