



# 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. 5 – January 2022

Principal: Mrs. J. De Cola

Vice Principal: F. Van Arragon

### Principal's Message:

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.

We recognize and acknowledge that the beginning of this new year has come with unique challenges, and we want to thank everyone for your kindness and support as we pivot to online learning. In the first few days of online learning, we have seen everyone adjust quite well and we want to express our appreciation to students and their families as well as school staff for demonstrating continued grit, resilience and flexibility. We hope this time of online learning will be short and we'll be able to safely come back together at school soon. The Ontario government has stated we will return to in person learning on January 17. Please keep watching <https://www.scdsb.on.ca> for updates as well as your email for messages from either the school board or the school. For those who have borrowed school technology during this time of online learning we ask that you please ensure these items are returned right away on the first day back at school as we'll need them for continued instruction and learning here at school. We recognize online learning can be a big adjustment for everyone, making schedules work and staying focused for learning. We encourage all our students to do their best to follow the schedule that has been set out by their classroom teacher and be sure to take regular sensory/movement breaks for positive mental health and well-being. We've been so accustomed to recognizing student by only their eyes, so it certainly has been nice to see everyone's full faces as they are not masked in front of their computer screens! We hope the year 2022 is filled with joy and blessings for you and your family.

Sincere best wishes from the Allandale Staff.

## We're Building Character



**JANUARY'S Trait is; HONESTY-**  
we behave in a sincere, trustworthy, and truthful manner.



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.



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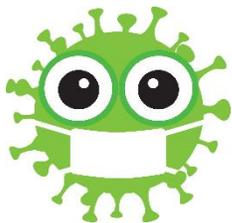
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## Days of awareness and recognition taking place in January

Jan. 1	New Years Day
Jan 26	Bell Let's Talk Day – Mental Health Awareness
Jan. 28	P.A. Day

## Daily COVID-19 self-assessment



All students and staff are required to complete the daily COVID-19 self-assessment prior to entering SCDSB schools and buildings, using the provincial self-assessment tool. Students or staff with

symptoms must stay home from school. To access the COVID-19 self-assessment tool, please visit <https://covid-19.ontario.ca/school-screening/>.

## Updates to the School Screening Tool for the 2021-22 school year - international travel

Recently, the [COVID-19 school and child care screening tool](#) was updated to reflect the return to school requirements for students who are returning from international travel. Individuals who are unvaccinated and returning from international travel may not attend school or child care for 14 days upon their return. For further clarity, while unvaccinated children and those under the age of 12 are exempt from federal quarantine if they travelled with a fully vaccinated companion, they may not attend school or child care for 14 days upon their return. Individuals with all other quarantine exemptions (e.g. travelling for cross-border custody arrangements, travelling for medical treatment) may continue to attend school or child care.



## Kindergarten registration opens this month

Kindergarten registration for September 2022 is open!

Kindergarten is the beginning of a wonderful journey of learning and we want your child to begin their journey in a SCDSB school! Do you have a child who is turning four in 2022? If so, we invite you to register your child for kindergarten. To register online or for more information visit:

[www.scdsb.on.ca/elementary/planning\\_for\\_school/kindergarten](http://www.scdsb.on.ca/elementary/planning_for_school/kindergarten)



## 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.

## Inclement weather and bus cancellation information reminder

All information regarding cancelled buses in Simcoe County is posted on the Simcoe County Student Transportation Consortium (SCSTC)'s bus information website at [www.simcoecountyschoolbus.ca](http://www.simcoecountyschoolbus.ca). Our school is in the **Central** zone. When buses are cancelled, schools remain open for student learning, unless otherwise noted. School staff are expected to plan for such emergencies in order to transition students who are unable to attend due to inclement weather to their online platforms (Google Classroom and/or SCDSBhub [Brightspace by D2L]) and continue with academic programming. It is always a family decision whether or not it is safe for their child(ren) to leave for school under severe weather conditions.

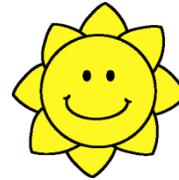
The SCSTC and bus operators try to make the decision to cancel school buses before 6 a.m. and make every effort to post announcements before 7 a.m. Inclement weather cancellations are effective for the whole day and buses cancelled in the morning will not run at the end of the day. You can follow the SCSTC on Twitter [@SCSTC\\_SchoolBus](#) for bus cancellations and other information. You can also subscribe to receive bus delay notifications here: <https://scstc.ca/Subscriptions/Login.aspx>.



