



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 2021

Principal: Jan DeCola

Vice Principal: Fred Van Arragon

Welcome Back!

I am delighted to welcome each one of you to the 2021-22 school year.

Every year, September heralds' new beginnings, renews connections and energizes our focus. Allandale is a school where there will be exciting opportunities for your children to learn, grow and flourish, full of caring adults and new friends to be made. We would love to have met with you face to face, but under the current circumstances, we can only hope it will be soon!

I am looking forward to a terrific year - our classrooms look fabulous, and the school is spotless. Thank you very much for all of the staff who were able to come into the school during the last few weeks to ensure that they are prepared to receive students this morning. As well, a special thank you to Mrs. Shanahan and Mrs. McMinn for our spotless school, as well as Mrs. Barber who worked tirelessly to ensure a smooth start. Thank you to all our families for entrusting us with your children. We look forward to learning together with them and participating in many great learning experiences throughout the school year

We had extensive renovations to our school over the summer including new paint, lighting, carpeting and washroom upgrades. The finished product has created a new vibrant learning community. We cannot wait to show you!

Vice Principal and Principal,

Fred VanArragon and Jan DeCola

SCHOOL COUNCIL

School Council Nominations for 2021-2022

Every school has a school council—a committee of elected parents, community representatives and staff. School councils have an advisory role. They help to provide the community voice and parent perspective on important school topics.

Why join school council?

Serving on school council is a way to have a direct and positive impact on your child's educational experience. Research shows that when parents are involved in their child's education, the level of student achievement increases.

How do I get involved?

School council meetings are open to the public, so anyone can attend meetings without being an elected member of school council. School council elections take place each fall. Parents may nominate themselves to serve on School Council by completing a nomination form (see attached) and submitting it to the school office no later than October 5, 2021. You may also request a paper copy from the school office. Elections will take place on October 7, 2021.



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Character Attribute for the month of September

Caring

We show kindness towards each other.

LEARNING BLOCKS

8:55	Start of School Day
8:55-10:35	100 min Learning Block
10:35-10:55	Nutrition Break #1
10:55-11:15	Recess #1
11:15-12:55	100 min Learning Block
12:55-1:15	Nutrition Break #2
1:15-3:15	100 min Learning Block
3:15	Dismissal

REORGANIZATION

Allandale is a school where there will be exciting opportunities for your children to learn, grow and flourish, full of caring adults and new friends. With such a large influx of new students this year, we will need to add three classrooms to our school. Our school will be reorganized on Tuesday, September 28. We have already added a new kindergarten class and primary class and on Tuesday a new junior class will be added as well. Families of students who will need to move to a new class will receive a letter informing them of the impending change. New teachers will be hired for these classes and will be in place starting on September 28 as well. We are very thankful to Ms. Collins, Ms. Hunter and Ms. Arruda, who have temporarily filled in during this transition time in September. We wish them well wherever their professional educational journey takes them.





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Bell times & Drop-off & Pick-up Details

-School starts at 8:55 AM and ends at 3:15 PM.

-Parents are asked to please stay back off the tarmac area when dropping off and picking up their children both before and after school. Please stay behind the pylons that are set out on the tarmac.

- If using the Kiss & Ride loop for dropping off your children, please stay in the car and allow staff to unload/load your child in the car. Please be patient during times of congestion (especially in the afternoon). We strongly recommend walking your child to school to reduce traffic and pollution.

- When walking your child to school please stay back on the grass area allowing only students and staff to be on the tarmac area.

Self-assessment

All students and staff will be 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/self-assessment/>.

Health and Safety Protocols

Students may have their masks off outdoors but will remain in cohorts at recess and should keep physically distanced from one another as much as possible. A strong emphasis will be placed on frequently washing or sanitizing hands to ensure good hand hygiene throughout the course of the school day.

Students from Kindergarten (JK and SK) to Grade 8 will be required to wear a face mask while inside the school building. Students may have their masks off outdoors but will remain in cohorts at recess and should keep physically distanced from one another as much as possible. A strong emphasis will be placed on frequently washing or sanitizing hands to ensure good hand hygiene throughout the course of the school day.

