

# Couchiching Heights

455 Laclie St N, Orillia

T: 705-325-9311

Principal: Lindsey Cook

[cou.scdsb.on.ca](http://cou.scdsb.on.ca) | Follow @coustaff on Twitter



## Principal's Message:

Happy Autumn!

Our school year is well under way and we're already coming up to the Thanksgiving long weekend. It has been a busy but good start to the year. Students and teachers alike are working hard and many good things are happening at our school. Many school sports, clubs and activities have begun. Student Leadership Teams, Eco-club, Flag Football, Basketball, Cross-Country, Lunchroom Helpers and Recycling Teams are only some of the opportunities that students have to get involved in Couchiching Heights' school life right now, and to learn about responsibility, empathy and teamwork. 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 thank the dedicated group of parents who came out to our first School Council meeting to discuss school life, fundraising and this year's priorities. They have also been hard at work planning our upcoming Open House/Meet the Teacher Night. 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. Please be sure to visit our School Council booth at Open House this Wednesday October 4<sup>th</sup> between 5:00-7:00pm to learn more about ways you can get involved!

Sincerely,  
Mrs. Cook

## Upcoming Events

### Oct. 2

School Council Meeting – 6:00-7:30 PM

### Oct. 4

Open House 5:00 – 7:00 PM

### Oct. 6

Grade 7 Vaccinations

### Oct. 9

Thanksgiving Holiday

### Oct. 16

IEP's go home

### Oct. 19

Picture Day

### Oct. 20

PA Day – No School

### Oct. 19

School Picture Day

### Oct. 31

Hallowe'en – Kindergarten-Gr.3 students dress up / Gr. 4-8 wear orange and black

## 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!



**Please be reminded that our school Week-at-a-Glance is only available via email to website subscribers this year, so don't forget to subscribe ASAP!**

## Parking Update

As you know, our parking lot is closed from 8:30-9:00, and again from 2:50-3:15 for student safety. Parents are able to park at Foodland & Red Caboose with the owners' permission.



## Student Verification Forms

Student information forms have gone home. If you have not had a chance yet, please look over these forms and make any changes to contact numbers, sign & return to the school ASAP. This is very important so that we are able to contact parents in case of emergencies. If you require another copy of the verification form, please contact the office. Thank you!



## School Open House

Our annual Open House/Meet the Teacher Night is this **Wednesday October 4th from 5-7pm!** Families are invited to join us for a pizza dinner (between 5-6pm) and to visit your child's classroom (open at 6pm), the Scholastic Book Fair in the library, a marketplace of community resources in the gym, and our intermediate bake sale in the front lobby. We are no longer accepting pre-orders for pizza. A small amount of extra pizza will be available for sale the night of the Open House. CHPS logoed water bottles will also be available for sale that night.



## 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 October 2<sup>nd</sup>, from 6:00-7:30pm 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. We will be holding elections for School Council Chair/Co-Chair and Secretary on Oct. 2<sup>nd</sup>. If you are interested in being a voting member you must obtain a nomination form from either the front office, or the School Council booth at Open House. 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). Future Council meetings will be held from 6:30-8:00pm in the school library.

## Student dress code

Students are expected to respect the guidelines when dressing for school. Our school is a safe space. We work to be equitable and inclusive, and understand that students may choose to express themselves through their clothing choices. Student clothing cannot pose a safety concern or conceal identity. Exceptions are granted to students who wear head coverings or other garments/objects for the purposes of religious observance, medical or sensory needs, or other reasons protected by the Ontario Human Rights Code.

The SCDSB dress code is available in the student agenda and online at [www.scdsb.on.ca](http://www.scdsb.on.ca). If you have questions about the dress code, you can contact the principal or the SCDSB Equity and Inclusive Education Team at 705-728-7570.

## 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](http://simcoecounty.schoolcashionline.com) or from our school website click on "Pay Fees"



**There are lots of ways to dress for school...**



**...but there are a few things that aren't okay.**



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 to help you with registration, password recoveries or any other payment issues. Call the helpdesk at 1-866-961-1803 or email [parenthelp@schoolcashonline.com](mailto:parenthelp@schoolcashonline.com).

### **Walking Wednesday's**

The Green Team is challenging CHPS students and parents to walk to school on Wednesdays. Leave your cars at home and walk to school! The Green Team will be keeping track of walkers awarding the class with the most walkers on Wednesdays the Walking Wednesday award!

### **October is International Walk to School Month**

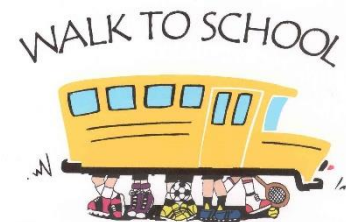
Did you know that October is International Walk to School month? It's a great way for children to get their recommended 60 minutes of physical activity each day and also gives parents and staff a chance to be part of a worldwide event that celebrates the many benefits of walking. Here are some ideas:

- Encourage your child to walk or cycle to and from school if you live close by and team up with others to make the trip more fun
- If you usually drive your child to school, try getting them to walk part of the way
- If your child takes the bus, walking to and from the bus stop is a great way to add physical activity minutes into the day

*Information provided by the Simcoe Muskoka District Health Unit*

### **Parent Portal gives parents real-time access to attendance, grade information**

The SCDSB Parent Portal is a secure online tool that provides parents/guardians (of students less than 18 years of age) with quick access to their children's attendance and grades and includes the option to sign up for email notifications. To access the Parent Portal, parents/guardians will need their child's SCDSB Pupil ID Number, which can be found on the Student Information Verification Form, as well as an Access ID. The Access ID will be provided in a sealed letter this fall with instructions on how to create an account. If you lose the Access ID, you can visit us in the school office and we'll provide it to you after verifying your identity.



