

January 2017 NEWSLETTER

Stephanie D'Ambrosio
Principal

Mike Wilson
Vice Principal

Titans' Times



**Terry Fox
Elementary School**

Safe Arrival # 705-727-4267 press 1

Twitter: @VP_Terry_Fox or @TFTitans

Website: <http://ter.scdsb.on.ca/>

From the Office...

Welcome back, everyone! We anticipate that 2017 will be an exciting year at Terry Fox full of learning and fun. Please remember to check out the school website and follow us on Twitter to keep up to date.

This week we implemented the changes to our entry and exit procedures to increase student safety on the yard. We want to thank our parent community for your support during this transition and appreciate the positive comments that we have received. Staff supervision begins at 8:30 a.m. every school day. Classes begin at 8:45 a.m. As a family, please establish morning routines that will ensure your child's arrival to school on time to maximize their learning.

IMPORTANT DATES

Jan. 13 – Matchy Matchy Day
Jan. 26 – Pajama Day
Jan. 27 – PA Day (no school for students)
Jan. 31 & Feb. 1 – Dental Screening (JK, SK, 2, 8)



Parking is available at the Recreation Centre

Parents are reminded that if you drive your child(ren) to school you should use the designated parking spaces adjacent to the school in the recreation centre parking lot. Please do not pull up beside the school and drop your child(ren) off. This is a No Parking/No Idling zone. Your cooperation is appreciated.



Host families wanted – learn a new culture and share yours

Would you like to become a host family for an international student? Learn more about another culture? Share yours? Make a new friend? There are different hosting programs available - several days, weeks, a month, semester or 10 months...it's up to you and your family. For more information, call 705-734-6363 x11211 or email:

studyinsimcoecounty@scdsb.on.ca

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.

The Gilbert Centre offers support group for parenting LGBTQ kids and youth

The Gilbert Centre facilitates the Parenting LGBTQ Support Group, which is a drop-in meeting group for parents, caregivers, family members and friends. Meetings take place every other Wed. in Barrie. The group offers a safe and confidential space for you to share your experience, hear the experiences of others and grow in your abilities to support your LGBTQ child. Meetings are held every other Wed. at 7 p.m. at The Gilbert Centre, located at 80 Bradford Street (Suite 345) in Barrie. For more information, call 705-722-6778, visit gilbertcentre.ca or email info@gilbertcentre.ca.

Active and Safe Routes to School

Walking to school is a great way to help your child get the 60 minutes of recommended daily physical activity. It also teaches them to be aware of their own safety, builds responsibility and independence, and helps them to feel more connected to the community. And it's good for their physical and mental health!

More walkers also means less car traffic around our school, which will help keep students safe and improve outdoor air quality too. Committing to even one day a week of walking or cycling to school can make a big difference!

To find out more about the recommendations for physical activity and how to make Active and Safe Routes to School happen in your school community, visit

www.saferoutestoschool.ca.

Apply for French Immersion, find out more at information sessions in January

The Simcoe County District School Board (SCDSB) offers French Immersion (FI) at select schools throughout the county beginning in Grade 1. This program gives students a bilingual education and the opportunity to become fluent in another language.

Information sessions will be held 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 under Programs, French as a Second Language.

The FI online application form will be available from 9 a.m. on Monday, Jan. 23, until 9 p.m. on Wednesday, Jan. 25, 2017 at 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 in the program. **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.

Students and parents invited to complete the school climate survey

From Jan. 9 to Jan. 27, 2017, all students in grades 4 to 8 will be asked to complete an anonymous online survey at school about how they feel about their school. Your child's teacher will supervise the class during the survey and can answer any questions or concerns your child may have. As well, parents/guardians of students in grades 4 to 8 will be asked to complete an anonymous online survey about how they feel about their child's school.

These surveys provide students and parent/guardians with the opportunity to say what is great about their school, as well as express their concerns. The survey results will provide valuable feedback to staff and will help schools to develop their Safe Schools Plans. Respondents are not asked to provide their names and all responses will be combined to ensure confidentiality.

