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November 2021 Newsletter

November Character Trait: Courage - we do the right thing even when it's difficult.

More information about character education can be found here:

www.scdsb.on.ca/about/character_education

Significant days, holy days, holidays and heritage recognition occurring in the month of November

Albanian Heritage Month

November is a significant month for the Albanian community. People of Albanian origin celebrate the Albanian Declaration of Independence and Liberation Day, the day that Albania was liberated from Nazi Germany forces, this month. For more information, visit

<https://www.ontario.ca/laws/statute/16a29>.

Hindu Heritage Month

Hindu Heritage Month is an opportunity to remember, celebrate and educate future generations about Hindu Canadians and the important role that they have played and continue to play in communities across Ontario. For more information, visit

<https://www.ontario.ca/laws/statute/16h35>.

Treaties Recognition Week

Treaties Recognition Week was introduced in 2016 by the province to honour the importance of treaties and to help Ontarians learn more about treaty rights and treaty relationships between

Indigenous and non-Indigenous people. It is recognized during the first week of November every year. For more information, visit <https://www.ontario.ca/page/treaties#section-4>.

Veteran's Week (November 5 - 11)

The people of Ontario must never forget the extraordinary courage and profound sacrifice made by the men and women who bravely and unselfishly gave their lives for Canada in wars and in peace support operations. As a gesture of respect for those who bravely and unselfishly gave their lives for Canada in wars and in peace support operations, the week preceding Remembrance Day each year is recognized as Veteran's Week. For more information, visit <https://www.ontario.ca/laws/statute/16r21>.

Remembrance Day (November 11)

Remembrance Day commemorates the armistice signed to end the First World War at 11:00 a.m. on November 11, 1918, being the 11th hour of the 11th day of the 11th month of that year. Every year on November 11, Canadians pause in a silent moment of remembrance for the men and women who have served, and continue to serve our country during times of war, conflict and peace. For more information, visit <http://www.veterans.gc.ca/eng/remembrance/history/a-day-of-remembrance>.

Holodomor Memorial Day (fourth Saturday in November)

The Holodomor is the name given to the genocide by famine that occurred in Ukraine from 1932 to 1933. The day provides an opportunity to reflect on and to educate the public about the enduring lessons of the Holodomor and other crimes against humanity. For more information, visit <https://www.ontario.ca/laws/statute/09h07>.

National Child Day (November 20)

Celebrating National Child Day is about celebrating children as active participants in their own lives and in communities, as active citizens who can and should meaningfully contribute to decision-making. For more information, visit <http://www.phac-aspc.gc.ca/ncd-jne/index-eng.php>.

16 Days of Activism Against Gender Violence (November 25-December 10)

The 16 days of Activism Against Gender-Based Violence begin on the International Day for the Elimination of Violence Against Women (November 25) and end on International Human Rights

Day (December 10). For more information, visit <http://www.swc-cfc.gc.ca/commemoration/vaw-vff/index-en.html>.

NOVEMBER

2021

- 1** All Saints Day
Christianity
- 1** **Samhain ends**
Wicca
- 4** **Diwali/Deepavali**
Hinduism/Jainism
- 4** **Bandi Chhor Divas**
Sikhism
- 5** **Hindu New Year**
Hinduism
- 6** **Birth of the Báb**
Bahá'í
- 7** **Birth of the Bahá'u'lláh**
Bahá'í
- 7** Inuit Day
Indigenous World View
- 8** Gyan Panchami
Jainism
- 11** Remembrance Day
Canadian Observance
- 15** Nativity Fast begins (40 days) (J)
Christianity
- 16** Louis Riel Day
Indigenous World View
- 18** Dev Diwali
Jainism
- 19** **Birth of Guru Nanak**
Sikhism
- 24** **Martyrdom of Guru Teg Bahadur**
Sikhism
- 25** Day of the Covenant
Bahá'í
- 27** Ascension of 'Abdu'l-Bahá
Bahá'í
- 28** First Day of Advent
Christianity
- 28** Chanukah begins
Judaism

November PA Day

Please note that Friday, Nov. 12 is a PA Day for all elementary and secondary SCDSB students, both Learn@Home and in school. Please refer to the [2021-2022 School Year Calendar](#) on the SCDSB website for more information.

Daily COVID-19 self-assessment

All students and staff are required to complete the daily COVID-19 self-assessment prior to entering SCDSB schools and buildings, using the provincial self-assessment tool. Students or staff with symptoms must stay home from school. To access the COVID-19 self-assessment tool, please visit <https://covid-19.ontario.ca/school-screening/>.

Updates to the School Screening Tool for the 2021-22 school year - International travel

Recently, the [COVID-19 school and child care screening tool](#) was updated to reflect the return to school requirements for students who are returning from international travel. Individuals who are unvaccinated and returning from international travel, may not attend school or child care for 14 days upon their return. For further clarity, while unvaccinated children and those under the age of 12 are exempt from federal quarantine if they travelled with a fully vaccinated companion, they may not attend school or child care for 14 days upon their return. Individuals with all other quarantine exemptions (e.g. travelling for cross-border custody arrangements, travelling for medical treatment) may continue to attend school or child care.

Communication to families regarding inclement weather days

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 **West** zone. When buses are cancelled, schools remain open for student 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/or SCDSBhub [Brightspace by D2L]) 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>.

