

Couchiching Heights

455 Laclie St N, Orillia

T: 705-325-9311

Principal: Lindsey Cook

cou.scdsb.on.ca | Follow @coustaff on Twitter



Upcoming Events

Sept. 11

School Council Meeting – 6:00-7:30 PM

Sept. 12

Green Team meeting at 1st Recess

Sept. 12

Cross-Country running practice for all interested students in grades 4-8 – 8:20am (practices will be every Tuesday and Thursday's at 8:20am)

Sept. 26-29

OELC (Ontario Educational Leadership Camp) for selected students in grades 6 and 7

Sept. 28

Terry Fox Run (Rain date will be Sept. 29)

Oct. 4

School Open House (Meet and Greet) & Book Fair!

Oct. 19

School Picture Day

Principal's Message:

Welcome back everyone! I hope you all enjoyed a fantastic summer!

As you are aware, we have switched up a few things here at the school, with changes to our DPA routine, revised recess/nutrition break times and a few new staff. Please join me in welcoming Mrs. Teleford (FSL, SERT, and Planning Time), Mme. Carmen (FSL), Mr. Lalonde (Grade 6), and Mrs. Ariganello (EA). They will be wonderful additions to our team this year. We are also welcoming back to CHPS Mrs. Lamondin (Gr. 3) and Ms. Perigoe (Gr. 4/5), who were part of our staff the year before last, as well as Mr. Earle (Gr. 7/8), who is returning to us after many years from East Oro P.S.! We are glad to have them all back!

Meanwhile, most things we have in place for student safety remain the same. The parking lot will remain closed during start/end times (8:30-9:00am / 2:50-3:30pm); we ask you to be respectful of this policy. Also, students require a written note to leave for lunch (2nd break- gr. 6-8 students only), and teachers will have or will be communicating with you re: student cell phone guidelines and technology agreements here at school. Please remember that the school phone is the most reliable way to reach your child.

Finally, please know that if you have any questions, concerns or ideas, you can contact me at the number above, via email lmcook@scdsb.on.ca, by popping in to the office, or chatting with me in the driveway! Here's to a fabulous year!!

Sincerely,
Mrs. Cook

After this month, newsletters will be electronic- email & website. Please let your child's teacher know if you need a hard copy. Thanks for helping us save trees.

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 note that our school Week-at-a-Glance will only be available via email to website subscribers this year, so don't forget to subscribe ASAP! We have attached this weeks to the monthly school newsletter as an example.

DPA (Daily Physical Activity) at Couchiching Heights P.S. / New Bell Times for First and Second Recess/Nutrition Break

This year we will not be continuing with school wide DPA first thing in the morning. Students will participate in DPA with their classroom teachers and/or division at varying times throughout the day, depending on their specific classroom schedules. As such, our school day this year will follow this schedule: **(School start/end times have not changed, but times for first and second break have. Students arriving after 8:50am will be marked late).**



- | | |
|----------------------------|-------------------------------|
| 8:50 AM | → Morning Bell/Entry |
| 10:30 AM – 11:10 AM | → First Break |
| 12:50 PM – 1:30 PM | → Second Break |
| 3:10 PM | → Final/Dismissal Bell |

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 welcome families back and extend an invitation to attend our first School Council Meeting of the new school year on September 11th, 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 also be discussing our elections procedures during this time. Please know that you do not have to be a voting member to attend council meetings and/or sit on sub-committees. School Council meetings take place on the first Monday of every month (with the exception of a few dates) from 6:00-7:30pm.

Want to volunteer at our school?

Current volunteers who do not submit an Annual Offence Declaration for Volunteers on or before December 31, 2017, will be deleted from the database on January 1, 2018, and will have to submit a new Criminal Records Check and Vulnerable Sector Screen. Please see the office for more information or if you have questions about volunteering in our school.

Class Placements and Elementary Turn-Around-Day: Sept. 26th

Last June, current homeroom teachers, in consultation with receiving teachers, involved support staff and the school administration, worked 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. We do not base class placement decisions solely on student friendships, as you can well imagine, it is extremely difficult to create "balanced" classes if we fulfill these requests.

