

# Couchiching Heights

455 Laclie St N, Orillia

T: 705-325-9311

Principal: Lindsey Cook

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



## Upcoming Events

### Nov. 5

Daylight Savings Time Ends –  
Clocks go back 1 hour!

### Nov. 6

School Council Meeting – 6:30-  
8:00 PM  
Hewitt's Christmas Dinner Order  
Forms are now due

### Nov. 7

Cookie Dough Fundraiser  
Assembly

### Nov. 10

Remembrance Day Assembly  
Progress Reports Go Home

### Nov. 15

Picture Re-Take Day

### Nov. 16

Evening Student-Led  
Conferences  
School Council Basket  
Fundraiser

### Nov. 17

PA Day & Student-Led  
Conferences (no school for  
students)  
School Council Basket  
Fundraiser

### Principal's Message:

Dear CHPS Families,

Happy November! The weather has suddenly changed and cooler temperatures have arrived. Please ensure your child has a warm jacket, hat and mittens/gloves for outdoor recesses. An umbrella is also a good idea for rainy days, as well as proper footwear.

CHPS has been a very busy hub over the last 2 months. Our cross country runners had an impressive showing at recent meets and our Intermediate Girls Basketball Team went undefeated at the Innisdale basketball tournament! The coaches are extremely proud of the sportsmanship and leadership displayed from all our young athletes.

This month the entire student community will be focusing on responsibility as part of our Board's commit to character initiative. The students understand there are many ways to show responsibility including, having their learning materials organized, being at school on time and following through with classroom expectations. Our intermediate students are currently working hard to establish leadership teams that will play a tremendous role for the entire student body. In upcoming months they will introduce many school activities including spirit days, eco challenges, fundraising for global communities and planning ahead for our Annual Christmas Cheer Drive. Recently, several of our student leaders met our new director, Mr. Steven Blake. He was very impressed with our young leaders and their commitment to making the school a great place.

The staff looks forward to connecting with families at our upcoming teacher interviews. We value your input and ongoing support.

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

## 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 (an overview of activities occurring at the school each week), 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 @coustaff. Check out up-to-date activities happening daily at the school!



## 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 November 6th, from 6:30-8:00pm 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 take place on the first Monday of every month (with the exception of a few dates).

## School Council Basket Fundraiser:

Just a reminder about our School Council Basket Fundraiser that will be happening at CHPS the week of Student-Led Conferences, November 15th -17th . Each classroom is trying to fill a themed gift basket that will be raffled off on November 20th. Families will be able to view the baskets on Nov. 15th -17th and also purchase raffle tickets for baskets that they would like to be entered into a draw to win! Each classroom has chosen a theme for their gift basket and we are now asking families to consider donating items or cash to fill the baskets. Cash donations will be used to purchase items that are related to the basket theme. All proceeds from the fundraiser will be going toward school enhancements (e.g., new stage curtains and upgrades to our stage area, courtyard beautification, etc.), field trips, and technology. If you did not receive the letter that was sent home indicating the theme your child's class selected, then just ask them! The kids are very excited



to see the baskets coming together. **Please send in donations by November 10th** . Thank you for your ongoing support!

### **Pay for field trips, lunch days, etc. with School Cash Online**

If you have not already done so, be sure to sign up for School Cash Online. This is our preferred method of payment for all school fundraising including lunch days and field trips. School Cash Online allows you to pay with your debit or credit card. Follow these steps to get started:

1. Go to [simcoecounty.schoolcashonline.com](http://simcoecounty.schoolcashonline.com) or from our school website click on "Pay Fees"
2. Register and add your child to the newly created account
3. View and purchase items through echeck or credit card

The School Cash Parent Helpdesk is available 24/7 at 1-866-961-1803 or email [parenthelp@schoolcashonline.com](mailto:parenthelp@schoolcashonline.com).

### **Mabel Labels:**

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 holiday 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](http://campaigns.mabelslabels.com), search for Couchiching Heights in the drop down and place your order to support our fundraiser! Thanks so much! Happy Labelling!

### **Remembrance Day Poppies**

Each child at Couchiching Heights will receive a poppy. The Annual Poppy Campaign helps to raise money for our Legion. The school canvas is a vital factor in the success of the Legion campaign. Please remember to send in money for the poppies to help support programs. Thank you.



mabel's labels™

Colourful, durable and fun labels  
for everything that leaves your house!

**SUPPORT OUR  
FUNDRAISER!**



### Safe Arrival:

Remember parents it is your duty to contact the school when your child will be absent. It is imperative we hear from you as we need to know your child is safe and supervised.  
705-325-9311 Press #1 for Safe Arrival. Thank you!



Our school has moved to an automated safe arrival system. The first parent/guardian listed in the student file will receive an automated call on days when buses are cancelled if their child isn't at school. The recording will tell you that you do not need to call the school back unless your child should be at school.

