#### **BRECHIN PUBLIC SCHOOL**

#### FEBRUARY NEWSLETTER

Webpage: www.bre.scdsb.on.ca Twitter: @BrechinBobcats

#### FEBBRUARY CHARACTER TRAITS: LOVE, COMPASSION, TRUSTWORTHINESS

January just flew by! We are looking forward to more sunlight and other opportunities as we progress into February. Report cards will be sent home on February 16. We hope that students will be excited to celebrate their learning with you. Learning skills are generally the best indicator of success as a student. Students who have strong learning skills are likely to make progress faster and more consistently. Have a look at those learning skills and consider celebrating strong results in this area.

Our student leaders are hard at work preparing to host a Valentine's Day Dance, sell candygrams and sell popcorn on a regular basis. We are fortunate to have such amazing leaders here at Brechin!

As always, there are several extra-curricular opportunities for students to become involved in. The junior students are enjoying the floor hockey tournament. Intermediate students are enjoying competing on the basketball and volleyball teams. There is a chess club, eco-team and yoga going on as well. It is fantastic to see so many students getting involved in extra activities. Huge thanks goes out to the coaches and staff advisors for each of the groups.

In February we will say goodbye to Mrs. Slepanek who has been teaching the grade ¾ class. Ms. Harper will be returning from her maternity leave and is excited to join the school. We will also say goodbye to Mrs.

McKillop and Mrs. Mills who have come back out of retirement to help us out in the office while we wait for Mrs. Bulovs to return from her maternity leave. We are thankful to Mrs. McKillop, Mrs. Mills and Mrs. Slepanek for their awesome work at Brechin Public School.



#### **Dates to Remember**

**February is Black History Month** 

February 9—Ramara Firefighters visiting Gr. 8's (First Aid & CPR)

February 14—Valentine's Day Dance

February 16—Report Cards go home

February 19—Family Day

February 26—Speeches (Gr.4-8)-9:45 AM

February 26—Character Assembly—2:10 PM

February 26—Anything But a Backpack-Spirit Day

February 28—Gr. 5's to Rama First Nations-Black River

March 11-15—March Break

#### Coming in February: POPCORN SALES and CANDY GRAMS

Stay tuned for more info about when and where they will be sold

#### THE BRECHIN PS CALENDAR DRAW IS BACK!

Stay tuned for more information! Tickets will be available within the month and will be sold for \$5 each or 5 Tickets for \$20

Here is a sneak peek at the calendar:

Spring V Calendar	BRECHIN PUBLIC SCHOOL				Alappy Mother's Day Priday, May 11  L Kately-Nose Shadow Box \$40  Rasia F-Ill service, rasis, facral, weathcuthiyle \$165 Back's Heating & Sheet Metal — Costoo \$50 GC  Lot 86 - \$50 GC  Coding with Rody — surrings \$10  LO's Tuppaneure – Lg bowls \$110
	Stuy tamily - Cineplex \$60 GC	Giant Tiper - \$25 GC		Thursday, May 16 Briand family — Ultimate Feast \$25 OC Oritis Ealery - \$20 OC Lake County Gill - 257 GC Milliply 19 FG Georgia - 245 GC Oratly Huster — Welcome sign \$65 Manposa Market - 6" cake \$20	Friday, May : Mt. St. Loris 2 youth ski lifts - \$88 Orlika Home Handware - Hamilton Beach coffee maker \$140
24 DAILY DRAWS  Early Bird draw for Mother's Day on Friday, May the 8 <sup>th</sup> , Final draw before Father's Day on Friday, June the 12th.	VICTORIA DAT	Tuesday, May 21 Father's Independent - 325 GC Start Tiger - 325 GC Main'es' Fathors - 325 GC Main'es' Fathors - 325 GC Main'es' Fathors - 325 GC Morgan - Father independent 540 bakery Basenton Fath & Chips - 325 GC Wigdey Pet Grooming - 545 GC	Stew's Maple Syrup 11 528 Rachel Black - Wistons sign 540 Minner taminy Uttimate Fears 550 GC Plustes Rizza 1 targe 525 Sparling propares tank 68 525 felio Wester sign 540	Thursday, May 21 Wrigay's Pet Gooming - 545 GC Louis Penny - Home Sign - 540 Brother Thermany - SSS GC Fentils - SSS G	Dellie Mazdo – Car debil \$200 Black's Frewcod – Gift Bisket \$70
IICKET PRICE \$5.00 each or 5 tickets for \$20,00 (tickets are valid for each daily draw)  Draw will be held daily at 9am as benche hable School. The winner will be runded on the contracted by above the day. Whinning lickets are entered tool, into the Raffle for more Chances be well	Sparling – propene lank fill \$25 Beachin Esso - 125 GC Floris Paza - 426 GC Based Ismay – Vala card \$25 Beach Wild Wings - 559 GC Fision McColor. 540 GC Malmart - \$25 GC	Tuesday, May 21 Latarge - Keurig \$100 Beschin Pharmacy \$25 OC Backs honey - \$15 Per Valu - Call for baset \$25 Gant Tiger - \$25 OC Farmgate - Meadowsweet Soaps & maple syrup \$21	Bhash Majek Syrap - 1 9 508 Ramara Twsp - 1 wk of day camp \$175 Tob's Eyewear \$30 GC	Per Valu - dog gift besket \$35 Orlney Ossis - Manicum \$40 GC Eastade Nard - \$25 GC Crystal Clear Roofing - Gift besket \$100	Drillia Bowl - 135 HIIS Restaurant - \$25 GC Black's Honey - \$15 Tob's Kywwar - \$30 GC Tob's Kywwar - \$30 GC Toh Hostor's gift cut \$15 Grove by Design -Wild Wing \$50 GC Joby Automotive Serv. Fuel, oil filter change \$45
	Monday, June 3 Round's Ranch - 2 passes 530 Eparing propers test 81: 355 Top's Pizza - 530 GC Top's Rigar - 530 GC Top's Rigars - 530 GC Make's Auto Eparing - 530 GC Make's Auto Eparing - 530 GC Berlin Boboat Tahirt & sweetpants 545	Giant Tiger - \$25 GC Orlille Bowl - \$35 GC Brednin Derlat - \$100 cash Tard & Feather - \$25 GC Jenn's Antiques - Pose cost hook \$35	Wednesday, June 1 Sharin raight syrup – 11 526 Sharin raight syrup – 11 526 Sharin Sus Lines – swelshihit 6 water bottle 500 LIN's Tuppermen – Str. Bowls 550 Brechin fisso - 550 OC	Thursday, June Tony's One Stop – car mats \$180 Brewny Bay - \$25 GC	PD DAY NO DRAW
	Monday Jane 10 Marer family - Ultimate Circles CC 500 Sparing new tank will \$100 Keisey Plumbing - \$100 cosh	Surstime Wesh – 5 weshes 560 harro's Adioses – keyhelt hook 540 stade 11 + 250 CC Tay's N Pitza - 530 CC Tay's N Pitza - 530 CC Kelsey's Dining - 525 CC	To the Root — This is Us sign \$40 Duction/15's — 2 hallbuf house specials \$35 GC Shavir Mapig \$50,0 — 1528 Sharindars - 535 GC Sushink Caller Separation State Sta	Magazeti Sahreti Avon — gilt baş \$30 Berdin Fed Mill — cande \$50 Berdin Fed Mill — cande \$50 Kensingin Bilger Bill — 50 CC Paggir Schi Frick - 30 Montane's - \$25 GC	3 Heggy Rather's Day Friday Jane Black's meet - \$125 GC. Kolosy's Plumbing - \$100 cosh Tim Buck or The - Magle Leaf jersey 834 \$100 Rarb Eastcott, Ryan & Todd Hill Home Hardware \$100

#### Stay Up To Date!!!!

Did you know you can subscribe to our website? When we post 'What's New' articles and our monthly newsletters to the website you can choose to receive them by email! Our 'What's New' section is where you'll read about all the exciting things going on in our school. It's also where we will post updates during emergency situations. It's easy to subscribe – visit our website at <a href="http://bre.scdsb.on.ca">http://bre.scdsb.on.ca</a> 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 also follow us on Twitter at @BrechinBobcats.