Families are encouraged to provide cloth masks for their children that securely cover the nose and mouth. We will provide cloth masks to students who do not have them.

Each morning, students are required to complete a self-screen prior to attending school. The self-screening tool can be found here: <https://covid-19.ontario.ca/school-screening/>.

Students who are experiencing symptoms of COVID-19 must stay home. We ask that parents/guardians report their child's absence as part of our Safe Arrival program. Siblings of students with Covid-19 symptoms should remain home as well.

Well-being

We believe that looking after our physical and mental health is essential to our well-being. We are committed to creating an inclusive school environment where students feel safe, welcome, and included.

For helpful information and resources to support student mental health and well-being, visit the [SCDSB website](#) or [School Mental Health Ontario](#).





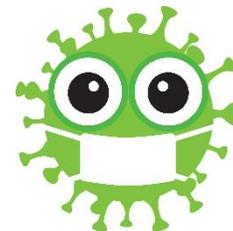
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Safety measures in schools

We want to assure you that the health and well-being of our students and staff remains our top priority. We are in regular contact with our local health authority, the Simcoe Muskoka District Health Unit (SMDHU), and we continue to take their direction on all matters related to COVID-19. Please visit the COVID-19 Return to School page on the SMDHU website at www.simcoemuskokahealth.org for additional information.



The following health and safety measures will be implemented in our schools.

Masking:

- Students from Kindergarten (JK and SK) through Grade 12 will be required to wear masks while indoors.
- Staff will be required to wear masks while indoors.

Enhanced Health and Safety Protocols:

- Hand sanitizer will be provided in each classroom for student and teacher use.
- Students will receive training on proper hand hygiene including instructions on hand washing and sanitizing.

Ventilation

- Standalone high efficiency particulate air (HEPA) filter units will be placed in all schools without mechanical ventilation.
- HEPA filter units will be placed in all standalone Kindergarten classrooms.

Enhanced Cleaning:

- Enhanced cleaning and disinfecting at least twice a day of frequently touched surfaces and shared resources such as doorknobs, light switches, toilets and faucet handles.
- Buses will be sanitized twice daily with frequent cleaning of high-touch surfaces.

Physical Distancing:

- Directional arrows and signage will be utilized in schools to support physical distancing measures.
- Schools will have designated entry and exit doors and staggered entry and exit times.
- Acrylic shielding will remain installed in school offices.

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No Visitor Access

As we transition into the return to school routine this fall, following the direction from our local health authority, the SMDHU, visitors are not permitted within SCDSB schools at this time. Parents/guardians may ring the doorbell at elementary schools to receive assistance. Parents/guardians will be asked to call the school's main office at secondary schools to receive assistance. School main office phone numbers will be posted on the doors of school buildings.

Instructions For When Children Become Sick at School

Parents/guardians will be asked to provide multiple contacts who will be available to pick up their child(ren) in the event that they become ill while at school. Children who become ill while at school will not be able to travel on a bus home for the protection of the other riders.

Procedures help keep our school safe

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; and,
- telling them it's important to follow staff instructions in these situations.



Parents/guardians 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 temporarily.
- 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/guardians 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/guardians will be informed about pick-up procedures by the school, school board and local media.

When parents/guardians are at school during a drill or emergency event, they must follow direction from school staff, police, fire and/or emergency personnel. Parents/guardians 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/guardian care.

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



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Please note the following:

- Elementary school main doors are locked during the school day. Visitors must use the **intercom system** and wait for assistance. **Staff may not be available to answer the door immediately, so please be patient.**
- Staff must complete a **criminal record check** before having contact with students.
- We ask parents/guardians 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)**

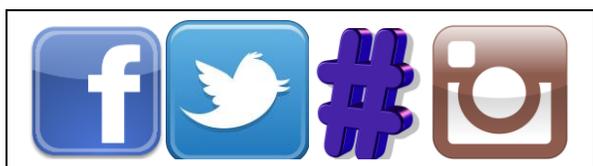
Student dress code

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.

