

SIR WILLIAM OSLER SEPTEMBER 2017 NEWSLETTER

SEPTEMBER 2017

PRINCIPAL: Mr. A. Shehata

SCHOOL OFFICE 905-775-2922

SAFE ARRIVAL 905-775-2922 -1

FAX 905-775-4782

Daily School Schedule

(Please keep it handy for future reference)

Staff Supervision has been scheduled to supervise students from 9:00 – 9:15 am.

Entry Bell	9:15 am.
Period 1	9:15-10:05 am. (50mins.)
Period 2	10:05-10:55 am.(50mins.)
Nutrition Break	10:55-11:15 am.
Outside Recess	11:15-11:40 am.
Period 3	11:40-12:30pm.(50mins)
Period 4	12:30-1:20pm.(50mins)
Nutrition Break	1:20-1:40 pm.
Outside Recess	1:40-2:05 pm.
Period 5	2:05-2:55 pm. (50mins.)
Period 6	2:55-3:45 pm. (50mins.)
Dismissal Bell	3:45 pm.

SCHOOL YEAR CALENDAR

First day of school (Gr. 1 – 8 students and returning SK students)	Tuesday September 5, 2017
First day of school (JK students)	Thursday September 7, 2017
P.A. Days (no school for students)	Friday, October 20, 2017 Friday, November 17, 2017 Friday, January 26, 2018 Friday, April 27, 2018 Friday, May 18, 2018 Friday, June 1, 2018 Friday, June 29, 2018
Thanksgiving Day	Monday October 9, 2017
Holiday Break	Monday December 25, 2017 Friday January 5, 2018
Back to school	Monday January 8, 2018
Family Day	Monday February 19, 2018
School Holiday March Break	Monday, March 12 - Friday, March 16, 2018
Back to school	Monday, March 19, 2018
Good Friday	Friday, March 30, 2018
Easter Monday	Monday, April 2, 2018
Victoria Day	Monday, May 21, 2018
Last day of school for students	Thursday, June 28, 2018

PRINCIPAL'S MESSAGE

Welcome back to the 2017-18 school year! Beginning a new school year is an exciting time for all of us; students, parents/guardians and staff alike. After a summer of relaxation, travel, activity and rest, the time has come for all of us to settle into another year of opportunity and challenge. We trust that you have had an enjoyable summer. We look forward to working with all students and families throughout the year ahead. To our new families, we extend a very warm welcome and are pleased to have the opportunity to get to know you.

Mr. Shehata, our returning Principal, is looking forward to another exciting year at SWOPS. He knows that the hard work and teamwork of students, staff and parents will continue to make Sir William Osler a great school.

Through our newsletters, we will attempt to keep you informed of upcoming events, news at our school, and the outstanding achievements of our students. We will provide you with a newsletter each month. Please check these carefully for notice of upcoming events and school news. The monthly newsletter is sent home with the youngest child in each family.

We look forward to working with you in what promises to be a very exciting year.

Mr. Shehata and the SWOPS staff

SAFE ARRIVAL PROGRAM

Our Safe Arrival Program is vital to the safety of all of our students. Please remember to call the Safe Arrival Line if your child will be late or absent from school. To report an absence or late arrival, call the school 905-775-2922 and press 1 to leave a message. Include the student's name, teacher, reason for absence and expected date of return in your message. This service is available 24 hours a day for your convenience. If your child is absent and no message has been left with Safe Arrival, parents, guardians and emergency contacts

will be called until we reach someone who can verify your child's absence. The first call will now be made by an automated phone service. Automated calls will be sent to the home phone number and cell number (if available) for the first parent/guardian listed in your child's file.

The automated call will ask you to call our safe arrival line back.

If we don't hear from you in 15 minutes, we will start to call other contacts, starting with other parents/guardians on file followed by the emergency contacts.

INCLEMENT WEATHER DAYS

On inclement weather days when buses are cancelled, our automated system will call the home and cell number of the first parent on file for all students who are not at school. On these days, the message will ask you to call us back **only if** your child should be at school. If we don't hear from you, we will assume you are aware your child is absent.

Our safe arrival program continues to be operational **for all students**. It is our school policy to contact parents/guardians and, if necessary, emergency contacts of students who are marked absent/late without an explanation. Parents/guardians are requested to communicate the child's name, grade, homeroom teacher, date(s) and reason for absence to us prior to an absence/lateness. Simply call our safe arrival line (**905-775-2922**) at your convenience anytime outside of school hours in order for you to convey this information to us. Thank you for assisting the safety of our students.

