



# 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. 1 – September 2017

Principal: Mrs. P. Hamilton

Vice Principal: R. Meraska

Superintendent: P. Murphy

Trustee: J. Cameron

### PRINCIPAL'S NOTES

Dear Parents/Guardians:

On behalf of the staff at Allandale Heights Public School, I am thrilled to welcome everyone to the 2017-2018 school year! We welcome a productive partnership with you to ensure our children can achieve their highest potential and develop great character along the way.

This year we welcome some new staff members to the school. Please help me by welcoming Ms. Petras (Gr. 6/7), Ms. Nero (SERT), Ms. Norwood (FSL), Mr. Moon (Educational Assistant), Ms. Fraser (FDK), and Ms. Downey (Senior Admin Secretary).

Thank you very much to our custodial staff, Karen Shanahan and Shirley McMinn, who worked very hard this summer getting our school ready for the first day. It looks beautiful and we appreciate their hard work.

We are going to have a GREAT year here at Allandale – please be sure to check our website and social media sites regularly for updates on our activities and learning adventures. Go Knights Go! #knightsogrit

Please provide your email address to Mrs. Downey so we can communicate with our Allandale families through email. Email her at [dodowney@scdsb.on.ca](mailto:dodowney@scdsb.on.ca) with your information. This is an excellent way to receive updates and reminders as well as receive newsletters to keep you in the loop!

JOIN “remind” to receive text message updates regarding school activities. Text the word “@allandale” to 705 995-9818

## We're Building Character

Character Trait of the Month

### Caring

*We show kindness towards each other*

I demonstrate caring by...

- Helping a friend in need
- Treating people with kindness and generosity.
- Being sensitive to other people's feelings.
- Thinking about how our actions can affect other people.



### Upcoming Dates:

September 15 <sup>th</sup>	Pizza Day \$2/slice (every Friday)
September 21 <sup>st</sup>	Barrie Colt's Fundraiser 7:30pm
September 22 <sup>nd</sup>	Orange Shirt Day
September 28 <sup>th</sup>	Terry Fox Run
October 2 <sup>nd</sup>	Parent Council 5pm (first Mon of month)
October 5 <sup>th</sup>	Meet the Staff Night 5-6:30pm
October 9 <sup>th</sup>	Thanksgiving Day – no school
October 19 <sup>th</sup>	Picture Day
October 20 <sup>th</sup>	PA Day
November 10 <sup>th</sup>	Progress Reports Go Home
November 17 <sup>th</sup>	PA Day
December 22 <sup>nd</sup>	Last day before Christmas Holidays
January 8 <sup>th</sup>	Back to school after Christmas Holidays

### MEET THE STAFF NIGHT

**Thurs. Oct 5th from 5:00 – 6:30p.m.**  
**Eat and socialize 5 – 5:45p.m. Visit classrooms 5:45 – 6:30 p.m.**  
**Information to follow.**





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## Student dress code

Students are expected to respect the guidelines when dressing for school. Our school is a safe space. We work to be equitable and inclusive, and understand that students may choose to express themselves through their clothing choices. Student clothing cannot pose a safety concern or conceal identity. Exceptions are granted to students who wear head coverings or other garments/objects for the purposes of religious observance, medical or sensory needs, or other reasons protected by the Ontario Human Rights Code.

The SCDSB dress code is available in the student agenda and online at [www.scdsb.on.ca](http://www.scdsb.on.ca). If you have questions about the dress code, you can contact the principal or the SCDSB Equity and Inclusive Education Team at 705-728-7570.

