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May 2023 Newsletter

Character attribute for the month of May

Respect - we treat ourselves, others and the environment with consideration and dignity. More information about character education can be found here: scdsb.on.ca/about/character_education

[Significant days, holy days, holidays and heritage recognition occurring in the month of May](#)

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). Here are some ways to do that:

- Sign up to receive SCDSB media releases by clicking the 'Subscribe' button at scdsb.on.ca.
- Follow the SCDSB on Twitter (@SCDSB_Schools), Facebook ([facebook.com/SCDSB](https://www.facebook.com/SCDSB))

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 outreach series

In 2023, the Simcoe County District School Board (SCDSB) is hosting virtual special education outreach sessions to assist parents/caregivers in learning more about programs, supports and ways that we work together to support students with special education needs. The remaining session is:

Working with families to create safe and supportive environments for children who have experienced trauma

May 9

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 at scdsb.on.ca/elementary/special_education/special_education_outreach_sessions.

Elementary summer learning programs in the SCDSB

The SCDSB continues to support student achievement and well-being throughout the summer months by providing a range of elementary summer learning programs. This summer, the SCDSB is offering programs that will focus on reading (Grades 1-3), math (Grades 4-8), multilingual learners (Grades 4-8), as well as students with learning disabilities who use assistive technology at school (Grades 4-8). The programs will be delivered through both a virtual synchronous learning format and in-person, and take place from July 10 to 28 from 9 a.m. to 12 p.m. daily. In-person programs take place at Terry Fox Elementary School in Barrie.

Interested families are asked to contact their children's school principal for further details and registration information. Registration is completed through the SCDSB's public website starting Monday, May 1. Deadline to register is Friday, May 19.

Registration now open for summer eLearning!

The Simcoe County District School Board (SCDSB) is offering summer school courses in July 2023 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 post-secondary 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 <http://thelearningcentres.com>.

Kindergarten registration for September 2023 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 2023? If so, we invite you to register your child for Kindergarten. To register online or for more information visit: scdsb.on.ca/kindergarten.

Kindergarten orientation sessions happening soon

Kindergarten orientation sessions will be held throughout the SCDSB in the spring of 2023. These sessions provide families the opportunity to engage with their school community as their children prepare to enter school. Learn more about these sessions and find out when your child's school is holding theirs on the Kindergarten orientation page of the SCDSB website:

scdsb.on.ca/elementary/planning_for_school/kindergarten/kindergarten_orientation.

Licensed summer 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 over the summer holidays. 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 at scdsb.on.ca/elementary/planning_for_school/childcare_before_after.

EarlyON Child and Family Centres

The Simcoe County EarlyON Child and Family Centres have locations throughout Simcoe County. These centres offer a variety of services, including programs that help prepare children and parents/guardians for kindergarten. Programming will be offered in the spring of 2023. Check with your local EarlyON provider for dates and times. <https://linktr.ee/earlyonsimcoe>

Before and after school programs for the 2023-24 school year

Register now for before and after school programs for the 2023-24 school year. Please contact the child care operator at your child's school directly to discuss fees and to register. More information and contact numbers can be found at scdsb.on.ca/elementary/planning_for_school/childcare_before_after.

Complete your diploma and get a head start on your career in healthcare in the SCDSB's PSW program!

Did you know that the SCDSB's Learning Centre offers an accredited personal support worker (PSW) program? Individuals interested in a career in healthcare can earn 7.5 credits towards their Ontario Secondary School Diploma and a PSW certificate upon completion of the program!

Applications are now open online for PSW programs beginning in September 2023 in Barrie, North Simcoe (Midland), and Orillia. To apply, visit thelearningcentres.com and watch the mandatory virtual information session video. This video includes important information about the PSW program and the application process. Applicants will also be required to complete an online PSW Literacy Assessment. Register for the assessment using the 'Assessment Registration Form'.

Registration for September 2023 closes July 7 at 12 p.m. Have questions or need more information? Contact the Learning Centres at psw@scdsb.on.ca.

Adult English as a Second Language Program

Looking to improve your English skills? Join our Adult English as a Second Language Program (ESL) classes to improve your listening and speaking skills through class discussions and presentations. Develop your English skills to advance in your current job or open the door to new employment opportunities. Learn more about your local community and explore Canadian culture and history. Adult ESL classes are offered year-round with a continuous intake.

To register for the program, please contact the Barrie Learning Centre at 705-725-8360 ext. 45151, or email ganderson@scdsb.on.ca.

