



# THE KNIGHT'S NEWS!

Allandale Heights Public School | 124 Bayview Dr., Barrie, On. L4N 3P4 | Tel.: 705-728-3601

Visit us on the web: <http://all.scdsb.on.ca> Follow us on Twitter @AllandaleKnight Instagram @allandaleheights

## ISSUE NO. 8 – April 2018

Principal: Mrs. P. Hamilton

Vice Principal: R. Meraska

Superintendent: P. Murphy

Trustee: J. Cameron

### April's Character Trait is: **OPTIMISM**

*Optimism*  
**IS A HAPPINESS MAGNET.  
IF YOU STAY POSITIVE,  
GOOD THINGS AND GOOD PEOPLE  
will be drawn to you.**

MARY LOU RETTON ~ ILIKETOQUOTE.COM

ILIKETOQUOTE.COM

### School Yard Supervision/Start Time

School supervision on the school yard **begins at 8:40 am.** **Please do not drop off students prior to this time as there is no supervision.** The entry bell rings at 8:55 am, please ensure that students are at school on time, otherwise they have to sign in late as attendance is taken first thing. If your child is late, parents must sign them in at the main office. For safety reasons, it is paramount that we know all people entering our building, therefore, please do not walk your child to their class without signing in at the office.

### Allandale Heights 50<sup>th</sup> Anniversary

Please join us on April 19<sup>th</sup> from 4:00-7:30 pm to celebrate "igKNIGHTing minds" for 50 years. The school will be open to tour classrooms and displays. The formal presentation and cake cutting will begin in the gym at 6:30 pm.

### Sara Westbrook Presentation

#### **"3 HABITS OF RESILIENT FAMILIES"**

Please join us on May 2<sup>nd</sup> from 6:30-7:30pm for a presentation from Sara Westbrook about building resilience in our children and in our families. During the presentation, Sara will talk about 3 habits to coach your children to:

- Make character-based choices
- Bounce back from tough emotions and challenging circumstances
- Train their brain to think and act beyond tough emotions
- Learn healthy ways to release emotions

Please note that this is an adult only presentation.

### Allandale Heights School Yearbooks

Allandale Heights 2017-2018 yearbooks are on sale for a cost of \$20. Order yours soon as the deadline is April 20<sup>th</sup>. Orders can be placed on School Cash Online or sent back to school with the order form that was sent home.



Mini Knights Wanted!  
#born2014

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](http://www.scdsb.on.ca/kindergarten) for more information.

Allandale Heights will be hosting its Welcome to Kindergarten Night for Year 1 students starting in September on May 30<sup>th</sup> from 6-7pm

### Register now for summer childcare

The Simcoe County District School Board (SCDSB) supports your childcare needs by offering full day child care programs in select schools across Simcoe County. Twenty schools offer childcare programs for children from Junior Kindergarten age to 12 years of age. Registration in advance is required. Please contact the childcare operator directly to register. More information can be found on our website at [www.scdsb.on.ca](http://www.scdsb.on.ca) – click on 'Schools' then 'Before & After School Care.'

### School's in for summer at the SCDSB

Are you and your child planning their courses for next school year? Looking for a way to create flexibility in their timetable and earn a credit? Consider summer school! Each year, the SCDSB offers a variety of summer programs to over 2,000 students. Summer school options include open, college and university level courses from Grades 9 to 12. Courses are



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offered in-person or online. Interested students can also travel and earn credits with the summer EduTravel program. Summer school program details can be found on the Learning Centres website at [www.thelearningcentres.com](http://www.thelearningcentres.com). Current SCDSB students should speak to their guidance counsellor for information and to register. Register now so that your summer school choices align with course selection for next year!

## Parents invited to information session 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. The last session takes place this month:

**April 16**

Understanding Alternative/Non-Academic IEP Goals

The event takes place from 6 to 7 p.m. at the SCDSB Education Centre, located at 1170 Highway 26 in Midhurst. No registration required.

## Applications open for 2018-19 Parents Reaching Out (PRO) Grants

Parents/guardians play a vital role in public education, and Ontario's Parents Reaching Out (PRO) Grants are designed to encourage parents/guardians' involvement in their children's education to support student achievement and well-being. The 2018-19 PRO grant process has been announced and an online application is now available. PRO grants are provided to select applicants who develop projects, events or training in support of parent/guardian engagement. Applications are due by June 5. Find out more: [www.edu.gov.on.ca/eng/parents/](http://www.edu.gov.on.ca/eng/parents/).

