

# March 2019 NEWSLETTER

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**Principal**

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## **Terry Fox Elementary School** **The Titans Times**

**Safe Arrival Phone Number :**

**(705) 727-4267 press 1**

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**Kindergarten registration for children turning four this year**

Is your child turning four in 2019? If so, it's time to register them for Kindergarten in the SCDSB! Simcoe County's public elementary schools are now registering children for Kindergarten for the 2019-20 school year. New this year, **the registration process begins online!** Visit: [www.scdsb.on.ca/elementary/planning\\_for\\_school/kindergarten](http://www.scdsb.on.ca/elementary/planning_for_school/kindergarten) for more information.

## **Important Dates**

March 1-	PA Day: no school
March 4-	Grade 2 & 5: Swimming
March 5-	Grade 5: Wasaga Nordic
March 7-	Grade 6: Cross County Skiing
March 11-15-	March Break: no school
March 25-	Grade 3: Highlands Nordic



## **Building resilience through co-regulation at Seasons Centre for Grieving Children**

Parents with children in SCDSB schools are invited to attend Education Day: Building Resilience Through Co-Regulation on Thursday, March 28 at Seasons Centre for Grieving Children.

The event is intended to:

- help adults move from a behaviour management approach to a self-regulation lens that works to support the child in their own environment
- promote understanding of how an adult's stress level affects a child
- help participants develop a restorative and self-care toolbox as part of an adult's strategy to model self-regulation
- show benefits of co-regulation

The daytime event runs from 8 a.m. to 4 p.m. and includes sessions from three experts, including a keynote from Dr. Susan Hopkins, Executive Director of the MEHRIT Centre. For parents who can't attend the daytime sessions, an evening session runs from 6 to 9 p.m. featuring Dr. Hopkins.

For more information, including how to register, visit the events page on the Seasons Centre website, [www.grievingchildren.com](http://www.grievingchildren.com)

## **Terry Fox School Hours**

8:45am	School Starts
10:25am	Kindergarten nutrition break
10:25am	Grade 1-8 Students recess
10:45am	Kindergarten recess
10:45am	Grade 1-8 Students nutrition break
11:05am	Classes resume
12:45pm	Kindergarten nutrition break
12:45pm	Grade 1-8 Students recess
1:05pm	Kindergarten recess
1:05pm	Grade 1-8 Students nutrition break
1:25pm	Classes resume
3:05pm	Dismissal

## Unplug and get active!

March Break is the perfect opportunity to get kids off their screens and moving! According to the 2018 ParticipACTION Report Card, Canadian kids are not active enough, earning a D+ for overall physical activity. Health Canada recommends children and youth get 60 minutes of physical activity every single day. Getting the daily dose of exercise builds strong muscles and bones, improves sleep and can prevent chronic disease. The [ParticipACTION research](#) also shows that physically active kids have better brain health and perform more effectively in and out of the classroom.

Fitting physical activity into your kids' routines can be easier than you think. Here are some ideas to get your kids moving this March Break:

### Activity Jar

Hold a family meeting to come up with fun activities to do together, instead of screen time. Put your ideas into a jar and pick at least one physical activity to do together each day.

### Get Outside

Breathe in some fresh winter air as you explore your local trails, parks, skating rinks and toboggan hills. Or, simply build a snowman or fort on your front lawn!

### Make a Splash

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 the older kids, this is the perfect time to enroll in aquatic leadership programs such as Bronze Medallion or National Lifeguard training. For more information on aquatic leadership programs at the YMCA over the March Break, visit [www.ymcaofsimcoemuskoka.ca/lifeguarding-certification](http://www.ymcaofsimcoemuskoka.ca/lifeguarding-certification).

### Train as a family

The YMCA's Move to Give fundraising event is happening on April 6. Challenge the whole family to start training for a 5k run, indoor cycling event 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).

March Break is the perfect 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. For more information, visit your local YMCA or [www.ymcaofsimcoemuskoka.ca](http://www.ymcaofsimcoemuskoka.ca).

## School Council Corner



We are 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. Our focus this year with the fundraising will be to raise money for a new Sound and Projection System in the gym!

