

December 2016 NEWSLETTER

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Titans' Times



Terry Fox
Elementary School

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From the Office...

As the snow begins to fall we want to remind all of our students and their families about the importance of dressing appropriately for the weather. 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.

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.

I do hope that you enjoy the Holiday Season with your children, family and friends. Have a safe and restful break and a Happy New Year!

IMPORTANT DATES

- Dec. 9 – Western Day
- Dec. 9 – Character Assembly
- Dec. 10 – Terry Fox Night at Barrie Colts
- Dec. 12 & 13 – send in gently used items for Holiday Gift Sale
- Dec. 13 – last day for Christmas Cheer Collection
- Dec. 14 – Holiday Gift Sale in gym
- Dec. 19 – Holiday Sweater Day
- Dec. 21 – Holiday Pajama Day
- Dec. 23 – Holiday Cheer Day



Winter Door Decorating Contest

Students in the Intermediate Learning Centre have organized a winter door decorating contest to commence Monday, December 12th through to Wednesday, December 21st. This leadership opportunity will encourage these learners to write and present daily announcements, design and create posters, as well as judge and present prizes to winning classes in each division. Classroom families will brainstorm and vote on their ideas. We are excited to see what creativity our Titans can display in this school event. Stay tuned to the website for pictures showcasing your children's creations!

Restorative Practices at Terry Fox

Restorative Practices include a process that puts repairing harm done to relationships and people over and above blaming and punishing. The focus moves from managing behaviour to building and repairing those relationships. For example, when a conflict occurs, the following questions are asked:

- What happened?
- What were you thinking of at the time?
- What have you thought about since?
- Who has been affected by what you have done?
- In what way?
- What might you do differently next time?
- What do you think you need to do to make things right?



If your child comes home with a restorative sheet, take a few minutes to discuss these questions. Make a plan together to support more positive choices for conflict resolution and problem solving.

Holiday Gift Sale

Terry Fox will be hosting a Holiday Gift Sale this December. On Monday, December 12th and Tuesday, December 13th, students are asked to 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 14th all day in the gym for nominal values.

Please do not send in any clothing items.

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 12th. (Vendors, when pricing your items, please keep in mind that most sales will come from student purchases.)

All monies earned will go toward supporting local families during the holiday season.



What:
When:

Holiday Gift Sale
Bring in items...December 12th and 13th

SALE is on Wednesday, December 14th

How much: items will be organized into \$0.25, \$1.00, \$2.00 categories
(Vendor items may exceed these prices)

(We would also appreciate any donations of wrapping paper, gift bags, bows, tags, and scotch tape.)

ARRIVE on TIME

*It is important that students arrive on time to school. This is an important life skill that all children should learn. When your child is late to school it disrupts the learning environment for other children and creates extra work for the office staff. Please respect our **school start time of 8:45 a.m.** Our students live within the board's designated walking zone. Walking to and from school is a great way for your child to get the daily recommended amount of physical activity. On the rare occasion that you must drive your child to school, please slow down and be cautious of the many children walking in front of the school or through the parking lot.*



Provide Input on the Proposed 2017-2018 School Year Calendar

The Simcoe County District School Board (SCDSB) invites public school communities to submit input regarding the proposed school year calendar for next school year (Sept. 2017 to June 2018). Input can be provided by visiting www.scdsb.on.ca, then clicking the link on the 'School Year Calendars' page under the 'Schools' menu. All stakeholders including staff, school council members, parents/guardians, students and members of the school community are invited to provide input. **The deadline to submit input is Jan. 13, 2017**

High School Information Nights

Is your child starting Grade 9 next year? High school information nights happen this fall and winter! Information nights give an overview of what's new and what to expect, and are a chance to ask questions.

Students from our school attend:

Eastview Secondary School (421 Grove St. East, Barrie) on Wed. Feb. 22/17, 6:30 p.m. – 8:30 p.m.

High school is an exciting time—there are so many programs, clubs and activities for students to try. Attend an information night to find out what's offered at your local high school. See the schedule of upcoming information nights at www.scdsb.on.ca/highschool.

Kindergarten registration opens in January

Do you (or someone you know) have a child who was born in 2013? If so, it's almost time to register them for Kindergarten in the SCDSB! Beginning on January 23, 2017, Simcoe County's public schools will register children for Kindergarten for the 2017-18 school year. Required registration documents include birthdate documentation, proof of address and record of immunization. Visit www.scdsb.on.ca/kindergarten for more information.

HEAD LICE

There has been incidences of head lice in our school. Having head lice is not a health threatening problem, but it does require that treatment be provided immediately. If you find live lice or nits within 1 cm of your child's scalp, then you need to treat your child's head. Treatment procedures are available from the Health Unit, your local drug store, or your family physician. If you discover that your child has head lice, make sure that all family members, including adults, are checked. Immediately, treat only infested family members or bedmates, following the instructions of the treatment product. Also, please remember to notify the school when your child has head lice so that we can work together to reduce the spread. If you don't see lice or nits on your child's head, please continue to check his/her head two times a week for a month, or more if there is an outbreak. If you have any further questions, please contact the school or the Simcoe County District Health Unit's Health Connection Line at 705-721-7520. You can find additional information on the Simcoe Muskoka District Health Unit website at www.simcoemuskokahealth.org

Message from the Health Unit: Is Bedtime Stressing You Out?

Kids need 10 to 12 hours of sleep every night but sometimes getting them to bed can be frustrating. You can help create a regular sleep schedule for your child by setting a clear bedtime and sticking to the same time every night. Start getting ready an hour before bed: turn off the TV, computers and phones. Spend quality time talking or reading stories to help them unwind. Agree on how many books you'll read before you start! Keep their room dark, cool and quiet - a nightlight is fine. Remember, making sure your child gets enough rest will help improve their mood, behaviour and ability to learn.

For more bedtime tips, contact Health Connection at 705-721-7520 or 1-877-721-7520 to speak with a public health nurse or visit the health unit website at www.simcoemuskokahealth.org.

Message from the Health Unit: Stay Healthy This School Year!

Colds and Influenza spread easily from person to person. These germs can spread directly from person to person when someone coughs or sneezes, or indirectly when germs land on hard surfaces like door knobs, desks, keyboards, or wet tissues and then are touched by someone. These germs can then enter the body through the eyes, nose or mouth.

The most important thing you can do to keep from getting sick and stop the spread of germs to others is wash your hands with soap and warm running water for at least 15 seconds. If your hands are not visibly dirty, you can use alcohol-based hand sanitizer for 15 seconds. Cover coughs and sneezes with a tissue or cough into your sleeve or upper arm and stay home if you are sick. Teach your kids to do the same!

For more tips to keep you and your family healthy this school year, contact Health Connection at 1-877-721-7520 or visit the health unit's website at www.simcoemuskokahealth.org.

Message from the Simcoe Muskoka District Health Unit: Healthy Celebrations

Celebrations are great opportunities for children to practice the healthy eating messages they learn in class. You can help us teach the importance of healthy eating by choosing healthy foods to send to school the next time your child's class is celebrating. Try these ideas:

- send a tray of watermelon slices, box of clementines 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

For more ideas, tool and resources to support your healthy classroom celebrations, check out www.brightbites.ca – Reason to Celebrate.