**Please note all students starting ESL for the first time must be assessed prior to starting the class. Fees apply for visitors to Canada and work/study permit holders.*

Mental Health Week 2023

Join us for Mental Health Week May 1 to 7 by shining a spotlight on how mental health care can be expressed and nurtured (through self-care strategies, art, music, sport etc.). At the SCDSB we are committed to the mental health and well-being of every student and will be shining a spotlight on how mental health is supported in our school communities by sharing on social media using the hashtags #MyStory, #MentalHealthWeek, and #ShineGreen, and tagging @scdsb_mhwb, @scdsb_schools, and @SMHO_SMSO.

Reading with Sora

Sora is the SCDSB's digital ebook library which is available to all students from K-12. Each year, Sora has a collection of diverse ebooks and audiobooks (juvenile to young adult) curated into a collection called Sora Sweet Reads. From May 15 until Aug. 28, students may access these books using either the Sora app or by using the desktop version: <https://soraapp.com/welcome/login/202712>. The best part of this collection is that each title is simultaneous use, meaning that there are unlimited copies available so there are no holds on the titles! Simply use your school Google login and password to access the library. We hope that this collection will encourage students to stay engaged in reading even when the weather gets warmer. Happy reading!

Four finger affirmations coping strategy

Well-being is a strategic priority in the Simcoe County District School Board, and our well-being department provides monthly strategies to support student and family well-being.

This month's strategy is four finger affirmations. Parents/guardians can guide their child to think positively in the face of stress or challenges by using affirmations to promote confidence, a growth mindset, self-regulation, and resiliency. To practice four finger affirmations at home, work with your child to generate four words that make them feel calm and confident. For example, "I am loved today" or "breathe, listen, smile, love." Explain that each word will match a finger on their hand. Have them say the words (affirmation) aloud or in their head and connect each finger with their thumb. Tell your child they can repeat this as many times as they like, to themselves or out loud.

Consider practicing four finger affirmations at home with your child at a time of day that will be most helpful for them. Find more easy and fun mental health activities to do at home here: <https://smho-smso.ca/online-resources/easy-and-fun-mental-health-activities-for-home/>.

Follow along on the SCDSB's Mental Health and Well-being social media accounts (@SCDSB_MHWP) to see how well-being is being supported in our schools.

Making 'cents' of financial literacy

All students need the skills and knowledge to take responsibility for managing their personal financial well-being with confidence, competence, and a critical and compassionate awareness of the world around them. In the 2020 math curriculum, there is focus on financial literacy learning in Grades 1 to 8, including understanding the value and use of money over time, how to manage financial well-being and the value of budgeting.

Students build their skills and knowledge about the value and use of money, how decisions impact personal finances, as well as develop consumer and civic awareness.

Students will:

- Learn how to manage finances responsibly, such as creating a budget to help save enough money to buy something they want such as a book, toy, or video game
- Begin to develop a greater awareness as consumers and contributors in the local and broader economic system

Wondering how you can support the development of your child's financial literacy skills at home? Check out some of these great tips and resources!

Tips:

- Find daily, real-world opportunities to talk about money in the contexts of earning, saving, spending, and giving
- Consider the financial habits you want to instill in your child, and talk about them
- Involve your child in making decisions about purchases for household items, and compare the costs of different items (e.g., we need to save money to repave the driveway so we're going to cut down on spending, do you have any ideas?)

Resources:

- Peter Pig's Money Counter, Practicalmoneyskills.ca
- Financial Literacy Rocks, financialliteracy.rocks/financial-literacy-for-kids

Reporting immunizations

Parents/guardians are responsible for reporting their child's immunizations to public health to keep records up-to-date per standards of the Immunization of School Pupils Act (ISPA) (ontario.ca/laws/regulation/900645) and the Child Care and Early Years Act (ontario.ca/laws/regulation/150137#BK46). Please note, health care providers in Ontario do not automatically report immunizations to their local public health unit. Reporting and viewing immunizations is easy and can be done online.

To book a clinic appointment to receive a vaccine, visit:

www.simcoemuskokahealth.org/Topics/Immunization/Clinics-and-Programs/Routine-Immunization-Clinics.

For more information or questions, you can call Health Connection at 705-721-7520, or toll-free at 1-877-721-7520.

Information provided by the Simcoe Muskoka District Health Unit

School Council Wellness Article

How can I Better my Immune System with Food?

This Time of year can be confusing weather wise, cold one day then hot the next, rainy, then sunny. With the changes in weather comes cold and flus. If you're looking for ways to prevent colds, the flu, and other infections, your first step should be a visit to your local grocery store. Plan your meals to include these 15 powerful immune system boosters.

1. Citrus Fruits: These contain high amounts of vitamin C which helps build up your immune system. Grapefruits, lemons, oranges, limes, clementines, and tangerines are all great examples. If you don't like eating these fruits how they

are, try incorporating them into your meal either by drizzling over your poultry for some great lemon chicken, fish, or salad dressing.

