



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. 7 – MARCH

Principal: Mrs. J. De Cola

Vice Principal: F. Van Arragon

Dear Allandale Families,

The sun is getting stronger and warmer days are on the way, but with all the fresh snow recently, our students are still enjoying lots of outdoor fun in the snow at recess or during outdoor physical activity time. It is still pretty cold out so we encourage especially our younger students to make sure they still have their snow pants, mitts and hats to be well dressed for recess each day.

Over the past month we have seen much good learning take place in the classrooms. In February we had extra focus on Black History Month and students learned about many of our black Canadian heroes. We are glad to celebrate diversity within our school population having many cultures and first languages represented within our school. We also recognized Pink Shirt Day on February 23rd and continue to teach our students about how we can reduce bullying in our school and demonstrate kindness to everyone. Every day we promote the use of kind words and actions towards others.

Recently, all students received term one report cards. We hope you have taken the opportunity to review them with your children and have talked about next steps for learning as well. For those students who have Individual Education Plans (IEPs), you should have just in the last week received a copy of the IEP with updated term two goals. We encourage you to continue to find opportunities to build reading, writing and numeracy skills in your children at home by spending time reading together, or doing some writing or math as it relates to daily living.

We want to thank our parents for closely following our monthly newsletters, weekly e-blasts, Twitter & classroom communication platforms to keep informed of happenings in and around our school. Remember your child's teacher is your first contact when you have concerns about your child at school. They spend the most time with your child and appreciate the trust you place in them each and every day.

We are continuing to focus on, improving student attendance and students arriving late. We truly understand that medical, dental appointments and illness do not always make this possible, but we appreciate the extra efforts families are making to support our students and ensure they are at school as much as possible. As well, we want to remind everyone that being on time is an important life skill. Our school day starts at 8:55 every morning and we encourage everyone to do their best to have your children at school a few minutes prior to 8:55. This allows your child to have a smooth transition into the start of their school day.

During our first week back on March 24 we will participate in Earth hour, a worldwide event to encourage people to conserve energy for the sake of our planet. At school that day we will spend one hour from 2-3 PM turning off as many lights as safely possible and suspending our use of any technology that uses electricity. We encourage all families to participate in the worldwide Earth hour event that takes place on Saturday, March 25 from 8:30-9:30 PM.

Thank you to the many families that came out to support our family movie night on March 2nd. We had a wonderful time together with standing room only. We were so glad to be able to host a community event again and have people meet each other face to face again. We look forward to having a family math and literacy night in April and Family Fun Fair in June. Stay tuned for more details to come. With the March Break coming and no school from March 13-17, we want to wish everyone a safe and fun holiday together with their families.

Jan DeCola, principal and Fred Van Arragon, vice principal



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INTEGRITY



We act justly and honourably in all that we do. More information about character education can be found here:
www.scdsb.on.ca/about/character_education



Please note that **March 13 to 17** is **March Break** for all **SCDSB students**. Please refer to the 2022-2023 School Year Calendar on the SCDSB website for more information:
www.scdsb.on.ca/elementary/planning_for_school/school_year_calendar



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 Pasta is a Hit!!!

Thank you for making our new Pasta a hit! With all the wonderful comments we hear, we are happy to see it be successful. We thank you for your support for this fundraiser.



POP! POP! POPCORN!

Don't forget Thursday we have popcorn for sell \$2.00 a bag.



#246650550

WAY TO GO GIRLS' VOLLEYBALL TEAM!!!

Yesterday, the Intermediate girls volleyball team played in their final tournament of the season at Andrew Hunter. They played against St. Mary's, Andrew Hunter, St Marguerite and Hillcrest. They showed INCREDIBLE team spirit, rallying until the end. Special shout outs go to Cyleigh for team spirit and grit, as well as Olivia for her amazing leadership. The girls represented Allandale proudly, and Won all of their games to move onto the finals against Hillcrest. They won both sets, and took the match, winning **FIRST** place in the tournament! **WAY TO GO GIRLS!!** Congratulations to the team members, Ainsley, Ariadna, Cyleigh, Danisha, Isabella, Josie, Lamar, Lizzy, Olivia, Rosemary, Paige, and Shay.

#ITSTARTS week in the SCDSB

The County of Simcoe has once again proclaimed March as #ITSTARTS month. The Simcoe County District School Board will be championing the #ITSTARTS campaign from March 6 to 10. This campaign promotes inclusion, acceptance, and equity within the vibrant, diverse, and growing communities that make up Simcoe County. For more information, visit: www.simcoe.ca/dpt/ccs/lip/itstarts



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.



