



Character Trait for March - **Integrity** - We act justly and honourably in all we do.

MARCH DATES:

March 4 - Grade 5s to Springwater Park

March 5 - John Dunn presentation - Grades 4 - 8

6pm - 7:30pm School Council - everyone welcome!

March 6 - Grade 8s to Shanty Bay P.S.

March 11-15 March Break

March 16 - 7:30pm Barrie Colts vs. Niagara Ice Dogs @ B.M.C.

March 19, 26 and April 2 - Grade 3s to the YMCA for swimming

March 21 - World Down Syndrome Day - wear funky socks!

SENIOR BOYS BASKETBALL TEAM

The Senior Boys Basketball team finished their remarkable season earning a top 4 position in the rec finals. At our first tournament at Twin Lakes, East Oro won every game leading up to the finals with a tough loss to Orchard Park. Even more impressive than their skills, is the manner in which they represented East Oro with their integrity and co-operation. After saying good-bye part way through the season to a friend and valued teammate, Quinn M, the team rallied to overcome adversity and made sure they gave their best effort. I would like to give a special mention to Tyler Ross for the leadership he demonstrated throughout the season, helping to lead practices and to rally the team when needed! As a coach, I could not be more proud of these young men for all of their accomplishments on and off the court.

I would like to thank all of the parents and guardians who drove the boys to and from the games and to early morning practices. The basketball team members are: Tyler R, Myles C, Rowan S, Owen Sh, Owen S, Develyn M, Ben B, Tanner S, Corbin D, Alex F, Spencer S and Quinn M.

~Coach Beech

P.S, MRS BEECH IS A TERMENDIOUS COACH!!!

THANK-YOU!!!

Principal's Message

First term report cards went home on February 15th. Please check reports carefully for the next steps. Teachers have been working to build next steps to extend learning opportunities for your child. In the Learning Skills, if students are achieving a 'S' or 'N', close consideration of the learning skill is required. Students who have a good attitude toward learning and present with a consistent effort can do very well in the Learning Skills.

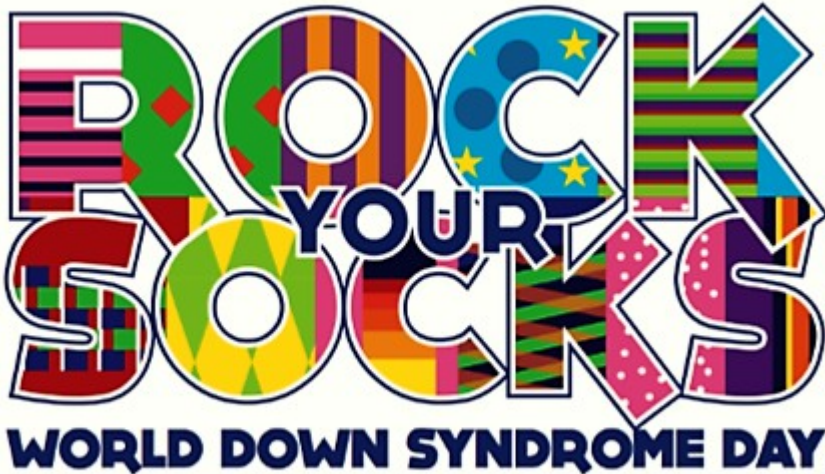
Attendance is crucial for success. While illness and vacations interfere with regular attendance, students who are missing twenty days or more have missed a month of school. The rigor of the curriculum requires punctuality and daily attendance. East Oro, as always is filled with activities and presentations to help balance the academic expectations.

Please remind students of the goals set to improve academic standing and learning skills.