High school information events for Grade 8 students

Is your child starting Grade 9 next year? High school information events will take place this winter. Student leaders and staff at the school will give an overview of what's new and what to

expect. Different pathways and courses offered will be explained, as well as information about teams and clubs. Please visit your high school's website for more information.

SCDSB census

In early 2021 the SCDSB held its first student and workforce censuses. We had almost 27,000 students and over 3,700 staff participate! In October 2021 the initial data from the censuses was released, along with some next steps and areas of focus for the SCDSB. To learn more, visit www.scdsb.on.ca/census.

Student voices on mental health

Ontario secondary school students, School Mental Health Ontario and Wisdom2Action have launched #HearNowON for 2021. Your voice and perspective is important! Share your ideas on mental health awareness, learning and wellness promotion in Ontario schools.

The #HearNowON 2021 online survey is live and closes Nov. 19, 2021. Contribute your perspective here: https://bit.ly/HearNowON2021_ONecoute2021.

Attend a virtual student consultation event and share your perspectives on student mental health with School Mental Health Ontario and Wisdom2Action. This opportunity will gain you volunteer hours and allow you to meet students across the province! Sign up for a virtual forum of your interest here: www.wisdom2action.org/hearnowon/.

Join us! A learning series for parents/guardians

Mental health and well-being continues to be a key strategic priority within the SCDSB. We are pleased to announce a new three-year partnership with Pine River Institute (PRI). The Centre for Family Initiatives at Pine River Institute (CFI@PRI) will provide several multi-part learning series focused on student mental health and well-being to SCDSB families, staff and within the SCDSB's broader school communities.

There are five webinars in the learning series specifically planned for parents and guardians during this school year.

Nov. 23, 2021 Parenting for Positive Mental Health, Part One

Nov. 30, 2021 Parenting for Positive Mental Health, Part Two

Jan. 25, 2022 Understanding and Managing Screen Time

March 29, 2022 Connection and Empathy in Response to Behaviour

May 19, 2022 Understanding Addiction and Addictive Behaviours

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 mental health and well-being page on 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 www.pineriverinstitute.com.

Treaties Recognition Week takes place Nov. 1 to 5

Treaties Recognition Week was introduced in 2016 to honour the importance of treaties and to help Ontarians learn more about treaty rights and treaty relationships. Treaties Recognition Week is the first week of November every year - this year it is Nov. 1 to 5. This annual event honours the importance of treaties and helps students and residents of Ontario learn more about treaty rights and relationships. By learning more about our collective treaty rights and obligations, we can create greater understanding and nurture these relationships. Take some time Nov. 1 to 5 to learn about the treaty in your area. To learn more about the treaties and how we can honour them, visit www.ontario.ca/page/treaties.

Grade 1 French Immersion information

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.

Historically, in-person Grade 1 FI Family Information Nights are held annually in advance of the application process for the following school year. This year, due to restrictions on large group public gatherings, Family Information Nights will be held virtually by the Grade 1 FI sites.

The SCDSB board-wide electronic application dates for the Grade 1 FI program for all sites will be Wednesday, Dec. 1, 2021, beginning at 9 a.m. and ending at 4 p.m. on Friday, Dec. 17, 2021. Consistent with last year's process, the online FI application process will be a randomized lottery system.

mPower for extra practice

Are you looking for a way to provide extra math practice for your child at home in a fun and engaging format? [TVO mPower](#) is a free digital tool that includes 65+ online games to support the mastery of tough-to-learn math concepts.

TVO mPower's goals are:

- 1. To provide Ontario students with opportunities to practice important math skills and to foster positive attitudes towards math by making learning fun and engaging.***
- 2. To show students that math is everywhere by connecting math games to the big ideas in science and social studies.***

3. *To support students in developing 21st century global competencies by integrating skills such as metacognition, problem solving, creativity and citizenship.*

TVO mPower is:

- *Ontario curriculum-based - aligns with the Ontario mathematics, science and technology and social studies curricula while also supporting the development of global competencies*
- *Learner-centred - tracks student progress and responds to learners' needs*
- *Assessment-driven - includes teacher dashboard and educator resources*
- *Tested and trusted - developed in partnership with Ontario educators and students*
- *Always free for Ontario students and educators, and now for Ontario families*
- *Safe and advertising-free*
- *Available for desktop and laptop computers and iPad tablets*

Visit tvompower.com for more information.

Health and Wellness at Nottawa

Apples are a healthy, delicious and versatile snack. Whether you picked your own apples at the Kennedy Orchards fundraiser on October 6; visited a local farm market to snag some macs; or purchased your favourite variety from the grocery store; apples are in season!

Apple crisp and applesauce are household favourites, but apple “donuts” are a healthy alternative to the traditional, sweeter options...and they’re a fun snack to make with kids of any age!

1. *Core and slice a medium apple into “donut” shaped discs*
2. *Top with your favourite spread. Some options may be:*
 - *Nut butter (peanut, almond, cashew, etc.)*
 - *Non-nut butter (WowButter, SunButter)*
 - *Cream cheese*
3. *Decorate with toppings of your choice. Some examples are:*

- ***Fresh fruit***
- ***Dried fruit (unsweetened coconut, raisins, etc.)***
- ***Seeds (sunflower, chia, pumpkin, etc.)***
- ***Nuts***
- ***Hemp hearts, granola, etc.***