Every September, teachers sometimes need to change classroom assignments based on adjusted staffing allocations in schools (changes due to student enrolment). We call this Elementary Turn-Around-Day, which occurs this year on September 26th. Once again, we strive to meet the criteria listed above when determining which students may need to move classes. We



recognize that this can be a difficult process for many, and we assure you that if changes need to occur, we will do our absolute best to help your child(ren) make a successful transition to their new teacher.

Breakfast Club is Back!

The Breakfast Club will be starting up again through the Eat Well to Excel/Breakfast for Learning program, but we are in need of volunteers. This year the program will be open to students from 8:30-8:50 in room 112 for students. We will also be offering snack bowls in classrooms. Our muffin bakers were a big favourite with our kids last year—if you would be willing to sign up to bake 4 dozen muffins 1 week of the year, please contact the office for us to add you to this list. We look forward to getting the breakfast Club up & running again with your help!



CHPS is a NUT FREE and LATEX FREE school!

We have a number of students in our community with nut allergies and would remind all parents and caregivers to check all labels prior to putting items in lunches. We strive to ensure that this a nut free environment to ensure that all of our students are safe. We also have members of our school community with a latex allergy. Please do not send in any items (e.g., balloons) that contain latex. Thank you for you in advance for your co-operation.



Procedures help keep our school safe

The safety and well-being of students is our top priority. We have a number of procedures in place to keep our school safe. You can help your child understand and feel safe by:

- talking to them about the situations below
- reminding them that emergencies are rare
- telling them it's important to follow staff instructions in these situations



Parents should talk about the following emergency drills with their children:

- **Shelter in place** is used when there is an environmental or weather-related situation, like a chemical spill outside the building, or a major storm. Activities continue inside the school. Students and staff are not allowed to leave the building. The ventilation system may be shut off.
- A **hold and secure** is used when there is a situation in the community, not related to the school, like a bank robbery nearby. Activities continue, but all doors are locked. No one is allowed to enter or exit the school.

- A **lockdown** is used when there is a major incident or a threat of violence related to the school. Students and staff move to secure areas, away from doors and windows. Doors are locked, lights are shut off and blinds are drawn. Students and staff remain quiet. We practice lockdown drills at least two times per year. In the unlikely event of an actual lockdown situation, police ask that parents do not go to the school. Information will be communicated through the school board social media sites (www.facebook.com/SCDSB and www.twitter.com/SCDSB_Schools) and website (www.scdsb.on.ca), through local police and local media.
- All schools have **evacuation plans** in case of gas leaks, bomb threats or fire incidents that would require everyone to leave the school. We hold drills to practice our evacuation plan. In a real evacuation, students and staff may go to the evacuation site, depending on the situation. Parents will be informed about pick-up procedures by the school, school board and local media.
- Elementary school main doors are locked during the school day. Visitors must use the **intercom system** to enter the building. **Staff may not be available to answer the door immediately, please be patient.** All visitors, including school volunteers, are required to **sign in** at the school office and wear **visitor identification**.
- Staff and volunteers must complete a **criminal record check** before having contact with students.
- We ask parents to contact us when their child will be absent from school as part of our **Safe Arrival** program. When we don't hear from a parent/guardian, and a student is absent, we will call home to find out the reason for the absence.
- At least two staff members in every school are trained in **first aid and CPR**. All Simcoe County District School Board schools **have Automated External Defibrillators (AEDs)**.

When parents are at school during a drill or emergency event, they must follow direction from school staff, police, fire and/or emergency personnel. Parents may not have immediate access to their children during drills or emergencies. They may need to wait until the situation is resolved and school staff and/or emergency personnel release students into parent care.

It's important for you to know we'll always take whatever precautions are necessary to keep our school and students safe.

