

October 2017 NEWSLETTER

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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...

It was wonderful to see so many families out to our Meet the Teacher event. If you weren't able to come to the school that night, don't forget to contact your child's teacher to book an appointment for the teacher conferences in November. These conferences are an opportunity for you to discuss your child's progress and work together with the classroom teacher to support learning.

Time management is an important life skill. Please help your child(ren) get to school on time. Classes begin at 8:45 a.m.

Follow us on twitter @TFTitans and check out our website at <http://ter.scdsb.on.ca> for news and upcoming events.

IMPORTANT DATES

- Oct. 2 School Council meeting at 6:30 p.m.
- Oct. 6 Grade 8's to film festival
- Oct. 9 Thanksgiving – no school
- Oct. 18 Grade 3's to Simcoe County Museum
- Oct. 19 Caring/Cooperation assembly
- Oct. 20 P.A. day – no school for students
- Oct. 24 Picture Day
- Oct. 31 Orange and black day



SCHOOL DAY at TERRY FOX E.S.

8:45 Entry bell

10:25 – 11:05 First nutrition/fitness break

12:45 – 1:25 Second nutrition/fitness break

3:05 Dismissal

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. Our staff parking lot is closed before and after school. Your cooperation is appreciated.



School Council Corner

School Council is a group of parent/guardian volunteers whose focus is to support the school and its community through fundraising initiatives and school events/activities.

Join us in the library on Monday, October 2nd at 6:30 p.m. for our first school council meeting. All are welcome!



RAINBOWS

Guiding Kids Through Life's Storms

We are happy to announce that Terry Fox Elementary School will be starting the Rainbows program later this fall. Rainbows is an Internationally recognized peer support group aimed at helping children who are grieving the loss of a family member due to death, divorce or separation. Rainbows is not therapy or counselling. Teachers who have been trained, will facilitate weekly meetings that are structured to encourage sharing, healing and support. The sessions will take place during school nutritional breaks. There are limited spaces available. If you feel your child could benefit from Rainbows, please leave your name and phone number at the office by October 15th and we will contact you with more information.

Pay for field trips, lunch days, etc. with SchoolCash Online

If you have not already done so, be sure to sign up for School Cash Online. This is our preferred method of payment for all school fundraising including lunch days and field trips. School Cash Online allows you to pay with your debit or credit card. Follow these steps to get started:

1. Go to simcoecounty.schoolcashionline.com or visit our school website and click on "Pay Fees"
2. Register and add your child to the newly created account
3. View and purchase items through bank transfer or credit card

The School Cash Parent Helpdesk is available 24/7 to help you with registration, password recoveries or any other payment issues. Call the helpdesk at 1-866-961-1803 or email parenthelp@schoolcashionline.com

Information about student accident insurance for the 2017-2018 school year

Student injuries at school, during school events, and extra-curricular activities (athletics, clubs, and out-of-province/out-of-country trips) are not covered by the board or its insurance company. While every precaution is taken to provide a safe learning environment, accidents can and do happen. The Simcoe County District School Board has selected the "insure my kids" program through Old Republic Canada as an option for students/parents/guardians to consider. This insurance offers a variety of plans and benefits at reasonable annual prices. Coverage can be purchased online at www.insuremykids.com.

Parent Portal gives parents real-time access to attendance, grade information

The SCDSB Parent Portal is a secure online tool that provides parents/guardians (of students less than 18 years of age) with quick access to their children's attendance and grades and includes the option to sign up for email notifications. To access the Parent Portal, parents/guardians will need their child's SCDSB Pupil ID Number, which can be found on the Student Information Verification Form, as well as an Access ID. The Access ID was sent home earlier this fall with instructions on how to create an account. If you have lost the Access ID, visit us in the school office and we'll provide it to you after verifying your identity.

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

In response to the increasing wait times for child and youth mental health services, and the increased need for such services, New Path has undertaken a service redesign that will provide more timely and responsive services to children, youth and families in Simcoe County. New Path now offers Child and Youth Mental Health Walk-In Clinics in five office locations throughout Simcoe County: Bradford, Alliston, Barrie, Collingwood and Orillia.

Children, youth and families requesting service from New Path no longer need to call and complete an intake; they can simply attend one of the local Walk-In Clinics and will receive a single session intervention that day. Should children or youth require further service, New Path will continue to offer a wide variety of community and school-based services as well as residential service and women's service. For further information, including the clinic locations, days and hours, visit www.newpath.ca or contact New Path's central intake department at 705-725-7656.

Fire Prevention Week is October 8 to 14: Every Second Counts: Plan 2 Ways Out!

Fire Prevention Week runs from Oct. 8 to 14. This year's theme is "Every Second Counts: Plan 2 Ways Out!" Smoke and fire spread fast. There's no time to figure out how to escape AFTER a fire starts. All households should have working smoke alarms and practice a home fire escape plan with everyone in the family BEFORE there's a fire. Find out more at: www.nfpa.org/fpw.

October is International Walk to School Month

Did you know that October is International Walk to School month? It's a great way for children to get their recommended 60 minutes of physical activity each day and also gives parents and staff a chance to be part of a worldwide event that celebrates the many benefits of walking. Here are some ideas:

- Encourage your child to walk or cycle to and from school if you live close by and team up with others to make the trip more fun
- If you usually drive your child to school, try getting them to walk part of the way

Information provided by the Simcoe Muskoka District Health Unit

Want to volunteer at our school?

We are always looking for volunteers in our school. Do you have a morning a week that you could read with students? Do you have an hour a day to help with our snack program? Do you have a few hours once a month to support other school initiatives? If so, please drop by the office and pick up a letter to complete your Criminal Records Check. With the letter from the office, there is no charge at the police station.

Current volunteers who do not submit an Annual Offence Declaration for Volunteers on or before December 31, 2017, will be deleted from the database on January 1, 2018, and will have to submit a new Criminal Records Check and Vulnerable Sector Screen. Please see the office for more information or if you have questions about volunteering in our school.

Healthy classroom celebrations

Classroom and school celebrations are great opportunities for children to practice the healthy eating messages they learn in the classroom. Help teach the importance of healthy eating by choosing healthy foods to send in the next time your child's class is celebrating. Here are some ideas:

- Send a tray of watermelon slices, orange slices, apples 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
- Send a veggie platter - get creative by arranging it in fun shapes
- Prepare chocolate dipped strawberries for a sweet treat

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.

Information provided by the Simcoe Muskoka District Health Unit

Tips for a healthy Halloween

The month of October is upon us and that means Halloween is just around the corner! For many children, this can be an exciting time of year as they get their costumes ready and their buckets out to fill with candy! Halloween can also be a tough time for parents to keep their kids' diets healthy and balanced. Here are some helpful 'tricks' to help you and your family have a healthy Halloween this year!

- Walk door to door when trick or treating. It will burn calories and also tire the kids out – potentially limiting the amount of houses you will hit before the end of the night. Try making a competition out of who can walk the most steps.
- Plan a party. Make the focus of your party fun activities instead of sugary treats. Include Halloween games such as a costume or dance contest, or pumpkin carving.
- Trade the candy collected for non-edible treats like books, small toys or arts and crafts materials. You can also consider offering to buy back some of the candy, providing your kids with some extra spending money as a reward.
- Before your kids venture out in their costumes, make sure they eat a healthy meal.

Visit your local YMCA of Simcoe/Muskoka for some fun Halloween activities for the whole family to enjoy!

Information provided by the YMCA of Simcoe/Muskoka (www.ymcaofsimcoemuskoka.ca)