#### **Black History Month**

The Simcoe County District School Board (SCDSB) recognizes and celebrates Black History Month every February. The SCDSB is committed to improving equity of access, positive identity affirming experiences and opportunities for Black students, staff, and parents/ guardians, and to creating a safe and caring learning environment that promotes the human rights of students, staff, and parent/ guardians. The initiatives undertaken by the SCDSB have been embedded in teaching and learning at all school levels, and centrally, for Black History Month and throughout the year. Follow the SCDSB on social media to see how schools are recognizing Black History Month and celebrating Black excellence.

#### Developing fluency through repeated reading

Fluency, the ability to read smoothly, accurately, and with expression, is a fundamental skill that significantly impacts a child's overall reading proficiency. When children read fluently, they can focus more on comprehension, understanding the meaning behind the words, rather than struggling with decoding.

Repeated reading is a highly effective strategy that involves a child reading the same text multiple times. This method aims to enhance fluency, comprehension, and overall reading proficiency. By revisiting a text, readers become more familiar with the words and structure, leading to increased speed and accuracy. Additionally, repeated reading allows children to focus on expression and intonation, promoting a more natural and engaging reading style. This approach is particularly beneficial for struggling readers, as it builds confidence and reinforces word recognition. As parents/guardians, incorporating repeated reading into your child's routine not only reinforces the joy of reading but also cultivates a strong foundation for improved fluency and comprehension skills over time.



Our next School Council Meeting will take place on March 4 at 5:00pm.

#### Registration now open for summer eLearning!

The Simcoe County District School Board (SCDSB) is offering summer school courses in July 2024 (elearning) and travel for credit courses in both July and August for current high school students or adult learners who are interested in earning a new credit or upgrading a previous mark. Students can advance online learning skills, earn missed credits or fast-track preparation for graduation or postsecondary in just four weeks. eLearning is fully supported by certified teachers who are available electronically daily.

Summer school program details can be found on the Learning Centres website at https://www.thelearningcentres.com/programs/ summer school.

EDUTravel programs are offered in a variety of destinations including Canada, USA, and Europe. For more information including costs, destinations, credits, and dates of commitment, please visit: www.edutravelforcredit.com.

#### MARK YOUR CALENDAR

Brechin Public School Council is Hosting a SPRING VENDOR EVENT on Saturday April 13, 2024. We hope to see you there!



#### Intermediate Boys Basketball

The intermediate boys basketball team is off to a great start! Madame Eaton and Ms Varey are so excited to see how the boys play during their first regular season games at the Rama Mask the next two Thursdays!

#### Communication to families regarding inclement weather days

Please note that APM A3020 – Inclement Weather, 3.1.2 states that "parents/guardians are to be reminded, in writing at appropriate times (October and January) each school year, that it is their responsibility to decide whether or not it is safe for their child(ren) to leave for school under severe weather conditions."

#### Inclement weather and bus cancellation information reminder

All information regarding cancelled buses in Simcoe County is posted on the Simcoe County Student Transportation Consortium (SCSTC)'s bus information website at www.simcoecountyschoolbus.ca. Our school is in the NORTH zone. When buses are cancelled, schools remain open for stu-

dent learning, unless otherwise noted. School staff are expected to plan for such emergencies in order to transition students who are unable to attend due to inclement weather, to their online platforms (Google Classroom) and continue with academic programming. It is always a family decision whether or not it is safe for their child(ren) to leave for school under severe weather conditions.

