

May 2017

# Couchiching Heights

455 Laclie St N, Orillia

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

T: 705-325-9311

Principal: Lindsey Cook

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

## Principal's Message:

Each month as we set our school and learning goals, we are always amazed at how our students and staff rise to the challenge and exceed them. Whether it be coming in first place at our County Heritage Fair, performing at Kiwanis music festival, shinning at our Invention Convention, a discovery of a new math program or App to try, or that AHA moment where it all comes together, our Couchiching Cats-students and staff-are truly achieving together.

This month, we set a new goal of asking everyone to work towards a Personal Best! Perhaps it is learning to skip or practice shooting hoops in preparation for the Heart and Stroke fundraiser, showing your skill and participation in our upcoming Track and Field Day, sharing your talents during Education Week, or demonstrating this month's character trait, *respect*. From completing that history project to preparing for EQAO to participating in class...the possibilities and choices are endless! Whatever goal you choose, we look forward to you achieving it this month and celebrating you and your learning!

As we begin to approach the end of the school year and the weather continues to become nicer, I encourage students to please remember to dress appropriately and accordingly (hat, sunscreen, etc.) and to bring a water bottle to school.

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

Sincerely,  
Mrs. Cook



## Upcoming Events

### May 1

School Council Meeting – 6:30-7:30 PM

### May 2 - 5

OELC – Select grade 6&7's

### May 4

Star Wars Spirit Day

### May 5

Wear Green for Mental Health Awareness Week

### May 15

Track & Field (Gr. 4-8)  
Rain Date: May 16

### May 17

Grade 8's to Georgian College  
Welcome to Kindergarten  
Orientation – 5:00-6:00PM

### May 19

PA Day Elementary – No School

### May 22

Victoria Day – No School

### May 24 – June 2

EQAO – Grade's 3 & 6

### May 27

Red Caboose Fundraiser –  
10:00AM – 7:00PM

### May 29 – 31

Grade 8's to Camp Wenonah

## 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.

### **Red Caboose Fundraiser – May 27<sup>th</sup> from 10:00AM to 7:00PM!**

Please mark your calendars for this fantastic year end fundraiser and community/school event!! Students and parents/guardians, family and friends, are invited to the Red Caboose (across the street from the CHPS) on May 27<sup>th</sup> between 10am-7pm to share a meal together, peruse various vendors (e. g., Scentsy, Tupperware, homemade items, and more!) and mingle with the school community. There will also be a silent auction with some great stuff to bid on! If you are interested in donating items for the silent auction please call the school. Meal tickets will go on sale starting May 15<sup>th</sup> – families are encouraged to pre-purchase tickets to decrease wait times at the event. All money raised will support field trips, school enhancements and other general school needs. We hope to see you there!!!

### **Bag2School Fundraiser**

Closet clean out continues! Help raise money for CHPS by doing your spring cleaning! Clothing, hats, purses, belts, footwear (tied in pairs please), and soft/stuffed toys can be dropped off in bags up to and including Thursday, May 4<sup>th</sup>. Drop off location is the stage in the gym. Thank you for your continued support.

### **Couchiching Heights Wellness Night**

Couchiching Heights School Council would like to thank our community partners, guest speakers and parents for attending this special event on April 27<sup>th</sup>. This informative night was made possible through a Parent Reaching Out (PRO) Grant that council applied for last year. The topic this year was increasing resilience in our children. We will soon be applying for next year's grant and we welcome input on what topics are of interest to you!

**Reminders:** 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.

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!



### Emergency Drills at Couchiching

Every year it is important that staff and students practice important emergency drills to ensure that an orderly procedure is followed in the event that a real emergency occurs. Some of these drills include **fire**, **lockdown** (a threat is occurring inside or outside of the building), **hold and secure** (threat is occurring outside the building, not related to the school), **shelter-in-place** (severe weather or hazardous material concern in the community). Prior to any drill, staff speak to their students to ensure that the kids know what to expect and how to respond. We practice these drills on multiple days throughout the year, and at different times of day to ensure that we are prepared. Over the month of May and early June, CHPS will be participating in a variety of these drills. Most of them the children will be made aware of in advance, but some of them will be unannounced to ensure that students know how to respond unexpectedly. If your child has special needs that may require accommodations during a drill we will ensure these are in place. If you have any questions or concerns about upcoming drills, or after a drill takes place, please do not hesitate to call the school.