To complete the parent/guardian survey, visit the Simcoe County District School Board (SCDSB) website at www.scdsb.on.ca and click the link to the parent/guardian School Climate survey. The password for the survey is **ElementaryParent2017**. If you do not have access to the internet and/or you prefer to complete a paper version of the survey, you can request one at the school office. Questions about the parent/guardian survey can be directed to SCDSB's Research and Evaluation Services team via email at research@scdsb.on.ca. Thank you for your support!

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.

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 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 rub 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.

Information provided by the Simcoe Muskoka District Health Unit

The facts of lice: How to prevent and treat this nuisance

Like everywhere else, there are head lice in Simcoe County. Lice are a nuisance, but do not pose a public health hazard as they are not known to transmit any infectious diseases. Anyone can get head lice but kids tend to get them more often because they can have head-to-head contact with other children during school and play. The best way to keep head lice in check is to work together to prevent the spread.

Schools are required to inform parents when a case of head lice is confirmed, to provide parents with timely information to begin their own checks at home. Head lice management and treatment is a responsibility of parents/guardians.

Here are some tips to help prevent and treat lice:

- Teach your child not to share personal things like hair brushes, combs and hats
- Set a schedule to check your child's head regularly. Use an area with bright light and look carefully for nits (shells containing eggs) and live lice in the hair, behind the ears and around the neck and hairline. Nits looks like half the size of the head of a pin, shaped like a teardrop and stick to the hair so you can't blow, flick, or easily side them off. Lice are about the size of a sesame seed and are very hard to see because they can crawl and hide but they cannot hop or fly.
- If you find nits or live head lice, you'll need to use a head lice treatment to kill them. Make sure to follow the directions, and then to do a second treatment 7 to 10 days later to help stop the lice from returning. Head lice are not likely to live in clothing, furniture or bed linen but it's a good idea to wash bed linen and hats in hot water and dry them in a hot dryer just in case.

For more information, visit the Simcoe Muskoka District Health Unit's website www.simcoemuskokahealth.org or call Health Connection at 705-721-7520 or 1-877-721-7520.

Information provided by the Simcoe Muskoka District Health Unit

Support your child's physical literacy

Physical literacy is the ability to move with competence and confidence in a wide variety of physical activities. Much like learning to read using the ABC's, it's important to start with the basics. The most important step in developing physical literacy is the mastery of fundamental movement skills.

As kids become more confident in their movements, they're able to progress their physical skills faster and more successfully than if they skip over the basics and jump right into recreational athletics. Physical literacy not only supports physical fitness and health, it's proven to support strong social skills, mental health, cognitive skills and educational success.

The best way for parents to support physical literacy is to start young providing safe, play-based activities. As they reach the age of four, be sure to support fundamental movements such as climbing, kicking, catching, throwing, dodging, twisting, skipping, sliding, running and jumping. Help your children master these fundamentals as they age by exposing them to activities such as swimming, gymnastics, running games and athletics. And most importantly, make sure that physical activity is always delivered in a fun, safe and supportive way to develop a positive outlook on active movement.

For more information on physical literacy and how organizations like the YMCA can help support your family's healthy lifestyle, visit your local [YMCA Health, Fitness and Aquatics Centre](#).

Information provided by the YMCA of Simcoe Muskoka

Life with kids is messy – and that's OK!

Ever feel like some days you have it all together, and some days you don't? Love your kids to bits, but sometimes feel like you're the only parent who has hard days? Want to connect with other parents who have those kinds of days too? Come join the conversation on Facebook @lifewithkidsismessy. Laugh about the tough stuff, hear about what works for other families and to share the ways you give your kids your best. When the messy days pile up, call Your Health Connection at 705-721-7520 or 1-877-721-7520, Monday to Friday, 8:30 a.m. to 4:30 p.m.

Information provided by the Simcoe Muskoka District Health Unit