



Couchiching Heights Public School

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Come Learn With Us!

From the Office December 2020

It is hard to believe that 2020 is drawing to an end! Despite the changes that staff and students have had to endure over the past few months, we can honestly say that it has been a successful and rewarding return to school. Stephen and I would like to thank you for your continued support and understanding as we move into 2021. We would like to wish everyone a happy holiday! May you make meaningful memories in your traditions and celebrations.

Please Remember: COVID-19 self-assessment

All students and staff will be expected to self-screen prior to attending school each day, using the self-assessment tool provided by the SMDHU. Students or staff with symptoms must stay home from school. To access the COVID-19 self-assessment tool, please visit the [SMDHU website](https://www.smdhu.ca).

Elementary Learn@Home and in-person learning

Families will be receiving a survey regarding learning

modes (in person and Learn@Home) during the week of Dec. 7-11. If you do not receive your survey by Tuesday, Dec. 8, please contact research@scdsb.on.ca.

Virtual Book Fair

Our school's Scholastic Virtual Book Fair has started! It will be open from November 30th until December 11th, 2020.

<https://virtualbookfairs.scholastic.ca/pages/5153071>

Dates To Remember

Virtual Food Drive	16th
Now Till	
Happy Hanukkah	11th
Silver Gold Red Green	
Last Day Virtual	11th
Book Fair	
Ugly Sweater Day	16th
Holiday Hat Day	17th
Elf Yourself Day	18th
Last Day of School	18th

Couchiching Heights Virtual Food Drive

At Couchiching Heights we have been developing a better understanding of empathy. We are striving to understand and appreciate the feelings and actions of others. Students

have been considering others within our community and the impact that COVID 19. Please consider making a donation to the **Orillia Sharing Place Food Centre**



through **School Cash Online**. All proceeds will go to the Sharing Place. Our virtual fundraiser will run from now until December 15th.

Thanks in advance for your support!

LOST and FOUND

Unfortunately we are not able to collect items and maintain them in a Lost and Found at this time. Please ensure that your student(s) are bringing home all items. Putting a label on helps!

Inclement Weather / Bus Cancellations

Inclement weather and 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, as in previous years. It is always a family decision whether or not it is safe for your child(ren) to leave for

school under severe weather conditions.

This year, please note that students who are unable to attend school due to bus cancellations will be able to access learning materials on the digital learning platform assigned by their teacher, either Desire2Learn (D2L) or Google Classroom.

Students in the Learn@Home program will continue with regular programming as scheduled.

The SCSTC 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/Login.aspx>

French Immersion

Grade 1 French Immersion information

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.

Historically, in-person Grade 1 FI Family Information Nights are held annually in advance of the application process for the following school year. This year, due to restrictions to large-group public gatherings, in-person Family Information Nights will not be held. In lieu of this, an [information page on the board's public website](#) has been created to allow families the ability to access and learn about the program and the application process.

The online Grade 1 FI application form will be available from 9 a.m. on

Tuesday, Dec. 1, 2020 until 4 p.m. on Friday, Dec. 18, 2020. 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. The electronic applications will be processed in the order determined by 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.

EXTRA Math Support

Are you looking for extra mathematics support for your Grade 6 to 10 student?

[TVO Mathify](#) offers FREE one-on-one online Grade 6-10 math tutoring to students enrolled in Ontario's publicly-funded English-language schools. Features include an interactive whiteboard as well as voice and text chat to make it easy to upload a math question and figure it out with the support of a math tutor, at a time that

works for you.

TVO Mathify is like a personalized math coach to support students' learning at home. Sign-up, login and connect with an Ontario certified teacher of your choice. It is anonymous and secure, and can be used from a phone, tablet or computer. Math tutors are available from 9 a.m. to 9 p.m. ET Monday to Friday and 3:30 to 9 p.m. ET Sunday. What students are saying about TVO Mathify:

"I really liked my tutor. She helped a lot. Also I love the whiteboard, and all the tools you can use to solve your problems." – Grade 7 student, Halton District School Board

"The tutor was very calm even though I initially had no clue what I was doing. I would absolutely recommend this site to anyone that needs help with their math." – Grade 10 student, Peel District School Board

Youth Job Connection

Do you know a student from 15 to 18 years of age who wants to develop skills and explore career opportunities? Youth Job Connection Summer (YJCS) can help!

YJCS includes 20-30 hours of paid (\$13.40 per hour) workshops to help them:

- Identify career options that could 'fit' based on their interests, strengths and abilities
- Understand the pathway that is best for them – education, apprenticeship or work
- Develop their soft skills, such as customer service, leadership and

communication

- Manage workplace and employer expectations like a pro

YJCS includes hands-on job experience and exposure to careers and workplaces so that they can:

- Explore career options and gain work experience
- Participate in a paid job placement matching the individual's interests and abilities
- Access financial support for transportation, work clothing and equipment costs, if needed
- Get job-related certification or

training

Know someone who might be interested?