Now Accepting Kindergarten Registrations

Do you or someone you know have a child who was born in 2015? If so, it's time to register them for Kindergarten! Elementary schools are now registering children for Kindergarten for the 2019 -2020 school year. Registration is an ongoing process on line now at <http://kindergarten.scdsb.on.ca>



WORLD DOWN SYNDROME DAY

March 21 is internationally recognized as World Down Syndrome Day, signifying a third copy of the 21st chromosome. Today is a day that people across the world are celebrating the inclusion and acceptance of people with Down Syndrome. In honour of World Down Syndrome Day, we wear *funky socks*, to raise awareness. Remember socks may be different but they are all sock and they can be worn together if people accept and welcome the difference. We hope you'll join us in celebrating differences and include and support your schoolmates with Down syndrome or any disability. Invite a classmate to eat with you at lunch, play with you at recess, join you at your birthday party or to read a book together. Your class can discuss more ways to be respectful and include all students.
Happy World Down Syndrome Day!

Oro Medonte Kids Run - Burls Creek 2019!

Mikayla McDermott from Shanty Bay P.S. is organizing the 2nd annual Oro Medonte Kids Run. The run is at Burl's Creek Event Ground on Saturday May 4th 2019 and is open to kids of all ages as well as their family and friends. The event is in support of youth mental health and addictions, which coincides with the Children's Mental Health Week. Students and families are encouraged to fundraise, as East Oro P.S. is part of a school fundraising challenge against other local schools. We are aiming to raise \$10,000. You are a school with a lot of heart, we can do this together! So donate, fundraise, and register to run! All proceeds from fundraising efforts will go to the RVH Foundation in support of their Child and Youth Mental Health Program.

The emphasis for the event will be on having fun and being active for good mental health. The event will bring kids, families and community partners together to continue the conversation around mental health and addictions. Participants will also be given positive messaging around mental health and addictions, introduced to the health benefits of physical activity, instilled with the importance of building coping skills, and connected to community support services and resources. This year's theme is resiliency. Mikayla would be honoured if you would attend her Oro Medonte Kids Run to affect positive change in our community.

At the event, there will be two chip times races: 2.5 km (14 and Under) and 5 km (all ages). This is a great way to hang out with your friends while doing something healthy and positive for your mental health. Prizes will be awarded for the highest fundraiser and fastest times. A hot dog, ice cream and a drink will be included in the participant race package, along with an event t-shirt and medal for participants. Race participants under 18 will also receive a free (up to \$7) Menchie's frozen yogurt gift certificate.

Artwork Challenge

In order to raise awareness about child and youth mental health and addictions we have created an artwork contest during the month of April. Teachers are encouraged to rollout in their classrooms and promote discussions at home. Individual submissions will be accepted as well. Students will be tasked to create a poster of three healthy ways of coping with their mental health. All posters will be displayed at the event in the lower part of the barn at Burl's Creek. The posters will be judged for their quality and creativity. A prize will be awarded to the winner of each age category of the artwork challenge. There will be four categories: Kindergarten, Primary, grades 1-3, Junior, grades 4-6 and Intermediate, grades 7-8. Submissions must be on the Mental Health Matters Artwork Challenge Submission Entry Form. Name, age and school are required to be written on the back of the form. Drawings can be in colour or black and white. An announcement of the winners will be made at the Kids Run on May 4th, 2019. The winners of the artwork challenge do not need to be in attendance.

Submissions are to be mailed collectively by the schools or individually to Shanty Bay Public School at 1871 Ridge Road W., Oro Medonte, Ontario, L0L 2L0 (Attn: Mental Health Matters Artwork Challenge.) Artwork must be submitted by no later than April 30th, 2019. By submitting your artwork you are agreeing that your artwork can be posted at the event and on our website. Thank you for working together to make a difference in this community.

CHILD CARE PROGRAMMING AVAILABLE FOR MARCH BREAK

The Simcoe County District School Board (SCDSB) supports your child care 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 11 to 15). Fees range from \$10.50 to \$37.75, depending on the program, 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/elementary/planning_for_school/childcare_before_after.

PARENTS/GUARDIANS 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. Upcoming sessions include:

*March 25: Building a Plan for the Summer

*April 25: Applied Behaviour Analysis (ABA)

All sessions take place from 6 to 7 p.m. at the SCDSB Education Centre, located at 1170 Highway 26 in Midhurst. Registration is required. Further details are available at: www.scdsb.on.ca/elementary/special_education.