## Procedures help keep our school safe

The safety and well-being of students is our top priority. We have a number of procedures in place to keep our school safe. You can help your child understand and feel safe by:

- talking to them about the situations below
- reminding them that emergencies are rare
- telling them it's important to follow staff instructions in these situations

Parents should talk about the following emergency drills with their children:

- **Shelter in place** is used when there is an environmental or weather-related situation, like a chemical spill outside the building, or a major storm. Activities continue inside the school. Students and staff are not allowed to leave the building. The ventilation system may be shut off.
- A **hold and secure** is used when there is a situation in the community, not related to the school, like a bank robbery nearby. Activities continue, but all doors are locked. No one is allowed to enter or exit the school.
- A **lockdown** is used when there is a major incident or a threat of violence related to the school. Students and staff move to secure areas, away from doors and windows. Doors are locked, lights are shut off and blinds are drawn. Students and staff remain quiet. We practice lockdown drills at least two times per year. In the unlikely event of an actual lockdown situation, police ask that parents do not go to the school. Information will be communicated through the school board social media sites ([www.facebook.com/SCDSB](http://www.facebook.com/SCDSB) and [www.twitter.com/SCDSB\\_Schools](http://www.twitter.com/SCDSB_Schools)) and website ([www.scdsb.on.ca](http://www.scdsb.on.ca)), through local police and local media.
- All schools have **evacuation plans** in case of gas leaks, bomb threats or fire incidents that would require everyone to leave the school. We hold drills to practice our evacuation plan. In a real evacuation, students and staff may go to the evacuation site, depending on the situation. Parents will be informed about pick-up procedures by the school, school board and local media. Elementary school main doors are locked during the school day. Visitors must use

## Keep connected with our school and 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):

- you can subscribe to our school's website by visiting the 'What's New' section at <http://all.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. When you fill out your email and click Subscribe, an email 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.
- for Simcoe County District School Board (SCDSB) media releases and event information, visit the 'News' section under 'About Us' on the SCDSB's website: [www.scdsb.on.ca](http://www.scdsb.on.ca). The SCDSB Education Centre can be reached at 705-734-6363.
- follow the SCDSB on Twitter (@SCDSB\_Schools), Facebook ([facebook.com/SCDSB](https://facebook.com/SCDSB)) and Instagram ([instagram.com/scdsb](https://instagram.com/scdsb)). Follow Allandale Heights on Twitter @AllandaleKnight and on Instagram @allandaleheights
- through SCDSB's Sharing Simcoe blog ([www.sharingsimcoe.com](http://www.sharingsimcoe.com)), we share stories of our amazing staff, students and school communities.

For school bus transportation information, visit the Simcoe County Student Transportation Consortium's website at: [main.simcoecountyschoolbus.ca](http://main.simcoecountyschoolbus.ca). And remember to bookmark the school bus information page at: [simcoecountyschoolbus.ca](http://simcoecountyschoolbus.ca) for bus delay and cancellation information on inclement weather days.



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the **intercom system** to enter the building. **Staff may not be available to answer the door immediately, please be patient.** All visitors, including school volunteers, are required to **sign in** at the school office and wear **visitor identification**.

- Staff and volunteers must complete a **criminal record check** before having contact with students.
- We ask parents to contact us when their child will be absent from school as part of our **Safe Arrival** program. When we don't hear from a parent/guardian, and a student is absent, we will call home to find out the reason for the absence.
  - At least two staff members in every school are trained in **first aid and CPR**. All Simcoe County District School Board schools **have Automated External Defibrillators (AEDs)**.

## School bus 'Bus Tag' program helps students get to and from school safely

The Simcoe County Student Transportation Consortium's Bus Tag program supports safety for JK/SK and other school identified students. The program helps match students to their assigned afternoon school bus and identifies that they must be met by a parent or guardian at their afternoon bus stop.

The program provides a colour coded Bus Tag with the assigned p.m. route number to be attached to the student's backpack and a colour coded route card with route number in the windows of the school bus that the Bus Tag is matched to. The program can also provide tags for students who are walkers and/or who remain at an on-site childcare centre to make sure they don't get on a bus in error.

For more information, visit [main.simcoecountyschoolbus.ca](http://main.simcoecountyschoolbus.ca) and click on the 'Safety' tab.

