



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

Principal: Mrs. DeCola

ISSUE NO. 8 – April

Vice-Principal: Mr. F Van Arragon

Happy Spring! We think it is finally here. We're glad to see almost all the snow and ice melted and students enjoying the warmer temperatures.

We have had many exciting events take place at Allandale Heights Elementary School over the last few months and have many school trips and sporting events planned for May and June. This month our students have been focused on the character trait of Optimism, by maintaining a positive attitude and having hope for the future. I think it is safe to say at this time that we are all optimistic that spring must be around the corner.

We're very proud of our students and staff as everyone has been working very hard and accomplishing great things in their learning. This is a time of year when there are numerous special holidays happening. As different families celebrate Ramadan, Passover, and Easter, we hope you will enjoy your special celebrations and commemorations.

Spring is here and along with it comes wet weather. Please note we will have our students outdoors for recess as much as possible. Students are encouraged to dress for the weather. Unless it is heavily raining, we will try to be outdoors for recess as much as possible to allow all our students to have the opportunity for a good fresh air movement break outdoors. Especially our primary students are encouraged to have boots and splash pants on wet days. A spare change of clothes in the backpack is also an excellent idea.

As some students start to enjoy riding bikes, scooters, or skateboards to school, we wish to remind everyone to be very careful when coming onto school property. We ask everyone to walk their wheels once entering school property to ensure the safety of everyone. As well, if you use the kiss and ride loop to pick up or drop off your child(ren) please be very careful to watch for other parents and students walking to their cars. Please drive very slowly and watch the crosswalk carefully for pedestrians as you are leaving the parking lot.

On April the 19th we will be hosting a Literacy and Numeracy Evening from 5:00 to 7:00. Parents and their students are invited to take part in many activities and events planned during this evening. All participants will receive prizes and take-home materials to try out at home.

Mrs. DeCola and Mr. Van Arragon

Optimism - we maintain a positive attitude and have hope for the future.

More information about character education can be found here: scdsb.on.ca/about/character_education

**Reminder
Easter Break
April 7 and April 10
(No School)**



April PA Day

Please note that **Friday, April 28** is a PA Day for all SCDSB students. Please refer to the 2022-23 School Year Calendar on the SCDSB website for more information:

scdsb.on.ca/elementary/planning_for_school/school_year_calendar.



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We have Lunches!!

Monday – Osmow's Tuesday – Pasta
Wednesday – Subway Thursday – Popcorn
Friday – Pizza

**** NOTE**** The Last Thursday of every month we will be doing Burger and Apple Juice from Burger Priest.

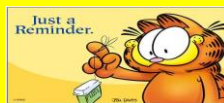


We are excited to be having another Book Fair this month. April 19 to April 24 in the library. The Book Fair will also be open during Literacy and Numeracy Evening



Literacy and Numeracy Evening.

We are excited to be hosting an evening of fun. From 5pm to 7pm. We will have literacy and numeracy activities FUN for the whole family to enjoy. We will also have popcorn and pizza available for purchase.



Just a Reminder: School starts at 8:55 and dismissal is at 3:15. Therefore if you know your child(ren) will be late or absent please call the **Safe Arrival line at 705-728-3601 and press 1.** And at the end of the day, we understand things can change for pick up, but we ask that you please call the office by 2:45 the latest if any changes are needed.

EarlyON Child and Family Centres The Simcoe County EarlyON Child and Family Centres have locations throughout Simcoe County. These centres offer a variety of services, including programs that help prepare children and parents/guardians for kindergarten. Programming will be offered in the spring of 2023. Check with your local EarlyON provider for dates and times.

<https://linktr.ee/earlyonsimcoe>

Kindergarten registration for September 2023 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 2023? If so, we invite you to register your child for Kindergarten. To register online or for more information visit: scdsb.on.ca/kindergarten.

Licensed summer school age childcare programs

Child care programs for children in Kindergarten to Grade 6 are provided by independent, third-party child care operators in some SCDSB schools. To support your childcare needs, some operators offer child care over the summer holidays. Registration in advance is required. Please contact the childcare operator directly to discuss fees and to register. More information and contact numbers can be found at scdsb.on.ca/elementary/planning_for_school/childcare_before_after.

April showers bring May flowers.

Just a reminder with the snow melting and April showers we ask that you have your child(ren) bring extra pairs of socks and a change of clothes for those days that have extra big puddle's.





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Join us! A learning series for parents/guardians with Pine River Institute Mental health and well-

being continues to be a key strategic priority within the SCDSB. We are pleased to continue our partnership with the Centre for Family Initiatives at Pine River Institute (CFI@PRI) to provide several curated learning sessions focused on student mental health and well-being to SCDSB families, staff and within the SCDSB's broader school communities. There are five webinars in the learning series specifically planned for parents, guardians, and other caregivers during this school year. The final session, 'The Biology of Stress', is April 27.

We hope you join us for this learning opportunity. For more information and to register, please visit 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.

Join the SCDSB's Parent Involvement Committee for 'Safe connections: navigating a digital world' On April 25, the Simcoe County District School Board's (SCDSB) Parent Involvement Committee (PIC) is hosting a virtual learning session for parents/guardians. Safe connections: navigating a digital world is a virtual event focused on digital mindfulness and well-being, and Internet safety. This virtual event will run from 6 to 8:30 p.m. via Zoom. Presenters include:

- Chris Vollum, CMV SocialMedia
- Sergeant Aaron C. Arnett, Ontario Provincial Police
- Abby Zantingh, Imani's Place

Participants are asked to register in advance: <https://bit.ly/40tEg22>. Information to access the session will be shared via email with individuals who have pre-registered. The PIC is a county-wide advisory committee made up of parents/guardians and community representatives from across Simcoe County. The committee works with SCDSB staff and trustees to

support student success through parent/guardian engagement. Visit scdsb.on.ca/elementary/parent/parent_involvement_committee for more information on the PIC.





