



COUCHICHING HEIGHTS PUBLIC SCHOOL

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PRINCIPAL: STEPHEN MCCLELLAND VICE-PRINCIPAL: MEGAN FRANCIS

PRINCIPAL'S MESSAGE

Happy March! It is hard to believe that we are already at this time of year. Along with longer days and more sun shine we will see the weather starting to change, and with that comes wet fields and puddles. It is a good idea to put an extra pair of pants and socks in your child's backpack. Yes, they may get wet and dirty. Isn't that a great way to know they are playing and having fun!

We are also starting to plan for next school year. If you have a special request or comments that you want us to consider please send a note to the office for consideration. We look at many factors when we make up class lists. It cannot always be about being in a class with friends or not in a split. Keep in mind that we have many talented staff and many opportunities for students to get involved in activities at school.

For those of you who have children with IEPs, you should be receiving a revised copy of your child's IEP that reflects term 2 goals. Please review these and direct any questions back to the school. It is important that we also get a signed copy back at the school.

Please know that should you have any concerns at any time, you are strongly encourage to contact the office staff.

Keep well and we hope you all have an enjoyable March Break.

Stephen

DATES TO REMEMBER:

March 3	Parent Council 6:30 pm
March 6	PD Day (students do not attend school)
March 8	Clocks go forward 1 hour
March 16-20	March Break (school closed)
March 17	St. Patrick's Day
March 19	First Day of Spring
March 27	Earth Hour (in schools)
April 7	School Council 6: 30 pm

Child care programming available for March Break

Child care programs for children in Kindergarten to Grade 6 are provided by independent, third-party child care operators in some SCDSB schools. To support your child care needs, some operators offer child care on PA days and holidays including over the March Break (March 16-20). Registration in advance is required. Please contact the child care operator directly to discuss fees and to register. More information and contact numbers can be found at:

www.scdsb.on.ca/elementary/planning_for_school/childcare_before_after.



Now accepting Kindergarten registrations

Is your child turning four in 2020? If so, it's time to register them for Kindergarten in the SCDSB! Simcoe County's public elementary schools are now registering children for Kindergarten for the 2020-21 school year. New this year, the registration process begins online! Visit:

www.scdsb.on.ca/elementary/planning_for_school/kindergarten for more information.

PARKING LOT

Please keep in mind that our parking lot is closed before school. We encourage families to walk to school, or park in an area that permits parking both before and after school.

Communication

Please have your child(ren) follow a proper communication protocol when they are ill. Please have your child(ren) inform the teacher first who will assess the situation, contact the office and have your child come to the office to call home, if necessary. Please discourage texting or calling from the classroom, hallways and / or bathroom.

Keeping SCDSB school communities informed on labour updates

In August 2019, provincial and local contracts for all education workers in the province of Ontario expired. In the Simcoe County District School Board (SCDSB), this means that all our unionized groups are at different stages of contract negotiations at the provincial and local level. The SCDSB will continue to monitor the situation and provide updates on the status of negotiations and our schools whenever possible.

Labour updates are issued on the SCDSB website (www.scdsb.on.ca/about/labour_updates), Facebook (www.facebook.com/SCDSB), Twitter (@SCDSB_Schools) and on the labour updates information line at 1-877-728-1187.

Student Tardiness/Lateness

A number of students are continuing to arrive late in the morning for the start of school. A number of these students are missing the lesson in literacy or numeracy and are then left to catch up on their own. This loss of learning will be reflected in their level of academic achievement and satisfaction with school. For those families that this effects please ensure that your child(ren) get enough sleep each night, that they prepare their lunches and pack their school bags the night before and consistently ensure your child(ren) wake up with enough preparation and travel time to get to school on time. We may also issue letters and make referrals to our attendance counsellor in chronic situations. Please help us help your children.

Important information for volunteers in schools

Volunteers in Simcoe County District School Board (SCDSB) schools are sent information throughout the year regarding their volunteer status, including timelines, necessary requirements, etc. This information is sent to the email on file in our Community Apps portal. Volunteers are reminded to update your Community Apps account if you change your email address. Updating your email address in your Community Apps account will automatically update your email address in your volunteer portal profile. Instructions on how to change your email address in Community Apps can be found here:

www1.scdsb.on.ca/app/CommunityPass/Help/Docs.

Eye exams: free for kids!

Eye exams are covered by OHIP for children in Ontario, which means it's free to get an eye exam for your child. Vision problems are common in school-aged children, but it's not

always easy for parents to know if their child has trouble seeing. Having vision problems can make it harder for kids to learn, play sports or do everyday activities. Children should have an eye exam before starting kindergarten, and then yearly exams after that.

Worried about the cost of glasses? Some optometrists in our area participate in the I See, I Learn program. This program provides free eyeglasses to children in junior kindergarten. Find out more by visiting www.optom.on.ca.

