



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. 4 – December 2017

Principal: Mrs. P. Hamilton

Vice Principal: R. Meraska

Superintendent: P. Murphy

Trustee: J. Cameron

PRINCIPAL'S NOTES

The staff and students at Allandale Heights have had a fall full of exciting learning. We have had many great things happening around the school and it has been a joy to watch our students engaged in many different aspects of the school life. During my visits to classrooms I have seen students working in many capacities solving problems and challenging their thinking. Our STEAM challenges are in full force in the Learning Commons as well as the use of technology across all grades. I am extremely proud of our Allandale Knights and their progress toward adapting a Growth Mindset as they continue to challenge themselves and persevere to reach their learning goals. Please take a moment to celebrate your child's success as well as assisting them to develop new goals for 2018. Have a safe and joyous holiday. See you on January 8, 2018!

Canine Ambassador Program



Beginning in December, Allandale Heights will be welcoming two staff/dog teams into our school community. The teams are part of the Sweet Charity Canine Ambassador Program (CAP), a program geared toward enhancing the school environment by promoting positive socialization and calm interaction. The teams have gone through extensive training for their role here at the school. The dogs will be in cape while at school so they are easily identifiable and they will be on leash with their trained handler as they move throughout the school. The program is running in several SCDSB schools and has resulted in many positive outcomes including creating a welcoming, warm and calm environment and improving student well-being. Allandale Heights is excited about this opportunity and are eager to have Tanner and Sadie join our school community.

We're Building Character

OUR GOALS ARE:

- To promote virtues of a free and democratic society
- To guide students in their journeys toward becoming individuals of good character
- Each month we are highlighting an attribute we would like to further develop

DECEMBER'S FOCUS: **EMPATHY**

We strive to understand and appreciate the feelings and actions of others.

"There is no greater loan than a sympathetic ear."

Frank Tyger

We demonstrate empathy by:

- ✓ Putting ourselves in other people's positions
- ✓ Doing what we can to help others
- ✓ Appreciating and enjoying people who are different from us
- ✓ Being sensitive to others
- ✓ Having compassion for others' feelings

Upcoming Dates

November 29-December 14th	Christmas Cheer Food Drive
December 11th-12th	Door Decorating Challenge
December 12th	Sub Day
December 13th	Hack-A-Thon (Hakergal Club)
December 15th	Pizza Day
December 18, 20, 22nd	Holiday Warm-Up Fundraiser
December 18th	Christmas Clothing/ Holiday Hue Spirit Day
December 18th	Hotdog Day
December 19th	Primary Concert 9:30am
December 20th	Holiday Hero Spirit Day
December 21st	Character Education Assembly 1:45pm
December 22nd	PJ Spirit Day/Pizza Day
December 25th-January 7th	Holiday Break
January 8th	Return to school
January 26th	P.D. Day
February 19th	Family Day



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Attend a French Immersion information night, registration opens in January

The Simcoe County District School Board (SCDSB) offers French Immersion (FI) at select schools throughout Simcoe County beginning in Grade 1. The goal of the FI program is to enable students to communicate in French with a high level of proficiency, enabling them to function with ease in both French and English. Upon graduation from the program, students will communicate in French with confidence in a wide variety of real-life situations.

Information sessions take place in January for parents of students in Senior Kindergarten. A letter will be sent home to those parents with more details. Information session dates will be posted at www.scdsb.on.ca under Programs, French as a Second Language.

The FI online application form will be available from 9 a.m. on Mon. Jan. 22, until 9 p.m. on Wed. Jan. 24, 2018 at www.scdsb.on.ca under Programs, French as a Second Language. While every effort is made to accommodate all FI applications, available space and staffing will determine how many students can be registered. Applications will be processed in the order they are received electronically. Please contact the school if you do not have Internet access at home or require assistance accessing the online application.

Please note that the host sites for FI may change during your child's time in the program, and your child may need to move schools. This may also include splitting the program between two different sites.

Kindergarten registration opens in January

Do you (or someone you know) have a child who was born in 2014? If so, it's almost time to register them for Kindergarten in the SCDSB! Beginning Jan. 22, 2018, Simcoe County's public schools will register children for Kindergarten for the 2018-19 school year. Required registration documents include birthdate documentation, proof of address and record of immunization. Visit www.scdsb.on.ca/kindergarten for more information.

