

Couchiching Heights

455 Laclie St N, Orillia

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Principal: Lindsey Cook Vice-Principal: Megan Francis

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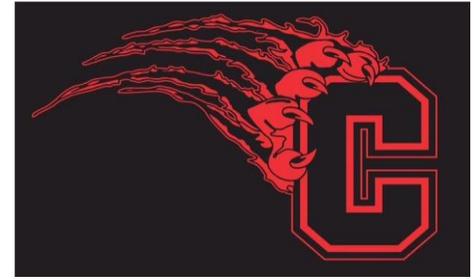
Principal's Message:

Dear CHPS Families,

Our school year is well underway and staff and students are settling well into their new learning environments. As I make my way throughout the school, I see many wonderful things happening in our classrooms. Students are having fun, mastering new skills and making new friendships. I am pleased to see the learning and collaboration that is happening as students engage in a variety of curriculum expectations. Additionally, we are very thankful to our CHPS Families who have been wonderful partners in many ways: arriving to school on time, keeping non-medical pets off the school yard, returning our start up paperwork (student verification sheets, medical plans, etc.) and being extremely respectful of our request to ensure that you sign-in at the office if visiting the school and allow us to call your child down if picking them up early. Your assistance in running our school is much appreciated and truly helps us keep all of our students safe.

Many clubs and teams have started up and students are getting involved in many different ways. Student Leadership Teams, Eco-club, Intermediate Boys' Volleyball, Intermediate Girls' Basketball, Lunchroom Helpers and Recycling Teams are only some of the opportunities that students have to get involved in Couchiching Heights' school life right now. Many of our parents are also volunteering their time to enrich our school, either as a classroom or breakfast club helper, with pizza or milk, or in a more formal capacity on our School Council.

I would like to take an opportunity thank the dedicated group of parents and guardians, who have come out to our School Council meetings thus far, to discuss school life, fundraising and this year's priorities. They also worked very hard to help plan our Open



Upcoming Events

Nov. 5

School Council Meeting – 6:30-8:00 PM

Nov. 6

Grade 8 High School Information Session

Nov. 5-9

Treaties Recognition Week

Nov. 10

Remembrance Day Assembly

Nov. 13

Picture Re-Take Day

Nov. 15

Progress Reports go home

Nov. 16-23

YMCA Peace Week

Nov. 20

Eat Well to Excel Day

Nov. 20 & 21

Evening Student-Led Conferences

Nov. 22

PA Day for students
Student-Led Conferences in AM

Nov. 25

Freeze DNA Comic Art Tour Visit (Gr. 2-5)

House/Meet the Teacher Night in October, which was a great success and a wonderful evening with our community. Council meetings are open to all parents and are a great way to learn more about our school, to get involved and to work with a team to improve school life for your children.

Many families have asked how they can support their child's learning at home. The big 4 to helping your child are: getting some fresh air (walk to school or go for an evening stroll), eating a family dinner nightly where possible, reading with your child (reading to them or next to them as they read), and getting your child to bed early (sleep helps to recharge the brain). We will do our best at school to ensure we are responsive to your child's needs too by completing our big 4: getting them outside daily, helping them learn social norms during nutrition break times, reading to them daily, and allowing time for mindful minutes.

On a final note, 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. Our lost and found becomes quite full this time of year. Please be sure to label all of your child's outerwear.

**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. Our next School Council meeting will take place on November 5th 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.

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.schoolcashionline.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@schoolcashionline.com.



Spirit Wear

If you would like to place an order for school logoed spirit wear, please do so by **November 25th** using [School Cash Online](#), or print an order form from the homepage of our [school website](#) and send it to the school, along with payment. Samples are imaged on the order form



Remembrance Day Poppies

Each child at Couchiching Heights will receive a poppy for Remembrance Day. 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 donations for the poppies to help support programs. Thank you.



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 (SCSTC)'s bus information website at 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](https://twitter.com/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](https://twitter.com/coustaff) or listen to your local radio station for event cancellation information.

Treaties Recognition Week takes place Nov. 5 to 9

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 9. 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.

High school information nights for Grade 8 students 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 at:
Orillia Secondary School on January 15, 2020 from 6:00-7:30 pm.



November 20 is Eat Well to Excel Day in Simcoe County!

Eat Well to Excel (EWTE) is the local student nutrition program in Simcoe County. EWTE is a non-profit community partnership that supports volunteer-run student nutrition programs in over 185 schools/programs (including elementary and secondary schools, learning centres and alternative programs) in Simcoe County. Research shows that students with access to a breakfast program have reduced risk for disease, are more likely to come to school and participate in class, have better test scores and are more likely to graduate.

Here's how you can support your school's EWTE program:

- Donate money via www.eatwelltoexcel.ca - click on 'donate now' (a printable tax receipt will be issued), and be sure to include the school's name in the comment box, otherwise the money will be used to support the purchase of equipment and food for schools with high needs
- Donate money directly to the school
- Share your fundraising ideas. If you have an idea, or would like to assist, please contact the committee via <http://eatwelltoexcel.ca/contact-us/>
- Volunteer – schools are often looking for help to purchase, prepare and serve food
- Join the EWTE partnership committee. To find out more, complete the form at <http://eatwelltoexcel.ca/volunteers/>

For more information, contact us via <http://eatwelltoexcel.ca/contact-us/>.