The Consortium and bus operators try to make the decision to cancel school buses before 6 a.m. and make every effort to post announcements before 7 a.m. Inclement weather cancellations are effective for the whole day and buses cancelled in the morning will not run at the end of the day. You can follow the Consortium on Twitter @SCSTC SchoolBus for bus cancellations and other information. You can also subscribe to receive bus delay notifications here: https://scstc.ca/Subscriptions/Login.aspx. For school event cancellations in case of inclement weather, follow our school's Twitter account at @BrechinBobcats or listen to your local radio sta-

tion for event cancellation info.

#### Math @Home parent and caregiver series

It's back! The SCDSB math team is pleased to offer three virtual sessions for parents and caregivers of SCDSB students. These sessions will focus on practical and fun ways to support children with their mathematics learning and engagement at home. The first 200 registrants will receive a Math @Home kit of resources to use at home. Participants must pre-register for each of the sessions.

#### Exploring the new SCDSB family math resources

Tuesday, Feb. 6, 2024, 7 to 8 p.m.

This session is for parents and caregivers. Join members of the SCDSB math team for a guided exploration of the new SCDSB family math resources. Participants will have the opportunity to explore the resources that are available to support their child's math learning at home. The guided portion of the session will be 45 minutes in length. During the final 15 minutes, the math team will be available to answer questions about the resources available.

## Tips for engaging in math conversations with your child @Home

Wednesday, Feb. 28, 2024, 7 to 8 p.m.

This session is for parents and caregivers and will explore opportunities to discuss math with their child(ren) at home. Participants will learn about how events such as shopping, preparing food, engaging in a building project, or going for a walk can be used as a starting point for math conversations, and will receive prompts to get the discussion rolling. The guided portion of the session will be 45 minutes in length. During the final 15 minutes, the math team will be available to answer questions about the session.

#### Games to support your child's math learning @Home

Thursday, April 4, 2024, 7 to 8 p.m.

This session is for parents, caregivers, and their children. Playing games at home is a great way to support child(ren)'s math development. In this session, several games will be explored, and participants will have the opportunity to try the games with their children during the session. The guided portion of the session will be 45 minutes in length followed by 15 additional minutes for further game play or to ask questions of our math facilitators. Bring your child(ren) and your math kit to this session!

#### **Subscribe to Kindergarten Connections!**

Will your child be turning four in 2024? If so, the SCDSB invites you to Kindergarten Connections! This is a monthly enewsletter informing families of everything they need to know about preparing their child for school, as well as registering them for Kindergarten in the SCDSB. To learn more and subscribe, visit the Kindergarten page on the SCDSB website: <a href="https://www.scdsb.on.ca/elementary/planning\_for\_school/kindergarten">www.scdsb.on.ca/elementary/planning\_for\_school/kindergarten</a>.

Register your child for kindergarten at Brechin PS as soon as you can!

Kindergarten

We can't wait to meet our newest students!

#### **EarlyON Child and Family Centres**

The foundation for lifelong learning and health is built in the early years. EarlyON Child and Family Centres across Simcoe County offer programs for children prenatal to six years of age and their parents/guardians and caregivers. They offer access to play- and inquiry-based learning supported by *How Does Learning Happen?* Ontario's pedagogy for the early years, information on child development and developmental screening including Early Referral Identification Kits (ERIKs),

parent/guardian education, referrals to community resources, nutrition information, and post-natal resources. Check with your local EarlyON provider: <a href="https://linktr.ee/earlyonsimcoe">https://linktr.ee/earlyonsimcoe</a>



#### How is your infant, toddler, or preschool child developing?

Is your child meeting their milestones? Age-appropriate speech and language skills are critical to your child's ability to read, write, and be successful in school as well as to their ability to engage with their peers. Free services are available to support you with your child's development. Preschool speech and language programs are located across

the County of Simcoe. Call (705) 739-5696 or 1-800-675-1979 to complete a developmental screen. The earlier we work together the better!