## School Bus Safety Week and School Bus Driver Appreciation Day

School Bus Safety Week takes place Oct. 16 to 20. To support schools in promoting school bus safety to students, the Simcoe County Student Transportation Consortium (SCSTC), in partnership with school bus operators, will offer bus evacuation training to all home-to-school transported students. During this week, school bus drivers will educate students on how to evacuate a school bus safely in an emergency situation.

Wed., Oct. 18 is School Bus Driver Appreciation Day in the province of Ontario. It's a great opportunity for the school community to thank our bus drivers for all their hard work transporting students to and from school safely. For more information, visit the SCSTC website at [main.simcoecountyschoolbus.ca/](http://main.simcoecountyschoolbus.ca/).

## New Path offering child and youth mental health walk-in clinics

In response to the increasing wait times for child and youth mental health services, and the increased need for such services, New Path has undertaken a service redesign that will provide more timely and responsive services to children, youth and families in Simcoe County. New Path now offers Child and Youth Mental Health Walk-In Clinics in five office locations throughout Simcoe County: Bradford, Alliston, Barrie, Collingwood and Orillia.

Children, youth and families requesting service from New Path no longer need to call and complete an intake; they can simply attend one of the local Walk-In Clinics and will receive a single session intervention that day. Should children or youth require further service, New Path will continue to offer a wide variety of community and school-based services as well as residential service and women's service. For further information, including the clinic locations, days and hours, visit [www.newpath.ca](http://www.newpath.ca) or contact New Path's central intake department at 705-725-7656.

## Fire Prevention Week is October 8 to 14: Every Second Counts: Plan 2 Ways Out!

Fire Prevention Week runs from Oct. 8 to 14. This year's theme is "Every Second Counts: Plan 2 Ways Out!" Smoke and fire spread fast. There's no time to figure out how to escape AFTER a fire starts. All households should have working smoke alarms and practice a home fire escape plan with everyone in the family BEFORE there's a fire. Find out more at: [www.nfpa.org/fpw](http://www.nfpa.org/fpw).



## **LGBTQI2S Junior Youth Connection for kids aged 12 to 15**

The Gilbert Centre is offering a new drop-in and social program for LGBTQI2S identified youth to connect, explore and learn. Meetings take place on the first and third Friday of every month from 5-7 p.m. at 80 Bradford Street in Barrie. For more information, please call Ve Tao, Youth Support Worker at 705-722-6778 x109, visit [lgbtyouth.ca](http://lgbtyouth.ca) or email [vet@gilbertcentre.ca](mailto:vet@gilbertcentre.ca).



## **Translating legal issues for frontline workers and members of the trans community**

The Gilbert Centre, in partnership with The Community Legal Clinic, The Law Foundation of Ontario, and The Mediation Centre, is offering training on navigating human rights and the law for transgender people in Simcoe County. Topics will include trans inclusivity training, human rights, housing, employment, income support and family law. Register at [www.gilbertcentre.ca/translating-legal-issues/](http://www.gilbertcentre.ca/translating-legal-issues/). The training is offered in Collingwood Oct. 12 to 13.

## **Healthy classroom celebrations**

Classroom and school celebrations are great opportunities for children to practice the healthy eating messages they learn in the classroom. Help teach the importance of healthy eating by choosing healthy foods to send in the next time your child's class is celebrating. Here are some ideas:

- Send a tray of watermelon slices, orange slices, apples or fruit kabobs
- Make homemade mini muffins with whole wheat flour and grated carrots or apple
- Send a tray of whole grain crackers, cubes of lower fat cheese and grapes
- Send a veggie platter - get creative by arranging it in fun shapes
- Prepare chocolate dipped strawberries for a sweet treat



Looking for more information to help keep you and your family healthy? Call *Health Connection* at 705-721-7520 or 1-877-721-5720 to speak with a public health nurse or visit the health unit's website at [www.simcoemuskokahealth.org](http://www.simcoemuskokahealth.org).

*Information provided by the Simcoe Muskoka District Health Unit*

## Tips for a Healthy Halloween

The month of October is upon us and that means Halloween is just around the corner! For many children, this can be an exciting time of year as they get their costumes ready and their buckets out to fill with candy! Halloween can also be a tough time for parents to keep their kids' diets healthy and balanced. Here are some helpful 'tricks' to help you and your family have a healthy Halloween this year!

- Walk door to door when trick or treating. It will burn calories and also tire the kids out – potentially limiting the amount of houses you will hit before the end of the night. Try making a competition out of who can walk the most steps.
- Plan a party. Make the focus of your party fun activities instead of sugary treats. Include Halloween games such as a costume or dance contest, or pumpkin carving.
- Trade the candy collected for non-edible treats like books, small toys or arts and crafts materials. You can also consider offering to buy back some of the candy, providing your kids with some extra spending money as a reward.
- Before your kids venture out in their costumes, make sure they eat a healthy meal.

Visit your local YMCA of Simcoe/Muskoka for some fun Halloween activities for the whole family to enjoy!