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

### Bus cancellation information reminder

All information regarding cancelled buses in Simcoe County is posted on the Simcoe County Student Transportation Consortium's bus information website at [www.simcoecountyschoolbus.ca](http://www.simcoecountyschoolbus.ca). Our school is in the **North Zone**. When buses are cancelled, schools remain open for student learning, unless otherwise noted.



The Consortium and bus operators try to make the decision to cancel school buses before 6 a.m. and make every effort to post announcements before 7 a.m. Inclement weather cancellations are effective for the whole day and buses cancelled in the morning will not run at the end of the day. You can follow the Consortium on Twitter @SCSTC\_SchoolBus for bus cancellations and other information. You can also subscribe to receive bus delay notifications here: <https://scstc.ca/Subscriptions>

For school event cancellations in case of inclement weather, follow our school's Twitter account at @coustaff or listen to your local radio station for event cancellation information.

### High school information nights coming to a school near you!

Is your child starting Grade 9 next year? High school information nights happen this fall and winter. This event gives an overview of what's new, what to expect, as well as a chance to check out the school and ask questions. Attend our local high school information night to find out what's offered: Orillia Secondary School's information night will be held on Wednesday January 17<sup>th</sup> from 6:00-7:30PM at 250 Collegiate Dr., Orillia. Check out the full schedule of info nights and more information at [www.scdsb.on.ca/highschool](http://www.scdsb.on.ca/highschool).





## SCDSB online tool for reporting bullying, drug use or vandalism

The SCDSB has an online Safe Schools Reporting Tool, which is available on our school website homepage, <http://cou.scdsb.on.ca>, as a Quick Access button. Students and parents can use this tool to submit a report online if they witness a student engaged in inappropriate behaviour such as bullying, drug use or vandalism. Students are still encouraged to speak to a trusted adult at school or home if they have any concerns. This form isn't a substitute for having a discussion with your teacher or principal. Student safety and well-being is our top priority. For more information, visit <http://scdsb.on.ca/ReportAnIncident>.



Safe Schools Reporting Tool

## SCDSB's new Holy Days and Holidays Calendar now available

The students and staff of the SCDSB represent a rich diversity of faith traditions. The Holy Days and Holidays calendar helps identify some of the important days of commemoration, however it isn't designed to be a complete listing of religious days. Students and staff from a particular faith background may or may not be absent from school on these special days. If they do attend, certain accommodations may be required.

To view the July 2017 - December 2018 calendar, visit [www.scdsb.on.ca](http://www.scdsb.on.ca), click on 'Schools,' 'School Year Calendars' and then 'Holy Days and Holidays Calendar.' You can also learn more the significant faith dates that the SCDSB recognizes.



## Treaties Recognition Week takes place Nov. 5 to 11

Did you know we are ALL treaty people? Treaties Recognition Week is the first week of November every year - this year it's Nov. 5 to 11. The Simcoe County District School Board is located on territory covered by several pre-confederation treaties - Treaty 5, 16, 18, 19 and 82, as well as the 1923 William's Treaty.

Treaties Recognition Week was introduced in 2016 to honour the importance of treaties and to help Ontarians learn more about treaty rights and treaty relationships. Take some time this week to learn about the treaty in your area. To learn more about the treaties and how we can honour them, visit [www.ontario.ca/page/treaties](http://www.ontario.ca/page/treaties) and [www.anishinabek.ca/education-resources/gdoo-sastamoo-kii-mi/](http://www.anishinabek.ca/education-resources/gdoo-sastamoo-kii-mi/).



Ministry of Education



## Voluntary self-identification of First Nation, Métis or Inuit ancestry

Self-identification is a personal choice to disclose First Nation, Métis or Inuit ancestry. The choice to self-identify is up to you and does not require proof of documentation (i.e. no status card),

regardless of where you live. Self-identification is confidential, securely stored and used only to support First Nation, Métis and Inuit student success. Self-identification helps schools support the needs of First Nation, Métis and Inuit students and their achievement. Student achievement data is collected and protected with other confidential data used to help improve student achievement.

To self-identify your child as First Nation, Métis or Inuit, check off the First Nation, Métis or Inuit box on the school registration form and write in details if applicable. The SCDSB is committed to meeting the learning needs of First Nation, Métis and Inuit students through responsive programming and services. Past activities have included: the inclusion of First Nation, Métis and Inuit focused resources in schools; school based pow wows; dedicated First Nation, Métis and Inuit student advisors and cultural awareness training for school staff. To learn more about First Nation, Métis and Inuit Education, visit [www.scdsb.on.ca](http://www.scdsb.on.ca) > Programs > First Nation, Métis & Inuit Education.

