



**Simcoe County**  
**District School Board**

## **Newsletter SCDSB** **December 2017**

### **Attend a French Immersion information night, registration opens in January**

The Simcoe County District School Board (SCDSB) offers French Immersion (FI) at select schools throughout Simcoe County beginning in Grade 1. The goal of the FI program is to enable students to communicate in French with a high level of proficiency, enabling them to function with ease in both French and English. Upon graduation from the program, students will communicate in French with confidence in a wide variety of real-life situations.

Information sessions take place in January for parents of students in Senior Kindergarten. A letter will be sent home to those parents with more details. Information session dates will be posted at [www.scdsb.on.ca](http://www.scdsb.on.ca) under Programs, French as a Second Language.

The FI online application form will be available from 9 a.m. on Mon. Jan. 22, until 9 p.m. on Wed. Jan. 24, 2018 at [www.scdsb.on.ca](http://www.scdsb.on.ca) under Programs, French as a Second Language. While every effort is made to accommodate all FI applications, available space and staffing will determine how many students can be registered. Applications will be processed in the order they are received electronically. Please contact the school if you do not have Internet access at home or require assistance accessing the online application.

Please note that the host sites for FI may change during your child's time in the program, and your child may need to move schools. This may also include splitting the program between two different sites.

The FI program for Sunnybrae P.S. is at Goodfellow P.S. The information session will be on Tuesday, Jan. 16, 2018 at 6:00 pm at Goodfellow P.S.

### **Kindergarten registration opens in January**

Do you (or someone you know) have a child who was born in 2014? If so, it's almost time to register them for Kindergarten in the SCDSB! Beginning Jan. 22, 2018, Simcoe County's public schools will register children for Kindergarten for the 2018-19 school year. Required registration documents include birthdate documentation, proof of address and record of immunization. Visit [www.scdsb.on.ca/kindergarten](http://www.scdsb.on.ca/kindergarten) for more information.

### **High school information nights coming to a school near you!**

Is your child starting Grade 9 next year? High school information nights happen this fall and winter. This event gives an overview of what's new, what to expect, as well as a chance to check out the school and ask questions. Attend our local high school information night to find out what's offered: The information night for Nantyr Shores S.S. will be held on Wed., January 17, 2018 7:00 to 8:30 pm. Check out the full schedule of info nights and more information at [www.scdsb.on.ca/highschool](http://www.scdsb.on.ca/highschool).

## **Land/territory acknowledgement introduced for SCDSB meetings, events and schools**

Over the past few months, the SCDSB has worked with Indigenous partners, local elders and the First Nations Education Advisory Committee to develop a land/territory acknowledgement. A land/territory acknowledgement is an act of respect and reconciliation, based on the First Nations' tradition of acknowledging the land of others when they were guests in that territory. The statements will be used at SCDSB meetings and significant events, and daily in all schools to respectfully acknowledge the Indigenous people of this territory, their sharing of the territory and the benefits we have received, as settlers, from that sharing.

### **For school daily use:**

"Simcoe County District School Board acknowledges that we are situated on the traditional land of the Anishnaabeg people. We acknowledge the enduring presence of First Nation, Métis and Inuit people on this land and are committed to moving forward in the spirit of reconciliation and respect."

For more information, visit [www.scdsb.on.ca](http://www.scdsb.on.ca) – 'About Us'.

## **Parents 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.

### **Dec. 18**

Identification, Placement and Review Committee (IPRC) Information for Families

### **Jan. 22**

Assessments in Special Education: Psych Ed and Other Assessments

### **Feb. 19**

Transition Planning Grade 8 to 9

### **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.

## **School playgrounds 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 (eg. 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.

## ***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.Eyeseeyelearn.ca](http://www.Eyeseeyelearn.ca).

### **RVH Film Festival welcomes student submissions**

Barrie's Royal Victoria Regional Health Centre (RVH) has partnered with the Simcoe County District School Board, the Simcoe Muskoka Catholic District School Board and Unity Christian High School to offer students, classes and schools the opportunity to participate in RVH's annual Film Festival in two external categories:

- Kindergarten to Grade 6
- Grade 7 and up

This year's theme is "Making mental health matter - how are you making a difference?" Students and classes are invited to make a two-minute video showing how they promote mental health. The deadline for submissions is Feb. 5, 2018. Voting will take place from Feb. 16 to 26 and those with the winning entries will be invited to an awards ceremony on March 8. Find out more and submit your video at:

[www.rvh.on.ca/SitePages/rvhfilmfestival.aspx](http://www.rvh.on.ca/SitePages/rvhfilmfestival.aspx).

