

Couchiching Heights

455 Laclie St N, Orillia

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Principal: Lindsey Cook

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



Upcoming Events

May 7

School Council Meeting 6:30-8:00pm in Library

May 7 - 11

Education Week - Recognizing Children's Mental Health and Equity and Inclusion

May 12

White Elephant and Vendor Sale at CHPS! 8:00am-1:00pm

May 15

Track & Field – grade 4-8

May 18

PA Day – No school for students

May 21

Victoria Day – School Closed

May 22 – June 4

EQAO – grade 3 and 6

May 25

Kindergarten Spring Open House 2:00-3:00pm

June 1

PA Day – No school for students

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 shining at our County Heritage Fair, performing and receiving gold and silver at Kiwanis music festival, excelling at our sporting events, 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.

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

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 **School Council Meeting on May 7th, 2018** in the school library. June 4th, 2018 will be the date of our final meeting for this school year. 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).

White Elephant and Vendor Sale – Spring Fundraiser!

On **Saturday May 12th between 8:00am-1:00pm**, School Council will be holding a huge yard sale in the school gym! There will also be several vendors for the community to browse, such as Avon, Pampered Chef, Vaxx Life, Senegence, Usborne Books, and many more! In addition to the yard and vendor sale, the students at CHPS will be selling lemonade and homemade baked goods! Stop by for a hot dog, buy some flowers for Mother's Day, or shop our sales! What a great way to spend a Saturday morning! All proceeds will go towards helping our school to purchase new curtains for our stage, as well as other school enhancements! Hope to see you there!!

Family Active Night – Save the Date!! May 31st (5:00-7:30pm)

Please mark this date on your calendars and join us for some quality time getting active with family and friends! Physical activity is an important part of one's overall well-being, and here at CHPS we want to get active with you!! Several student selected activities will occur on the evening of May 31st. Our hope is to bring the community together for a final year-end event! More information will be highlighted in the coming Week at a Glance notices, so don't forget to check your inboxes, or visit our school website!

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.

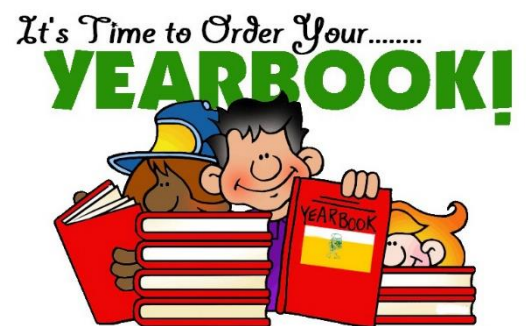
Mabel Labels – Order now and get ready for next school year!

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. 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!



Purchase your copy of the 2017-2018 CHPS school yearbook today!

Yearbooks are on sale now for \$15.00 each and include beautifully coloured pages that capture all the amazing events of the year, as well as class pages, teams and clubs, graduates and more! **To purchase a copy, fill out the order forms recently sent home and return your payment to the school, or use School Cash Online.** If you are not sure how to use School Cash Online, please see instructions on our school website (also listed below), or call Mrs. Provenzano in the front office for help in getting set up! **All yearbook orders are due on Friday May 11th.** Please note this is the final date that orders can be accepted to ensure that there is enough time to send to print!



School Cash Online

School Cash Online is a safe and effective way to order milk, pizza, field trips as well as many other events and fundraisers at CHPS. No more worrying about sending money to school with your child or misplacing an order form. There are 4 easy steps to get your account up and running.



- 1 – you will need to log on to <https://simcoecounty.schoolcashonline.com> to register
 - 2 – you will need an email address to have the confirmation emailed to you
 - 3 – you will need your child's student number (Please contact the office for yours)
 - 4 – If you have more than one student, this is the step where you would add more and view items available. (i.e. Milk, Pizza, Trips, etc.)
- Please note: There are 3 types of transactions available.
A onetime transaction using your Visa or MasterCard.
The "My Wallet" is a prepaid account where you can load funds and hold and use at a later date.

We encourage you to use this payment option moving forward. This also helps with our Eco School initiatives on saving paper.

News from the Green Team

This month, The Green Team will be organizing a community and school yard clean-up on Friday May 9th.

The Green team would like to start flowers and vegetables to sell in an effort to raise money for our butterfly and bee garden. If you have any bags of soil or any seeds that you could donate to support our cause, we would greatly appreciate them.



GIRLSTRONG is fast approaching!!

The Girlstrong program begins May 8 and runs every Tuesday and Thursday from 3:15 until 4:30 pm for 6 weeks for all girls who are registered to participate. Tshirts will be handed out in the first week. Final 3 Km celebration run is at Tudhope Park on Thursday, June 14 at 4:00 pm.