TENTATIVE STUDENT/CLASS PLACEMENTS

Please note that our class placements are tentative and subject to change should our enrolment be significantly different than was projected last spring by the SCDSB. We will notify affected families if changes to our tentative class lists will be necessary. We look forward to your partnership in creating a successful school year.

STUDENT DISMISSAL

In the best interest of student safety, students not participating in school sponsored extra-curricular activities are requested to leave our school grounds promptly once dismissed by our staff at the end of the day and board their designated bus to go directly home or to the designated caregiver.

PARKING LOT UPDATE

Thanks to all our SWOPS families who have previously demonstrated safety, understanding and patience when using our parking lot/driveway to pick up and drop off students. In the interest of the safety of all SWOPS students and staff, please continue to drive slowly and carefully through the designated area. Please park in designated parking areas keeping the bus lane free. We continue to require the daily co-operation of all families in order to maintain a safe parking lot.

STAFF CHANGES

We have a few new staff members at Sir William Osler.

Welcome to Ms. MacKinnon and Mrs. Zacher. Once our complete staff complement is in place we will publish our complete staff list for your reference.

SAFETY REMINDER: OUR SCHOOL DOORS ARE LOCKED DURING THE DAY

The safety and well-being of our students is our top priority. We have a number of procedures in place designed to keep our school safe. One of these initiatives is that our front door is locked during the school day. All other school doors are also locked. To access the building, visitors will need to press the intercom button at the front door.

Staff in the office will let visitors into the school. This will help us ensure that all visitors sign in at the office. Please understand that staff may not be available to answer the door immediately. If you have any questions about safety procedures, as always, please contact the office.

SCHOOL COUNCIL UPDATE

All SWOPS parents/guardians are welcome to attend the School Council meeting to be held on Monday September 18 at 5:00 p.m. in the Library. Please forward agenda items to SWOPS School Council Chair via the school office, by Thursday, September 14.

SCHOOL COUNCIL ELECTIONS

Each September the annual School Council formation process takes place. Our School Council is made up of the school principal, a teaching representative, and parent/guardian representatives.

The executive will be elected in September. Here's your chance to get involved! If you are interested in being part of this year's Council, please pick up a Nomination form at our school office. If elections are required, they will be held during this meeting.

Please note that any current or previous members of the School Council must re-apply by submitting a parent nomination form for the 2017 – 2018 school year.

MEET THE TEACHER NIGHT

This is the first notice of our annual "Meet the Teacher Night" which will be held at the school on the evening of Wednesday, September 27, 2017. We look forward to meeting all our SWOPS families. This is also the best opportunity for parents/guardians to sign up for the fall student/parent/teacher conferences. Further details and times will follow.

SCHOLASTIC BOOK FAIR

Sir William Osler will have a **Scholastic Book Fair** beginning **Tuesday November 14th** until **Friday November 17th**.

Your child will have many opportunities to visit the book fair. Please check out the book fair at our Student/Parent/Teacher Conferences in November. The Scholastic book fairs are a major fundraiser for our library.

No to "NUTS"!

We wish to request that all parents/guardians help staff assist students/staff with potentially life-threatening allergies to nuts by ensuring that all lunch and snack items brought to school are nut-free. Thank you for your assistance in this important matter.

HELP US KEEP OUR SWOPS ENVIRONMENT CLEAN AND TIDY FOR EVERYONE

Parents/guardians, please take note of the following procedures to assist our school environment.

-Students are asked to change to indoor shoes when they enter the classroom to help keep classroom floors clean.

-We encourage students to bring "garbageless" lunches whenever possible and to recycle at school all possible materials in the proper recycling containers.

PEDICULOSIS (HEAD LICE) CHECKS

Parents/guardians should check their children's heads on a weekly basis for head lice. At school we do our best to keep you informed of outbreaks of head lice reported to us by parents. It is the responsibility of each parent/guardian to monitor this situation and inform the school of an outbreak. Such reports will remain confidential but general notification will be sent home to affected classes of students.

SCHOOL AGENDAS FOR STUDENTS

We continue with the use of student agendas this year for students. In addition to the development of organization and time management skills, the agenda serves as a communication tool for students, their parents and the teacher. Its regular use has proven to be a very effective mechanism in a student's academic achievement and success. The agendas contain important school and school board information. The Simcoe County District School Board has issued a common agenda for all of the schools in Simcoe County which will be purchased from the school's basic budget.