**Dance - A - Thon** - A big Thank You goes out to all of the Terry Fox families. We were able to exceed our goal and raise over \$5000. This money will be going directly to the new Sound and Projection system in the gym. By reaching this goal we also reached all of the incentives that Staff and Teachers agreed to take part in - 'Big Mike, Big Mike'

\$500 – Pie in the face for 5 teachers

\$1000 – Dress up Mr. Currie and Mr. Alexander

\$2500 – Tape Mrs. Damen to the wall

\$4000 – Shave Mr. Chater's head and legs

\$5000 – "Big Mike" – Mrs. D'Ambrosio will kiss a pig

School Council has arranged for the **Lunch Lady** to sell hot and cold meals to our students every **FRIDAY**. The Lunch Lady offers a variety of meals and snacks including vegetarian, gluten-free and halal. All ordering / payments are done online through [www.thelunchlady.ca](http://www.thelunchlady.ca). Deadline for ordering is Wednesdays by midnight.

Lunches are delivered on Fridays for the 2<sup>nd</sup> break. Orders can be cancelled, by the parent, up to 8am the morning of delivery due to illness/snow day (as Terry Fox is a walking school orders are still delivered on snow days). Any questions about the Lunch Lady program can be directed to **Lisa Stratton at 705-294-5020** or [barrie@thelunchlady.ca](mailto:barrie@thelunchlady.ca)

Remember to "Like" our **School Council Facebook page Terry Fox Elementary School Community** for updates on events that are happening within the school and community. This page is not affiliated with staff or administration. We are always looking for new volunteers and all parents are always welcome at our meetings.

Next School Council meeting is April 1, 2019 at 6:30pm in the library. Please contact us at [councilchairter@scdsb.on.ca](mailto:councilchairter@scdsb.on.ca)

## Parents/guardians 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. Upcoming sessions include:

March 25: Building a Plan for the Summer

April 25: Applied Behaviour Analysis (ABA)

All sessions take place from 6 to 7 p.m. at the SCDSB Education Centre, located at 1170 Highway 26 in Midhurst. Registration is required. Further details are available at: [www.scdsb.on.ca/elementary/special\\_education](http://www.scdsb.on.ca/elementary/special_education).

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

New Path offers Child and Youth Mental Health Walk-In Counselling Clinics in Alliston, Barrie, Bradford, Collingwood and Orillia. The Walk-In Counselling Clinics provide a single session to children, youth and families seeking support for emotional, relationship or behavioural challenges. They can be accessed by children, youth and families as often as needed. Children, youth and families can self-refer by attending any location across the county. Dates and times of the clinics are posted on the New Path website at [www.newpath.ca](http://www.newpath.ca) under 'Services'. For more information, contact New Path's Central Intake Department at 705-725-7656 or 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, or online at [www.facebook.com/groups/LGBTYouthConnectionSimcoeCounty/](https://www.facebook.com/groups/LGBTYouthConnectionSimcoeCounty/).

#### **LGBTQ2S Family Programs**

These free sessions are offered every second and fourth Wednesday of the month at 80 Bradford Street, Unit 345, in Barrie. The group offers a safe and confidential space for parents, caregivers, family members and friends of LGBTQ2S youth to share experiences and grow in their abilities to support LGBTQ2S youth.

### **Immunization records**

The Ontario Immunization of School Pupils Act (ISPA) requires the health unit to have up-to-date immunization records for all students attending school. According to the ISPA (2014), by the time students reach high school, they are required to be vaccinated against:

- tetanus, diphtheria, polio and pertussis (whooping cough) – booster required between 14 – 16 years old
- measles, mumps and rubella – must have two doses after first birthday

meningococcal disease – must have one dose after the first birthday and Men-C-ACYW in Grade 7

The health unit does not receive immunization information directly from doctor's offices. Please contact the health unit each time your child receives a vaccine from their health care provider. If your child's immunization record on file with the health unit is not up to date, they may be suspended from school.

