

# March 2018

# NEWSLETTER

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## Titans' Times



**Terry Fox  
Elementary School**

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### *From the office...*

March's character trait is integrity. Integrity is doing the right thing, even when no one is watching. At school, we work with your children to make good choices even when they are without direct supervision.

March Break occurs from March 12<sup>th</sup> – 16<sup>th</sup>. Take some time to get outdoors and spend quality time together.

Save the date – Wednesday April 18<sup>th</sup> (6:00 – 7:30 p.m.) **TERRY FOX FAMILY WELLNESS WORKSHOP**



### **IMPORTANT DATES TO REMEMBER IN MARCH**

- March 1 – Grade 8 graduation pictures
- March 5 – Grade 5 swimming
- March 6 – Grade 7 swimming
- March 7 – DANCE-A-THON and Grade 2 swimming
- March 12 – March 16 MARCH BREAK
- March 21 – Grade 2 swimming
- March 23 – Grade 3 Trip to Highland Nordic
- March 28 – **Pink Shirt Day**



Please join us in congratulating Mr. Michie and Mr. Hennigar for taking the Polar Plunge on February 10, 2018. The Terry Fox school community raised \$594.35 for the Barrie Police in support of Special Olympics. Brrrrrrrrrrrr!

Please be aware, on pizza days there will be a limited amount of pizza for sale. It will be served on a first come first serve basis. Cost for 1 slice of pizza is

\$1.50



### **A special note regarding student information**

As students' progress from elementary school to secondary school, important personal student information is shared which eases each student's transition to secondary school. Sharing this information also improves our ability to program effectively to benefit all students. Select student information will be shared at different times as appropriate. The collection and use of personal student information for such purposes is authorized under Sections 170, 171, 190 Part X and Part XIII, of the *Education Act*. Please note that all information used for the transition process is limited, secure and protected at all times. Please contact Stuart Finlayson, Superintendent of Education for this area, if you would like more information about the transition process at Terry Fox Elementary School.



## **DANCE-A-THON**

On Wednesday, March 7<sup>th</sup> Terry Fox student will dance the day away. Our school is raising funds to contribute towards a new sound system and classroom technology. Pledge forms have been sent out and are due back March 7. Glow store will be open for presales on Friday, March 2. Items will cost between \$1.00 and \$3.00.

## Terry Fox School Council

School Council is a group of parent/guardian volunteers whose focus is to support the school and its community through fundraising events and activities. Some of our ongoing efforts include Eat Well to Excel, pizza lunches and the milk program.

Dance-a-Thon will be on March 7, 2018. Pledge forms have already gone home with students - look for a flyer with a list of glow items that can be purchased.

School Council has created a Facebook page. This is a place for reminders and updates on events that are happening within the school and community. "Like" the page and follow us - Terry Fox Elementary School Community. This page is not affiliated with staff or administration.

March is Nutrition Month – School council volunteers will be providing veggies in the classrooms throughout March.

We are always looking for new volunteers and all parents are always welcome at our meetings. The next School Council meeting is Monday, April 9, 2018 at 6:30pm in the library. Feel free to contact us at [councilchairter@scdsb.on.ca](mailto:councilchairter@scdsb.on.ca)



## WORLD AUTISM DAY

World Autism Day is celebrated on April 2nd around the world. Terry Fox ES will be recognizing this day during the week of April 3rd. The theme this year is "Let Everyone Shine."

During the week we will have:

- Announcements and an assembly on April 6th to share information to build awareness about Autism Spectrum Disorders
- We will be selling Autism Awareness items for \$2 to raise money for Autism Ontario
- A spirit day on April 6th where students are asked to wear blue

### Now accepting Kindergarten registrations

Do you or someone you know have a child who was born in 2014? If so, it's time to register them for Kindergarten! Elementary schools are now registering children for Kindergarten for the 2018-19 school year. Required registration documents include birthdate documentation, proof of address and immunization records. Visit [www.scdsb.on.ca/kindergarten](http://www.scdsb.on.ca/kindergarten) for more information.

## Terry Fox Family Wellness Workshop

Come out and learn about healthy ways to cope with stress and promote positive mental health for children and families of all ages.

School and community resources will be available.

FREE childcare provided on site.

Wednesday April 18<sup>th</sup> 2018

6:00 – 7:30 p.m.

FREE take home wellness kit for each family

### School's in for summer at the SCDSB

Are you and your child planning their courses for next school year? Looking for a way to create flexibility in their timetable and earn a credit? Consider summer school! Each year, the SCDSB offers a variety of summer programs to over 2,000 students. Summer school options include open, college and university level courses from Grades 9 to 12. Courses are offered in-person or online.

Interested students can also travel and earn credits with the summer EduTravel program. Summer school program details can be found on the Learning Centres website at

[www.thelearningcentres.com](http://www.thelearningcentres.com). Current SCDSB students should speak to their guidance counsellor for information and to register. Register now so that your summer school choices align with course selection for next year!