### **OHIP+ provides free prescription drug coverage for children**

Beginning Jan. 1, 2018, the province will provide free prescription drug coverage for children and youth aged 24 and under, regardless of family income. Under OHIP+, Ontario children and youth will have access to over 4,400 medications and other drug products. Enrolment in OHIP+ will be automatic, based on age. There are no upfront costs, no co-payment and no annual deductible. Those who are eligible for OHIP+ will only need their health card number and a valid prescription from their doctor or nurse practitioner when they visit their pharmacist. For more information, visit: [www.ontario.ca/page/learn-about-ohip-plus](http://www.ontario.ca/page/learn-about-ohip-plus).

### **Consider healthy food donations this holiday season**

Did you know that in Simcoe County one in eight people struggle to put food on the table? Not having enough money for food can have a serious impact on the physical, mental and emotional health of families in our community. Sunnybrae will be having a Food and new unwrapped toy drive December 1<sup>st</sup> to December 14<sup>th</sup>. If your family is making a donation to a food drive this holiday season, here are healthy non-perishable items to consider:

- canned tuna or salmon in water
- brown rice or whole grain pasta
- breakfast cereals – whole grain, hot or cold
- beans - canned, baked, kidney
- canned vegetables and fruit
- canned chicken or ham
- whole grain crackers
- iron fortified infant cereal
- personal hygiene products

For more information about how to make your donations count, visit [www.simcoemuskokahealth.org](http://www.simcoemuskokahealth.org).

*Information provided by the Simcoe Muskoka District Health Unit*

## Update your child's immunization record

The Simcoe Muskoka District Health Unit is required to keep up-to-date immunization records for all students who attend elementary or secondary school in the County of Simcoe and the District of Muskoka. Parents are responsible for reporting immunizations to the health unit each time their child receives a vaccine from their health care provider. The immunizations that the health unit requires records for include: diphtheria, tetanus, polio, measles, mumps, rubella, meningococcal, pertussis and varicella (chickenpox) for those born in 2010 or later.

It's easy to update your child's immunization status. Go to [www.smdhu.org/immsonline](http://www.smdhu.org/immsonline) to update your child's record or call Health Connection at 705-721-7520 or 1-877-721-7520 (toll free).

*Information provided by the Simcoe Muskoka District Health Unit*

## Three healthy lifestyle changes you and your family can make today

More and more research is showing that the key to lifelong good health is lifestyle choices starting at a young age. Making simple changes in diet, exercise and stress management is key to achieving good mental and physical health for adults and children. Here are some easy tips to start making those changes today.

- **Drink more water** – Your body is made up of about 60% water. A mere 5% drop in water levels in the body causes 25 to 30% loss of energy and can cause your metabolism to slow down. Some effects of dehydration include hunger, poor digestion, bloating, joint pain and high blood pressure. Make sure to drink a minimum of eight glasses of water each day. Kids should be drinking five to seven glasses of water each day.
- **Exercise daily** – Did you know that Health Canada recommends adults get 150 minutes of exercise per week and kids should accumulate at least 60 minutes of exercise each day? If you want to live well and live longer, you must exercise. Studies show that even 10 minutes of exercise will make a difference!
- **Practice relaxation** – The relationship between the mind and the body is strong. Providing yourself and your kids with a small amount of relaxation or “time-out” every day – even just 15 minutes – can improve your health dramatically. Try taking a yoga class to reduce stress and clear the mind and make sure to sleep at least seven hours per night (kids and teens should get more than that).

The YMCA of Simcoe/Muskoka offers many opportunities to get healthy as a family. For more information, please visit [www.ymcaofsimcoemuskoka.ca](http://www.ymcaofsimcoemuskoka.ca).

*Information provided by the YMCA of Simcoe/Muskoka ([www.ymcaofsimcoemuskoka.ca](http://www.ymcaofsimcoemuskoka.ca))*