## Trauma & Loss: Creating School Communities of Well-being on April 14 in Barrie

Parents and/or community members are invited to attend *Trauma & Loss: Creating School Communities of Well-being* on Sat. April 14 from 9 a.m. - 2 p.m. at Bear Creek Secondary School, located at 110 Red Oak Dr. in Barrie. This conference is being funded through a Regional PRO grant from the Ontario Ministry of Education and is being presented by the Adoption Council of Ontario. This event is free to attend and lunch is provided. Limited child care is available for children aged three to 12 years. Register at [www.adoption.on.ca/events](http://www.adoption.on.ca/events). Questions? Contact [pact@adoptontario.ca](mailto:pact@adoptontario.ca).

## Please turn off your car while you wait

A reminder to please turn your engine off when dropping off or picking up your child from school. Idling cars release exhaust that is harmful to the environment, our health and the health of our students. It's good to get into the habit of

turning your car off any time you're stopped and in park for more than 60 seconds. Thank you for doing your part to keep our kids and our environment healthy! For more information to keep you and your family healthy, visit [www.simcoemuskokahealth.org](http://www.simcoemuskokahealth.org) or call Health Connection at 705-721-7520 or 1-877-721-7520.

*Information provided by the Simcoe Muskoka District Health Unit*

## Stress: Our kids get it too!

Kids have stress, just like us. Stress is a normal part of life, but our bodies are only made to handle it for short amounts of time. Continued stress can cause feelings of pressure, anxiety and tiredness. It can make it hard for kids to focus in school and can cause them to become sick, get lower grades or make unhealthy choices. It's easy to mistake signs of stress for bad behaviour in your child. You can help them learn to manage stress by staying calm, showing love and talking openly about their feelings. Encourage them to try calming activities like deep breathing or doing something active. If the stress continues, be sure talk to your child's family doctor or health care provider. To speak with a public health nurse, contact Health Connection at 705-721-7520 or 1-877-721-7520 or visit the health unit website for more information at [www.simcoemuskokahealth.org](http://www.simcoemuskokahealth.org).

## YMCA Healthy Kids Day taking place on April 29

YMCAs across Canada are celebrating Healthy Kids Day on Sun. April 29. It's a national day dedicated to improving the health and well-being of kids. The YMCA of Simcoe/Muskoka is happy to host this FREE event for everyone in the community, offering fun and healthy activities for the entire family to enjoy. Across Canada, most children do not meet the recommended 60 minutes of daily physical activity. Rising rates of obesity and related chronic disease tell us that getting kids active should be a top priority for parents, schools, and all Canadians. With summer just around the corner, here are some practical tips on how to keep your kids active and healthy:

- Rather than heading out on a walk or jog solo, invite your kids to hop on their bicycles, skateboards and scooters and head out with you. You will come back energized and connected knowing that you've set a great example and spent quality time together. Everyone wins!
- Many communities have free or low-cost youth activities or programs at facilities such as pools, playgrounds, parks, sporting fields, community centres and the YMCA! Ask your child's teacher, contact your local municipality, search online or contact your local YMCA for upcoming events.
- Depending on the distance and safety factor, consider letting your children walk to school, the library, their friend's house or any other place you



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would normally drive them to. Some kids may be inspired by tracking their steps with a pedometer. Pedometers are relatively inexpensive and many libraries have them available on loan!

Join the YMCA of Simcoe/Muskoka on Healthy Kids Day and learn about healthy habits, connect with other parents and get the whole family active together under one roof. For schedules of activities and more information, please contact the YMCA in your community:

[www.ymcaofsimcoemuskoka.ca](http://www.ymcaofsimcoemuskoka.ca).

*Information provided by the YMCA of Simcoe/Muskoka*

## Upcoming Dates

April 13, 20 – Pizza Day

April 19 – Allandale Heights 50<sup>th</sup> Anniversary

April 19 – Spirit Day “Dressing Through the Years”

April 27 – PA Day

April 30 – Hot Dog Day

May 2<sup>nd</sup> – Sara Westbrook Evening for Parents

May 7<sup>th</sup> – School Council 5:00 pm

May 9-11 – Scholastic Book Fair