

# December 2017 NEWSLETTER

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## Titans' Times



**Terry Fox  
Elementary School**

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*From the office...* The students and staff of Terry Fox Elementary School represent a rich diversity of faith and traditions. As Titans, we strive to ensure that all members of the school community feel safe, comfortable and accepted. As I am sure you are aware, celebrating traditions and celebrations of all cultures are encouraged throughout the Ontario curriculum. During this upcoming holiday season, it is especially important for our students to appreciate diversity. If you have any new ideas on how we might acknowledge various cultural customs, please share your knowledge with the office. We appreciate your support in fostering a community of learners.



*The cold weather is due to arrive this week. Please remind your child(ren) to dress appropriately for the winter conditions. Socks and mittens often get wet during the outdoor break - please send an extra pair in your child's backpack for them to use if needed.*

### **IMPORTANT DATES**

December 1<sup>st</sup>-12<sup>th</sup> Twelve Days of Giving  
December 4<sup>th</sup> Jingles and Snowflakes arrive (Elves on the Shelves)  
December 12<sup>th</sup> & 13<sup>th</sup> Dental Screening JK/SK, grades 2 and 8  
December 18<sup>th</sup> & 19<sup>th</sup> Gently used donations accepted for our Holiday Sale  
December 19<sup>th</sup> Recognition Assembly \*grades 5-8 @ 11:15 a.m. & grades 1-4 @ 1:35 p.m.\*  
December 20<sup>th</sup> Pink Shirt Day  
December 20<sup>th</sup> Holiday Gift Sale & Bake Sale in the gym 9:30 a.m. – 2:30 p.m.  
December 21<sup>st</sup> Kindergarten Winter Concert in the gym @ 2:00 p.m. prompt



## Twelve Days of Giving for Barrie Christmas Cheer

It is December already! Since 1974, Christmas Cheer has been bringing Christmas to children and those less fortunate in our region. As the tradition goes, Terry Fox, E.S. will once again hold the **Twelve Days of Giving** to help Barrie Christmas Cheer make Christmas come true for Barrie and Area families in need.

In 2016, Christmas Cheer assisted approximately 1,800 families with groceries for a full Christmas dinner, a turkey, packaged food for a week, gift certificate vouchers and a full bag of toys for each child and gift cards for each teen. The drive will take place between December 1st - 12th, 2017. Please consider making a gift of food, toys or cash.

## Holiday Gift Sale

Terry Fox will be hosting a Holiday Gift Sale on Wednesday, December 20th. On Monday, December 18th and Tuesday, December 19th, students may bring in gently used items (e.g., toys, household items, candles, frames, books, craft items - think of gift ideas for siblings, Mom, Dad and extended family too) that can be available for purchase on Wednesday, December 20th all day in the gym for nominal values. Please do not send in any clothing items. We are also accepting donations of wrapping paper, gift bags, bows and tags to wrap every item purchased. To supplement this event, local vendors will also have the opportunity to rent a table for \$20 and sell their items to our school community. If you are interested in renting a table, please contact the office by Monday, December 18th. Vendors, when pricing your items, please keep in mind that some sales will come from student purchases. Staff and community members will also be welcome to shop! **All monies earned from donated items will go toward supporting local families during the holiday season.**

**What:**

Holiday Gift Sale

**When:**

Bring in items...December 18th and 19th

SALE...Wednesday, December 20th 9:30 - 2:30

**How much:**

Items will be organized into \$0.25, \$1.00, \$2.00 categories

Vendor items may exceed these prices.

**Why:**

To support local families during the holiday season

**THANK YOU**

## **Kidney Foundation Clothing Drive**

Thank you Terry Fox families and friends for supporting our Kidney Foundation Clothing Drive. We collected 1820 lbs of clothing. That is 1820 lbs diverted from our landfills. Every bag that is collected will make a difference for people in our community living with Kidney Disease. The Kidney Foundation sells our donations to local thrift shops and these funds provide educational resources, summer camps, financial assistance and research.

**QSP.ca**

Thank you Terry Fox families and friends for your QSP magazine orders. You can order from QSP any time throughout the year by visiting [www.qsp.ca](http://www.qsp.ca) and enter our school code 3740537.

### **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 the Eastview Secondary School information night on Thursday, February 22<sup>nd</sup> (6:30 – 8 p.m.) to find out what's offered. Check out the full schedule of info nights and more information at [www.scdsb.on.ca/highschool](http://www.scdsb.on.ca/highschool).

### **Attend a French Immersion information night, registration opens in January**

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 January 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 [www.scdsb.on.ca](http://www.scdsb.on.ca) under Programs, French as a Second Language.

The FI online application form will be available from 9 a.m. on Mon. Jan. 22, until 9 p.m. on Wed. Jan. 24, 2018 at [www.scdsb.on.ca](http://www.scdsb.on.ca) under Programs, French as a Second Language. While every effort is made to accommodate all FI applications, available space and staffing will determine how many students can be registered. Applications will be processed in the order they are received electronically. Please contact the school if you do not have Internet access at home or require assistance accessing the online application.

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.

### **Kindergarten registration opens in January**

Do you (or someone you know) have a child who was born in 2014? If so, it's almost time to register them for Kindergarten in the SCDSB! Beginning January 22<sup>nd</sup> 2018, Simcoe County's public schools will register children for Kindergarten for the 2018-19 school year. Required registration documents include birthdate documentation, proof of address and record of immunization. Visit [www.scdsb.on.ca/kindergarten](http://www.scdsb.on.ca/kindergarten) for more information.