#### **Subscribe to Community Connects!**

The Simcoe County District School Board (SCDSB) is excited to launch Community Connects, a new bimonthly newsletter for the SCDSB community. Our shared goal with this new tool is to keep our community partners and stakeholders informed while nurturing relationships that are built on accountability, trust, and transparency.

To learn more and subscribe, visit the Community Connects page on the SCDSB website: <a href="https://www.scdsb.on.ca/community/community/connects">https://www.scdsb.on.ca/community/community/connects</a>.

Interested in learning more about the ways that the SCDSB supports students with special education needs and their families? Join us for a virtual special education information series

During the 2023-24 school year, the Simcoe County District School Board (SCDSB) is hosting virtual special education outreach sessions to assist parents/guardians in learning more about programs, supports, and ways that we work together to support students with special education needs.

#### Transition planning

Feb. 13 6:30 to 7:30 p.m.

#### Reading strategies

March 19 6:30 to 7:30 p.m.

#### Supporting students with Autism Spectrum Disorder (ASD)

April 16 6:30 to 7:30 p.m.

#### Every day mental health strategies

May 14 6:30 to 7:30 p.m.

Participants are asked to register in advance. Information to access the sessions will be shared via email with individuals who have pre-registered. Learn more about each session and how to register on the SCDSB website: <a href="https://www.scdsb.on.ca/elementary/special\_education/">www.scdsb.on.ca/elementary/special\_education/</a>

special education outreach sessions.

## Summer eLearning opportunities for students entering Grade 9!

The Simcoe County District School Board (SCDSB) is offering summer school eLearning courses in July 2024. Current Grade 8 students wishing to reach ahead and earn a credit before high school can now register through their elementary school principal. eLearning is fully supported by certified teachers who are available electronically daily. Available courses include:

CGC1D - Grade 9 Geography

PAF10 - Grade 9 Personal Fitness

CHV2O & GLC2O - Grade 10 Civics and Careers

CHC2P - Grade 10 Applied History

CHC2D - Grade 10 Academic History

#### Kindergarten registration for September 2024 is open!

Kindergarten is the beginning of a wonderful journey of learning, and we want your child to begin their journey in a SCDSB school! Do you have a child who is turning four in 2024? If so, we invite you to register your child for Kindergarten. To register online or for more information visit: <a href="https://www.scdsb.on.ca/">www.scdsb.on.ca/</a> kindergarten.



## Programs available through the SCDSB's Adult and Continuing Education Learning Centres

The Simcoe County District School Board's Adult and Continuing Education department offers a variety of programming including day school, night school, summer school, correspondence, and co-op. Courses may be online, hybrid, or in-person and are based on sufficient enrollment. For current high school students, we offer travel for credit, summer school, and night school programs. For adults, we offer credit courses towards completion of an Ontario Secondary School Diploma (OSSD) including credits granted for prior learning and experiences (PLAR). In support of many of the adult learners in our communities, we also offer non-credit classes in English as a second language (ESL) and literacy and essential skills (LES) both of which can support learners towards paths of employment, continued education, and citizenship. Please visit us at www.thelearningcentres.com to learn more.

#### School playground structures are closed for the winter

Every winter, school playground structures are closed. Students are made aware of this during school hours through announcements and staff reminders during breaks. This may not be well known throughout the community, despite signs indicating that playground structures are a winter hazard and are closed. The Canadian Standards Association regulations make recommendations for the depth of ground cover required to minimize injuries (e.g., sand, pea gravel or wood chips). These surfaces cannot be maintained when the ground freezes. Injuries from falling would be more significant on frozen ground. We strongly recommend that you do not allow your children to play on any structures while the ground is frozen.

# Did you know it's illegal to vape or smoke *anywhere* on school property, inside the school or outside within 20m of school property, 24 hours a day, 365 days a year?

The law applies to everyone on school property, students, staff, and visitors. It also means it is illegal to vape or smoke on school athletic fields during afterhours activities or vape or smoke in school washrooms. There is a fine of \$305for vaping or smoking on school property.