**SEVERE ALLERGIC REACTIONS OR
MEDICAL CONDITIONS AND MEDICATION
ADMINISTERED AT SCHOOL**

Some students experience severe discomfort from stings of insects and/or contact with specific foods. In some cases, the reaction is so severe that an injection is required immediately. If your child is subject to severe allergic reactions or has some other life-threatening condition which requires the immediate administration of medication or medical assistance, please contact the office promptly to discuss the need for an appropriate emergency plan.

Also, parents/guardians of students who have had medication prescribed by a physician to be administered during the school day are asked to contact the school office in order to receive a copy of the required administration of medication form. This form details the specific medication, information regarding schedule of administration of medication to the student and the signature of the prescribing physician. **Please arrange to have your doctor complete the required forms, which are available from the school office, in advance. For student safety, school personnel are not permitted to administer any medication until the required forms are completed in compliance with school board policy.**

For the safety of all students, any medication, whether by prescription or not, **MUST** be stored in the office and dispensed by staff. **Students are not to carry medication with them or have medication stored in the classroom or school bag.**

SIGNING STUDENTS OUT

For safety reasons, no student is allowed to leave school property for any reason unless he/she has been signed out at the school office by his/her parent/guardian and/or a note of permission signed by his/her parent/guardian with a specific date, timeframe, purpose and destination has been presented to the homeroom teacher, in advance.

**PARENT/COMMUNITY VOLUNTEERS
NEEDED**

Volunteers play a vital role in many aspects of school life at Sir William Osler. Volunteers are most welcome to work in the school on a flexible schedule and with times that suit our volunteers' busy schedules.

As per the previous school year, all potential volunteers who did not volunteer last year at Sir William Osler must submit to the school office a criminal record check with a vulnerable sector screening attachment, produced in the previous six months. These are available from the South Simcoe Police. Returning volunteers who submitted their criminal record check last year must complete a brief Criminal Offence Declaration which is available from the school office before they begin to volunteer for the 2017 – 2018 school year.

Current volunteers who do not submit an Annual Offence Declaration for Volunteers on or before December 31, 2017, will be deleted from the database on January 1, 2018, and will have to submit a new Criminal Records Check and Vulnerable Sector Screen.

Please contact the school office with any questions.

SCHOOL BOOKS AND SUPPLIES

Please ensure that all school resources issued to students are cared for in a responsible manner. With texts and library books often costing \$50.00 per title or more, broken/lost/defaced items contribute to added costs for our school's annual operating budget. We are sure that everyone can appreciate the need for all resources issued to be returned in good form. Thank you for your co-operation in this matter. If you have located items over the summer that belong to our school, please return them to us at your earliest convenience. **Please note: Students are encouraged to wait for direction from their teachers before buying supplies.**



UPCOMING SCHOOL EVENTS TO REMEMBER	
ADDITIONAL DATES AND INFORMATION WILL FOLLOW	
Sept. 7	JK students begin
Sept. 7-18	School Council Parent Nomination Forms
Mon. Sept. 18	School Council Mtg., 5 p.m., Library
Wed. Sept 27	Meet the Teacher
Fri. Sept. 29	Terry Fox Run (details to follow)
Mon. Oct. 9	Thanksgiving Holiday
Wed. Oct. 25	Picture Day
Nov. 14-17	Scholastic Book Fair
TBD	Volunteer Orientation

WHAT A SPARKLING SCHOOL!

The months of July and August have been industrious months for our custodial staff. They have had an extremely busy time cleaning and polishing every square centimeter of our school. We extend a great big thank you to our dedicated custodial staff for their ongoing commitment to prepare our school for another school year and for their continued effort in its maintenance throughout the school year. We will all do our best to assist them in keeping our school clean and tidy. Thank you!

To that end we encourage students to use a pair of **indoor shoes** during instructional time. These can be the same ones used for gym classes. Also, students will be provided time **indoors for eating, including snacks/drinks**, during two nutrition breaks each day. No food or drinks are to be consumed outside during recess times in order to reduce garbage outside and reduce the attraction of hazardous insects.