### **OHIP+ provides free prescription drug coverage for children**

Beginning January 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).

### **Land/territory acknowledgement introduced for SCDSB meetings, events and schools**

Over the past few months, the SCDSB has worked with Indigenous partners, local elders and the First Nations Education Advisory Committee to develop a land/territory acknowledgement. A land/territory acknowledgement is an act of respect and reconciliation, based on the First Nations' tradition of acknowledging the land of others when they were guests in that territory. The statements will be used at SCDSB meetings and significant events, and daily in all schools to respectfully acknowledge the Indigenous people of this territory, their sharing of the territory and the benefits we have received, as settlers, from that sharing.

For school daily use:

"Simcoe County District School Board acknowledges that we are situated on the traditional land of the Anishnaabeg people. We acknowledge the enduring presence of First Nation, Métis and Inuit people on this land and are committed to moving forward in the spirit of reconciliation and respect."

For more information, visit [www.scdsb.on.ca](http://www.scdsb.on.ca) – 'About Us'.

### ***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).

### **Parents invited to information sessions about special education**

The SCDSB is hosting a series of information sessions for parents and guardians to learn about special education in the SCDSB, and how to support students with special education needs.

**December 18**

Identification, Placement and Review Committee (IPRC) Information for Families

**January 22**

Assessments in Special Education: Psych Ed and Other Assessments

**February 19**

Transition Planning Grade 8 to 9

**March 19**

Accessing Supports in the Community

**April 16**

Understanding Alternative/Non-Academic IEP Goals

***All sessions take place from 6 to 7 p.m. at the SCDSB Education Centre, located at 1170 Highway 26 in Midhurst. No registration required.***

### **Consider healthy food donations this holiday season**

Did you know that in Simcoe County one in eight people struggle to put food on the table? Not having enough money for food can have a serious impact on the physical, mental and emotional health of families in our community. If your family is making a donation to a food drive this holiday season, here are healthy non-perishable items to consider:

canned tuna or salmon in water  
brown rice or whole grain pasta  
breakfast cereals – whole grain, hot or cold  
beans - canned, baked, kidney  
canned vegetables and fruit  
canned chicken or ham  
whole grain crackers  
iron fortified infant cereal  
personal hygiene products

For more information about how to make your donations count, visit [www.simcoemuskokahealth.org](http://www.simcoemuskokahealth.org).

*Information provided by the Simcoe Muskoka District Health Unit*

### **Update your child's immunization record**

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. The immunizations that the health unit requires records for include: diphtheria, tetanus, polio, measles, mumps, rubella, meningococcal, pertussis and varicella (chickenpox) for those born in 2010 or later.

It's easy 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 (toll free).

*Information provided by the Simcoe Muskoka District Health Unit*

### **RVH Film Festival welcomes student submissions**

Barrie's Royal Victoria Regional Health Centre (RVH) has partnered with the Simcoe County District School Board, the Simcoe Muskoka Catholic District School Board and Unity Christian High School to offer students, classes and schools the opportunity to participate in RVH's annual Film Festival in two external categories:  
Kindergarten to Grade 6  
Grade 7 and up

This year's theme is "Making mental health matter - how are you making a difference?" Students and classes are invited to make a two-minute video showing how they promote mental health. The deadline for submissions is Feb. 5, 2018. Voting will take place from Feb. 16 to 26 and those with the winning entries will be invited to an awards ceremony on March 8. Find out more and submit your video at:

[www.rvh.on.ca/SitePages/rvhfilmfestival.aspx](http://www.rvh.on.ca/SitePages/rvhfilmfestival.aspx).

### **Three healthy lifestyle changes you and your family can make today**

More and more research is showing that the key to lifelong good health is lifestyle choices starting at a young age. Making simple changes in diet, exercise and stress management is key to achieving good mental and physical health for adults and children. Here are some easy tips to start making those changes today.

Drink more water – Your body is made up of about 60% water. A mere 5% drop in water levels in the body causes 25 to 30% loss of energy and can cause your metabolism to slow down. Some effects of dehydration include hunger, poor digestion, bloating, joint pain and high blood pressure. Make sure to drink a minimum of eight glasses of water each day. Kids should be drinking five to seven glasses of water each day.

Exercise daily – Did you know that Health Canada recommends adults get 150 minutes of exercise per week and kids should accumulate at least 60 minutes of exercise each day? If you want to live well and live longer, you must exercise. Studies show that even 10 minutes of exercise will make a difference!

Practice relaxation – The relationship between the mind and the body is strong. Providing yourself and your kids with a small amount of relaxation or "time-out" every day – even just 15 minutes – can improve your health dramatically. Try taking a yoga class to reduce stress and clear the mind and make sure to sleep at least seven hours per night (kids and teens should get more than that).

The YMCA of Simcoe/Muskoka offers many opportunities to get healthy as a family, For more information, please visit [www.ymcaofsimcoemuskoka.ca](http://www.ymcaofsimcoemuskoka.ca).

Information provided by the YMCA of Simcoe/Muskoka ([www.ymcaofsimcoemuskoka.ca](http://www.ymcaofsimcoemuskoka.ca))