



THE KNIGHT'S NEWS!

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

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ISSUE NO. 5 – January 2019

Principal: Mrs. P. Hamilton

Vice Principal: R. Meraska

Superintendent: D. Maltby

Trustee: L.M. Wilson

Principal's Notes:

Welcome back and Happy New Year everyone! I hope you all had a well-deserved rest and an opportunity to enjoy some fun family time together.

The spirit of giving is alive and well here at Allandale and we are very fortunate to be a part of such a caring and supportive community. A sincere thank you to all the families and staff for their support during the Christmas Cheer event. You continue to amaze us! Congratulations to all of our classes for an outstanding collection. Thank you to Mrs. Simmonds and her team for organizing this year's event.

It was great to see many of our families join us for our celebrations and performances. We are proud of our great students and we hope that you share our enthusiasm as we watch them learn and develop strong character. We are thankful to our staff for their contributions to these events. Their hard work and dedication to our students and school community is greatly appreciated and valued.

Now that we are back in the swing of things it is a great time to reinforce some important skills for our students. Punctuality and attendance do make a difference. When our students arrive at school prepared and ready to learn they transition into their day with much greater success.

Attendance is critical to learning. Gaps in learning due to absences are so difficult to make up. Much of our work with students is a collaborative process. Learning is messy. They need to be here to make mistakes and solve problems in order to learn and grow.

We hope that the year 2019 is filled with joy and blessings for you and your family. Sincere best wishes from the Allandale Staff.

Yours truly,
Mrs. Hamilton



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.



THANK YOU ...

- ✓ To our very dedicated volunteers who support our Healthy Eating Program each day.
- ✓ To our food program volunteers who keep our lunch programs running full steam ahead!
- ✓ To our School Council who actively support our efforts!
- ✓ To Community Living who do an amazing job with helping with our snack bins and Healthy Eating program.
- ✓ To our parent volunteers who work one on one with students to promote academic achievement.
- ✓ To our staff who provide a multitude of extra-curricular activities for our students to enjoy.
- ✓ To our teachers, DECE's, EA's, secretary and custodians who work diligently to provide a great school culture and learning experience every day.

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

JANUARY'S FOCUS: HONESTY

We behave in a sincere, trustworthy and truthful manner.

"If you tell the truth you don't have to remember anything."
Mark Twain





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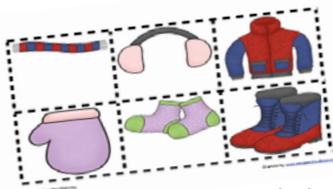
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Start the New Year off right. Being present and on-time at school is an important skill to teach your child. Patterns of attendance are established during the early years of schooling and there is a direct relationship between attendance and achievement. Being late for school also affects student learning. If a child is just 10 minutes late for class every day, they will miss over 30 hours of instruction over the course of the school year. Poor attendance makes it difficult for students to form positive peer relationships and students that have learning difficulties are put at even greater risk when they miss school frequently. Here are some tips to help with attendance and punctuality:

- Talk with your child about why it is important to attend school regularly - give specific examples of how education can help them in their life.
- Make sure that your child stays healthy by eating properly, exercising and getting enough sleep.
- Lead by example; if children see their parents missing work frequently, they may expect to be able to do the same thing. If your child is having a specific issue at school that is causing them to not want to attend, speak to school staff as soon as possible so we can work with you to solve the problem.

Winter Reminders



Please send students dressed for the weather. We are outside at least twice during the day on top of before and after school. Many of our classes also head out

during instructional time for outdoor learning or daily physical activity. It is important to be prepared. On days of extreme temperature (ie. -25 windchill) we do stay indoors but remember, waiting for that bus or walking to and from school it is cold.



Tree of Warmth



Thanks so much to our staff and community friends for the donations to our Tree of Warmth and Gently Used Winter Clothing Exchange. Our tree was decorated beautifully with

hats, mittens, socks and scarves and the front foyer rack was filled with warm coats, snow pants and much more. Some of these items were hand crafted by Grandma Fisher (our SCDSB Executive Assistant's mother). Others are donations from staff from Allandale and neighbouring schools. Thanks for helping to keep our students warm!

Upcoming Events

- Jan 7th – back to school
- Jan 9th - first Pasta Lunch day
- Jan 10th – Grade 6 VIP program begins
- Jan 17th – Grade 4 field trip to Scanlon Creek
- Jan 23rd – Ms. Rose's class to Ripley's Aquarium
- Jan 25th – PA Day
- Feb 4th – School Council @ 5pm
- Feb 18th – Family Day
- March 1st – PA Day

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, empowering them to function with ease in both French and English.

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/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 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.