ATTENDANCE AND PUNCTUALITY BREED SUCCESS

To ensure that your child maximizes his/her learning potential, please make his/her punctuality a priority by assisting your child to achieve excellent attendance and punctuality records. It is no surprise that our highest achieving students also have excellent attendance records. When students miss school, gaps in learning may occur since much of what they learn builds on previous experiences. A student with 20 days of absences actually misses one whole month of important learning activities.

VISITORS TO SIR WILLIAM OSLER

For the safety of all of our students we are reminding all parents/guardians that our school policy insists that all visitors (non-students at Sir William Osler) are obliged to sign in at the school office when entering the school for any purpose. We ask that consideration be given to not disrupting students and teachers during their instructional time. All of our teachers would be glad to speak to you over the phone or arrange a personal appointment. Messages for students should be kept to emergencies and left with our school secretary. Similarly, our school telephone lines are not for regular student use, except for emergency situations.

IMMUNIZATION UPDATES

Do you have a record of your child's immunization? As a parent, you need to keep your child's immunizations up to date. You also need to provide a copy of your child's immunization record to the Health Unit when they start school and inform the Health Unit every time your child receives an immunization. It is recommended that you keep a record of your child's immunizations on their yellow Immunization Record. If you do not have an Immunization Record for your child, or you need to update the Health Unit on your child's immunization status, please contact the Health Unit at 1 – 877 – 721 – 7520.

LUNCH AND MILK PROGRAM

Lunch and milk programs for your child(ren), will begin soon. Stay tuned for further information to be sent home in the near future.

CHARACTER EDUCATION
CONTINUES TO BE ALIVE AND WELL AT
SIR WILLIAM OSLER

Character Education continues to be woven into the instruction all students receive in all subjects. It is not a separate curriculum. Character Education helps to instill in all students the responsibilities and benefits of being an active member of a caring school community. Character Education will continue to be a focus of the Simcoe County District School Board, and as such, students, staff and parents are encouraged to become partners in this initiative. This initiative has been subdivided into the following positive behaviour traits: Integrity, Responsibility, Co-operation, Caring, Respect, Optimism, Honesty, Empathy, Courage and Inclusiveness. Watch for further information about Character Education. For more information, please visit www.scdsb.on.ca.

SAFETY AND SECURITY AT SCHOOL

We wish to remind all students and parents that all valuable and/or treasured items should be left at home for safe keeping. Those items may include (but are not limited to) cell phones, smartphones, iPods, iPads, computers, personal Digital Assistants (PDAs), MP3 players, tape, video or digital audio recorders, cameras, handheld electronic games, toys, expensive watches and jewellery. The school cannot be responsible for any such items. Students should avoid bringing large sums of money to school. Payment for lunch orders, field trips, or any other school related purpose should be made to the child's homeroom teacher as soon as the student arrives in the morning, preferably by cheque or online.

GIFTED SCREENING PROCESS

Students who display an advanced degree of general intellectual ability require additional program support in order to reach their educational potential. This support may be through enhancing the curriculum, differentiated instruction and through providing program modifications. This type of programming is important to engage, motivate and challenge students who are identified as gifted in either the regular classroom or in gifted classroom placements.

Parents/guardians of a student in or above Grade 3 this school year, who wish the school to consider their child for gifted screening are asked to contact

Mrs. Zacher, Special Education Resource teacher by September 22, 2017.

Students may be nominated by either a teacher or parent.

If you require further information about the gifted screening process, please contact Mrs. Zacher. at the school.

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):

- you can subscribe to our school's website by visiting the 'What's New' section at <http://swo.scdsb.on.ca>. You can sign up to receive emails about school news updates and information during emergency situations. It's easy to subscribe – visit our website 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 unsubscribe at any time using the link at the bottom of each email.
- for Simcoe County District School Board (SCDSB) media releases and event information, visit the 'News' section under 'About Us' on the SCDSB's website: www.scdsb.on.ca. The SCDSB Education Centre can be reached at 705-734-6363.
- follow the SCDSB on Twitter (@SCDSB_Schools), Facebook ([facebook.com/SCDSB](https://www.facebook.com/SCDSB)) and Instagram ([instagram.com/scdsb](https://www.instagram.com/scdsb)).
- through SCDSB's Sharing Simcoe blog (www.sharingsimcoe.com), we share stories of our amazing staff, students and school communities.
- For school bus transportation information, visit the Simcoe County Student Transportation Consortium's website at: simcoecountyschoolbus.ca. And remember to bookmark the school bus information page at: simcoecountyschoolbus.ca for bus delay and cancellation information on inclement weather days.

