



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. 6 – February

Principal: Mrs. J. De Cola

Vice Principal: F. Van Arragon

Dear Knights Families,

February marks the halfway mark of the school year and is a great time to reflect on the first half and set some goals for the rest of the year. First term report cards are coming home on February 17th. Please take some time to review the comments and talk to your child about their accomplishments and what they hope to achieve in the second half of the year.

February is Black History Month and people across Canada participate in Black History Month events which honour the legacy of Black people in Canada and their communities. At Allandale, students from K to 8 will be learning more about the stories Black communities in Canada have to tell about their successes and accomplishments. While we continue to look for opportunities to bring literature, music and other contributions of Black Canadians into our classrooms during the year, Black History Month is an important time for celebration and reflection. We encourage families to make time to discuss the diverse contributions of Black Canadians have made locally and around the world.

I also wanted to draw your attention to a couple of items in this month's newsletter.

- Kindergarten registration
- Pine River Institute's webinars supporting student mental health
- Registration for Summer eLearning

Lastly, please remind your child to come prepared to be outside for recesses. While we recognize that students have different tolerances to cold weather, we have seen an increase in students saying they are not prepared to be outside for recess.

Thanks as always for your continued support.

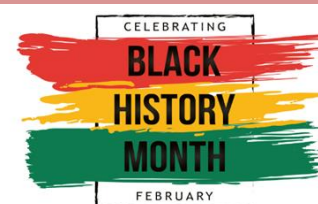


INCLUSIVENESS

Character attribute for the month of February

Inclusiveness: We include everyone in what we do and value their contributions. More information about character education can be found here:

www.scdsb.on.ca/about/character_education





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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:

www.scdsb.on.ca/kindergarten



POP! POP! POPCORN!!!

Don't forget to bring your \$2.00 for our Thursday popcorn fundraiser.



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.

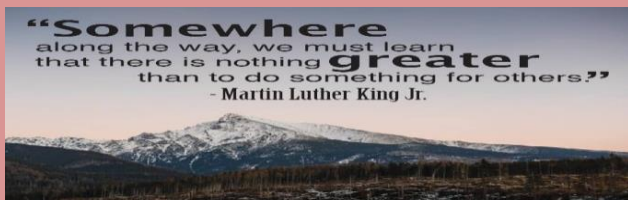


****NEW**** We are excited to announce that we have an amazing new vendor for our delicious pasta lunches. **Licious Italian Bakery Cafe** has pasta and sauce that are made fresh by hand. The containers will be larger for your kids to fully enjoy their lunch. We are all excited for this to start on **February 14**. Please have your orders in by **February 12** by noon through Lunchbox.



JAY'S STICKY BUNS

Don't forget to get your yummy Jay's Sticky Buns by **February 10**. Orders will be delivered to the school on **February 13, between 12 and 4pm** for pick up. No calls will be made out as a reminder.



****IMPORTANT** IN-SCHOOL DENTAL**

SCREENING: Dental staff from the Simcoe Muskoka District Health Unit will be providing **FREE** dental screenings for all students at Allandale Heights Public School on **March 6, 7, 8 & 9, 2023**

Winter is here...



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. **It is always a parent/guardian's decision whether or not it is safe for their child(ren) to leave for school under severe weather conditions.**

You can follow the Consortium 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>



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Please **Don't Forget** to call the **SAFE ARRIVAL** line at **705-728-3601 ext. 1** to let us know your child(ren) will be absent or late.

EARLY LEARNING AND CHILD CARE

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 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>.

CHILD CARE PROGRAM AVAILABLE ON PA DAYS, HOLIDAY AND MARCH BREAK

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 child care needs, some operators offer child care on PA days and holidays, including over the March Break (Mar. 13 to 17).

Registration in advance is required. Please contact the child care operator directly to discuss fees and to register. For more information and contact numbers, please visit:

https://scdsb.on.ca/elementary/planning_for_school/childcare_before_after.

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 remaining sessions include:

Feb. 9, 2023 Guide to Attuned Limit Setting

March 2, 2023 Emotional Regulation for Kids and Adults

April 27, 2023 The Biology of Stress

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 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 GAMES AT HOME Playing math games at home is a great way to reinforce math concepts that students learn at school. The YouTube channel MMathMania has a large number of videos of math games that can be played using paper, dice, and/or playing cards.

Check out the channel at: www.youtube.com/@mmmathmaniamathgamesmore3985 or search **MMMathMania** on YouTube.



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REGISTRATION NOW OPEN FOR SUMMER EARNING

The Simcoe County District School Board (SCDSB) is offering summer school courses in July 2023 for current high school students or adult learners who are interested in earning a new credit or upgrading a previous mark. Students can advance online learning skills, earn missed credits or fast-track preparation for graduation or post-secondary in just four weeks. eLearning is fully supported by certified teachers who are available electronically daily.

Summer school program details can be found on the Learning Centres website at <http://thelearningcentres.com/high-school-student/summer-school>.

BLACK HISTORY MONTH

The Simcoe County District School Board (SCDSB) recognizes and celebrates Black History Month every February. The SCDSB is committed to improving equity of access and opportunity for Black students, staff, and parents/guardians, and to creating a safe and caring learning environment that promotes the human rights of staff, students, and parent/guardians. The initiatives undertaken by the SCDSB have been embedded in teaching and learning at all school levels, and centrally, for Black History Month and throughout the year. Follow the SCDSB on social media to see how schools are recognizing Black History Month.

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 with autism spectrum disorder Feb. 14 6:30 to 7:30 p.m.