High school information nights coming to a school near you!

Is your child starting Grade 9 next year? High school information nights happen this fall and winter. This event gives an overview of what's new, what to expect, as well as a chance to check out the school and ask questions. Attend our local high school information night to find out what's offered. Check out the full schedule of info nights and more information at www.scdsb.on.ca/highschool.

Land/territory acknowledgement introduced for SCDSB meetings, events and schools

Over the past few months, the SCDSB has worked with Indigenous partners, local elders and the First Nations Education Advisory Committee to develop a land/territory acknowledgement. A land/territory acknowledgement is an act of respect and reconciliation, based on the First Nations' tradition of acknowledging the land of others when they were guests in that territory. The statements will be used at SCDSB meetings and significant events, and daily in all schools to respectfully acknowledge the Indigenous people of this territory, their sharing of the territory and the benefits we have received, as settlers, from that sharing.

For school daily use:

"Simcoe County District School Board acknowledges that we are situated on the traditional land of the Anishnaabeg people. We acknowledge the enduring presence of First Nation, Métis and Inuit people on this land and are committed to moving forward in the spirit of reconciliation and respect."

For more information, visit www.scdsb.on.ca – 'About Us'.

Parents 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.

Dec. 18

Identification, Placement and Review Committee (IPRC)
Information for Families

Jan. 22

Assessments in Special Education: Psych Ed and Other Assessments

Feb. 19

Transition Planning Grade 8 to 9

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.



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Register now for Night School (Semester Two) to complete high school, prepare for post-secondary education

Night school at the Barrie Learning Centre offers secondary school credits in a variety of subjects for students completing their Ontario Secondary School Diploma and for students who are preparing for post-secondary education. Subjects include math, english, chemistry, biology, physics, social science and history.

All night school courses are offered in a blended format where students attend in-class sessions once a week and complete the remainder of their assigned weekly work online. Students are welcome to access computer resources and meet with their classroom teacher during the office hours of their online night class. Learn more and register at: www.thelearningcentres.com.

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.

School playgrounds are closed for the winter

Every winter, school playground structures are closed. Students are made aware of this during school hours through announcements and staff reminders during breaks. This may not be well known throughout the community despite signs indicating that playground structures are a winter hazard and are closed. The Canadian Standards Association Regulations make recommendations for the depth of ground cover required to minimize injuries (e.g. sand, pea gravel or wood chips). These surfaces cannot be maintained when the ground freezes. Injuries from falling would be more significant on frozen ground. We strongly recommend that you do not allow your children to play on any structures while the ground is frozen.

RVH Film Festival welcomes student submissions

Barrie's Royal Victoria Regional Health Centre (RVH) has partnered with the Simcoe County District School Board, the Simcoe Muskoka Catholic District School Board and Unity Christian High School to offer students, classes and schools the opportunity to participate in RVH's annual Film Festival in two external categories:

- Kindergarten to Grade 6
- Grade 7 and up



This year's theme is "Making mental health matter - how are you making a difference?" Students and classes are invited to make a two-minute video showing how they promote mental health. The deadline for submissions is Feb. 5, 2018. Voting will take place from Feb. 16 to 26 and those with the winning entries will be invited to an awards ceremony on March 8. Find out more and submit your video at: www.rvh.on.ca/SitePages/rvhfilmfestival.aspx.

OHIP+ provides free prescription drug coverage for children

Beginning Jan. 1, 2018, the province will provide free prescription drug coverage for children and youth aged 24 and under, regardless of family income. Under OHIP+, Ontario children and youth will have access to over 4,400 medications and other drug products. Enrolment in OHIP+ will be automatic, based on age. There are no upfront costs, no co-payment and no annual deductible. Those who are eligible for OHIP+ will only need their health card number and a valid prescription from their doctor or nurse practitioner when they visit their pharmacist. For more information, visit: www.ontario.ca/page/learn-about-ohip-plus.

WINTER WEATHER



- ✓ Extra mittens/gloves and socks should be in every child's schoolbag every day.
- ✓ Indoor shoes are needed for classroom use. In the winter, outdoor footwear is always removed before entering the classrooms.
- ✓ Students' awareness of road safety must be heightened during this time of icy, narrowed, snow banked roads. Remind them to BE EXTRA CAREFUL while waiting for the bus.