What you can do:

- check – your child's yellow immunization card
  - contact – your child's health-care provider to obtain records, or to get missing vaccinations
- share – go to immunization on the Simcoe Muskoka District Health Unit's (SMDHU) website at <https://smdhu.icon.ehealthontario.ca> to enter the complete record, or fax a completed record to 705-726-3962

For more information visit the SMDHU's school immunization page at <http://www.simcoemuskokahealth.org/Topics/Immunization/Immunization-Records/SchoolPrograms.aspx>.

*Information provided by the Simcoe Muskoka District Health Unit*

### **Discover the new food guide online**

Canada's new food guide takes a modern approach to communicating dietary guidance to consumers, health professionals and policy makers. There are new features to explore that better meet your needs, whether you are looking for healthy eating information for yourself or as part of your work.

The food guide resources include:

- Canada's dietary guidelines for health professionals and policy makers
- food guide snapshot
- resources such as actionable advice, videos and recipes
- evidence including the Evidence Review for Dietary Guidance 2015 and the Food, Nutrients and Health: Interim Evidence Update 2018

Check out <https://food-guide.canada.ca> to get this information at your fingertips. You can also find a printer-friendly food guide snapshot on the website.

### **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 11 to 15). Fees range from \$10.50 to \$37.75, depending on the program, 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/elementary/planning\\_for\\_school/childcare\\_before\\_after](http://www.scdsb.on.ca/elementary/planning_for_school/childcare_before_after).

### **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, are 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 seven 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](http://the Simcoe Muskoka District Health Unit's website).

### **National Engineering Month competition takes place March 23**

Students in Grades 5 to 8 are invited to submit a model bridge, catapult or grabber for the National Engineering Month (NEM) event. Models will be tested for design, strength, quality of construction and functionality.

Students of any age are invited to attend to check out 3D printers and robots, Raspberry Pi computer coding demos, crystal radio construction and CNC machine coding.

The event takes place March 23 from 9 a.m. to 3 p.m. at Georgian College, and is jointly organized by the Georgian Bay Chapter of the Ontario Association of Certified Engineering Technicians and Technologists (OACETT) and Simcoe-Muskoka Chapter of the Professional Engineers of Ontario (PEO), under the banner of NEM Ontario. For more information and to register for this free event, visit <https://nemsimcoe.wixsite.com/nemsimcoe>.



OUTDOOR ADVENTURES  
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### Escarpment Outdoor Adventures

Dear students and parents, Escarpment Outdoor Adventures is bringing an exciting event to your school, our Elementary Explorers Climbing Program. This educational program focusses on team work, resilience, group and personal safety and of course, fitness and fun! There is grade appropriate challenge and OPHEA approved activity for all students. Please be aware that this is a “challenge by choice” program where all students will be assisted and encouraged but are not obligated to try all or any of our activities.

Kindergarten students will be challenged with our Ninja Warrior Obstacle course. Each K student will have the opportunity to try our entirely ground based obstacle course for 2 twenty or twenty-five minute sessions.

Grade 1-3 – Primary students will have a variety of low rope activities, as well as use the Ninja Course and Bouldering wall. There will be great opportunities to build confidence and work as a team. These students will have the chance to try our climbing walls belayed by our expert staff Grade 4-6 – Junior students will use the bouldering wall, full size climbing wall, and several high and low rope activities such as the cargo net and rope ladders

Grade 7-8 – Intermediate students will learn to “team” belay, use the climbing and bouldering walls and be challenged with several high rope activities. There will be some additional climbing time and some mentoring opportunities for these students. Our Explorers program is staffed by professional instructors, always with a focus on your child’s safety.

Please check out our website at [www.exploreclimbing.ca](http://www.exploreclimbing.ca) to see what our program will look like.



At Terry Fox school we are always striving to reflect all voices, perspectives and experiences. We are excited to share the start of an inclusive group that supports LGBTQ+ individuals and their allies. This Gender & Sexuality Alliance (GSA) works together to ensure our school is welcoming and to put an end to homophobia and promote equality for all.



### Talent Show

Calling all musicians, singers, dancers, magicians and comedians...

The Talent Show is coming up. The students who signed up will be getting audition notices next week. The auditions will be held the week after the March Break. Please encourage your child to rehearse and come prepared with instruments, props and song titles for their audition.