There are lots of ways to dress for school...



The SCDSB dress code is available in the student agenda and online at www.scdsb.on.ca/elementary/dress_code. If you have questions about the dress code, you can contact your school principal.



Keep connected with Allandale 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 SCDSB media releases by clicking the 'Subscribe' button at www.scdsb.on.ca.
- Follow the SCDSB on Twitter (@SCDSB_Schools), Facebook (facebook.com/SCDSB) and Instagram (instagram.com/scdsb). @Allandaleknight.



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School Bus Information

Allandale Heights is in the CENTRAL bus zone. 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.

Animals on School Property REMINDER

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



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.

Walk or wheel to school

Walking or cycling to school is a great way to get the 60 minutes of daily physical activity that's needed for good mental and physical health. More walkers mean less traffic around our school, which helps keep students safe and improve outdoor air quality. Even one day a week of walking or cycling to school can make a big difference! To find out more about how to support active and safe routes to school, visit <http://ontarioactiveschooltravel.ca/school-travel-planning/>.



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

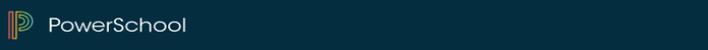


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this fall with instructions on how to create an account. If you lose the Access ID, you can visit us in the school office and we'll provide it to you after verifying your identity.



Student and Parent Sign In

Sign In Create Account

Create a Parent/Guardian Account

Create a parent account that allows you to view all of your students with one account. You can also manage your account preferences. [Learn more.](#)

For Instructions on accessing the portal [Click Here.](#)

Create Account



Pack school lunches with safety in mind

Try these food safety tips to keep your child healthy at school:

- pack their lunch in an insulated lunch bag or container
- keep food cold with mini ice packs or frozen water bottles
- keep food hot by using a thermos
- don't forget to wash their lunch bag and containers in hot soapy water each night

Looking for more information to help keep you and your family healthy? Call *Health Connection* at 705-721-7520 or 1-877-721-5720 to speak with a public health nurse or visit the health unit's website at www.simcoemuskokahealth.org.

Information provided by the Simcoe Muskoka District Health Unit

Concussions – what you need to know

Any hit on the head can cause concussion and serious long-lasting symptoms if not treated carefully. Concussions are invisible injuries, so it's important to treat every hit on the head with caution. If your child hits their head, watch for symptoms, such as trouble remembering, low energy, headaches, sensitivity to light and noise or being more emotional than usual. If you see any of these, stop play and take them to a doctor right away. Remember to tell their principal, coaches and teacher about any head injuries that happen outside of school. Depending on the injury, your child may need a personalized plan, time off from school work, sports or other activities to help them fully recover.

For more information on concussion prevention and management visit <http://www.parachutecanada.org/injury-topics/item/concussion>.



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Information provided by the Simcoe Muskoka District Health Unit



Physical activity improves brain health

It's the start of a new school year and the perfect time to help kids thrive in mind and body. But in order for them to reach their full mental, emotional and intellectual potential, we have to foster the important connection between the health of the body and the mind.

Regular physical activity – even in short bouts – can help kids' brains on many levels, including better cognition, brain function, and mental health (i.e. emotional, psychological and social well-being). Research shows that students who exercise before a test show stronger brain function than those who don't. Furthermore, children and youth who have brain-based disabilities, such as autism spectrum disorder or ADHD, may experience the greatest benefits and improvements in cognitive function as a result of regular physical activity.

At the YMCA of Simcoe/Muskoka, we know first-hand that exercise is one of the most effective ways to improve mental health. For recommendations and programs on how to increase kids' physical and mental health, visit www.ymcaofsimcoemuskoka.ca.

Information provided by the YMCA of Simcoe/Muskoka

Career Centre provides job search help for free

Are you looking for work? Would you like help with your job search at no cost to you? The Career Centre is available to help. Visit www.barriecareercentre.com for more information.



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