PROCEDURES HELP KEEP OUR SCHOOL SAFE

The safety and well-being of students is our top priority. We have a number of procedures in place to keep our school safe. You can help your child understand and feel safe by:

- talking to them about the situations below
- reminding them that emergencies are rare
- telling them it's important to follow staff instructions in these situations

Parents should talk about the following emergency drills with their children:

- **Shelter in place** is used when there is an environmental or weather-related situation, like a chemical spill outside the building, or a major storm. Activities continue inside the school. Students and staff are not allowed to leave the building. The ventilation system may be shut off.
- A **hold and secure** is used when there is a situation in the community, not related to the school, like a bank robbery nearby. Activities continue, but all doors are locked. No one is allowed to enter or exit the school.
- A **lockdown** is used when there is a major incident or a threat of violence related to the school. Students and staff move to secure areas, away from doors and windows. Doors are locked, lights are shut off and blinds are drawn. Students and staff remain quiet. We practice lockdown drills at least two times per year. In the unlikely event of an actual lockdown situation, police ask that parents do not go to the school. Information will be communicated through the school board social media sites (www.facebook.com/SCDSB and www.twitter.com/SCDSB_Schools) and website (www.scdsb.on.ca), through local police and local media.
- All schools have **evacuation plans** in case of gas leaks, bomb threats or fire incidents that would require everyone to leave the school. We hold drills to practice our evacuation plan. In a real evacuation, students and staff may go to the evacuation site, depending on the situation. Parents will be informed about pick-up procedures

by the school, school board and local media.

- Elementary school main doors are locked during the school day. Visitors must use the **intercom system** to enter the building. **Staff may not be available to answer the door immediately, please be patient.** All visitors, including school volunteers, are required to **sign in** at the school office and wear **visitor identification**.
- Staff and volunteers must complete a **criminal record check** before having contact with students.
- We ask parents to contact us when their child will be absent from school as part of our **Safe Arrival** program. When we don't hear from a parent/guardian, and a student is absent, we will call home to find out the reason for the absence.
- At least two staff members in every school are trained in **first aid and CPR**. All Simcoe County District School Board schools **have Automated External Defibrillators (AEDs)**.

When parents are at school during a drill or emergency event, they must follow direction from school staff, police, fire and/or emergency personnel. Parents may not have immediate access to their children during drills or emergencies. They may need to wait until the situation is resolved and school staff and/or emergency personnel release students into parent care.

It's important for you to know we'll always take whatever precautions are necessary to keep our school and students safe.

STUDENT DRESS CODE

Students are expected to respect the guidelines when dressing for school. Our school is a safe space. We work to be equitable and inclusive, and understand that students may choose to express themselves through their clothing choices. Student clothing cannot pose a safety concern or conceal identity. Exceptions are granted to students who wear head coverings or other garments/objects for the purposes of religious observance, medical or sensory needs, or other reasons protected by the Ontario Human Rights Code.

The SCDSB dress code is available in the student agenda and online at www.scdsb.on.ca. If you have questions about the dress code, you can contact

the SCDSB Equity and Inclusive Education Team at 705-728-7570.

SCHOOL BUS 'BUS TAG' PROGRAM HELPS STUDENTS GET TO AND FROM SCHOOL SAFELY

The Simcoe County Student Transportation Consortium's Bus Tag program supports safety for JK/SK and other school identified students. The program helps match students to their assigned afternoon school bus and identifies that they must be met by a parent or guardian at their afternoon bus stop.

The program provides a colour coded Bus Tag with the assigned p.m. route number to be attached to the student's backpack and a colour coded route card with route number in the windows of the school bus that the Bus Tag is matched to. The program can also provide tags for students who are walkers and/or who remain at an on-site childcare centre to make sure they don't get on a bus in error.

For more information, visit main.simcoecountyschoolbus.ca and click on the 'Safety' tab.

SAFETY REMINDER FROM THE SIMCOE COUNTY STUDENT TRANSPORTATION CONSORTIUM (SCSTC)

A reminder to drivers as children return to school this fall, and school buses are back on the roads:

- Take caution – be extra cautious in the vicinity of school buses and around school bus loading and unloading zones
- Pay attention – Watch for school buses' distinctive chrome yellow colouring, flashing red lights and stop arms. **Drivers travelling in both directions on a road without a median must stop for a stopped school bus** that has its upper red lights flashing
- Know the repercussions – Any driver that fails to stop for a school bus with its lights flashing is subject to a fine of up to \$2,000 and six demerit points for a first time offence
- Be empowered – Anyone who witnesses a driver failing to stop for a school bus can report the incident to the police

Visit the SCSTC web site at www.simcoecountyschoolbus.ca and click on the 'Home' button then the 'Safety' tab for more details.