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Update your child's immunization record

The Simcoe Muskoka District Health Unit is required to keep up-to-date immunization records for all students who attend elementary or secondary school in the County of Simcoe and the District of Muskoka. Parents are responsible for reporting immunizations to the health unit each time their child receives a vaccine from their health care provider. The immunizations that the health unit requires records for include: diphtheria, tetanus, polio, measles, mumps, rubella, meningococcal, pertussis and varicella (chickenpox) for those born in 2010 or later.

It's easy to update your child's immunization status. Go to www.smdhu.org/immsonline to update your child's record or call Health Connection at 705-721-7520 or 1-877-721-7520 (toll free).

Information provided by the Simcoe Muskoka District Health Unit

Twelve Days of Christmas Cheer!

It's the twelve days of giving! On November 29th Allandale kicked off their Christmas Cheer Campaign. Last year the program assisted close to 2,000 families in the Barrie area. Each class will have a box in our giving train. In the spirit of the 12 Days of Christmas we have a list of suggestions, let's help everyone enjoy their holidays.

Allandale Heights 2017 Twelve Days of Giving to Barrie Christmas Cheer

Nov. 28  Canned juice	Nov. 29  Cereal	Nov. 30  Canned Veggies and Fruit	Dec. 1  Canned soups and stew	Dec. 2  Books	Dec. 5  Unwrapped Toys
Dec. 6  Canned Pasta/ Tomato sauce	Dec. 7  Boxed Pasta and Rice	Dec. 8  Canned Meat and Fish	Dec. 9  Crackers	Dec. 12  Christmas Treats (baking supplies, candy canes)	Dec. 13  Mittens, hats and scarves



Did you know that in Simcoe County one in eight people struggle to put food on the table? Not having enough money for food can have a serious impact on the physical, mental and emotional health of families in our community. If your family is making a donation to a food drive this holiday season, here are healthy non-perishable items to consider:

- canned tuna or salmon in water
- brown rice or whole grain pasta
- breakfast cereals – whole grain, hot or cold
- beans - canned, baked, kidney
- canned vegetables and fruit
- canned chicken or ham
- whole grain crackers
- iron fortified infant cereal
- personal hygiene products

For more information about how to make your donations count, visit www.simcoemuskokahealth.org.

Information provided by the Simcoe Muskoka District Health Unit

Items are being accepted from Nov. 29 - Dec. 14th. The Barrie Christmas Cheer Association requests that the non-perishable food items be canned or boxed (no glass containers) and be within their best before date.

Although dates are specified, all donations are accepted at any time over the course of the 12 day period. Your generosity is greatly appreciated!

Three healthy lifestyle changes you and your family can make today

More and more research is showing that the key to lifelong good health is lifestyle choices starting at a young age. Making simple changes in diet, exercise and stress management is key to achieving good mental and physical health for adults and children. Here are some easy tips to start making those changes today.

- **Drink more water** – Your body is made up of about 60% water. A mere 5% drop in water levels in the body causes 25 to 30% loss of energy and can cause your metabolism to slow down. Some effects of dehydration include hunger, poor digestion, bloating, joint pain and high blood pressure. Make sure to drink a minimum of eight glasses of water each day. Kids should be drinking five to seven glasses of water each day.
- **Exercise daily** – Did you know that Health Canada recommends adults get 150 minutes of exercise per week and kids should accumulate at least 60 minutes of exercise each day? If you want to live well and live longer, you must exercise. Studies show that even 10 minutes of exercise will make a difference!
- **Practice relaxation** – The relationship between the mind and the body is strong. Providing yourself and your kids with a small amount of relaxation or “time-out” every day – even just 15 minutes – can improve your health dramatically. Try taking a yoga class to reduce stress and clear the mind and make sure to sleep at least seven hours per night (kids and teens should get more than that).

The YMCA of Simcoe/Muskoka offers many opportunities to get healthy as a family, For more information, please visit www.ymcaofsimcoemuskoka.ca. Information provided by the YMCA of Simcoe/Muskoka (www.ymcaofsimcoemuskoka.ca)