**November 12 to 18 is National Addiction Awareness Week**

Nov 12 to 18 is National Addiction Awareness Week. The SCDSB will be marking this week by providing schools with a variety of resources to increase awareness and education among staff and students. We hope that your child will share some of what they are learning this week and we have included some helpful resources to support you in conversations you might be having with your kids:

- [www.participation.com/en-ca/programs/unplug-and-play](http://www.participation.com/en-ca/programs/unplug-and-play)
- <http://parentactionondrugs.org>
- [www.drugfreekidscanada.org](http://www.drugfreekidscanada.org)
- [www.camh.ca](http://www.camh.ca)

**Eye See...Eye Learn program offers free glasses for Junior Kindergarten students**

The Eye See...Eye Learn program provides comprehensive eye exams by local optometrists to Junior Kindergarten (JK) students. The eye exams are covered under the Ontario Health Insurance Plan (OHIP) when parents show their child's health card. There is no out-of-pocket cost for the eye exam and if the child requires a pair of glasses, they will receive them free of charge courtesy of a participating optometrist. For more information, visit [www.Eyeseeyelearn.ca](http://www.Eyeseeyelearn.ca).



## Volunteer with Big Brothers Big Sisters and our schools

Big Brothers Big Sisters (BBBS) of Barrie & District is proud to partner with the SCDSB to run three mentoring programs for students. Volunteers are welcome to apply to mentor students for as little as one hour per week. Call BBBS Barrie at 705-728-0515 or visit [www.bigbrothersbigsisters.ca/barrie](http://www.bigbrothersbigsisters.ca/barrie) to find out more. The Orillia (705-325-3151), Georgian Triangle (705-445-2330) and North Simcoe (705-526-5051) BBBS locations also welcome volunteers for their in-school mentoring programs

## OHIP+ provides free prescription drug coverage for children

Beginning Jan. 1, 2018, the province will provide free prescription drug coverage for children and youth aged 24 and under, regardless of family income. Under OHIP+, Ontario children and youth will have access to over 4,400 medications and other drug products. Enrollment in OHIP+ will be automatic, based on age. There are no upfront costs, no co-payment and no annual deductible. Those who are eligible for OHIP+ will only need their health card number and a valid prescription from their doctor or nurse practitioner when they visit their pharmacist. For more information, visit: [www.ontario.ca/page/learn-about-ohip-plus](http://www.ontario.ca/page/learn-about-ohip-plus).

## Nutri-eSTEP can help your family encourage healthy eating habits

Are you a parent of a Kindergarten student? Do you sometimes worry about your child's healthy eating? Nutri-eSTEP can help! Check out [www.smdhu.org/Nutri-eSTEP](http://www.smdhu.org/Nutri-eSTEP). You answer 17 questions to find out what's going well and what to work on to keep your child healthy. Nutri-eSTEP is a questionnaire for parents with children aged 18 months to five years of age. When you help your children learn how to eat healthy, move more and limit time spent sitting, you make a difference to their lifelong health. For more information, call Health Connection weekdays from 8:30 a.m. to 4:30 p.m. at 705-721-7520 or toll free 1-877-721-7520. *Information provided by the Simcoe Muskoka District Health Unit*

## It's time to update your child's immunization records

The Simcoe Muskoka District Health Unit is required to keep up to date immunization records for all students who attend elementary or secondary school in the County of Simcoe and the District of Muskoka. Parents are responsible for reporting immunizations to the health unit each time their child receives a vaccine from their health care provider. It's easier than ever to update your child's immunization status. Go to [www.smdhu.org/immsonline](http://www.smdhu.org/immsonline) to update your child's record, or call Health Connection at 705-721-7520 or 1-877-721-7520. *Information provided by the Simcoe Muskoka District Health Unit*



**Big Brothers Big Sisters**



**Free prescription medications for children and youth**

[ontario.ca/budget](http://ontario.ca/budget)



**NutriSTEP®**

**Nutrition Screening for  
Toddlers and Preschooler**

**Évaluation de l'alimentation  
des tout petits et des enfants  
d'âge préscolaire**



**No Shots?  
No Records?  
NO SCHOOL!**

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**Celebrate peace in your community: Peace Week is Nov. 18 to 25**

November is a month of reflection and gratitude. The sight of poppies and wreaths serve as a reminder of the brave men and women who have fought for peace and freedom.

The month of November also celebrates a nationwide YMCA initiative called Peace Week, from November 18 to 25. This is a time when we can celebrate the presence of peace in our local and global communities. Peace Week offers activities and opportunities for people of all ages to explore peace from personal, community and global perspectives. Simple actions like sharing, being patient or smiling and saying hello can have a far greater impact than we think.

As an advocate for peace, the YMCA invites everyone to be part of the conversation. Share something you do to foster peace in your home, school, workplace or community. Join in spreading kindness throughout our community with "Be Kind Bells." These bells will be hidden in locations throughout our community. If you find one, perform one kind act, then hide the bell for someone else to find. Share on social media using #YMCAPeaceWeek with the location where you found the bell, your kind act and encourage someone else to do the same!

Visit <http://ymcaofsimcoemuskoka.ca/ymca-international/peace-week/> for more information.  
*Information provided by the YMCA of Simcoe/Muskoka*  
([www.ymcaofsimcoemuskoka.ca](http://www.ymcaofsimcoemuskoka.ca))