But why do youth vape at school? Vapes contain nicotine, which is a highly addictive drug. Nicotine addiction is extremely powerful, develops quickly, and youth may not realize they are addicted. Once addicted, they need nicotine regularly or they will experience withdrawal, making it hard to get through the school day. Help them take back control – there are supports to help youth quit! Talk to your child about vaping, they listen more than you think. Learn more at <a href="NotAnExperiment.ca/parents">NotAnExperiment.ca/parents</a>. Information provided by the Simcoe Muskoka District Health Unit

### Join us! A learning series for parents/guardians with Pine River Institute

Mental health and well-being continues to be a key strategic priority within the SCDSB. We are pleased to continue our partnership with the Centre for Family Initiatives at Pine River Institute (CFI@PRI) to provide several curated learning sessions focused on student mental health and well-being to SCDSB families.

There are eight webinars specifically planned for parents/guardians and other caregivers during this school year.

Feb. 8, 2024	Self regulation for kids
Feb. 22, 2024	Self regulation for teens
March 28, 2024	Building parents' resiliency
April 18, 2024	Vaping, weed, and alcohol

We hope you save these dates in your calendar and join us for these learning opportunities. For more information and to register, please visit the SCDSB website: https://bit.ly/3jGaC74.

Pine River Institute is a live-in treatment centre and outdoor leadership experience for youth aged 13 to 19 struggling with addictive behaviours and often other mental health issues. Combining therapy with a fully-accredited education program, PRI reinforces the healthy life skills required for a successful future. CFI@PRI extends PRI's knowledge, experience and evidence-informed treatment approach to families and care providers in the community to support youth mental wellness and prevent the need for more intensive interventions. Learn more about PRI by visiting their website at <a href="https://www.pineriverinstitute.com">www.pineriverinstitute.com</a>.

# Reminder: Safe Arrival system for SCDSB schools – call 1-888-885-8065 to report an absence

This school year, the Simcoe County District School Board (SCDSB) launched a new Safe Arrival system at elementary schools. This system supports us in continuing to improve our home-to-school communication process and streamlines absence reporting. To report a student absence, call 1-888-885-8065. Callers will be prompted to identify the school before leaving a message. Parents/guardians should include the student's name, teachers' name, dates, and reason for the absence. When schools do not hear from a parent/guardian, and a student is absent, the school will call home to find out the reason for the absence. If you have questions about the system, please contact the school office.

#### Licensed Winter Break school-age child care programs

Child care programs for children in Kindergarten to Grade 6 are provided by independent, third-party child care operators in some SCDSB schools. To support your child care needs, some operators offer child care on PA days and holidays including over the Winter Break. Registration in advance is required. Please contact the child care operator directly to discuss fees and to register. More information and contact numbers can be found by visiting: www.scdsb.on.ca/elementary/

#### Feb. 1-29 **Black History Month** Feb. 1 World Hijab Day Feb. 1-2 Imbolc (Wicca) Feb. 2 Groundhog Day World Wetlands Day Feb. 4 **World Cancer Day** Feb. 6 Isra'a and Mi'raj (Islam) Losar/Tibetan New Year (Buddhism) Feb. 10 Lunar New Year/Maitreya Bodhisattva's Birthday (Buddhism) Feb. 11 International Day of Women and Girls in Science Feb. 14 Ash Wednesday (Christianity) Valentines Day Vasant Panchami (Hinduism)

Feb. 15

National Flag of Canada Day
Nirvana Day (Buddhism, Jainism)
Feb. 17

Random Acts of Kindness Day

Feb. 19 Family Day Feb. 20 World Day of Social Justice Feb. 24 Magha/Sangha Day (Buddhism)

Feb. 24-25 Mid-Sha'ban (Islam)
Feb. 26 – Mar 1 Ayyám-i-Há/Intercalary Days (Bahá'í)
Feb. 28 Pink Shirt Day (Anti-Bullying Day)

Feb. 29 Rare Diseases Day

Days of Observance in February

# Simcoe Muskoka Family Connexions is seeking compassionate and skilled professionals with specialized experience to apply to become foster care providers

The goal of this program is to meet the needs of youth through a therapeutically supported parenting approach within a structured environment, where they are supported and guided by a multi-disciplinary treatment team. The youth will remain, or become connected to, their family/kin/community whenever possible. Treatment services will be individualized based on the needs of the youth, and the knowledge of those who know the youth best in collaboration with community partners. This will allow youth to reside in a family-based setting and remain in their home community of Simcoe Muskoka, staying connected to important relationships and supports that may already be in place.