Safe water in our school

The Simcoe Muskoka District Health Unit, along with the Ministry of the Environment, Conservation and Parks, works with local school boards in their efforts to ensure children are protected from unnecessary exposure to lead from drinking water. All schools are required to flush their plumbing regularly and sample their water to test for lead. Samples must be collected at every tap that provides drinking water or that is used to prepare food or drink for children under the age of 18. Schools are required to test both standing (water that has been sitting in the distribution lines) and flushed water (water which has run through the lines) for lead on a regular basis (e.g. annually). Flushing has been shown to reduce lead levels in water and is a recognized lead reduction strategy. If a school's drinking water test result is above the provincial drinking water standard for lead, the schools communicate these results to the local Medical Officer of Health and the Ministry of the Environment Conservation and Parks to ensure corrective actions are carried out and the problem is resolved. *Information provided by the Simcoe Muskoka District Health Unit*



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 levels. 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.

Host families needed for international students

Our partner in providing homestay to the SCDSB's international students, Canada Homestay Network (CHN), is recruiting host families to welcome international students into their homes.

Host families help international students realize lifelong dreams, and benefit from a unique experience with another culture. As a host, you also receive an allowance to offset expenses. CHN is always looking for hosts, learn more about specialized recruiting at <https://www.whyihost.ca>.

[Learn about a current homestay family here](#) or get more details about the program on [the Canada Homestay Network website](#).
Information provided by the Canada Homestay Network

Attend a French immersion information night

The Simcoe County District School Board (SCDSB) offers French Immersion (FI) at select schools throughout Simcoe County beginning in Grade 1. The goal of the FI program is to enable students to communicate in French with a high level of proficiency, enabling them to function with ease in both French and English. Upon graduation from the program, students will communicate in French with confidence in a wide variety of real-life situations.

Information sessions take place in November for parents of students in Senior Kindergarten. A letter will be sent home to those parents with more details. Information session dates will be posted at ww.scdsb.on.ca/secondary/program_options/French_as_a_second_language.

The online Grade 1 French Immersion application form will be available from 9 a.m. on Monday, Dec. 2 until 4 p.m. on Friday, Dec. 20. In Grade 1, enrollment in the FI Program is limited to a



maximum of two classes of 20 students per class at each host site for the FI program. Beginning this year, entry into the FI program will be determined through a digitally randomized lottery system.

Please note that the host sites for FI may change during your child's time in the program, and your child may need to move schools. This may also include splitting the program between two different sites.

It's all about the connection

Young people are more likely to grow up successfully when they have close connections with the important adults in their lives. Through these connections, young people discover who they are, what they are capable of and how to make a positive contribution in their community. Here are some ways to help keep your relationship with your child strong:

- *Show them they matter to you.* Encourage their efforts and believe in them.
- *Push them to keep getting better.* Expect their best, while helping them learn from mistakes.
- *Help them complete tasks and achieve goals.* Stand up for them when they need it.
- *Treat them with respect and give them a say.* Take them seriously and treat them fairly.
- *Connect them with people and places that broaden their world.* Inspire them about their future.

Looking for more parenting support? Speak with a public health nurse by calling 705-721-7520 or 1-877-721-7520 or visit www.simcoemuskokahealth.org.

Information provided by the Simcoe Muskoka District Health Unit



Brush as a team until age 8

Baby teeth are important, and kids under age 8 still need help from an adult to brush. Help your child to brush their teeth twice a day for two minutes using a pea sized amount of fluoridated toothpaste. Before school and before bed are two great times to get into the habit of brushing. Cavities can be painful and can lead to infection, so be sure to get any toothaches checked by a dental professional.

The Simcoe Muskoka District Health Unit offers some free dental services for children and teens. Contact *Health Connection* at 705-721-7520 or 1-877-721-7520 or visit

www.simcoemuskokahealth.org.

Information provided by the Simcoe Muskoka District Health Unit



Celebrate peace in your community

November is often seen as a month of reflection and gratitude. The sight of poppies and wreaths serve as a reminder of the brave men and women who fought for peace and freedom. The month of November also plays host to a nationwide YMCA initiative called Peace Week. From Nov. 16-23, the YMCA of Simcoe/Muskoka encourages members of the community to celebrate the presence of peace in their local and global communities.

Peace means more than the absence of violence and conflict. Peace is an ongoing process of building fairness, equality, security and respect for diversity. Simple actions like sharing, being patient or smiling and saying hello can have a far greater impact than we think. How can you act for peace daily? Here are 10 ways to get you started:

- Help an elderly neighbor
- Organize a peace-themed event at your school
- Add your voice to important issues facing the world
- Volunteer at the YMCA or another peace-focused organization
- Treat others the way you want to be treated
- Learn about other cultures through books or films
- Keep an open mind
- Ask questions rather than make assumptions
- Be the change you want to see in the world
- Share your commitment to peace with others

As part of the Peace Week celebrations, the YMCA invites everyone to be part of the conversation. Share on social media something you do to foster peace in your home, school, workplace or community, or join one of the many YMCA of Simcoe/Muskoka *Yoga for Peace* classes. Sessions are free and open to the community.

When we act for peace together, we build stronger and healthier communities. Join the #ymcapeaceweek social media discussion and add your own #actforpeace ideas. For more information, visit www.ymcaofsimcoemuskoka.ca/peace-week.
Information provided by the YMCA of Simcoe/Muskoka

