



# 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 2018

Principal: Mrs. P. Hamilton

Vice Principal: R. Meraska

Superintendent: D. Maltby

Trustee: L.M. Wilson

### PRINCIPAL'S NOTES

The staff and students at Allandale Heights have had a full 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 2019.

Have a safe and joyous holiday. See you on January 7, 2019!

### Winter Conditions

As the winter weather approaches, please ensure that you are exercising caution when walking outside during the winter months. Please note that the entrances to school property from the catwalks are not maintained as they enter on to the field. Please use designated walkways and maintained surface areas when entering and exiting Allandale Heights.

### Christmas Cheer

On November 27, Allandale Heights kicked off its Christmas Cheer Campaign. Last year the program assisted close to 2000 families in the Barre 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 suggestion to help everyone enjoy the holidays.

Nov 28 – Cereal

Nov 29 – Canned Vegetables and Fruit

Nov 30 – Canned Soup/Stew

Dec 3 – Books

Dec 4 – Unwrapped Toys

Dec 5 – Canned Pasta/Tomato Sauce

Dec 6 – Boxed Pasta and Rice

Dec 7 – Canned Meat and Fish

Dec 10 – Crackers

Dec 11 – Christmas Treats (baking supplies, candy canes)

Dec 12 – Mittens, Hats, and Scarves

Families wishing to apply for Christmas Cheer must apply in person at the Kozlov Mall (400 Bayfield Street) Dec 1 9:30-noon, Dec 3 9:30-3:00, and Dec 4 9:30-3:00. Applicants must have proof of identification and residence, proof of income (including Child Tax Credit), proof of expenses (rent, mortgage), and proof of age of dependent children.

### Waste Management

The Simcoe County District School Board prides itself on being a leader in waste diversion programs. We are happy to announce that the SCDSB is able to provide our school with the ability to divert even more waste soon with the addition of an organics collection program in all of the classrooms. This will mean that we will be able to divert all of the food waste, napkins and paper towels from landfill to instead be turned into compost. Food waste in landfills makes up 5.5% of the province of Ontario's total greenhouse gas emissions, by diverting the food waste from landfill we are going to be doing our part to fight climate change.

What does this mean for our school? In each classroom, we will now have blue bin recycling, paper recycling, a (small) garbage can and an organics bucket the same as you would have at home. The organic waste will be collected from classrooms in the same manner as recycling several times each week.

We are doing a waste audit of our waste before and after implementing the program, and will be sure to share the results of the audits.

### Upcoming Dates

Nov 26th-Dec 12th  
Dec 5th

Dec 19th 9:30 am  
Dec 20<sup>th</sup> 9:30 am  
Dec 24-Jan 6<sup>th</sup>  
Jan 7th  
Jan 11th& 18th  
Jan 17<sup>th</sup>

Christmas Cheer Drive  
Int Girls Basketball  
Tournament  
Primary Xmas Concert  
Character Ed Assembly  
Winter Break  
Back to school  
Pizza Day  
Grade 4's to Scanlon  
Creek



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Jan 25 <sup>th</sup>	PA Day
Feb 4 <sup>th</sup> 5:00 pm	School Council Meeting
Feb 15 <sup>th</sup>	Report Cards Home
Feb 18 <sup>th</sup>	Family Day

- Growing brains need to sleep; create a nightly cell phone 'curfew'--experts suggest "at least an hour before bedtime"
- Turn off notifications; this decreases one's dependency on their device
- Remember, reducing screen time and finding balance is a process that will need to be taught and discussed often; it is not a quick fix. Balance doesn't mean half of one's day/free time.
- Gage where your child is at, in terms of online use. If your child has an Iphone, on their phone, click Settings, and then Screen Time. This will show you exactly how much time your child has spent on their phone each day, including how much time spent on each different app (Snapchat, Twitter etc.)
- Negotiate an acceptable time limit. Consider using many of the parental apps (i.e. OurPact) which allow you to limit your child's apps/connectivity from your phone to help support timelines
- Start a conversation about the risks and benefits of finding balance; try asking some questions to assess where your child is at in terms of acceptable vs overuse. Sample questions might include: what do you see as the negative impact of over use of cell phones? What have you tried to reduce your tech use? What was useful? What are some benefits to reducing cell use? Who can support you in making some changes?
- Create clear boundaries and expectations around cell use and consistently enforce them.