DO YOU KNOW A YOUTH, AGED 15-29, 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 for more information. The Career Centre is operated by the SCDSB. This Employment Ontario service is funded in part by the Government of Canada and the Government of Ontario.

BUILDING RESILIENCE THROUGH CO-REGULATION AT SEASONS CENTRE FOR GRIEVING CHILDREN

Parents with children in SCDSB schools are invited to attend Education Day: Building Resilience Through Co-Regulation on Thursday, March 28 at Seasons Centre for Grieving Children.

The event is intended to:

- help adults move from a behaviour management approach to a self-regulation lens that works to support the child in their own environment
- promote understanding of how an adult's stress level affects a child
- help participants develop a restorative and self-care toolbox as part of an adult's strategy to model self-regulation
- show benefits of co-regulation

The daytime event runs from 8 a.m. to 4 p.m. and includes sessions from three experts, including a keynote from Dr. Susan Hopkins, Executive Director of the MEHRIT Centre. For parents who can't attend the daytime sessions, an evening session runs from 6 to 9 p.m. featuring Dr. Hopkins.

For more information, including how to register, visit the events page on the Seasons Centre website, www.grievingchildren.com.



NATIONAL ENGINEERING MONTH COMPETITION TAKES PLACE MARCH 23

Students in Grades 5 to 8 are invited to submit a model bridge, catapult or grabber for the National Engineering Month (NEM) event. Models will be tested for design, strength, quality of construction and functionality.

Students of any age are invited to attend to check out 3D printers and robots, Raspberry Pi computer coding demos, crystal radio construction and CNC machine coding.

The event takes place March 23 from 9 a.m. to 3 p.m. at Georgian College, and is jointly organized by the Georgian Bay Chapter of the Ontario Association of Certified Engineering Technicians and Technologists (OACETT) and Simcoe-Muskoka Chapter of the Professional Engineers of Ontario (PEO), under the banner of NEM Ontario. For more information and to register for this free event, visit <https://nemsimcoe.wixsite.com/nemsimcoe>.



NEW PATH OFFERING CHILD AND YOUTH MENTAL HEALTH WALK-IN CLINICS

New Path offers Child and Youth Mental Health Walk-In Counselling Clinics in Alliston, Barrie, Bradford, Collingwood and Orillia. The Walk-In Counselling Clinics provide a single session to children, youth and families seeking support for emotional, relationship or behavioural challenges. They can be accessed by children, youth and families as often as needed. Children, youth and families can self-refer by attending any location across the county. Dates and times of the clinics are posted on the New Path website at www.newpath.ca under 'Services'. For more information, contact New Path's Central Intake Department at 705-725-7656 or 1-866-566-7656.

For more information, visit the Simcoe Muskoka District Health Unit's website.



THE FACTS OF LICE: HOW TO PREVENT AND TREAT THIS NUISANCE

Like everywhere else, there are head lice in Simcoe County. Lice are a nuisance, but do not pose a public health hazard as they are not known to transmit any infectious diseases. Anyone can get head lice, but kids tend to get them more often because they can have head-to-head contact with other children during school and play. The best way to keep head lice in check is to work together to prevent the spread. Schools are required to inform parents when a case of head lice is confirmed, to provide parents with timely

information to begin their own checks at home. Head lice management and treatment is a responsibility of parents/guardians.

Here are some tips to help prevent and treat lice:

- teach your child not to share personal things like hair brushes, combs and hats
- set a schedule to check your child's head regularly. Use an area with bright light and look carefully for nits (shells containing eggs) and live lice in the hair, behind the ears and around the neck and hairline. Nits looks like half the size of the head of a pin, are shaped like a teardrop and stick to the hair so you can't blow, flick or easily side them off. Lice are about the size of a sesame seed and are very hard to see because they can crawl and hide, but they cannot hop or fly
- if you find nits or live head lice, you'll need to use a head lice treatment to kill them. Make sure to follow the directions, and then to do a second treatment seven to 10 days later to help stop the lice from returning. Head lice are not likely to live in clothing, furniture or bed linen, but it's a good idea to wash bed linen and hats in hot water and dry them in a hot dryer just in case

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 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, or online at www.facebook.com/groups/LGBTYouthConnectionSimcoeCounty/.