## Your child can learn a new language for free this fall in Barrie and Bradford

The SCDSB offers children in Grades 1 to 8 an opportunity to learn and/or maintain a language other than French or English. Whether you enrol your children in this program to learn a new language, understand a new culture or to extend their knowledge of their first language, every student can benefit from this program. The Barrie Learning Centre (Bayfield Mall) is offering Arabic, Russian, Mandarin, Korean, German, Spanish and Ukrainian. The Bradford Learning Centre (157 Holland St. E, Suite 200) is offering Arabic, Tamil, Spanish, Russian, Ukrainian and Vietnamese. The course takes place Saturday mornings, 9 to 11:30 a.m. starting Sept. 16. There is no charge for this program. Most classes fill quickly on a first come, first served basis. Register your child by visiting [www.thelearningcentres.com](http://www.thelearningcentres.com) and clicking on 'Elementary Student.'

When parents are at school during a drill or emergency event, they must follow direction from school staff, police, fire and/or emergency personnel. Parents may not have immediate access to their children during drills or emergencies. They may need to wait until the situation is resolved and school staff and/or emergency personnel release students into parent care.

## Pay for field trips, lunch days, etc. with SchoolCash Online

We have made it easy for parents to make their school purchases from the convenience of their own home. Whether it's lunch days, field trips or school wear, we have it online for you! Follow these three steps to get started:

1. Go to [simcoecounty.schoolcashionline.com](http://simcoecounty.schoolcashionline.com) or visit our school website and click on "Pay Fees"
2. Register and add your child to the newly created account
3. View and purchase items through bank transfer or credit card

It's safe, fast and convenient. Contact the office with any questions.

## Want to volunteer at our school?

Current volunteers who do not submit an Annual Offence Declaration for Volunteers on or before December 31, 2017, will be deleted from the database on January 1, 2018, and will have to submit a new Criminal Records Check and Vulnerable Sector Screen. Please see the office for more information or if you have questions about volunteering in our school.

## Simcoe Community Services' Grandparent System Support Program

Simcoe County is home to approximately 4,000 grandfamilies. The Grandparent System Support Program (GSSP) was established in response to the increased needs and unique challenges experienced by grandparents with the sole responsibility of raising their grandchildren. The GSSP Support Groups take place in Barrie, Bradford, Orillia and Midland. For more information about the support group, meeting dates/times or if you have questions about the GSSP, contact Trish Longo at [gssp@simcoecommunityservices.ca](mailto:gssp@simcoecommunityservices.ca) or 705-726-9082 x2321.



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It's important for you to know we'll always take whatever precautions are necessary to keep our school and students safe.

## Information about student accident insurance for the 2017-2018 school year

Student injuries at school, during school events, and extra-curricular activities (athletics, clubs, and out-of-province/out-of-country trips) are not covered by the board or its insurance company. While every precaution is taken to provide a safe learning environment, accidents can and do happen. The Simcoe County District School Board has selected the "insure my kids" program through Old Republic Canada as an option for students/parents/guardians to consider. This insurance offers a variety of plans and benefits at reasonable annual prices. Coverage can be purchased online at [www.insuremykids.com](http://www.insuremykids.com). Please watch for your student accident insurance package along with a letter about requirements for extra-curricular activities and out-of-province or out-of-country trips.

## Parent Portal gives parents real-time access to attendance, grade information

The SCDSB Parent Portal is a secure online tool that provides parents/guardians (of students less than 18 years of age) with quick access to their children's attendance and grades and includes the option to sign up for email notifications. To access the Parent Portal, parents/guardians will need their child's SCDSB Pupil ID Number, which can be found on the Student Information Verification Form, as well as an Access ID. The Access ID will be provided in a sealed letter this fall with instructions on how to create an account. If you lose the Access ID, you can visit us in the school office and we'll provide it to you after verifying your identity.

### DOGS ON SCHOOL PROPERTY

Please **DO NOT** bring dogs (small or large) on school property. In addition, please remind any community members using the school grounds after hours to please pick up after their dogs.

Thank you for your cooperation.