2018-19 Elementary School Climate Survey

The Simcoe County District School Board (SCDSB) aims to provide a safe, supportive learning environment that encourages student success. Between January 7 and January 25, 2019, all students in Grades 4 to 8 will be asked



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to complete a confidential on-line survey exploring how they feel about their school. Teachers will supervise the class during the survey's completion and can answer any questions or concerns your child may have. This year, parents/guardians of students in Grades 4 to 8 will also be asked to complete an anonymous online survey outlining how they feel about their child's school. The survey results will provide valuable feedback to staff related to our SCDSB Strategic Priorities and will help schools develop and refine their School Action Plans. Students, parents/guardians and staff will not be asked to provide their names and all responses will be combined to ensure confidentiality. Similar to prior SCDSB school climate surveys, the questions cover a range of topics, such as:

- the overall tone of the school, often referred to as school climate;
- mental health and well-being;
- equity, diversity and inclusion;
- experiences of school safety and bullying or harassment; and,
- questions to assist the Simcoe Muskoka District Health Unit in its Healthy Schools Initiative.

Student Survey

A sample version of the student survey is available at www.scdsb.on.ca. A paper copy of the student survey is also available in your school's office. Please call your school if you have questions about how the student survey will be administered.

Parent/Guardian

To complete the SCDSB 2018-2019 school climate survey for parents/guardians, please go to www.scdsb.on.ca and click on the link to the survey. If you do not have access to the internet and/or prefer to complete a paper version of the survey, copies of the parent/guardian survey are available in your school's office. Questions about the parent/guardian survey can be directed to SCDSB's Research and Decision Support Services team at research@scdsb.on.ca. The information collected will be used to help guide our school in creating and maintaining safe and supportive learning environments for all students. Thank you for your support!

Kindergarten registration opens this month

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 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

provides 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: **Innisdale Secondary School** 95 Little Avenue, Barrie Dec. 5, 6:30 to 8 p.m. Check out the full schedule of info nights and more information at www.scdsb.on.ca/secondary/planning_for_high_school

Host families needed for international students

Our partner in providing homestay to the SCDSB's international students, Canada Homestay Network (CHN), is recruiting host families to welcome international students into their homes.

Host families help international students realize lifelong dreams, and benefit from a unique experience with another culture. As a host, you also receive an allowance to offset expenses.

[Learn about a current homestay family here](#) or get more details about the program on [the Canada Homestay Network website](#).

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 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.learningcentres.com. Current SCDSB students should speak to their guidance counsellor for information and to register. Registration opens January 14!

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



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education needs. Topics include 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

Is homework stressing you out?

Throughout the year, your child may have homework or need to spend time studying at home. You can help make homework time less stressful. First, let your child relax with a healthy snack when they get home from school. Ask if they have homework, what kind, and how long they think it will take to finish. It's a good idea to set a regular time each day and decide on a specific place to do homework. Your child might need help for a couple minutes to get started.



Looking for more parenting support? Speak with a public health nurse by calling 705-721-7520 or 1-877-721-7520 or visit the health unit website at www.simcoemuskokahealth.org.

Questions about your child's health?

Health Connection offers free, confidential health information from nurses and health inspectors on:

How your child is growing, parenting tips, fast and healthy meals, safe food and water, common illnesses, keeping kids safe, fun family activities

- Health unit programs such as vaccinations and dental care
- Community resources for parenting, mental health, addictions, quitting smoking or financial help

Contact Health Connection at 1-705-721-7520 or 1-877-721-7520 Monday to Friday, 8:30 a.m. to 4:30 p.m., or

<http://www.simcoemuskokahealth.org>. If English is not your first language, we have a telephone interpretation service.

Information provided by the Simcoe Muskoka District Health Unit

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 and pertussis
- Measles, mumps and rubella
- Meningococcal
- 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

Canadian Blood Services needs your help!

During the winter months, hectic schedules and snowy weather often result in a decrease in the number of blood donations. Canadian Blood Services (and all those in need of donations) want to remind you to be part of Canada's lifeline this holiday season and give the gift of life. You can book online at www.blood.ca. Look for a clinic in your area!

Information provided by Canadian Blood Services

Five ways families can improve health and fitness in the new year

It's that time of year again - time to focus on New Year's resolutions. Making your family better, stronger and healthier may require just a few simple tweaks. It's been proven that the key to success is setting small, attainable goals. Here are some New Year's resolutions that families can work on together to get healthy and fit in the New Year:

- **Play together.** Spend time outside playing together as often as possible, regardless of the weather. Go skating, build a snow fort or go tobogganing – fun for the whole family!
- **Join a family-friendly gym.** Find a place that provides opportunities for the entire family to be physically active together or offers child care and after-school programs.
- **Pencil it in.** Add physical activity or play time to the calendar, with the same commitment as other important meetings. Schedule an evening walk or a fitness class – seeing it on the calendar will help motivate your family to stay on track.
- **Set goals.** Pick a fun run/walk or 5K to do as a family, like [YMCA Move to Give](http://www.ymca.ca/move-to-give). Sign up, train as a family and participate in it together.