SEPTEMBER SCHOOL BUS SAFETY TIP - SCHOOL BUSES ARE BACK ON THE ROAD

The SCSTC reminds all drivers to be extra cautious in the vicinity of school buses and in school bus loading and un-loading zones. Review school bus safety tips with your child at the beginning of the school year to ensure the school bus ride is safe and enjoyable. School bus safety tips and activities are available at Elmer's Safety Village: elmer.ca/safety-village/school-bus-safety.

YOUR CHILD CAN LEARN A NEW LANGUAGE FOR FREE THIS FALL IN BARRIE AND BRADFORD

The SCDSB offers children in Grades 1 to 8 an opportunity to learn and/or maintain a language other than French or English. Whether you enrol your children in this program to learn a new language, understand a new culture or to extend their knowledge of their first language, every student can benefit from this program. The Barrie Learning Centre (Bayfield Mall) is offering Arabic, Russian, Mandarin, Korean, German, Spanish and Ukrainian. The Bradford Learning Centre (157 Holland St. E, Suite 200) is offering Arabic, Tamil, Spanish, Russian, Ukrainian and Vietnamese. The course takes place Saturday mornings, 9 to 11:30 a.m. starting Sept. 16. There is no charge for this program. Most classes fill quickly on a first come, first served basis. Register your child by visiting www.thelearningcentres.com and clicking on 'Elementary Student.'

PAY FOR FIELD TRIPS, LUNCH DAYS, ETC. WITH SCHOOLCASH ONLINE

We have made it easy for parents to make their school purchases from the convenience of their own home. Whether it's lunch days, field trips or school wear, we have it online for you! Follow these three steps to get started:

1. Go to simcoecounty.schoolcashionline.com or visit our school website and click on "Pay Fees"
2. Register and add your child to the newly created account
3. View and purchase items through bank transfer or credit card

INFORMATION ABOUT STUDENT ACCIDENT INSURANCE FOR THE 2017-2018 SCHOOL YEAR

Student injuries at school, during school events, and extra-curricular activities (athletics, clubs, and out-of-province/out-of-country trips) are not covered by the board or its insurance company. While every precaution is taken to provide a safe learning environment, accidents can and do happen. The Simcoe County District School Board has selected the “insure my kids” program through Old Republic Canada as an option for students/parents/guardians to consider. This insurance offers a variety of plans and benefits at reasonable annual prices. Coverage can be purchased online at www.insuremykids.com. Please watch for your student accident insurance package along with a letter about requirements for extra-curricular activities and out-of-province or out-of-country trips.

PARENT PORTAL GIVES PARENTS REAL-TIME ACCESS TO ATTENDANCE, GRADE INFORMATION

The SCDSB Parent Portal is a secure online tool that provides parents/guardians (of students less than 18 years of age) with quick access to their children’s attendance and grades and includes the option to sign up for email notifications. To access the Parent Portal, parents/guardians will need their child’s SCDSB Pupil ID Number, which can be found on the Student Information Verification Form, as well as an Access ID. The Access ID will be provided in a sealed letter this fall with instructions on how to create an account. If you lose the Access ID, you can visit us in the school office and we’ll provide it to you after verifying your identity.

REGISTER NOW FOR BEFORE & AFTER SCHOOL/CHILDCARE AT OUR SCHOOL

Register now for before and after school programs/childcare. The Before and After School Program is for students in Kindergarten to Grade 6 who need care before and/or after the regular school day hours. The fees are as follows:

Before and After School fee: \$18.90
Before School only fee: \$9.45
After School only fee: \$13.80
PA day, holiday fee: \$34.20

Please contact YMCA at 289-338-9452 to register your child(ren).

WANT TO VOLUNTEER AT OUR SCHOOL?

Current volunteers who do not submit an Annual Offence Declaration for Volunteers on or before December 31, 2017, will be deleted from the database on January 1, 2018, and will have to submit a new Criminal Records Check and Vulnerable Sector Screen. Please see the office for more information or if you have questions about volunteering in our school.