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

DATES TO REMEMBER

Black History Month

- | | |
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| 2: Groundhog Day | 10: Spirit Day (Allandale Colours- Blue/Yellow/Gold) |
| 14: Valentine's Day (Spirit Day: Wear Pink, White and Red) | 15: National Flag of Canada |
| 17: National Random Acts of Kindness Day | 22: Pink Shirt Day |



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EVALUATING EARLY LITERACY The Ministry of Education has directed all Ontario school boards to begin implementing the recommendations outlined in the Right to Read Inquiry. As a result, primary educators are shifting from using leveled texts for reading instruction as they encourage reliance on guessing strategies to solve unknown words. Instead, educators are beginning to use a scope and sequence to systematically teach phonemic awareness (awareness of the sounds in words) and phonics (understanding of the letters that represent sounds). Students may apply the phonics skills they have learned by reading 'decodable' or 'phonetically controlled' texts.

As a result, educators are moving away from using PM Benchmarks and moving towards assessments that measure foundational reading skills. For example, in Grade 1, educators will be observing a child's ability to identify the sounds they hear in a word, identify the letter(s) that represent the sound, and their ability to blend the sounds together to decode (read) the word and encode (write) the word. In later primary, educators will be observing a child's understanding of more complex letter/sound relationships such as prefixes and suffixes.

Educators will also consider a child's achievement in reading fluency, vocabulary development, and reading comprehension when assigning a report card grade for reading.

To support your child at home, the following documents provide activities that may help foster these foundational skills:

1. Phonological Awareness Activities for Families <https://bit.ly/3WVsexb>
2. Supporting Reading Development at Home <https://bit.ly/3X3wB9w>

NOTICE TO STUDENTS AND PARENTS/GUARDIANS OF STUDENTS REGARDING OUT-OF-AREA REQUESTS

Under Simcoe County District School Board procedures (APM A7000 – School Attendance Areas), it is possible for students to apply for and receive permission to attend an out-of-attendance-area school. Students will be permitted to continue in attendance as long as there are pupil places available. They may be required to return to their home school or transfer to another school when the capacity of the school they are attending has been reached and space is required for students residing within the designated attendance areas. An approval may be revoked at any time by the superintendent of education, after consultation with the receiving school principal, for reasons related to the student's behaviour, attendance, actions or inactions. Transportation to and from school is the responsibility of the out-of-attendance-area student and/or parent/guardian.

SCDSB CHARACTER EDUCATION PROGRAM Our SCDSB Character Education program was developed over 20 years ago. As a school board, we are moving forward to update the SCDSB Character Education program, along with the attributes. The intended implementation date for our new Character Education program will be September 2023. To make this successful, it is imperative that everyone has an opportunity to have a voice. Currently, we are eliciting student voice from our elementary and secondary students and understanding the important partnership with parents/guardians; we are asking if you could take a moment to fill out the below survey.

The survey opens on **Feb. 6** and will remain open until **Feb. 10**: <https://www.surveymonkey.com/r/M2BF38X>.



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SCDSB ANTI-SEX TRAFFICKING PROTOCOL AND RESOURCES FOR PARENTS/GUARDIANS

In 2021-22, the Ministry of Education directed Ontario school boards to develop an anti-sex trafficking protocol that was tailored to the needs of their community. The Simcoe County District School Board (SCDSB) has developed a protocol and relevant training and resources for staff, students and parents/guardians. The focus of the SCDSB's protocol and resources is to protect students and empower school communities to play a key role in fighting sex trafficking and keeping children and youth safe from sexual exploitation.

More information, including a link to the SCDSB Anti-Sex Trafficking Protocol and associated resources, is available on the SCDSB website: www.scdsb.on.ca/elementary/safe_schools/anti-sex_trafficking_protocol.



EXERCISING TOGETHER CAN MAKE YOUR FAMILY STRONGER AND HEALTHIER

Families that exercise together get stronger in more ways than one. Getting your daily dose of exercise not only helps to prevent health risks, it builds strong muscles and bones, develops positive body image, supports mental health, and strengthens the family bond. With so many great reasons to get moving, why aren't Canadians doing it more often? One of the most common barriers reported is time. This is also one of the biggest roadblocks to spending quality time together as a family. With Family Day just around the corner, why not plan a weekend of activities that gets the whole family out and moving! Here are some tips to help make family fitness fun for everyone.

Put family first Make the focus of family fitness about family time. Use this time to connect with one another, share stories, discuss interests, check in on the day, or just make each other laugh. Quality family time is important, no matter your age!

Take classes together Ask your local health and fitness centre about classes offered to parents and kids, or family-oriented drop in programs. Centres like the YMCA often have open family swim times for family members of all ages to enjoy. If your little one is too young to swim in the pool, look for child-minding or parent and tot programs.

Plan outdoor activities Set aside one day every weekend to do something active as a family such as sledding, skating, or hiking. Making physical activity part of your routine will set your family up for healthy habits now and in the future. Don't forget to splurge on some healthy snacks after a good workout!

Surround your family with active people Healthy habits can be contagious! Surround your family with active people who enjoy healthy lifestyles and you'll be more likely to make those same choices. Group classes or drop-in programs are a great way to meet new people that share your passion for fitness.

Spend quality time together this Family Day weekend The YMCA is a great place to have fun with the whole family while building healthy habits of physical fitness and well-being. With activities like open family gym and open family swim, family members of all ages can be healthy and active together. To find your local YMCA and view Family Day weekend activities, visit www.ymcaofsimcoemuskoka.ca/schedules.

Information provided by the YMCA of Simcoe/Muskoka