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## Virtual High School Information Events

Is your child starting Grade 9 next year? High school information events will happen virtually this winter. Student leaders and staff at the school will give an overview of what's new and what to expect. Please visit the below link for more information.

[www.scdsb.on.ca/secondary/planning\\_for\\_high\\_school](http://www.scdsb.on.ca/secondary/planning_for_high_school)

## Interested in learning more about IEPs and school-based assessments?

Join us for a virtual special education outreach session

In 2022, the Simcoe County District School Board (SCDSB) is hosting virtual special education outreach sessions to assist parents/guardians in learning more about programs, supports and ways that we work together to support students with special education needs. On Jan. 13, join us for the first session, 'IEPs and school-based assessments – information for parents/guardians.' This virtual presentation will run from 6:30 to 7:30 p.m. and will include opportunities for participants to share their questions regarding IEPs and school-based assessments. For more information and to register visit:

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

## Join us!

### A learning series for parents/guardians

Mental health and well-being continues to be a key strategic priority within the SCDSB. We are pleased to announce a new three-year partnership with Pine River Institute (PRI). The Centre for Family Initiatives at Pine River Institute (CFI@PRI) will provide several multi-part learning series focused on student mental health and well-being to SCDSB families, staff and within the SCDSB's broader school communities.



There are three upcoming webinars in the learning series specifically planned for parents and guardians during this school year.

- Jan. 25, 2022** Understanding and Managing Screen Time
- Mar. 29, 2022** Connection and Empathy in Response to Behaviour
- May. 19, 2022** Understanding Addiction and Addictive Behaviours

We hope you save these dates in your calendar and join us for these learning opportunities. For more information and to register, please visit the mental health and well-being page on the SCDSB website: <https://bit.ly/3iGaC74>.

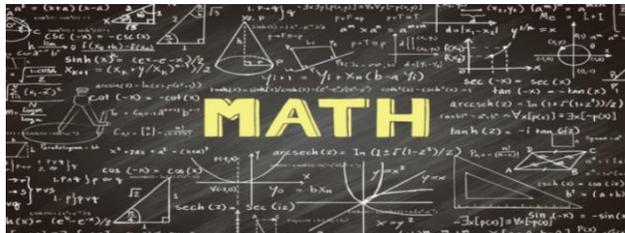
Pine River Institute is a live-in treatment centre and outdoor leadership experience for youth aged 13 to 19 struggling with addictive behaviours and often other mental health issues. Combining therapy with a fully-accredited education program, PRI reinforces the healthy life skills required for a successful future. CFI@PRI extends PRI's knowledge, experience and evidence-informed treatment approach to families and care providers in the community to support youth mental wellness and prevent the need for more intensive interventions. Learn more about PRI by visiting their website at [www.pineriverinstitute.com](http://www.pineriverinstitute.com).



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## Math @ Home parent series

Thank you to everyone who completed the parent survey. The winners of the prizes will be notified in January. The SCDSB math department is offering three evening virtual sessions for caregivers of SCDSB students. These sessions will focus on practical and fun ways to support students with their mathematics learning and engagement at home. Participants will receive a math pack of resources to use at home, and must pre-register for each of the sessions by visiting <https://bit.ly/SCDSBMathAtHomeRegistration>.

### **Having fun with math facts @Home**

*Thursday, Feb. 17, 2022 7 - 8 p.m.*

This session will explore practical, intentional and fun ways to practice math facts at home. Participants will leave with ideas, games and activities to support their child in becoming fluent with their math facts.

### **Making math connections @Home**

*Thursday, March 24, 2022 7 - 8 p.m.*

This session will explore where we find numbers, patterns, measures and shapes in our daily lives. Participants will learn about practical ways to help their child notice and wonder about the math in their world.

### **Problem solving @Home**

*Wednesday, April 26, 2022 7 - 8 p.m.*

This session will explore how to encourage children to be active thinkers and problem solvers, both in math and around the house. Participants will learn about how solving problems at home can help their children solve problems in math class.

**Participants must pre-register for the sessions they wish to attend. Registered participants will receive a Math @ Home pack of hands-on resources that will be sent to the school indicated on the registration form.**