### School Website

Please visit our school website at <http://cou.scdsb.on.ca/>. 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! **Please note that our school Week-at-a-Glance will only be available via email to website sscribers next year (2017-2018), so don't forget to subscribe ASAP!**

### Mental Health Awareness Week

The Canadian Mental Health Association invites us to wear green during Mental Health Week. We will be encouraging all students and staff at CHPS to wear green on Friday May 5<sup>th</sup> to show our united support. Be sure to share online with the hashtag #GETLOUD. Going green for mental health is a simple way for all



of us to recognize that we must make mental health a priority. Visit [www.greenformentalhealth.ca](http://www.greenformentalhealth.ca) for more information.

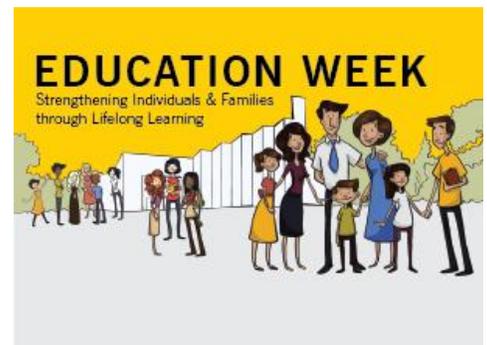
### **Education Week/Month**

Starting Thursday May 4<sup>th</sup>, students in our school will have the opportunity to participate in a number of different 'workshops' facilitated by staff. Our aim is to provide all students in the school with exposure to activities covering a wide variety of areas, including science, technology, math, physical education and wellness, art, and music. Students will participate in 8 different workshops over the course of 4 different days. They will rotate through the different workshops in multi-grade groups, with an intermediate student leader guiding them to and from their workshops. We hope that not only does each child have fun, but that he or she discovers a new interest in the process.

### **Class Placements for 2017-2018 School Year**

In June, current homeroom teachers, in consultation with receiving teachers, involved support staff and the school administration, work to develop balanced classes that strive to best meet the needs of all students. All class placement decisions are made after extensive planning, preparation and discussion on the part of these people. Our primary goal is to develop balanced classes that reflect the diversity of our community, and allow the variety of interests and talents of our students to emerge. We consider gender, academic ability, interest, special needs, talent, and behaviour, among other criteria, when developing class lists. Your child's teachers have a very good understanding of your child's abilities and needs, both academic and social.

A new school year brings new opportunities for all students to meet new friends and expand their circle of acquaintances. For this reason class placement decisions based solely on friendships will not be considered. As you can well imagine, it is extremely difficult to create "balanced" classes if we fulfill these requests. Parents play a critical role in helping their child make the adjustment to a new teacher, new classroom and new classmates. Teachers will be working very hard to make sure that they create inviting learning environments for all their students. Your support in helping your child embrace the new challenges ahead is important for a smooth transition to the new grade and new class.



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## **EQAO (Grade 3 & 6 Provincial Testing) – May 24-June 2**

This year EQAO at Couchiching Heights will occur between May 24<sup>th</sup> and June 2<sup>nd</sup> during our second instructional block of the day (11:30am – 1:10pm). We ask parents/guardians to please ensure that your child (in grade 3 or 6) get a good night's sleep and a full breakfast during these testing days. If you have questions about the assessment please contact your child's teacher, or click [here](#) to view a guide to EQAO for parents.

**Education Quality and  
Accountability Office**



## **Invention Convention**

On April 7<sup>th</sup> all intermediate students showcased their inventions and innovations at our school Invention Convention. Products ranged from more efficient vegetable cutters, fidgets for kids, Dyad paint brushes to cleaning scooters. We appreciate the parents, grandparents and community partners who came to the event.

On April 19<sup>th</sup> a number of students represent CHPS at a Regional Invention Convention at the Kozlov Centre in Barrie. This was an opportunity for them to share their products with a wider audience, and to see other top inventions designed by other students. Congratulations to the following students to represented CHPS so well: Mackenzie, Mattea, Hannah, Sarah, Owen E (8), Cameron, Owen E (7), Hailey, Nichole, Olivia, Peyton and Jesse.



## **Simcoe County Heritage Fair**

Recently, four students attended the board wide Heritage Fair at Simcoe County Museum in Midhurst. Their projects were chosen from the excellent projects completed by a number of students at school. Heritage Fair is a voluntary activity in which junior and intermediate students choose to participate, and students complete a project on a topic of their own choosing which focuses on some aspect of Canadian Heritage. Carter H. exhibited his project on James Naismith, inventor of Basketball, Tim D. exhibited his project on the Montreal Canadians, Madelaine Y. exhibited her project on the Orillia Opera House, and Marissa H. exhibited her project on the Vimy Ridge battle and monument. Both Madelaine Y. (grade 6) and Marissa H. (grade 5) won top honours in their grades for their projects.