-LGBTQ2S Family Programs

These free sessions are offered every second and fourth Wednesday of the month at 80 Bradford Street, Unit 345, in Barrie. The group offers a safe and confidential space for parents, caregivers, family members and friends of LGBTQ2S youth to share experiences and grow in their abilities to support LGBTQ2S youth.

Discover the new food guide online

Canada's new food guide takes a modern approach to communicating dietary guidance to consumers, health professionals and policy makers. There are new features to explore that better meet your needs, whether you are looking for healthy eating information for yourself or as part of your work.

The food guide resources include:

- Canada's dietary guidelines for health professionals and policy makers
- food guide snapshot
- resources such as actionable advice, videos and recipes
- evidence including the Evidence Review for Dietary Guidance 2015 and the Food, Nutrients and Health: Interim Evidence Update 2018

Check out <https://food-guide.canada.ca> to get this information at your fingertips. You can also find a printer-friendly food guide snapshot on the website.

For more information, visit the Simcoe Muskoka District Health Unit's website.



IMMUNIZATION RECORDS

The Ontario Immunization of School Pupils Act (ISPA) requires the health unit to have up-to-date immunization records for all students attending school. According to the ISPA (2014), by the time students reach high school, they are required to be vaccinated against:

- tetanus, diphtheria, polio and pertussis (whooping cough) – booster required between 14 – 16 years old
- measles, mumps and rubella – must have two doses after first birthday
- meningococcal disease – must have one dose after the first birthday and Men-C-ACYW in Grade 7

The health unit does not receive immunization information directly from doctor's offices. Please contact the health unit each time your child receives a vaccine from their health care provider. If your child's immunization record on file with the health unit is not up to date, they may be suspended from school.

What you can do:

- check – your child's yellow immunization card
- contact – your child's health-care provider to obtain records, or to get missing vaccinations
- share – go to immsonline on the Simcoe Muskoka District Health Unit's (SMDHU) website at <https://smdhu.icon.ehealthontario.ca> to enter the complete record, or fax a completed record to 705-726-3962

For more information visit the SMDHU's school immunization page at <http://www.simcoemuskothealth.org/Topics/Immunization/Immunization-Records/SchoolPrograms.aspx>.

UNPLUG AND GET ACTIVE!

March Break is the perfect opportunity to get kids off their screens and moving! According to the 2018 ParticipACTION Report Card, Canadian kids are not active enough, earning a D+ for overall physical activity. Health Canada recommends children and youth get 60 minutes of physical activity every single day. Getting the daily dose of exercise builds strong muscles and bones, improves sleep and can prevent chronic disease. The ParticipACTION research also shows that physically active kids have better brain health and perform more effectively in and out of the classroom.

Fitting physical activity into your kids' routines can be easier than you think. Here are some ideas to get your kids moving this March Break:

-Activity Jar

Hold a family meeting to come up with fun activities to do together, instead of screen time. Put your ideas into a jar and pick at least one physical activity to do together each day.

-Get Outside

Breathe in some fresh winter air as you explore your local trails, parks, skating rinks and toboggan hills. Or, simply build a snowman or fort on your front lawn!

-Make a Splash

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 the older kids, this is the perfect time to enroll in aquatic leadership programs such as Bronze Medallion or National Lifeguard training. For more information on aquatic leadership programs at the YMCA over the March Break, visit www.ymcaofsimcoemuskothealth.org/lifeguarding-certification.

-Train as a family

The YMCA's Move to Give fundraising event is happening on April 6. Challenge the whole family to start training for a 5k run, indoor cycling event 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.

March Break is the perfect 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. For more information, visit your local YMCA or www.ymcaofsimcoemuskothealth.org.