



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. 7 – March 2022

Principal: J. DeCola

Vice Principal: F. Van Arragon

Character Trait Integrity - 'We act justly and honorably in all that we do.'

Allandale Families

It is hard to believe that spring is around the corner, and we are now into the month of March. This past month has been great to see the learning taking place in the classroom. During February, we recognized Black History Month in our school and students had the opportunity to take part in many learning opportunities. We also recognized Pink Shirt Day on February 23rd where students participated in activities to understand how we can work together to address bullying. Each day we promote the use of appropriate and kind words and actions.

We want to thank our parents for closely following our monthly newsletters, weekly e-blasts, Twitter & classroom communication platforms to keep informed of happenings in and around our school. Remember your child's teacher is your first contact when you have concerns about your child at school. They spend the most time with your child and appreciate the trust you place in them each and every day.

We are continuing to focus on, improving student attendance and students arriving late. We truly understand that medical, dental appointments and illness do not always make this possible, but we appreciate the extra efforts families are making to support our students.

As well, reading continues to be an area of need – and we need your help! When it comes to reading and how parents can help their children learn to read, the message is clear and straightforward: read, read, read. Read to your children. Read with your children. Listen to your children read to you. Let your children see you reading. Talk about reading. Make reading a family priority. Reading at home will give your children a tremendous advantage in school. It's that simple. A child who comes to school having had early, enjoyable experiences with books is, as any primary grade teacher can tell you, far ahead of others in literacy skills, attention span, and ability to experience success in school. There's no question about it— children who are learning to read benefit significantly from the practice and experience that family reading provides.

Daily COVID-19 self-assessment

Families are asked to ensure that their child(ren) complete and pass the COVID-19 self-screening tool daily prior to attending school. Based on the recommendation of the OCMOH, the [daily COVID-19 self-screening tool](#) has been

updated and includes a more sensitive COVID-19 symptom list as well as the requirement for anyone with symptoms of COVID-19 to self-isolate and stay home, regardless of vaccination status.



KISS n' RIDE

In the mornings, we ask drivers to please stay in their car and have their child completely ready for drop-off to maximize efficiency through Kiss & Ride.

In the afternoon, please unbuckle your child's seat belts so staff can have the children leave the vehicle promptly. **If your child is not ready please loop around the kiss n' ride to go back through so we don't hold up the line.** Please also be careful and watch for pedestrians at the crosswalk when exiting our school driveway.



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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. 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 SCDSB hub [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](https://twitter.com/SCSTC_SchoolBus) for bus cancellations and other information. You can also subscribe to receive bus delay notifications here: <https://scstc.ca/Subscriptions/Login.aspx>.



Daylight Saving Time

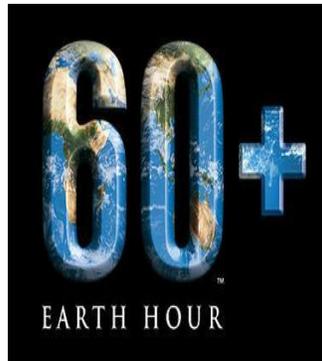


Begins on Sunday
March 13, 2022 at 2:00 A.M.
Turn your clocks forward 1 hour.



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/kindergarten.

Earth Hour



Simcoe County Schools will be participating in Earth Hour on March 25th. We encourage our Allandale Families to also participate at home for Earth Hour on March 26th from 8:30-9:30pm.

[Learn more at earthhour.org](http://earthhour.org)



Screen-free time: activities to get kids moving!

Screen-free activities to keep kids active

Finding ways to break up your daily schedule with active play will pay off in the long term, and encourages creative thinking, problem solving and so much more. Here are some ideas for screen-free activities to keep kids active while having fun:

Enjoy the great outdoors

Breathe in some fresh winter air as you explore your local trails, parks and toboggan hills or have a family snowman-building contest to see who can make the most creative snow sculpture!

Get creative with indoor games

If it's too cold to explore the outdoors, there's plenty of fun indoor activities that use common items from around the house. Try playing a game of 'bedsheet parachute' – grab a twin-sized or smaller bedsheet or blanket to make a DIY parachute. Then get the kids (or even you!) to hold onto each end of the bedsheet and work together to try to shake a small stuffed animal or ball off the parachute!