HIP Boys

Couchiching Heights is pleased to offer again this year, HIP Boys (Health, Integrity and Power) – a Parkour/Cross training, healthy living and empowerment program for boys in Grades 4-6. The focus of the program will be on training to enhance self-esteem and healthy living. This 7-week program starts on May 1, 2018 and will be held on Tuesdays and Thursdays from 3:15-4:30. If you have any questions, please contact Mr. Allan, or Ms. Calverley at the school.



Education Week/Month: May 7th – 11th

Starting Monday May 7th, students in our school will have the opportunity to participate in several activities that will raise awareness for mental health and equity and inclusion. Through these activities we hope to increase positive well-being at CHPS and in our community. On Monday May 7th we will kick off Education Week with our Music Monday celebration and school wide assembly. We will conclude our week of learning, by participating in a school wide walk for children's mental health. Our community partner, New Path, will join us for the walk and will be handing out some cool swag for our students. We might even have a visit from the media to capture all the amazing things our students and staff have been doing to raise awareness for these important causes!



EQAO (Grade 3 & 6 Provincial Testing) – May 23-June 4

This year EQAO at Couchiching Heights will occur between May 23rd and June 4th during our first and second instructional blocks of the day. 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



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.



Save The Date:

May 16th - Welcome to Kindergarten (5:00-6:00pm)

May 31st – Family Active Night (5:00-7:30pm)

June 12th – Volunteer Appreciation Tea (1:30pm)

June 26th - Grade 8 Graduation



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

Register now for summer child care

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. Twenty schools offer child care programs for children from Junior Kindergarten age to 12 years of age. Registration in advance is required. Please contact the child care operator directly to register. More information can be found on our website at www.scdsb.on.ca – click on 'Schools' then 'Before & After School Care.'



Register now for Before & After School Programs for September 2018

Register now for child care at our school next school year. Your child's space in the program for September 2018 will be considered a priority if completed registration forms have been submitted to the child care operator by **June 30, 2018**. Please contact the YMCA Orillia to register your child(ren).

Parents invited to information session about special education

The Simcoe County District School Board is hosting a series of information sessions for parents/guardians to learn about special education and how to support students with special education needs. The last session takes place this month:

Date: May 16

Time: 6 to 7 p.m.

Location: SCDSB Education Centre, 1170 Highway 26, Midhurst

Topic: Understanding Alternative/Non-Academic Individual Education Plan (IEP) Goals



Learning Knows No Bounds

No registration is required. You can also join this session from home via Google Meet using this link: meet.google.com/zfg-egau-wgp. Those joining via Google Meet will need to 'mute' while watching the session to avoid audio feedback. Parents are welcome to type in questions using the chat option in Google Meet during the event.

Simcoe Muskoka Skilled Trades Expo takes place May 17

The Simcoe County District School Board's Ontario Youth Apprenticeship Program (OYAP) and partners are hosting the Simcoe Muskoka Skilled Trades Exposition on May 17. There are two parts to the event – a day session for Grade 8 students only and an evening portion open to the public. From 5 to 7 p.m., the

public is welcome to attend to speak to employers and industry experts. The Expo takes place at the Elmvale Community Arena, located at 14 George St. in Elmvale. For more information, email edo@simcoe.ca.

Applications open for 2018-19 Parents Reaching Out (PRO) Grants

Parents/guardians play a vital role in public education, and Ontario's Parents Reaching Out (PRO) Grants are designed to encourage parents'/guardians' involvement in their children's education to support student achievement and well-being. PRO grants are provided to select applicants who develop projects, events or training in support of parent/guardian engagement. Applications are due by June 5. Find out more: www.edu.gov.on.ca/eng/parents/.

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.simcoemuskokahhealth.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



Summer camp can be a life-changing experience

According to a recent study from the University of Waterloo, the positive development that children and youth experience at summer camp results in sustained behavioural changes at home, school and in the community. Friendships blossom, self-confidence emerges and independence grows – helping children and teens build resilience to help them face new challenges throughout their lives. Here are four life skills fostered at summer camp:

- **Increased independence and self-confidence** – Camp is the perfect place for kids to practice making decisions for themselves without parents and teachers guiding their every move.
- **Making new friends and being part of a positive group** – Free from the social expectations pressuring them at school, camp encourages kids to relax and make friends easily.
- **Increased environmental awareness** – When children are connected to their environment, they are healthier and happier. Summer camp provides kids with the opportunity to “unplug” from technology and enrich their perception of the world, while enjoying the great outdoors.
- **Improved attitudes towards physical activity** – Children spend so much time indoors these days and mostly sitting down. 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 get outside and move.

The benefits of camp are plenty – from life lessons beyond the classroom to appreciating nature and building confidence and leadership skills. Learn more about the YMCA of Simcoe/Muskoka camps at YMCASummerCamp.Ca.
Information provided by the YMCA of Simcoe/Muskoka