Call the Career Centre at 705-725-8990 or email [in-fo@barriecareercentre.com](mailto:info@barriecareercentre.com).

Eligible participants must be 15-18, unemployed, full time student, resident of Ontario and eligible to work in Canada.

Youth Job Connection Summer is an Employment Ontario program.

School Hours / Closure of School Playground Structures

Students and families are reminded that supervision on the yard begins at **8:35**; students should not be arriving at school before this time.

Once the bell rings at **3:10** students are to head directly home and should not be playing in the school yard or on the snow-hills

We understand that families access our school yard outside of school hours, and often bring along the furry members of the family.

Please remember to practice Poop and Scoop protocol!

School playground structures are closed for the winter

Every winter, school playground structures are closed. Students are made aware of this during school hours through announcements and staff reminders during breaks. This may not be well known throughout the community, despite signs indicating that playground structures are a winter hazard and are closed. The Canadian Standards Association regulations make recommendations for the

depth of ground cover required to minimize injuries (e.g. sand, pea gravel or wood chips). These surfaces cannot be maintained when the ground freezes. Injuries from falling would be more significant on frozen ground. We strongly recommend that you do not allow your children to play on any structures while the ground is frozen.

COVID-19 and Holiday Travel

COVID-19 holiday travel

The Simcoe Muskoka District Health Unit recommends that you only travel outside of your home for essential reasons such as work, school and purchasing necessities. Avoid travelling outside of your community as much as possible, including to attend family gatherings, religious services or events at municipal venues, in order to reduce transmission between

geographic areas.

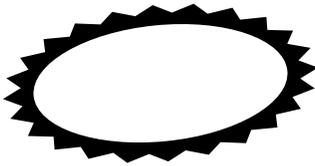
Recommendations for travel may change. Check for updates regularly at <https://travel.gc.ca/covid-19-travel>. For more tips to keep you and your family healthy this holiday season, contact *Health Connection* at 1-877-721-7520 or visit the health unit's website at www.simcoemuskokahealth.org/

[Topics/COVID-19.](#)

Information provided by the Simcoe Muskoka District Health Unit

High school information events for Grade 8 students

Is your child starting Grade 9 next year? High school information events will happen virtually this winter. Student leaders and staff at the school .



Physical activity can make the holidays less stressful

For many, the holiday season can be a source of great physical and mental stress, and this year is no exception with the added pressures of the pandemic. Balancing finances, purchasing gifts, finding new ways to celebrate and connect while staying safe, eating unhealthy foods and staying up late can all contribute to increased anxiety, stress and fatigue. Did you know that being physically active is one of the single best ways we can naturally reduce stress? Here are three reasons why you should consider staying active this holiday season:

Physical activity boosts your mood – The relationship between the mind and the body is very strong. Physical activity releases endorphins in your body – making you feel calm, less anxious and happier. Providing yourself and your kids with a small amount of relaxation or ‘time-out’ every day – even just 15 minutes – can also improve your health dramatically. Try taking a [virtual yoga class](#); even a 10-minute walk can do the trick!

Physical activity helps you sleep – Physical activity leads to better sleep and better sleep leads to less stress. Research shows that people who get regular physical activity fall asleep faster, sleep longer and get higher quality sleep. Being well-rested helps us cope with stress and gives us more energy to tackle whatever life throws our way!

Physical activity reduces your stress hormone – Physical activity decreases the amount of cortisol – the body’s stress hormone – circulating in our bloodstream. When we get stressed out, our cortisol levels spike. Exercise is a great way to help lower them.

The YMCA of Simcoe/Muskoka offers many opportunities to stay active this holiday season, both in-person and virtually. Our health and fitness centres in Innisfil and Collingwood are open and ready to safely welcome you and your family. With registered activities like open gym, family swim and our popular Y Kids program, the Y offers plenty of great opportunities to be active with your family in a safe environment. For more information on booking a visit to your YMCA, visit ymcasm.ca/

Coping with anxiety

Feelings of anxiety can be common among teens, especially right now. Sometimes normally happy teens will become anxious or fearful about something for a day or two but will return to normal without any need for help from their parents. However, some teens experience more intense and frequent feelings of anxiety that prevent them from participating in normal everyday life.

Creating a positive family environment, encouraging regular school attendance and helping your teen understand and discover ways to cope with their anxiety can help.

Encourage your teen to explore available online and local services.

[Big White Wall](#) : 24/7 online mental health support network for individuals 16 years and older.

[Kids Help Phone](#): Children and youth 18 and under who need to talk to someone about their mental health can call Kids Help Phone at 1-800-668-6868, for 24/7 virtual, or text 686868.

[COVID-19 Youth Mental Health Resource Hub](#)

