



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 2018

Principal: Mrs. P. Hamilton

Vice Principal: R. Meraska

Superintendent: D. Maltby

Trustee: J. Cameron

Dear Parents/Guardians:

On behalf of the staff at Allandale Heights Public School, I am thrilled to welcome everyone to the 2018-2019 school year! I hope that everyone had a wonderful summer. It has been a great week and nice to see many familiar faces as well as our newest Knights join our fantastic community!

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 and returning staff members to the school. Please help me by welcoming Mr. Jewson (Gr. 3/4), Ms. Waters (FSL), Ms. Pokorny (FDK), Ms. Moritz (Library Learning Commons) and Mr. Candelino (Music, SERT).

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

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 about our activities and learning adventures.

Go Knights Go! #knightsogrit #bettertogether

Mrs. Hamilton
Principal

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

8:55 – Entry to school – start of school day

- 8:55-10:35 – Learning Block
- 10:35-10:55 – 1st Nutrition
- 10:55-11:15 – 1st Recess
- 11:15-12:55 – Learning Block
- 12:55-1:15 – 2nd Nutrition
- 1:15-1:35 – 2nd Recess
- 1:35-3:15 – Learning Block
- 3:15 - Dismissal

Upcoming Dates:

- | | |
|----------------------------|---|
| September 14 th | Pizza Day \$2/slice (every Friday) |
| September 25 th | Turn-around Day |
| October 1 st | Parent Council 5pm (first Mon of month) |
| October 1 st | Volunteer Orientation 4:30-5:00pm |
| October 4 th | Meet the Staff Night 5-6:30pm |
| October 8 th | Thanksgiving Day – no school |
| October 10 th | Picture Day |
| October 22 nd | PA DAY |
| November 16 th | Progress Reports Go Home |
| November 23 rd | PA Day |
| December 21 st | Last day before winter break |
| January 7 th | Back to school |

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.



PIZZA FRIDAYS ARE BACK!

\$2/slice of cheese or pepperoni. Orders will be collected each Friday morning and will only be accepted until 9:30am



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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.

New Simcoe County District School Board website launched this summer

Visit www.scdsb.on.ca to check out our brand new look! Our new website launched in July, providing users with an accessible experience that is mobile-friendly – it works well whether you're on a desktop computer, mobile phone or tablet. The new website also has improved search functionality and a special *SCDSBshines* section to highlight and celebrate the amazing accomplishments of our staff.

SCDSB Community Apps portal makes volunteering easy

We appreciate the commitment of all who volunteer at our school. This school year, we are implementing a new online Volunteer Portal. SCDSB Community Apps is a new online portal that allows you to begin the process for volunteering at a SCDSB school. The portal eliminates much of the paperwork currently associated with volunteers. Volunteer applications and approvals will occur online. The new mandate for Accessibility for Ontarians with Disabilities Act (AODA) training, for volunteers, is also part of the portal. The Volunteer Portal is available for all new people requesting to volunteer at a school location:

<http://communityapps.scdsb.on.ca>. Only new volunteers or those who require an updated Criminal Background Check Vulnerable Sector Screening (CBC-VSS) are able to register on the portal at this time.

Visitors to the School

Please remember when entering the school to sign in at the main office. As per School Board policy, ALL visitors to the school must identify themselves with a visitor tag.



Animals on School Property REMINDER

To ensure safety for all, please note that animals are not permitted on school property. An exception to this are trained service dogs that have been approved by the principal. Thank you for your cooperation.

Grade 8 Graduation

Attention Grade 8 Graduates of 2018! Save the date! Tuesday June 25th 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 this school year are asked to contact Ms. Simmonds or their child's teacher before September 30, 2018 if they would like more information about this process.

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). Here are some ways to do that:

- 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. 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 Simcoe County District School Board (SCDSB) media releases by clicking the 'Subscribe' button at 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) and Instagram (instagram.com/scdsb)

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



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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 exterior 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. Interior 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 and www.twitter.com/SCDSB_Schools) and website (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 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 SCDSB schools **have Automated External Defibrillators (AEDs)**.