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EarlyON Child and Family Centres Is

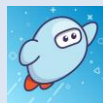
your child starting JK or SK in September? The Simcoe County EarlyON Child and Family Centres are excited to offer in person and virtual programs that help prepare children and parents/guardians for Kindergarten. Parents/guardians and children will have the opportunity to interact together in a variety of school readiness activities. We will look at and discuss how does learning happen, self-regulation, social skills, and how to get ready to start school.

If program registration is full, please check back regularly as there may be cancellations. To register for a program in your area visit

www.earlyonsimcoenorth.ca/GRFK.

How is your infant, toddler, or preschool child developing?

Is your child meeting their milestones? Age-appropriate speech and language skills are critical to your child's ability to read, write and be successful in school as well as to their ability to engage with their peers. Free services are available to support you with your child's development. Preschool speech and language programs are located across the County of Simcoe. Call (705) 739-5696 or 1-800-675-1979 to complete a developmental screen. The earlier we work together, the better!



SCDSB eBook library - SORA Did you know that the SCDSB has a digital eBook library available for all students from K-12? Students may access books using either the SORA app on a tablet or visiting <https://soraapp.com/welcome/login/202712> on the desktop version. They simply use their school Google login and password to access the library. Picture books, beginner chapter books, graphic novels, magazines, young adult novels, audio books; there is something for every student. Students may use the search function to select a specific book or browse through one of the many curated collections. Happy reading!

Licensed March Break school age child care 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 child care needs, some operators offer child care on PA days and holidays including over the March Break (March 13 to 17). Registration in advance is required. Please contact the child care operator directly to discuss fees and to register. More information and contact numbers can be found at

www.scdsb.on.ca/elementary/planning_for_school/childcare_before_after.





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Pine River
Institute

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:

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

Registration now open for summer eLearning!

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 thelearningcentres.com/high-school-student/summer-school.

Collection and use of personal student information

“As students progress from elementary school to secondary school, important personal student information is shared, which eases each student's transition to secondary school. Sharing this information also improves our ability to program effectively to benefit all students. The collection and use of personal student information for such purposes are authorized under the Education Act. Please note that all information used for the transition process is limited, secure, and protected at all times. Please contact (Lisa Coffey), Superintendent of Education, if you would like more information about the transition process at (Allandale Heights P.S.).”



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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. School staff are expected to plan for such emergencies in order to transition students who are unable to attend due to inclement weather, to their online platforms (Google Classroom and/or SCDSBhub [Brightspace by D2L]) and continue with academic programming. It is always a family decision whether or not it is safe for their child(ren) to leave for school under severe weather conditions. The Consortium and bus operators try to make the decision to cancel school buses before 6 a.m. and make every effort to post announcements before 7 a.m. Inclement weather cancellations are effective for the whole day and buses cancelled in the morning will not run at the end of the day. 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:

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

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



Dates to Remember

Bangladeshi Heritage Month

Mar 3: National Employee Appreciation Day

Mar 3: Allandale Spirit Day (wear your blue, yellow and gold)

Mar 8: International Women's Day

MARCH BREAK Mar 13 to 17

Mar 21: Rock your Socks (Wear colourful, bright coloured socks)

March 21: Eid-e-Navroz

Mar 21: International Day for the Elimination of Racial Discrimination

Mar 22-Apr 20: Ramadan begins

Mar 24: Earth Hour (2-3 PM in School Earth Hour event)

Mar 25- Earth Hour Worldwide 8:30 to 9:30pm

Mar 31: Trans Day of Visibility

Hellenic Heritage Month

Mar 6-9: Dental Screening at Allandale

Mar 10: Spirit Day -Wear Green

Mar 17: Irish Heritage Day



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Just breathe coping strategy Well-being is a Strategic Priority in the Simcoe County District School Board, and our well-being department provides monthly strategies to support student and family well-being. This month's strategy is deep breathing. Parents/guardians should practice deep breathing with their children to help them develop a deeper mind/body connection, self-regulation, awareness of emotions, and build resiliency. To practice deep breathing at home, have your child 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 place their hands flat on their stomach. Ask your child to breathe in deeply through their nose, filling the belly with breath. Point out how hands move out. Encourage them to hold their breath for a few seconds, then slowly breathe out through the mouth to feel the stomach contract and hands move in. Repeat 5-6 times.

Parents/guardians should practice deep belly breathing at home any time their child seems stressed or upset. Watch a deep breathing video here:

https://www.youtube.com/watch?v=le2TO_MNFxE&t=3s.

Follow along the Mental Health and Well-being social media accounts (@SCDSB_MHWP) to see how well-being is being supported in our schools.

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 path 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. Registered participants will receive a pack of hands-on resources that will be sent to the school indicated on their registration form. Use this link to register: <https://bit.ly/23MathAtHome>