Lead your family in a group workout

When you're active with your kids, it sends them an important message about healthy living. Try leading your family in a group workout from the comfort of your home. If you're looking for ideas and inspiration for family-friendly workouts, visit YMCA at Home where you can find activities for all ages and fitness levels. Once you learn the basic movements of the workout, gather your family and exercise together. It's always more fun to exercise with a buddy!
Information provided by the YMCA of Simcoe/Muskoka



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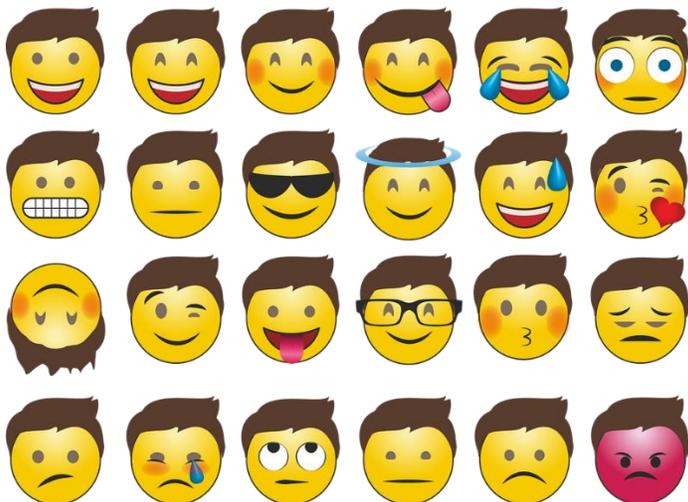
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Mental health and well-being resource hub

COVID-19 has, and will, impact the mental health of people everywhere. Kids Help Phone has seen an unprecedented surge of young people feeling more stressed than usual reaching out during this global pandemic. Finding accurate information and appropriate resources can be hard.

Jack.org, School Mental Health Ontario and Kids Help Phone have partnered to bring you all the information needed in one easy-to-access hub so that youth mental health remains top of mind, and our communities are able to easily access the education, tools, support and reliable information they need. Please share widely with the young people in your life.

Jack.org is a Canadian non-profit organization focused on helping youth understand how to take care of their mental health and look out for others.



Making 'cents' of money matters

All students need the skills and knowledge to take responsibility for managing their personal financial well-being with confidence, competence and a critical and compassionate awareness of the world around them. In the 2020 math curriculum there is focus on financial literacy learning in Grades 1 to 8, including understanding the value and use of money over time, how to manage financial well-being and the value of budgeting.

Students build their skills and knowledge about the value and use of money, how decisions impact personal finances, as well as develop consumer and civic awareness.

Students will:

- Learn how to manage finances responsibly, such as creating a budget to help save enough money to buy

something they want such as a book, toy or a video game.

- Begin to develop a greater awareness as consumers and contributors in the local and broader economic system.

Wondering how you can support the development of your child's financial literacy skills at home? Check out some of these great tips and resources!

Tips:

- Find daily, real-world opportunities to talk about money in the contexts of earning, saving, spending and giving.
- Consider the financial habits you want to instill in your child and talk about them.
- Involve your child in making decisions about purchases for household items and compare the costs of different items. (e.g. We need to save money to repave the driveway, so we're going to cut down on spending. Do you have any ideas?)

Resources:

- A Parent's Guide to Financial Literacy http://www.edu.gov.on.ca/eng/parents/financial_guide.html
- Peter Pig's Money Counter <https://practicalmoneyskills.ca/games/peterpigs/>
- Help Your Kids Understand Money: A Parent's Guide <http://www.themint.org/parents/parenting-guide.html>

Nutrition and self-regulation

Self-regulation is the ability to manage your own energy states, emotions, behaviours and attention in ways that are socially acceptable and help achieve positive goals such as learning at school, having good relationships and being well. Healthy eating may improve your child's ability to self-regulate.

Eat more:

- ✓ Plant-based foods: colorful vegetables, fruits, whole grains
- ✓ Healthy proteins: nuts, seeds, legumes, fish, seafood

Eat less:

- ✓ Sugar and sodium
- ✓ Highly processed, refined foods



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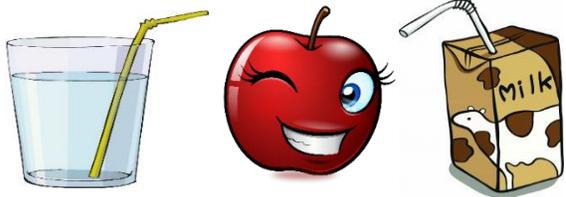
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Focus on:

- ✓ Water or milk to drink
- ✓ More than one type of food at every meal or snack
- ✓ Eating regularly
- ✓ Creating a calm, relaxing environment where you can enjoy your food and not feel rushed

Information provided by the Simcoe Muskoka District Health Unit



YOU ROCK MY SOCKS



Adult English as a Second Language Program

Looking to improve your English skills? Join our Adult English as a Second Language Program (ESL) classes to improve your listening and speaking skills through class discussions and presentations. Develop your English skills to advance in your current job or open the door to new employment opportunities. Learn more about your local community and explore Canadian culture and history. Adult ESL classes are offered year-round with a continuous intake.

To register for the program, please contact the Barrie Learning Centre at 705-725-8360 ext. 45151, or email ganderson@scdsb.on.ca.

**Please note all students starting ESL for the first time must be assessed prior to starting the class. Fees apply for visitors to Canada and work/study permit holders.*

#ITSTARTS week in the SCDSB

The County of Simcoe has once again proclaimed March as #ITSTARTS month. The Simcoe County District School Board will be championing the #ITSTARTS campaign from March 7 to 11. This campaign promotes inclusion, acceptance, and equity within the vibrant, diverse and growing communities that make up Simcoe County. For more information, visit: <https://www.simcoe.ca/dpt/ccs/lip/itstarts>.