2. Red Bell Peppers: If you think citrus has lots of vitamin C, you may be surprised to know that red bell peppers contain three times the amount of vitamin C as an orange. Incorporate these into your diet by adding them to a sandwich, salad, wrap or just with dip. Eating them raw is the way to get the best benefit out of this vegetable.

3. Broccoli: This Vegetable is supercharged with vitamins and minerals. Packed with vitamins A, C, and E, as well as fiber and many other antioxidants, broccoli is one of the healthiest vegetables you can put on your plate. Again, raw is the best way to eat this to get the best benefit from this food or lightly cooking them is ok too.

4. Garlic: This is a must have for your health. It adds huge value to your health by fighting infections. Garlic may also help in slowing down the hardening of arteries and has some evidence that it lowers your blood pressure.

5. Ginger: is another ingredient many turn to after getting sick. Ginger may help decrease inflammation, which can help reduce a sore throat and inflammatory illnesses. Ginger may help with nausea as well. While it's used in many sweet desserts, it can also be added to a tea. Ginger may also decrease chronic pain and might even possess cholesterol-lowering properties.

6. Spinach: This makes the list not just because it's rich in vitamin C — it's also packed with numerous antioxidants and beta carotene, which may both increase the infection-fighting ability of our immune systems. Similar to

broccoli, spinach is healthiest when it's cooked as little as possible so that it retains its nutrients.

7. Yogurt: Look for yogurts that have the phrase "live and active cultures" printed on the label, like Greek yogurt. These cultures may stimulate your immune system to help fight diseases. Try to get plain yogurts rather than the kind that are flavored and loaded with sugar. You can sweeten plain yogurt yourself with healthy fruits and a drizzle of honey instead. Yogurt can also be a great source of vitamin D, so try to select brands fortified with this vitamin. Vitamin D helps regulate the immune system and is thought to boost our body's natural defenses against diseases.

8. Almonds: When it comes to preventing and fighting off colds, vitamin E tends to take a backseat to vitamin C. However, this powerful antioxidant is key to a healthy immune system. It's a fat-soluble vitamin, which means it requires the presence of fat to be absorbed properly. Nuts, such as almonds, are packed with vitamins and also have healthy fats.

9. Sunflower Seeds: When it comes to preventing and fighting off colds, vitamin E tends to take a backseat to vitamin C. However, this powerful antioxidant is key to a healthy immune system. It's a fat-soluble vitamin, which means it requires the presence of fat to be absorbed properly.

10. Turmeric: You may know turmeric as a key ingredient in many curries. This bright yellow, bitter spice has also been used for years as an anti-inflammatory in treating both osteoarthritis and rheumatoid arthritis.

11. Green Tea: Both green and black teas are packed with flavonoids, a type of antioxidant. Where green tea really excels is in its levels of epigallocatechin

gallate (EGCG), another powerful antioxidant. In studies, EGCG has been shown to enhance immune function. The fermentation process black tea goes through destroys a lot of the EGCG. Green tea, on the other hand, is steamed and not fermented, so the EGCG is preserved. Green tea is also a good source of the amino acid L-theanine. L-theanine may aid in the production of germ-fighting compounds in your T cells.

12. Papaya: Papaya is another fruit loaded with vitamin C. You can find the daily recommended amount of vitamin C in a single medium fruit. Papayas also have a digestive enzyme called papain that has anti-inflammatory effects. Papayas have decent amounts of potassium, magnesium, and folate, all of which are beneficial to your overall health.

13. Kiwi: Like papayas, kiwis are naturally full of a ton of essential nutrients, including folate, potassium, vitamin K, and vitamin C. Vitamin C boosts the white blood cells to fight infection, while kiwi's other nutrients keep the rest of your body functioning properly.

14. Chicken: When you're sick and you reach for chicken soup, it's more than just the placebo effect that makes you feel better. The soup may help lower inflammation, which could improve symptoms of a cold. Poultry, such as chicken and turkey, is high in vitamin B-6. About 3 ounces of light turkey or chicken meat contains nearly one-third of your daily recommended amount of B-6. Vitamin B-6 is an important player in many of the chemical reactions that happen in the body. It's also vital to the formation of new and healthy red blood cells. Stock or broth made by boiling chicken bones contains gelatin, chondroitin, and other nutrients helpful for gut healing and immunity.

15. Shellfish: Shellfish isn't what jumps to mind for many who are trying to boost their immune system, but some types of shellfish are packed with zinc. Zinc doesn't get as much attention as many other vitamins and minerals, but our bodies need it so that our immune cells can function as intended. Varieties of shellfish that are high in zinc include: oysters, crab, lobster and mussels.

Thanks for taking the time to check in this month and read this month's wellness article. I hope with these added foods into your diet you can help to keep the colds and flus this season at bay. Until next time!