



EAST ORO PUBLIC SCHOOL

MARCH NEWSLETTER 2018



MARCH DATES:

March 2 - MacMillan's orders due

March 5 - 5 - 7pm Family Science Night
@ Guthrie P.S.

March 6 - 6pm School Council - everyone welcome!

March 6 - Dental Screening JK, SK, Gr2, Gr.8

March 7 - grade 5s to Springwater Park

March 12 - 16 - March Break

March 15 - Barrie Colts Night!

March 21 - MacMillans delivery

March 21 - **Funky Socks** for Downs' Day -
wear your funky socks!

March 30 - Good Friday

April 2 - Easter Monday



The Character Trait for March is
INTEGRITY

We act justly and honorably in all that we do.

From the Bus Company -
please remember that hockey sticks are
NOT permitted on the buses.

Principal's Message

First term report cards went home on February 16th. 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 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 for more information.

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 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 - click on 'Schools' and then 'Before & After School Care.'

SENIOR BOYS BASKETBALL TEAM

The Senior Boys Basketball team finished their remarkable season with a 6-2 record. However, what is more remarkable than their record, is the way in which they represented East Oro - with class and integrity. Things weren't always easy, but the boys consistently held their heads high in the face of adversity and made sure to give it their best effort. As a coach I consistently found myself bragging to others about what great young men we had on our basketball team this year at East Oro. Thanks to all of the parents, and guardians who drove the boys to and from practice and on our game nights, and for all of their support throughout the season.

The basketball team members are: Mason B., Matthew C., Myles C., Rowan J.S., Owen L., Myan M., Quinn M., Sam N., Tyler R., Hunter S., Cole W., and Michael Z.

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). 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.

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.



Let's get people talking about WSDS

on Wednesday, March 21 2018 by wearing funky socks!

World Down Syndrome Day (WSDS) is a global awareness day which has been officially observed by the United Nations since 2012. On this day, people with Down syndrome and those who live and work with them throughout the world organize and participate in activities and events to raise public awareness and create a single global voice for advocating for the rights, inclusion and well-being of people with Down syndrome.

Why 21 March?

The date for WSDS being the 21st day of the 3rd month, was selected to signify the uniqueness of the triplication (trisomy) of the 21st chromosome which causes Down syndrome. Help raise awareness of what Down syndrome is, what it means to have Down syndrome, and how people with Down syndrome play a vital role in our lives and communities.

"Rock Your Socks" on March 21, 2018 World Down syndrome Day! It's easy enough to participate, just stick your hand in your sock drawer and see what comes out. Bright and colourful socks, striped, mismatched, long – just as long as you're making a statement.

Show everyone that YOU #SeeTheAbility!

Thank you for your support and help in creating more awareness about Down syndrome!

STAY HEALTHY THIS SCHOOL YEAR

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.

Packing A Healthy School Lunch

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:

1. include one serving from at least three of the four food groups from Canada's Food Guide
 2. 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
 3. get your kids to eat more veggies - send cucumber coins, zucchini sticks and pepper strips with dip
 4. 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

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:

¹/₂₈ 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.

¹/₂₈ 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 or 705-722-6778 ext. 107.

GET ACTIVE AND



THIS MARCH BREAK

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:

1. Get outside and enjoy some fresh air as you explore your local trails, parks and toboggan hills, or build a snowman!
2. 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.
3. 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.
4. 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.