Monday, March 22nd: Funky Sock Day

#LotsOfSocks #RockYourSocks

World Down Syndrome Day is always on March 21 and is recognized by the wearing of funky/unique/awesome socks. Since it falls during March Break this year, we will recognize it upon our return.

(Fun Fact: The date for WSDS being the 21st day of the 3rd month, was selected to signify the uniqueness of the triplication (trisomy) of the 21st chromosome which causes Down syndrome.)

<https://www.worlddownsyndromeday2.org/>

Interested in learning more about the ways that the SCDSB supports students with special education needs and their families? Join us for a virtual special education outreach series

In 2022, the Simcoe County District School Board (SCDSB) is hosting virtual special education outreach sessions to assist parents/caregivers in learning more about programs, supports and ways that we work together to support students with special education needs.

Supporting students as they transition into school, from one school to another, and from school upon graduation – information for parents/caregivers

April 12 >>> 6:30 to 7:30 p.m.

Working with families to create safe and supportive environments for children who have experienced trauma – information for parents/caregivers

May 10 >>> 6:30 to 7:30 p.m.





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Participants are asked to register in advance. Information to access the sessions will be shared via email with individuals who have pre-registered. Learn more about each session and how to register on the SCDSB website at <https://bit.ly/3s8OBm8>.

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 be part of a 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 two upcoming webinars in the learning series specifically planned for parents and guardians during this school year.

- March 29** Connection and empathy in response to behaviour
- May 19** 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/3jGaC74>.

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.

Math @Home parent/guardian series



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 must pre-register for the sessions they wish to attend. The math packs will only be provided to the first 200

registrants and will be sent to the school indicated on the registration form. Please note there are limited spaces

remaining. Pre-register for each of the sessions by visiting <https://bit.ly/SCDSBMathAtHomeRegistration>.

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.

Having Fun with Math Facts @Home

Thursday, May 12, 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 with becoming fluent with their math facts.



EarlyON Child and Family Centres

Did you know that EarlyON Child and Family Centres offer free programs, resources, parenting courses and developmental screening, as well as referrals to community programs? All children, prenatal through 6 years of age, can participate with their parent(s) or caregiver(s). In Simcoe County there are four agencies that deliver EarlyON Child and Family programs. Services are available in English and French and can be explored by visiting www.simcoe.ca/ChildrenandCommunityServices/Pages/EarlyON.aspx

EarlyON Child and Family Centre staff are trained in child development and facilitation of educational programs for parents/guardians and children. Coming soon: a parent/child interactive program for parents/guardians and children who are starting Kindergarten this fall! Stay tuned for registration information.



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Keep connected with the SCDSB

It's important to get accurate information about what's going on at your school and at the Simcoe County District School Board (SCDSB). Here are some ways to do that:

- Subscribe to our school's website by visiting the 'What's New' section at http://***.scdsb.on.ca. You can sign up to receive emails about school news updates and information during emergency situations. It's easy to subscribe – visit our website and click the 'Subscribe' link at the very top of the page. Provide your email and click 'Subscribe'; a message will be sent to your inbox with a link to click to confirm that you want to subscribe. You can unsubscribe at any time using the link at the bottom of each email.
- Sign up to receive SCDSB media releases by clicking the 'Subscribe' button at www.scdsb.on.ca.
- Follow the SCDSB on Twitter (@SCDSB_Schools), Facebook ([facebook.com/SCDSB](https://www.facebook.com/SCDSB)) and Instagram ([instagram.com/scdsb](https://www.instagram.com/scdsb)).

School bus driver employment opportunities

School bus operators in Simcoe County and Muskoka are actively hiring school bus drivers. Positions are available immediately and in all communities within our region. The role offers flexible, part-time work, that includes morning and afternoon bus routes, as well as charter and field trip opportunities. You can play an important role in the school day of students in your community!

To learn more about becoming a school bus driver, please contact the local school bus operator in your area:

Landmark Bus Lines – Alliston	Alliston, Cookstown, Tottenham and area	(705) 435-2629
Landmark Bus Lines – Barrie	Angus, Barrie, Elmvalle and area	(705) 722-6666
Landmark Bus Lines – Collingwood	Collingwood, Stayner, Wasaga Beach and area	(705) 446-1196
Sharp Bus Lines – Bradford	Bradford, Innisfil and area	(289) 831-9109
Sharp Bus Lines – Midland	Midland, Penetanguishene, Tiny and area	(705) 540-1563
Sharp Bus Lines – Orillia	Orillia, Ramara, Tay and area	(705) 558-1245
WAT	Bracebridge, Gravenhurst, Huntsville and area	(705) 640-0121

For more information, visit:

<https://main.simcoecountyschoolbus.ca/kindergarten-transportation-infomation/>