



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

## **SCDSB Newsletter March 2018**

### **Child care programming available for March Break**

The Simcoe County District School Board (SCDSB) supports your childcare 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 12 to 16). The daily fee is \$34.20 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](http://www.scdsb.on.ca) – click on 'Schools' and then 'Before & After School Care.'

### **Now accepting Kindergarten registrations**

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

### **School's in for summer at the SCDSB**

Are you and your child planning their courses for next school year? Looking for a way to create flexibility in their timetable and earn a credit? Consider summer school! Each year, the SCDSB offers a variety of summer programs to over 2,000 students. Summer school options include open, college and university level courses from Grades 9 to 12. Courses are offered in-person or online. Interested students can also travel and earn credits with the summer EduTravel program. Summer school program details can be found on the Learning Centres website at [www.learningcentres.com](http://www.learningcentres.com). Current SCDSB students should speak to their guidance counsellor for information and to register. Register now so that your summer school choices align with course selection for next year!

### **Parents invited to information sessions about special education**

The SCDSB is hosting a series of information sessions for parents/guardians to learn about special education in the SCDSB, and how to support students with special education needs.

#### **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.

## **Do you know a youth, aged 15-29, who is looking for a job or to gain work experience?**

The Career Centre can help. Services include paid employment training, support with job searches and more, at no cost. Meet with an Employment Consultant today, or visit the Career Centre website at [www.barriecareercentre.com](http://www.barriecareercentre.com) for more information, including hours of operation. The Career Centre is operated by the Simcoe County District School Board. This Employment Ontario service is funded in part by the Government of Canada and the Government of Ontario.

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

New Path now offers Child and Youth Mental Health Walk-In Clinics in five office locations throughout Simcoe County: Alliston, Barrie, Bradford, Collingwood and Orillia. The Walk-In Clinic provides a single session to children, youth and families who require support for emotional, relationship or behavioural challenges. The Walk-In Clinic can be accessed by children, youth and families as often as they require support. Children, youth and families can self-refer by attending one of the walk-in clinic locations across the county. Dates and times of the clinics are posted on the New Path website ([www.newpath.ca](http://www.newpath.ca)). For more information, contact New Path's Central Intake Department at 705-725-7656 or from the 905 area code in Simcoe County by calling 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.
- **Parenting LGBTQ Youth sessions**  
These free sessions, 'Parenting LGBTQ Youth,' are offered in April, May and June in Alliston, Barrie, Collingwood and Orillia. Dinner is provided. To reserve your spot, contact Jake at [jakef@gilbertcentre.ca](mailto:jakef@gilbertcentre.ca) or 705-722-6778 ext. 107.

## **Stay healthy this school year (Simcoe Muskoka Health Unit)**

Colds and Influenza spread easily from person to person. These germs can spread directly from person to person when someone coughs or sneezes, or indirectly when germs land on hard surfaces like door knobs, desks, keyboards, or wet tissues and then are touched by someone. 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 to others is wash your hands with soap and warm running water for at least 15 seconds. If your hands are not visibly dirty, you can use alcohol based hand rub hand sanitizer for 15 seconds. Cover coughs and sneezes with a tissue or cough into your sleeve or upper arm 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 the health unit's website at [www.simcoemuskokahealth.org](http://www.simcoemuskokahealth.org).

## **Packing a healthy school lunch (Simcoe Muskoka Health Unit)**

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, cooked 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 multigrain wrap/pits/tortilla shells with your child's favourite foods such as hummus and grated carrot or sliced turkey with honey mustard
- don't have them drink their fruit...send water instead

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](http://www.simcoemuskokahealth.org).

## **Get active and energized this March Break (Simcoe Muskoka District Health Unit)**

March Break is the perfect opportunity to get your kids off their screens and moving! Children are spending less time being active and only seven per cent of Canadian kids get enough exercise. Health Canada recommends children and youth get 60 minutes of physical activity every day. Getting our daily dose of exercise not only helps to prevent health risks, it builds strong muscles and bones, develops positive body image and supports mental health. Here are ideas to get you and your kids moving this March Break:

- Get outside and enjoy some fresh air as you explore your local trails, parks and toboggan hills, or build a snowman!
- 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 older kids, March Break is the perfect time to enrol in aquatic leadership programs such as Bronze Medallion or National Lifeguard training.
- Train as a family by signing up for the YMCA's *Move to Give* fundraising event, happening on April 7. Challenge the whole family to start training for a 5K run, indoor cycling 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).
- Skating is a great sport for all ages – it's low impact and helps improve coordination and balance. Check your local public arenas for family skate times.

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