### PARKING LOT PROCEDURES

Our parking lot is a busy place before and after school. Please follow the following safety rules in order to ensure the safety of all:

- Follow the enter and exit signs and ensure you are traveling in the proper direction
- Do not cross the pylons indicating the school bus/van lane
- Do not park in the accessible parking spots
- Please take extra caution when driving through the cross-walk area
- Students must use sidewalks at all times

## Safety reminder: School buses are back on the roads

As students return to school, the Simcoe County Student Transportation Consortium (SCSTC) reminds everyone that school buses are back on our roads. The majority of school buses in Simcoe County are on the road in the morning from 7 – 9:30 a.m. and again in the afternoon from 2 – 4:30 p.m. As a reminder to drivers:

- **Take caution** – Be extra cautious in the vicinity of school buses and around school bus loading and unloading zones
- **Be alert** – Watch for school bus chrome yellow colouring, flashing red lights and stop arms. Drivers travelling in both directions on a road without a median must stop for a stopped school bus that has its upper red lights flashing
- **Know the repercussions** – Any driver that fails to stop for a school bus with its lights engaged is subject to a fine of up to \$2,000 and six demerit points for a first time offence
- **Be empowered** – Anyone who witnesses a driver failing to stop for a school bus can report the incident to police.

Visit the SCSTC web site at [www.simcoecountyschoolbus.ca](http://www.simcoecountyschoolbus.ca), click on the 'Home' button and then the 'Safety' tab for more information.

### 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](http://www.Eyeseeyelearn.ca).



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## Free dental care for children under 18 from Healthy Smiles Ontario

Free dental service is available to your child through Simcoe Muskoka District Health Unit's Healthy Smiles Dental Clinic in Barrie, or on the dental bus that visits many communities across Simcoe Muskoka throughout the year, as long as you qualify for the program. To find out if your child qualifies or to book an appointment, call the health unit (Monday-Friday, 8:30 a.m. – 4:30 p.m.) oral health team at 705-721-7520 or 1-877-721-7520, extension 8818. Healthy Smiles Ontario is a government-funded program that provides free dental care for children and youth 17 years old and under from low-income households. This dental program provides free preventative, routine and emergency dental services.

*Information provided by the Simcoe Muskoka District Health Unit*

## VOLUNTEERS NEEDED

We are in need of volunteers to help with our healthy eating programs. If you are interested in helping out please call the school to find out the procedures and needs or come out to our school council meeting on October 2<sup>nd</sup> @5pm.

Attention Grade 8 Graduates of 2018!  
Save the date! Tuesday June 26th is our graduation celebration in the gymnasium at Allandale Heights



## GIFTED SCREENING PROCESS

Some children who display an unusually advanced degree of general intellectual ability may require additional program support in order to reach their educational potential.

In consultation with parents, the school staff determines who these students are through the gifted screening process.

Parents of a student who will be in or above Grade 3 in the next school year, who wish the school to consider their child for screening, are asked to contact Ms. Simmonds before Oct 3, 2017

## How exercise can help with homework

It's the start of a new school year and students need to get back into the swing of things! Many students and parents adopt a similar philosophy for success – clear your schedule, buckle down and focus. Although the intention is great, by focusing solely on the books and neglecting the body, students are not actually reaching their full potential. Here are three reasons why exercise can make students more productive:

- Better sleep – it's a fact that our brains work better with a good night's rest. Getting enough sleep contributes to the brain's capacity to store and retrieve information, complete tasks efficiently, maintain focus and manage stress – all of which will improve student success.
- Stress release – exercise is proven to release endorphins that reduce stress. We all know how hard it can be to focus with an aching back, cramped neck or jittery leg. These physical distractions are often a result of excessive time spent in sedentary activities. A quick body break can relieve tension, stress and excess energy, making it easier to focus on the tasks at hand.
- Retain more – blood pumping exercise increases the flow of oxygen to the brain making it more receptive to the flow of new information coming in. Studies prove that students who exercise three times a week or more get higher grades.

In addition to exercise, students should ensure they are eating healthy, staying hydrated and getting lots rest and fresh air.

*Information provided by the YMCA of Simcoe/Muskoka ([www.ymcaofsimcoemuskoka.ca](http://www.ymcaofsimcoemuskoka.ca))*

End of Day Routines Please DO NOT telephone the school with last minute changes to transportation plans at the end of the school day, unless it is an emergency. Make arrangements ahead of time, be organized, and be considerate. We need your cooperation and appreciate your concern for the safety of all of our students.



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Heights  
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