The homes approved under this strategy are designed to create clinically informed care plans that will support the youth directly, in addition to the continued support of their care providers. Youth will be supported by a multi-disciplinary team and will be available to implement and design parenting and support to address the needs of the youth.

Compensation packages will be offered to experienced foster care providers, as well as clinical support to both care providers and youth.

If you or someone you know is looking for more information or would like to apply, contact Simcoe Muskoka Family Connexions by email at <a href="mailto:bru-na.figliuzzi@familyconnexions.ca">bru-na.figliuzzi@familyconnexions.ca</a> or call <a href="mailto:705-716.4664">705-716.4664</a>.

Information provided by Simcoe Muskoka Family Connexions

#### Creating safe and healthy schools

A healthy school supports children to reach their full health and learning potential. There are many ways for you to get involved in creating a safe and healthy school for your child. Here are some ideas:

- Talk with your child about what they are learning at school and find ways to role model or reinforce the health messages at home.
- Stay informed about your child's school through the school website and social media platforms.
- Get to know your child's friends, other parents, and staff from the school and communicate often.
- Volunteer to participate on a committee that helps organize healthy activities for the school community. Contact your child's school or your local public health unit to get started.

Looking for more parenting support? Speak with a public health nurse by calling 705-721-7520 or 1-877-721-7520 or visit www.simcoemuskokahealth.org.

#### Mental health strategy of the month - Just Breathe

Well-being is a Strategic Priority in the Simcoe County District School Board, and our mental health and well-being department provides monthly strategies to support student and family wellbeing.

This month's strategy is *Just Breathe*. The purpose of this strategy is to help students develop a mind/body connection, self-regulation, awareness of emotions, and resiliency by practising deep breathing.

To practice Just Breathe at home, follow these steps:

Place your hands flat on your stomach or pay attention to your stomach.

As you breathe deeply in through your nose, send this breath all the way to your stomach.

Feel your stomach expand and your hands move out.

Breathe out. Feel your stomach contract and your hands move in.

Repeat 5-6 times.

Practice deep belly breathing any time you feel stressed or upset. Find more information to support your child's mental health here: <a href="https://smho-smso.ca/parents-and-caregivers/">https://smho-smso.ca/parents-and-caregivers/</a>.

Follow the Mental Health and Well-being social media accounts (@SCDSB\_MHWB) to see how well-being is being supported in our schools.

#### Online luring and grooming

As part of our shared commitment to educating our students about digital citizenship and cyber awareness, this month we are highlighting online luring and grooming. The following info sheet has been created by the Educational Collaborative Network of Ontario (ECNO) to overview:

What online luring and grooming is Commonly used tactics that online predators use Helpful tips to stay safe How to report if necessary

Info sheet: <a href="https://ecno.org/wp-content/uploads/2023/09/">https://ecno.org/wp-content/uploads/2023/09/</a>
<a href="mailto:ECNO-CAM-Calendar-23-Aug3023">ECNO-CAM-Calendar-23-Aug3023</a>
<a href="mailto:GrowingLuring.pdf">GroomingLuring.pdf</a>

For additional activities and information, please refer to the digital citizenship resources for parents/guardians that are available on the Safe Schools page on the SCDSB website (<a href="www.scdsb.on.ca/elementary/safe">www.scdsb.on.ca/elementary/safe</a> schools). The Ministry of Education has also provided information and resources in PPM 166 Keeping Students Safe: Policy Framework for School Board Anti-Sex Trafficking Protocols: <a href="www.ontario.ca/document/education-ontario-policy-and-program-direction/policyprogram-memorandum-166">www.ontario.ca/document/education-ontario-policy-and-program-direction/policyprogram-memorandum-166</a>.