### Child care programming available for March Break

The Simcoe County District School Board (SCDSB) supports your child care needs by offering full-day child care programs in select schools across Simcoe County on PA Days and school holidays. Over 30 of our schools offer child care programs for children from Junior Kindergarten to 12 years of age, including care over March Break (March 12 to 16). The daily fee is \$34.20 and a fee subsidy may be available to families who qualify. Registration in advance is required. Please contact the child care operator directly to register. More information and contact numbers can be found at [www.scdsb.on.ca](http://www.scdsb.on.ca) – click on 'Schools' and then 'Before & After School Care.'

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

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

#### **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.

### **New Path offering child and youth mental health walk-in clinics**

New Path now offers Child and Youth Mental Health Walk-In Clinics in five office locations throughout Simcoe County: Alliston, Barrie, Bradford, Collingwood and Orillia. The Walk-In Clinic provides a single session to children, youth and families who require support for emotional, relationship or behavioural challenges. The Walk-In Clinic can be accessed by children, youth and families as often as they require support. Children, youth and families can self-refer by attending one of the walk-in clinic locations across the county. Dates and times of the clinics are posted on the New Path website ([www.newpath.ca](http://www.newpath.ca)). For more information, contact New Path's Central Intake Department at 705-725-7656 or from the 905 area code in Simcoe County by calling 1-866-566-7656.

### **Gilbert Centre programs for LGBTQ2S youth and families**

The Gilbert Centre is a community-based, not-for-profit, charitable organization that provides programs and services to serve lesbian, gay, bisexual, transgender individuals and families in Simcoe-Muskoka. Visit the Centre's website at [www.gilbertcentre.ca](http://www.gilbertcentre.ca) for more information about these programs:

- **LGBTQ2S Youth Connection drop-in groups**

LGBTQ2S Youth Connection is a drop-in and social space for lesbian, gay, bisexual, queer, 2spirit, trans, asexual etc. and questioning youth. Groups are a place for youth to connect with each other and to community. Groups take place in Barrie, Midland and Orillia.

- **Parenting LGBTQ Youth sessions**

These free sessions, 'Parenting LGBTQ Youth,' are offered in April, May and June in Alliston, Barrie, Collingwood and Orillia. Dinner is provided. To reserve your spot, contact Jake at [jakef@gilbertcentre.ca](mailto:jakef@gilbertcentre.ca) or 705-722-6778 ext. 107.

### **Get active and energized this March Break**

March Break is the perfect opportunity to get your kids off their screens and moving! Children are spending less time being active and only seven per cent of Canadian kids get enough exercise. Health Canada recommends children and youth get 60 minutes of physical activity every day. Getting our daily dose of exercise not only helps to prevent health risks, it builds strong muscles and bones, develops positive body image and supports mental health. Here are ideas to get you and your kids moving this March Break:

- Get outside and enjoy some fresh air as you explore your local trails, parks and toboggan hills, or build a snowman!
- Make a splash at a local community pool like the YMCA of Simcoe/Muskoka. Day passes are available for families to take advantage of recreational swimming. For older kids, March Break is the perfect time to enrol in aquatic leadership programs such as Bronze Medallion or National Lifeguard training.
- Train as a family by signing up for the YMCA's *Move to Give* fundraising event, happening on April 7. Challenge the whole family to start training for a 5K run, indoor cycling or a triathlon and continue training together until the event. It will keep the entire family focused on a goal and it's all for a great cause – supporting your community! For more information, visit [www.movetogive.ca](http://www.movetogive.ca).
- Skating is a great sport for all ages – it's low impact and helps improve coordination and balance. Check your local public arenas for family skate times.

March Break is a great time to create healthy daily habits for your children and the entire family. The YMCA of Simcoe/Muskoka offers many opportunities to get fit as a family over the March Break. For more information, visit your local YMCA or [www.ymcaofsimcoemuskoka.ca](http://www.ymcaofsimcoemuskoka.ca).

*Information provided by the YMCA of Simcoe/Muskoka*

### **Information provided by the Simcoe Muskoka District 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 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](http://www.simcoemuskokahealth.org).

### **Packing a healthy school lunch**

A school lunch should give children the energy and nutrients they need to be ready to learn, be more alert and perform better at school. When planning lunches keep these tips in mind:

- include one serving from at least three of the four food groups from Canada's Food Guide
- rather than buying pre-made lunch kits, make your own healthy lunch kit with divided containers and small, bite-sized cheese cubes, cooked chicken chunks, veggie sticks or fruit slices
- get your kids to eat more veggies - send cucumber coins, zucchini sticks and pepper strips with dip
- fill whole wheat or multigrain wrap/pits/tortilla shells with your child's favourite foods such as hummus and grated carrot or sliced turkey with honey mustard
- don't have them drink their fruit...send water instead

Looking for more information to help keep you and your family healthy? Call Health Connection at 705-721-7520 or 1-877-721-5720 to speak with a public health nurse or visit the health unit's website at [www.simcoemuskokahealth.org](http://www.simcoemuskokahealth.org).