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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 2023, 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. The remaining sessions include:

Supporting students as they transition into school, from one school to another, and from school upon graduation April 20 6:30 to 7:30 p.m.

Working with families to create safe and supportive environments for children who have experienced trauma May 9 6:30 to 7:30 p.m.

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 scdsb.on.ca/elementary/special_education/special_education_outreach_sessions.

The science of reading and structured literacy

The science of reading is a body of research that focuses on how students learn to read, what parts of the brain are utilized when learning to read, and what skills are ultimately required to be successful readers. Structured literacy is how educators take the knowledge gathered through research and apply it. There are five key components that make up an effective literacy program. Students need explicit instruction and repeated opportunities for practice with phonemic awareness, phonics, fluency, vocabulary, and comprehension. Visit the following link to support your child's reading at home:

<https://bit.ly/LiteracyHomeSupport>.

Dates to Remember in April

Sikh Heritage Month

- 2: World Autism Awareness Day
- 4: Mahavir Jayanti (Birthday) Jainism
- 6-8: Theravada New Year (Buddhism)
- 6-13: Pesach (Passover) (Judaism)
- 7: Good Friday (Christianity)
- 8: Farvardegan (FC) (Zoroastrianism)
- 9: Easter (Christianity)
- 9: Vimy Ridge Day
- 10 Easter Monday (Christianity)
- 12: International Day of Pink
- 13: Vaisakhi (Sikhism)
- 14: Good Friday (Christianity)
- 14: Vaisakhi/Baisakhi (Hinduism)
- 16: Easter (J) (Christianity)
- 16-22: National Volunteer Week
- 17: Easter Monday (J) (Christianity)
- 17-18: Holocaust Memorial Day, Yom HaShoah
- 18: Lailat-ul-Qadr (Islam)
- 21: First Day of Ridvan (Baha'i)
- 21: Jumatul Widha (Islam)
- 21: Eid-ul-Fitr (Islam)
- 22: Earth Day
- 23: Zarathoshy-no-diso (QC) (Zoroastrianism)
- 26: Administrative Professionals Day
- 28: National Day of Mourning (World Day of Safety and Health at Work)
- 28: Nichiren Foundation Day (Buddhism)
- 29: Ninth Day of Ridvan (Baha'i)





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Math @Home parent series Fostering a strong school-home partnership is an important part of reinforcing math learning at school and extending the learning beyond the classroom. Families are a child's first educator and help build a strong foundation for future success. The virtual math series outlined below is intended to support a positive attitude towards mathematics, enhance motivation and ultimate success.

The SCDSB math department is pleased to offer three evening virtual sessions for families and caregivers of SCDSB students. These sessions will focus on practical and fun ways to support students with their mathematics learning and engagement at home. The first 200 registrants will receive a math pack of resources to use at home. Participants must pre-register for each of the sessions.

Making Math Connections @Home Wednesday, April 12 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 Tuesday, April 25 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 11 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.

Participants must pre-register for the sessions they wish to attend. Participants who register before March 24 will receive their math pack of resources in time for the first session on April 12. Those who register after March 24 will still receive a math pack of resources but may not receive them in time for the first session. Use this link to register: <https://bit.ly/23MathAtHome>.





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Significant need for foster caregivers in our community

There is a significant need for foster caregivers in our local community. When a child or youth is brought into temporary foster care and placed outside of their community there is a loss of family, friends, schoolmates, teachers, and everything that is familiar to them. The increase in the number of foster homes across the communities in Simcoe Muskoka allows children and youth to remain connected to what is important to them.

Foster families are regular families wanting to give back to their community. When a family faces hardship and challenges, they need a community to support them and their children. In many situations, foster care can provide vital support that enables parents to address issues that are putting their children's safety and well-being at risk. Keeping children connected to their family, community, and extended supports is crucial. Foster caregivers provide a caring home that encourages a child or youth's growth, development, and well-being. If you're interested in becoming a foster caregiver in our community, please visit the foster recruitment website at www.fosterconnexions.ca to learn more or call the foster recruitment line at 705-734-6777.

Information provided by Simcoe Muskoka Family Connexions

Tense and relax coping strategy.

Well-being is a Strategic Priority in the Simcoe County District School Board, and our mental health and well-being department provides monthly strategies to support student and family well-being.

This month's strategy is tense and relax. Parents/guardians can guide their child/youth through a tense and relax muscle relaxation exercise to help them notice whether they feel tense or relaxed in a particular area and understand how their body feels when they are tense and relaxed. This helps children/youth to learn to sooth their body and mind, and assists with regulating emotions during times of stress.

To practice tense and relax at home, have your child/youth get comfortable by either standing or sitting. Encourage them to keep their back straight, and shoulders and head relaxed. If they're comfortable, ask them to close their eyes. Have your child/youth intentionally tense and relax isolated body parts and be aware of how they feel when they tense their muscles and when they relax them. Children can be encouraged to: bring their shoulders up to their ears, hold for a count of 3, and relax; squeeze their hands into fists, hold for a count of 3, and relax; squeeze their stomach in as if fitting between a fence, hold for a count of 3, and relax; and, pushing their feet down to the ground, hold for a count of 3, and relax. Repeat the actions a few times and discuss how these body parts felt before, during, and after the exercise.

Parents/guardians can practice tense and relax at home any time with their child/youth to help them learn how to relieve tensions. Click on the following link to watch a guided video of tense and relax together:

<https://www.youtube.com/watch?v=J4mQm0hux1Q&t=1s>.

Follow along the SCDSB's mental health and well-being social media accounts (@SCDSB_MHWP) to see how well-being is being supported in our schools.