## Finding Balance in a Wired World



### Quick Facts:

- Some kids are sleeping with their phones and checking their social media/texts throughout the night
- Multi-tasking is a myth; children cannot study and use snapchat
- 94% of teens are on at least 2 social media sites; Snapchat and Instagram are the most popular; these sites are intentionally made to be addictive; screen time before bed increases one's inability to fall asleep and notifications are meant to increase the addictive tendencies/usage time. Your child's participation on these sites is a big business.
- The numbers are startling. "teenagers (13- to 18-year-olds) average about nine hours (8:56) of entertainment media use, excluding time spent at school or for homework. Tweens (8- to 12-year-olds) use an average of about six hours' (5:55) worth of entertainment media daily."
- Cell phones can be powerful and positive tools, but overuse can create problems around focus, attendance, engagement, anxiety, transitions and attitudes; educators observe these effects daily and in many children

### Quick Tips:

- Remove phones from bedrooms overnight. Ensure children are getting the sleep they need by having a nightly, central charging station that is only accessible to you; buy an alarm clock for morning 'wake-up call'

### Attend a French Immersion information night, application window 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



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[www.scdsb.on.ca/secondary/program\\_options/French\\_as\\_a\\_second\\_language](http://www.scdsb.on.ca/secondary/program_options/French_as_a_second_language).

The FI online application form will be available from 9 a.m. on Monday, Jan. 21, until 9 p.m. on Wednesday, Jan. 23, 2019 at [www.scdsb.on.ca](http://www.scdsb.on.ca) under Elementary, 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 2015? If so, it's almost time to register them for Kindergarten in the SCDSB! Beginning Jan. 28, 2019, Simcoe County's public schools will register children for Kindergarten for the 2019-20 school year. New this year, the registration process begins online! Visit

[https://www.scdsb.on.ca/elementary/planning\\_for\\_school/kinergarten](https://www.scdsb.on.ca/elementary/planning_for_school/kinergarten) for more information.

## 2018-19 Holy Days and Holidays Calendar now available

Students and staff of the SCDSB represent a rich diversity of faith traditions. Our new 2018-19 Holy Days and Holidays Calendar helps identify some of the important days of commemoration. Access the calendar on our website at [https://www.scdsb.on.ca/about/equity\\_and\\_inclusion/holy\\_days\\_and\\_holidays\\_calendar](https://www.scdsb.on.ca/about/equity_and_inclusion/holy_days_and_holidays_calendar).

## 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. Topics include accessing community supports, building a plan for the summer, understanding the Special Equipment Amount (SEA) and applied behaviour analysis (ABA).

Sessions will take place at the SCDSB Education Centre, located at 1170 Highway 26 in Midhurst. Participants may also access the sessions online via Google Meet. More information, including dates, times and links to register, can be found at

[https://www.scdsb.on.ca/elementary/special\\_education](https://www.scdsb.on.ca/elementary/special_education).

## 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.

## Stay healthy during the holidays

The holidays are a time when routines often get thrown out the window, including the time we spend being active and eating healthy. Exercise is a great way to manage the stress and anxiety we often experience during this busy, festive season. Here are some easy tips to stay healthy over the holidays:

- **Plan ahead** – Just like writing down all the parties and family visits you'll be attending over the holidays, make sure to schedule in your workouts as well! Make a plan that works with your holiday schedule and stick to it. Such things as – taking a family walk after your holiday meal, scheduling a workout with a trainer, or recruiting a friend as a walking buddy are great examples of how to fit exercise into your holidays. Remember that even short bursts of exercise are better than none!
- **Make it a family event** – The whole family can enjoy exercising together during the holidays. Try tobogganing, ice skating, have a family snowball fight or go skiing. You'll not only get moving but you'll be creating memories to cherish.
- **Practice Relaxation** – The relationship between the mind and the body is so 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!

The YMCA of Simcoe/Muskoka offers many opportunities to stay healthy this holiday season. For more information, please visit [www.ymcaofsimcoemuskoka.ca](http://www.ymcaofsimcoemuskoka.ca)  
*Information provided by the YMCA of Simcoe/Muskoka*  
([www.ymcaofsimcoemuskoka.ca](http://www.ymcaofsimcoemuskoka.ca))

## How to stop the spread of germs to help us all 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 and then are touched by someone else. These germs can then



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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! Wash with soap and warm running water for at least 15 seconds (or try singing “row row row your boat”). If your hands are not visibly dirty you can use alcohol-based hand rub (hand sanitizer) for 15 seconds. You can also get your flu shot, cover your mouth when you cough and sneeze 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](http://www.simcoemuskokahealth.org).

*Information provided by the Simcoe Muskoka District Health Unit.*

## **Ditch Digital Devices and Plug into Play**

This winter, swap screen time for play time together. Children need play to learn, grow and be healthy. Unstructured child-led activities, or “free play”, make a world of difference. There are many ways to play together as a family:

- Get outdoors by taking a winter hike, making a snowman, or building a snow fort
- Make your own musical instruments and move to the music
- Play hopscotch, tag, or hide and seek
- Play dress up together
- Set up an obstacle course using couch cushions for your child to navigate

Encourage your children to lead the way and experience fun from their perspective!

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