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. 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 SchoolCash Online

We have made it easy for parents to make their school purchases from the convenience of their own home. Whether it's lunch days, field trips or school wear, we have it online for you! Follow these three steps to get started:

1. Go to simcoecounty.schoolcashionline.com or visit our school website and click on "Pay Fees"
2. Register and add your child to the newly created account
3. View and purchase items through bank transfer or credit card

It's safe, fast and convenient. Please feel free to contact the office with any questions. **Please note that SchoolCash Online is the preferred method of payment at CHPS.**

Information about student accident insurance for the 2017-2018 school year

Student injuries at school, during school events, and extra-curricular activities (athletics, clubs, and out-of-province/out-of-country trips) are not covered by the board or its insurance company. While every precaution is taken to provide a safe learning environment, accidents can and do happen. The Simcoe County District School Board has selected the "insure my kids" program through Old Republic Canada as an option for students/parents/guardians to consider. This insurance offers a variety of plans and benefits at reasonable annual prices. Coverage can be purchased online at www.insuremykids.com. Please watch for your student accident insurance package along with a letter about requirements for extra-curricular activities and out-of-province or out-of-country trips.

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



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



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.

Register for Before & After School/Childcare at our school

Register now for before and after school programs/childcare. The Before and After School Program is for students in Kindergarten to Grade 6 who need care before and/or after the regular school day hours. The fees are as follows:

Before and After School fee: \$18.90

Before School only fee: \$9.45

After School only fee: \$13.80

PA day, holiday fee: \$34.20

Please contact the YMCA to register your child(ren).

Safety reminder: School buses are back on the roads

As students return to school, the Simcoe County Student Transportation Consortium (SCSTC) reminds everyone that school buses are back on our roads. The majority of school buses in Simcoe County are on the road in the morning from 7 – 9:30 a.m. and again in the afternoon from 2 – 4:30 p.m. As a reminder to drivers:

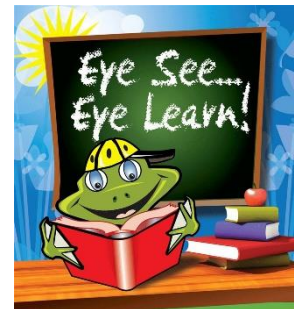
- **Take caution** – Be extra cautious in the vicinity of school buses and around school bus loading and unloading zones
- **Be alert** – Watch for school bus chrome yellow colouring, flashing red lights and stop arms. Drivers travelling in both directions on a road without a median must stop for a stopped school bus that has its upper red lights flashing
- **Know the repercussions** – Any driver that fails to stop for a school bus with its lights engaged is subject to a fine of up to \$2,000 and six demerit points for a first time offence
- **Be empowered** – Anyone who witnesses a driver failing to stop for a school bus can report the incident to police.

Visit the SCSTC web site at www.simcoecountyschoolbus.ca, click on the 'Home' button and then the 'Safety' tab for more information.



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.



Reminder from the Health Unit: School grounds are smoke free 24/7

Protect yourself and your children from the health hazards of secondhand smoke. Remember, it is against the law to smoke ANYWHERE on school property at ANY TIME. This includes smoking in your vehicle while picking up or dropping off students. It is also against the law to smoke or hold lit tobacco in a vehicle carrying anyone under age 16. The fine for ignoring the law is \$250. For more information, contact the Simcoe Muskoka District Health Unit 705-721-7520 or 1-877-721-7520 or visit www.simcoemuskokahealth.org.



Free dental care for children under 18 from Healthy Smiles Ontario

Free dental service is available to your child through Simcoe Muskoka District Health Unit's Healthy Smiles Dental Clinic in Barrie, or on the dental bus that visits many communities across Simcoe Muskoka throughout the year, as long as you qualify for the program. To find out if your child qualifies or to book an appointment, call the health unit (Monday-Friday, 8:30 a.m. – 4:30 p.m.) oral health team at 705-721-7520 or 1-877-721-7520, extension 8818. Healthy Smiles Ontario is a government-funded program that provides free dental care for children and youth 17 years old and under from low-income households. This dental program provides free preventative, routine and emergency dental services.



Simcoe Community Services' Grandparent System Support Program

Simcoe County is home to approximately 4,000 grand-families. The Grandparent System Support Program (GSSP) was established in response to the increased needs and unique challenges experienced by grandparents with the sole responsibility of raising their grandchildren. The GSSP Support Groups take place in Barrie, Bradford, Orillia and Midland. For more information about the support group, meeting dates/times or if you have questions about the GSSP, contact Trish Longo at gssp@simcoecommunityservices.ca or 705-726-9082 x2321.