All Heritage Fair participants are to be commended for the hard work they put in this year. Heritage Fair projects from every student who completed a project are available for viewing in the library this week and next. We look forward to more excellent projects next year! - Ms. Chaput, Mrs. Soper, and Mr. Allan

### **Girlstrong**

Girlstrong provides girls in Grades 3-8 with the opportunity to achieve fitness and lifestyle goals in an active, non-competitive environment. The 6 week running program will focus on training for a 3 km challenge e, while enhancing self-esteem and encouraging healthy living. Girlstrong starts next week (Tues., May 9 at 3:15 - 4:30 pm) and will run for 6 weeks every Tuesday and Thursday until the final 3 k run at Tudhope on Thursday, June 15.



### **Hip Boys**

Couchiching Heights is pleased to offer HIP Boys (Health, Integrity and Power) – a Parkour/Cross training, healthy living and empowerment program for boys in Grades 4-6 this spring. The focus of the program will be on training to enhance self-esteem and healthy living. This 7-week program starts on May 4, 2017 and will be held on Tuesdays and Thursdays from 3:20-4:30. We will meet in Mrs. Frumau's room.



### **Bedtime Math**

Many families snuggle up at bedtime to read a bedtime story - what about adding a quick bedtime math problem to the routine? Bedtime e Math is an app that can be downloaded to your phone or tablet that posts daily math problems, challenges, or puzzles at different levels, that can be talked about and solved together. To find out more visit <http://bedtimemath.org/>.



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



### **Starting school in the fall? Kindergarten orientation session on May 17<sup>th</sup> from 5-6PM at Couchiching Heights P.S.**

This spring, we are hosting an orientation session to welcome new Kindergarten students and their parents to our school. Come experience what life is like in Kindergarten! Explore areas of the program, meet Kindergarten educators and have the chance to ask questions. Our school's session takes place on May 17<sup>th</sup> from 5-6 PM. We look forward to welcoming you! For more information, visit [www.scdsb.on.ca](http://www.scdsb.on.ca), click on 'Programs,' 'Kindergarten' and then 'Kindergarten Orientation.'



School start dates for September 2017 are as follows:

- Senior Kindergarten (Year 2) students will begin school on Tues. Sept. 5.
- Junior Kindergarten (Year 1) students will begin school on Thurs. Sept. 7.

### **Summer child care available at select SCDSB schools**

In partnership with community child care operators, we are pleased to support your child care needs, offering full-day child care programs for children (aged JK to 12 years) in select schools across Simcoe County this summer. Registration in advance is required. Please contact the child care operator directly to register. A fee subsidy may be available to families who qualify. For more information, please contact the **YMCA at 705-329-3996** or **Orillia Central Preschool at 705-327-2764**. For the full listing of childcare centres in the SCDSB, visit [www.scdsb.on.ca](http://www.scdsb.on.ca) and click on 'Schools' and then 'Before & After School Care.'

### **Vaccination reminder for parents of Grade 1 students**

All students must have an up-to-date immunization record on file at the health unit. Since starting Kindergarten, your child may have received new immunizations. If so, you must send their updated immunization records to the Simcoe Muskoka District Health Unit for:

- Tetanus, Diphtheria, Pertussis, and Polio
- Measles, Mumps, and Rubella
- Meningococcal disease
- Two-doses of a Chickenpox (Varicella) containing vaccine

If your child will not be getting these vaccines, you will need to give the health unit a valid medical exemption or affidavit. To complete either of these forms, you can call the health unit. Your child could be temporarily suspended from school if the health unit does not have an up-to-date record on file.

Follow these steps to help protect everyone in your school community:

- Check your child's yellow immunization card
- Contact your health care provider to get a record or to get missing vaccines
- Share the complete record with the health unit at [www.smdhu.org/immsonline](http://www.smdhu.org/immsonline) or fax the record to the health unit at 705-726-3962

For more information, visit the Simcoe Muskoka District Health Unit's website at: [www.simcoemuskokahealth.org](http://www.simcoemuskokahealth.org).