Take-a-Bag Leave-a-Bag

Have you noticed the Take-a-Bag Leave-a-Bag kiosks? These kiosks are a community-led initiative to share reusable bags. This is achieved by customers leaving any spare bags they have in the kiosk so that customers who may have forgotten their bags can borrow them if needed. A six-month Take-a-Bag, Leave-a-Bag kiosk trial began in November 2019 within four Orillia grocery and goods markets: Zehrs, Metro, Foodland, and the Refillery District. These kiosks are monitored by volunteers during the trial period and assessed based on cleanliness and structural integrity of the bags. Please be a good neighbour and only leave bags that you yourself would like to receive.

Days of awareness and recognition

Throughout the year, there are many awareness days that focus on different causes and recognition. The Simcoe County District School Board (SCDSB) has developed a list of these days as a guide for schools. Schools may participate in recognizing some or all of these days in various ways. This list is not exhaustive. Following are the days of awareness and recognition that the SCDSB will recognize during the month of

March 6 – National Employee Appreciation Day

March 8 – International Women's Day

March 14 – Pi Day

March 21 – World Down Syndrome Day, International Day of the Elimination of Racial Discrimination

March 27 – Earth Hour (in schools)

Stay healthy this school year!

Colds and influenza spread easily from person to person. These germs can spread quickly when someone coughs or sneezes directly on another person, or when germs land on hard surfaces like doorknobs, desks or keyboards, and then are touched by someone else. 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 is wash your hands! Wash with soap and warm running water for at least 15 seconds (or try singing "row, row, row your boat"). If your hands are not visibly dirty you can use alcohol-based hand rub (hand sanitizer) for 15 seconds. Also, get your flu shot, cover coughs and sneezes 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 www.simcoemuskokahealth.org.

Information provided by the Simcoe Muskoka District Health Unit

Nutrition and self-regulation:

Self-regulation: the ability to manage your own energy states, emotions, behaviours and attention in ways that are socially acceptable and help achieve positive goals such as learning at school, having good relationships and being well.

Healthy eating may improve your child's ability to self-regulate.

Eat more:

- ✓ **Plant-based foods:** colourful vegetables, fruits, whole grains
- ✓ **Healthy proteins:** nuts, seeds, legumes, fish, seafood

Eat less:

- ✓ Sugar and sodium
- ✓ Highly processed, refined foods

Focus on:

- ✓ Water or milk to drink
- ✓ More than one type of food at every meal or snack
- ✓ Eating regularly
- ✓ Creating a calm, relaxing environment where you can enjoy your food and not feel rushed

Information provided by the Simcoe Muskoka District Health Unit

Screen-free week: activities to get kids moving this March Break!

Over the March Break, many kids are tempted to stay indoors in front of a screen – playing video games, on their smartphones or watching television. But, this one-week break can be the perfect opportunity to get kids moving!

According to the [Centers for Disease Control and Prevention](#), the average child aged 8-18 spends 7.5 hours on a device or screen every single day. That's 114 days glued to a screen each year! Sedentary behaviour has implications for both physical and mental health, including increased risk of obesity, developing a chronic disease (such as Type 2 diabetes) and mental health issues. Experts agree that kids should be engaging in 60 minutes of heart-pumping physical activity every single day.

March Break is the perfect opportunity to get kids off their screens and moving! Here are some ideas to keep your kids active and having fun this March Break:

Enjoy the great outdoors

Breathe in some fresh winter air as you explore your local trails, parks, toboggan and ski hills. Or, check out the local maple syrup festivals happening in your area!

Visit a local museum

March Break is a great time to learn something new. Local museums are rich with history, fun facts and exciting ideas. And, the good news is, you'll spend the day walking and exercising!

Make a splash

Local community pools, like the YMCA of Simcoe/Muskoka, offer day passes for families to take advantage of recreational swimming. And, for the older kids, March Break is the perfect time to enrol in aquatic leadership programs such as Bronze Medallion. For more information on aquatic leadership programs being offered at the Y over the March Break, visit www.ymcaofsimcoemuskoka.ca/aquatics-certification.

Lace up your skates

Many local ice rinks hold family skates during the March Break. It's a great opportunity to get some exercise and burn off some energy!

Ready, set, train!

The YMCA's 'Move to Give' fundraising event is happening on April 4. Challenge the whole family to train for an event such as a triathlon or indoor cycle challenge. It will keep the family focused on a fitness goal and it's all for a great cause – supporting your community! For more information visit www.movetogive.ca.

March Break is the perfect opportunity to create healthy habits for the entire family. For more information about YMCA programs and activities happening this March Break, visit your local YMCA or www.ymcaofsimcoemuskoka.ca.

Information provided by the YMCA of Simcoe/Muskoka

National Engineering Month competition takes place March 7

Students in Grades 5 to 8 are invited to submit a model bridge, catapult or boat 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 a variety of demonstrations.

The event takes place Saturday, March 7 at Georgian College, and is jointly organized by the Georgian Bay Chapter of the Ontario Association of Certified Engineering Technicians and Technologists (OACETT) and Simcoe-Muskoka Chapter of the Professional Engineers of Ontario (PEO), under the banner of NEM Ontario. For more information and to register for this free event, visit <https://nemsimcoe.wixsite.com/nemsimcoe>.



THE SIMCOE COUNTY DISTRICT SCHOOL BOARD