THERE’S STILL TIME TO REGISTER FOR NIGHT SCHOOL

Night School courses for 2017-18 start Tues. Sept. 12 for semester one and Tues. Feb. 13 for semester two. Courses run on either Tuesday or Thursday evenings from 6 to 9 p.m. at the Barrie Learning Centre, 320 Bayfield Street in Barrie. Each course offers a hybrid of in-class and online learning. For a list of available courses and to register, visit: www.thelearningcentres.com/adult-student/night-school.

CAREER CENTRE PROVIDES JOB SEARCH HELP FOR FREE

Are you looking for work? Would you like help with your job search at no cost to you? The Career Centre is available to help. Visit www.barriecareercentre.com for more information.

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.

FREE DENTAL CARE FOR CHILDREN UNDER 18 FROM HEALTHY SMILES ONTARIO

Free dental service is available to your child through Simcoe Muskoka District Health Unit’s Healthy Smiles Dental Clinic in Barrie, or on the dental bus that visits many communities across Simcoe Muskoka throughout the year, as long as you qualify for the program. To find out if your child qualifies or to book an appointment, call the health unit (Monday-Friday, 8:30 a.m. – 4:30 p.m.) oral health team at 705-721-7520 or 1-877-721-7520, extension 8818. Healthy Smiles Ontario is a

government-funded program that provides free dental care for children and youth 17 years old and under from low-income households. This dental program provides free preventative, routine and emergency dental services.

Information provided by the Simcoe Muskoka District Health Unit

IDEAS FOR PACKING HEALTHY SCHOOL LUNCHES

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, left over 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 multi grain wrap/pits/tortilla shells with your child's favourite foods such as hummus and grated carrot or sliced turkey with honey mustard.
- Water is the best option for hydration

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.

Information provided by the Simcoe Muskoka District Health Unit

SCHOOL GROUNDS ARE SMOKE FREE 24/7

Protect yourself and your children from the health hazards of secondhand smoke. Remember, it is against the law to smoke ANYWHERE on school property at ANY TIME. This includes smoking in your vehicle while picking up or dropping off students. It is also against the law to smoke or hold

lit tobacco in a vehicle carrying anyone under age 16. The fine for ignoring the law is \$250. For more information, contact the Simcoe Muskoka District Health Unit 705-721-7520 or 1-877-721-7520 or visit www.simcoemuskokahealth.org.

Information provided by the Simcoe Muskoka District Health Unit

HOW EXERCISE CAN HELP WITH HOMEWORK

It's the start of a new school year and students need to get back into the swing of things! Many students and parents adopt a similar philosophy for success – clear your schedule, buckle down and focus. Although the intention is great, by focusing solely on the books and neglecting the body, students are not actually reaching their full potential. Here are three reasons why exercise can make students more productive:

- Better sleep – it's a fact that our brains work better with a good night's rest. Getting enough sleep contributes to the brain's capacity to store and retrieve information, complete tasks efficiently, maintain focus and manage stress – all of which will improve student success.
- Stress release – exercise is proven to release endorphins that reduce stress. We all know how hard it can be to focus with an aching back, cramped neck or jittery leg. These physical distractions are often a result of excessive time spent in sedentary activities. A quick body break can relieve tension, stress and excess energy, making it easier to focus on the tasks at hand.
- Retain more – blood pumping exercise increases the flow of oxygen to the brain making it more receptive to the flow of new information coming in. Studies prove that students who exercise three times a week or more get higher grades.

In addition to exercise, students should ensure they are eating healthy, staying hydrated and getting lots rest and fresh air.

Information provided by the YMCA of Simcoe/Muskoka (www.ymcaofsimcoemuskoka.ca)

Simcoe Community Services' Grandparent System Support Program

Simcoe County is home to approximately 4,000 grand-families. The Grandparent System Support Program (GSSP) was established in response to the increased needs and unique challenges experienced by grandparents with the sole responsibility of raising their grandchildren. Caregiver fatigue, health concerns, aging, social isolation, financial strain, legal challenges and complex familial relationships can be some of the challenges faced by grandparents parenting again. The GSSP Support Groups often offer a place to share stories, information and resources in a nonjudgmental way and confidential environment. For more information about the support group, meeting dates/times or if you have questions about the GSSP, contact Trish Longo at gssp@simcoecommunityservices.ca or 705-726-9082 x2321.