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.

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

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. If you have questions about the dress code, you can contact the principal or the SCDSB Equity and Inclusion Education Team at 705-728-7570.

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 child care centre to make sure they don't get on a bus in error. For more information, visit main.simcoecountyschoolbus.ca and click on the 'Safety' tab.

Register now for free International and Indigenous Language Programs

The SCDSB offers children in Grades 1 to 8 an opportunity



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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 or second language, every student can benefit from this program. The Barrie Learning Centre (Bayfield Mall) offers Arabic, Farsi, Korean, Mandarin, Ojibwe, Russian, Spanish, Ukrainian and Urdu. The Bradford Learning Centre (157 Holland St. E, Suite 200) offers Arabic, Dari, Farsi, Mandarin, Russian, Spanish, Tamil, Ukrainian, Urdu and Vietnamese. The classes take place Saturday mornings, 9 to 11:30 a.m. starting Sept. 15 (classes are dependent on student enrollment). 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 and clicking on 'Elementary Student.'

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.schoolcashonline.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.

Student Accident Insurance information for this 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 SCDSB 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. Participation in extra-curricular activities (athletics, clubs) or out-of-province/out-of-country trips requires the purchase of this insurance, or other extended health and dental coverage. Student accident insurance packages will be sent home with students.

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.eyeseeeyelearn.ca.

Ideas for packing healthy school lunches (for elementary schools)

A school lunch should give children the energy and nutrients they need to be ready to learn, be more alert and perform better at school. When planning lunches keep these tips in mind:

- Include one serving from at least three of the four food groups from Canada's Food Guide.
- Rather than buying pre-made lunch kits, make your own healthy "lunch kit" with divided containers and small bite-sized cheese cubes, left over chicken chunks, veggie sticks or fruit slices.
- Get your kids to eat more veggies - send cucumber coins, zucchini sticks and pepper strips with dip.
- Fill whole wheat or multigrain wrap/pita/tortilla shells with your child's favourite foods such as hummus and grated carrot or sliced turkey with honey mustard.
- Don't have them drink their fruit - send water instead.

For more information to keep you and your family healthy, visit www.simcoemuskokahealth.org or call Health Connection at 705-721-7520 or 1-877-721-7520.

Stressful mornings sound familiar? Here's how to get organized and out the door on time

(for elementary or secondary schools)

Try these tips to help get the whole family out the door on time:

1. Plan ahead: pack lunches and pick out clothes the night before.
2. Go to bed at a reasonable hour so you wake up rested and ready for the day.
3. Wake up and get yourself ready, before your child.
4. Keep the TV and electronics off. These can be disruptive first thing in the morning.



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5. Give clear instructions and be realistic about what your child can do for themselves. Praise them when they do something well to help them learn new skills.

Finally, remember to have patience. Your child learns from watching you! In time your child will learn to plan ahead, be organized, and develop patience too. For more tips, visit www.simcoemuskokahealth.org or www.triplep-parenting.ca

Information provided by the Simcoe Muskoka District Health Unit

Don't stress! Back to school mental health tips

It's the start of a new school year and students need to get back into the swing of things! While a new school year can be exciting, it can also cause stress and anxiety. The Canadian Mental Health Association (CMHA) suggests maintaining positive mental health during this seasonal shift with the following strategies:

- Take care of your body – mental and physical health are fundamentally linked. Make sure to get enough sleep, drink water, eat well and exercise.
- Build resiliency – resiliency means coping well with problems, stress, and other difficult situations. Set aside time to think about the resiliency tools available to you and your child, such as structured problem-solving skills or resources that can help out during difficult situations.
- Reach out for support – offering love, acceptance and sense of safety is important but so is providing resources outside of the home to support our youth in times of crisis. Some useful resources include New Path, YMCA of Simcoe/Muskoka, CMHA, Simcoe Muskoka Family Connexions, and the Kids Help Phone.

To learn more about the YMCA of Simcoe/Muskoka community youth programs and support, visit

www.ymcaofsimcoemuskoka.ca.

Information provided by the YMCA of Simcoe/Muskoka
(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.