*Information provided by the Simcoe Muskoka District Health Unit*



## Let's walk/roll/bike to and from school!

Research tells us that children want to walk and bike to school! Children know that using active transportation to and from school is part of a healthy lifestyle, it's good for the environment and it makes them feel happier. A recent Ontario study indicated that a whopping 42% of children are driven to school, and 93 % percent of children and youth are not meeting Canadian Physical Activity Guidelines. Did you know that distances up to 5km are travelled more quickly door-to-door by bicycle than by car?

Active school travel is the use of any form of travel that is self-propelled for the trip to and from school. Active & Safe Routes to School mobilizes children with initiatives such as Walking/Cycling School Buses, Walking/Wheeling on Wednesdays or Walk/Wheel Once a Week, and walking buddies. Using active transportation for the school journey is one of the easiest ways for students to get regular daily physical activity. Learn more at [www.saferoutestoschool.ca/](http://www.saferoutestoschool.ca/).

Now that the weather is warming up, including active transport to and from school in your day is easier! At CHPS we have bike racks directly outside the front entrance. We encourage students to bring a lock and remember to wear their helmet. Please note that scooters and/or bikes will not be stored in the school.

## Stay safe in the sun

It only takes one bad sunburn in childhood to increase the risk of developing skin cancer later in life. As the weather gets warmer, follow these sun safety tips to keep you and your family safe:

- use a broad spectrum sunscreen with SPF 15 or higher and SPF 15 lip balm
- apply sunscreen 20-30 minutes before going outside (even on cloudy days) and always follow the label instructions
- apply sunscreen to any exposed areas of skin – nose, ears, back of neck, tops of feet, etc.
- reapply sunscreen every 2-3 hours and after sweating or swimming
- wear loose, long sleeved shirts and pants, a large-brimmed hat and sunglasses
- if possible, avoid being in the sun between 11 a.m. and 4 p.m.
- when you're outside, look for shade

For more sun safety tips, visit [www.simcoemuskohealth.org](http://www.simcoemuskohealth.org) or call Health Connection at 705-721-7520 or 1-877-721-7520 to speak with a public health nurse.

*Information provided by the Simcoe Muskoka District Health Unit*



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## Summer camp can be an important part of your child's growth and development:

To many people, summer camp for kids might appear like nothing more than fun and games. However, a study conducted by the University of Waterloo supports what camp directors have been saying for decades – camp is a setting for positive youth development where invaluable life skills are acquired and nurtured. Youth development experts agree that children need a variety of experiences in their lives to help them grow into healthy adolescents and adults. Here are five critical life skills that are fostered at summer camp:



- 1. Getting along with others** – Talk to any camp alumni and you'll likely hear how some of their most meaningful friendships and lessons on how to get along with others came from camp.
- 2. Overcoming challenges** – According to the ParticipACTION Report Card, over-supervising kids or keeping them indoors to ensure they are safe limits their opportunities for physical activity. Camp provides a safe environment, allowing children to freely learn how to overcome challenges and develop and grow their capabilities.
- 3. Getting active** – A recent Statistics Canada study found that only seven per cent of youth aged six to 19 got the recommended hour a day of exercise they need. Summer camp is a great way for kids to stay active all summer and ensure they are surrounded with great role models and supportive friends.
- 4. Unplugging** –We know that when children are connected with their environment, they are healthier and happier. Summer camp provides kids with the opportunity to “unplug” and help them build social skills while enjoying all the activities of the great outdoors.
- 5. Leadership** – When it comes to developing strong leaders, camp provides both implicit and explicit training including morals, ethics, problem solving, teamwork and life skills.

To learn more about the YMCA of Simcoe/Muskoka summer camps, visit [www.ymcasummerncamp.ca](http://www.ymcasummerncamp.ca).

Information provided by the YMCA of Simcoe/Muskoka ([www.ymcaofsimcoemuskoka.ca](http://www.ymcaofsimcoemuskoka.ca))

### Are you looking for work?

The Simcoe County District School Board's Career Centre is ready to help at no cost to you. The Career Centre has experienced,

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professional employment consultants available to help job searchers prepare for and find work. Visit the Career Centre for resources, including the use of computers, internet, printer, fax, information sessions, job board and online postings. No appointment necessary and the Centre is open Monday 9 a.m. to 6 p.m.; Tuesday to Friday 9 a.m. to 4:30 p.m. For more information on the services available, visit [barriecareercentre.com](http://barriecareercentre.com) or call 705-725-8990. This Employment Ontario service is funded in part by the Government of Canada and the Government of Ontario.