#### Stay healthy this school year

COVID and other respiratory infections can spread easily from person to person. These germs can spread quickly when someone coughs or sneezes directly on another person, or when germs land on hard surfaces like doorknobs, desks, and keyboards and then are touched by someone else. These germs can then enter the body through the eyes, nose, or mouth.

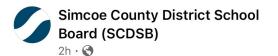
The most important thing you can do to keep from getting sick and stop the spread of germs is wash your hands. Wash with soap and warm running water for at least 15 seconds (or try singing Happy Birthday twice). If your hands are not visibly dirty you can use alcohol-based hand sanitizer for 15 seconds. Also, make sure you are up to date with your immunizations, cover coughs and sneezes, 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 www.simcoemuskokahealth.org.

Information provided by the Simcoe Muskoka District Health Unit.

#### Parents' Guide to Assessment, Evaluation and Reporting

Learn to navigate the world of assessment, evaluation, and reporting with this new guide for parents/guardians. Created to support parents'/guardians' understanding of assessment, this guide was designed to effectively empower you to actively engage in your child's educational journey. The guide has been posted to the Simcoe County District School Board's website and can be accessed at <a href="https://tinyurl.com/2urcm2tm">https://tinyurl.com/2urcm2tm</a>.



Looking for a graduation or prom dress? Prom Glitz is here to help you! 🐆

X

Head to the Kozlov Mall in Barrie this Thursday, Friday or Saturday to browse their collection of donated gowns.

For more information visit: www.promglitz.ca

# Prom Glitz

# Boutique Days 2024

Thursday, Feb. 1 - 12:00pm -6:00pm Friday, Feb. 2 - 12:00p.m. - 6:00p.m. Saturday, Feb. 3 - 9:30a.m. - 5:00p.m.

Friday, Feb. 9 - 4:00p.m. - 6:00p.m. Saturday, Feb. 10 - 9:30a.m. - 5:00p.m.

Friday, Feb. 23 - 4:00p.m. - 6:00p.m. Saturday, Feb. 24 - 9:30a.m. - 4:00p.m.

# ORILLIA BASKETBALL MARCH BREAK CAMP 2024



DATES: March 11-15, 2024 (All Ability Levels Welcome)

LOCATION: Orillia Christian School, 505 Gill St. Orillia, ON L3V 1G6

AGES: & TIMES: 7-9 (co-ed) 9:00 am - 12:00 noon 10-13 (co-ed) 12:30 pm - 3:30 PM

DAILY CAMP FORMAT: 1st Hour - Ball handling, Shooting form and Skill Development

2nd Hour - Shooting Games & Stations, Full Court Drills 3rd Hour - Games, Team Practice or 3 on 3 challenge (Fitness Training Incorporated into the Program)

CAMP DIRECTOR: Vito DiMartino (over 40 years of Coaching and Camp experience - including

Coaching at the Professional Level) 905-246-2942

LEAD INSTRUCTOR: Jacob Clendinning-20 yrs. basketball experience, played at the Usport Level

Assistant Coach Twin Lakes Senior Boys team

(Camp also supported by High School & Club players)

COST: \$120 (\$230 for two family members, \$340 for three family members)

\*Includes Awards and prizes\*

HOW TO REGISTER: Use the link or QR Code below to access the registration site

https://forms.gle/Te5kn4CWEG1kuN6n6



PAYMENT METHOD: As soon as you complete and submit the on-line registration form you will need to e-transfer payment to orilliabasketballcamps@gmail.com in order to secure your spot in the camp.

LIABILITY WAIVER: Must be Signed By Parent / Guardian

Join us for a week of basketball skills, games and fun activities

Sponsored by:



