

September 2017 NEWSLETTER

Stephanie D'Ambrosio
Principal

Sean Ealey
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 to another exciting year at Terry Fox Elementary School. We welcome Mr. Sean Ealey as our new vice principal and Ms. Monika Walker as our new administrative support staff.

September is an exciting time for students and staff. New classmates, new subjects, new teachers and new routines all contribute to life as a student in September. We welcome all families to join us on Thursday, September 28th from 5 p.m. – 6:30 p.m. for our Meet the Teacher event. There will be pizza for sale beginning at 5 p.m. First come, first served! Classes will be open from 5:30 p.m. – 6:30 p.m. Mr. Michie is hosting a book fair in the library this evening as well. Don't forget to check it out! Click on the "Classes" tab on our school website (<http://ter.scdsb.on.ca>) for our staff directory.

IMPORTANT DATES

Sept. 22 – Orange Shirt day
Sept. 28 – Meet the Teacher (5 p.m. -6:30 p.m.)
Sept. 28 – Book Fair (during Meet the Teacher)
Sept. 29 – Terry Fox Run



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 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

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!



Keep connected with our school and with the SCDSB

It's important to get accurate information about what's going on at your school and at the Simcoe County District School Board (SCDSB):

- you can subscribe to our school's website by visiting the 'What's New' section at <http://ter.scdsb.on.ca>. You can sign up to receive emails about school news updates and information during emergency situations. It's easy to subscribe – visit our website and click the 'Subscribe' link at the very top of the page. When you fill out your email and click Subscribe, an email will be sent to your inbox with a link to click to confirm that you want to subscribe. You can unsubscribe at any time using the link at the bottom of each email.
- for Simcoe County District School Board (SCDSB) media releases and event information, visit the 'News' section under 'About Us' on the SCDSB's website: www.scdsb.on.ca. The SCDSB Education Centre can be reached at 705-734-6363.
- follow the SCDSB on Twitter (@SCDSB_Schools), Facebook (facebook.com/SCDSB) and Instagram (instagram.com/scdsb).
- follow Terry Fox E.S. on Twitter (@TFTitans)
- through SCDSB's Sharing Simcoe blog (www.sharingsimcoe.com), we share stories of our amazing staff, students and school communities.

Monthly newsletters will be posted on our school website at <http://ter.scdsb.on.ca> under the Newsletter tab. We will not be sending home paper copies of the newsletter after September. Check it out on our website or pick up a paper copy in the main office.

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

We have made it easy for parents to make their school purchases from the convenience of their own home. Whether it's lunch days, field trips or school wear, we have it online for you! Follow these three 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

It's safe, fast and convenient. Contact the office with any questions.

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. Please watch for your student accident insurance package along with a letter about requirements for extra-curricular activities and out-of-province or out-of-country trips.

Procedures help keep our school safe

The safety and well-being of students is our top priority. We have a number of procedures in place to keep our school safe. You can help your child understand and feel safe by:

- talking to them about the situations below
- reminding them that emergencies are rare
- telling them it's important to follow staff instructions in these situations

Parents should talk about the following emergency drills with their children:

- **Shelter in place** is used when there is an environmental or weather-related situation, like a chemical spill outside the building, or a major storm. Activities continue inside the school. Students and staff are not allowed to leave the building. The ventilation system may be shut off.
- A **hold and secure** is used when there is a situation in the community, not related to the school, like a bank robbery nearby. Activities continue, but all doors are locked. No one is allowed to enter or exit the school.
- A **lockdown** is used when there is a major incident or a threat of violence related to the school. Students and staff move to secure areas, away from doors and windows. Doors are locked, lights are shut off and blinds are drawn. Students and staff remain quiet. We practice lockdown drills at least two times per year. In the unlikely event of an actual lockdown situation, police ask that parents do not go to the school. Information will be communicated through the school board social media sites (www.facebook.com/SCDSB and www.twitter.com/SCDSB_Schools) and website (www.scdsb.on.ca), through local police and local media.
- All schools have **evacuation plans** in case of gas leaks, bomb threats or fire incidents that would require everyone to leave the school. We hold drills to practice our evacuation plan. In a real evacuation, students and staff may go to the evacuation site, depending on the situation. Parents will be informed about pick-up procedures by the school, school board and local media.
- Elementary school main doors are locked during the school day. Visitors must use the **intercom system** to enter the building. **Staff may not be available to answer the door immediately, please be patient.** All visitors, including school volunteers, are required to **sign in** at the school office and wear **visitor identification**.
- Staff and volunteers must complete a **criminal record check** before having contact with students.
- We ask parents to contact us when their child will be absent from school as part of our **Safe Arrival** program. When we don't hear from a parent/guardian, and a student is absent, we will call home to find out the reason for the absence.
- At least two staff members in every school are trained in **first aid and CPR**. All Simcoe County District School Board schools **have Automated External Defibrillators (AEDs)**.

When parents are at school during a drill or emergency event, they must follow direction from school staff, police, fire and/or emergency personnel. Parents may not have immediate access to their children during drills or emergencies. They may need to wait until the situation is resolved and school staff and/or emergency personnel release students into parent care.

It's important for you to know we'll always take whatever precautions are necessary to keep our school and students safe.

Student dress code

Students are expected to respect the guidelines when dressing for school. Our school is a safe space. We work to be equitable and inclusive, and understand that students may choose to express themselves through their clothing choices. Student clothing cannot pose a safety concern or conceal identity. Exceptions are granted to students who wear head coverings or other garments/objects for the purposes of religious observance, medical or sensory needs, or other reasons protected by the Ontario Human Rights Code.

The SCDSB dress code is available in the student agenda and online at www.scdsb.on.ca. If you have questions about the dress code, you can contact the principal or the SCDSB Equity and Inclusive Education Team at 705-728-7570.

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 provided in a sealed letter this fall with instructions on how to create an account. If you lose the Access ID, you can visit us in the school office and we'll provide it to you after verifying your identity.

Want to volunteer at our school?

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.

There's still time to register for Night School

Night School courses for 2017-18 start Tues. Sept. 12 for semester one and Tues. Feb. 13 for semester two. Courses run on either Tuesday or Thursday evenings from 6 to 9 p.m. at the Barrie Learning Centre, 320 Bayfield Street in Barrie. Each course offers a hybrid of in-class and online learning. For a list of available courses and to register, visit: www.thelearningcentres.com/adult-student/night-school.

Eye See...Eye Learn program offers free glasses for Junior Kindergarten students

The *Eye See...Eye Learn* program provides comprehensive eye exams by local optometrists to Junior Kindergarten (JK) students. The eye exams are covered under the Ontario Health Insurance Plan (OHIP) when parents show their child's health card. There is no out-of-pocket cost for the eye exam and if the child requires a pair of glasses, they will receive them free of charge courtesy of a participating optometrist. For more information, visit www.Eyeseeeylearn.ca.

Ideas for packing healthy school lunches

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, left over 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 multi grain wrap/pits/tortilla shells with your child's favourite foods such as hummus and grated carrot or sliced turkey with honey mustard.
- Water is the best option for hydration

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

Reminder from the Health Unit: School grounds are smoke free 24/7

Protect yourself and your children from the health hazards of secondhand smoke. Remember, it is against the law to smoke ANYWHERE on school property at ANY TIME. This includes smoking in your vehicle while picking up or dropping off students. It is also against the law to smoke or hold lit tobacco in a vehicle carrying anyone under age 16. The fine for ignoring the law is \$250. For more information, contact the Simcoe Muskoka District Health Unit 705-721-7520 or 1-877-721-7520 or visit www.simcoemuskokahealth.org.

Information provided by the Simcoe Muskoka District Health Unit

Free dental care for children under 18 from Healthy Smiles Ontario

Free dental service is available to your child through Simcoe Muskoka District Health Unit's Healthy Smiles Dental Clinic in Barrie, or on the dental bus that visits many communities across Simcoe Muskoka throughout the year, as long as you qualify for the program. To find out if your child qualifies or to book an appointment, call the health unit (Monday-Friday, 8:30 a.m. – 4:30 p.m.) oral health team at 705-721-7520 or 1-877-721-7520, extension 8818. Healthy Smiles Ontario is a government-funded program that provides free dental care for children and youth 17 years old and under from low-income households. This dental program provides free preventative, routine and emergency dental services.

Information provided by the Simcoe Muskoka District Health Unit

How exercise can help with homework

It's the start of a new school year and students need to get back into the swing of things! Many students and parents adopt a similar philosophy for success – clear your schedule, buckle down and focus. Although the intention is great, by focusing solely on the books and neglecting the body, students are not actually reaching their full potential. Here are three reasons why exercise can make students more productive:

- Better sleep – it's a fact that our brains work better with a good night's rest. Getting enough sleep contributes to the brain's capacity to store and retrieve information, complete tasks efficiently, maintain focus and manage stress – all of which will improve student success.
- Stress release – exercise is proven to release endorphins that reduce stress. We all know how hard it can be to focus with an aching back, cramped neck or jittery leg. These physical distractions are often a result of excessive time spent in sedentary activities. A quick body break can relieve tension, stress and excess energy, making it easier to focus on the tasks at hand.
- Retain more – blood pumping exercise increases the flow of oxygen to the brain making it more receptive to the flow of new information coming in. Studies prove that students who exercise three times a week or more get higher grades.

In addition to exercise, students should ensure they are eating healthy, staying hydrated and getting lots rest and fresh air.

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