

**PORTAGE VIEW**



**PUBLIC SCHOOL**

Principal:  
Kevin Stapleton

Vice Principal:  
Bonnie Ha

Office Staff:  
Linda Kauer  
Rena Collver

Superintendent:  
Charlene Scime

Trustee:  
Dana Powell



- 8:55 supervision begins
- 9:08 first bell
- 9:10 entry bell
- 10:50-11:30—1st break
- 1:10-1:50—2nd break
- 3:25 KDG dismissal
- 3:30 dismissal

**Portage View P.S.**

**124 Letitia Street**

**Barrie, ON**

**L4N 1P5**

**Phone**

**1-705-728-1302**

**FAX**

**705-728-3055**

**Por.scdsb.on.ca**

**New Safe Arrival Line:**

**1-888-885-8065**

# DECEMBER 2023

## PRINCIPAL'S MESSAGE

Happy December Everyone

It is with great enthusiasm that I share a very positive message with our school community. There is such an amazing sense of optimism with the staff, students and school council that is contributing to our great school atmosphere each day. Academically, students are utilizing new literacy resources to improve reading and writing, teachers are using our new design and technology (Shop) room, and staff are continuously offering school teams, new clubs and activities to the students such as the Skittles Club, our Diversity, Equity and Inclusion Club, a new Green Team and Intramural Dodgeball. We are also very fortunate to have our Indigenous support worker, Ms. Melnyk, who engages students in smudging, and cultural activities throughout the day.

The other side of Portage View P.S. is the amazing community support that we are so proud to offer. Our new Breakfast Club is well attended each morning, and the Community Closet that offers families free shoes, boots and clothing of all sizes has been well received. The spirit of giving continues in the way of our Gift Gala to support Youth Haven Barrie and The Good Food Box program. As we listen to what our families need in the way of support, our programs will continue to evolve to truly make Portage View the hub of our great community. For this continued support, I sincerely thank you!

As we approach the winter break later this month, we will celebrate the great cultural diversity from within our school walls and wish everybody a safe and happy time with their friends and family. Please take some time to read our December Newsletter as we proudly celebrate everything that is happening at Portage View P.S.

Mr. K. Stapleton

## Portage View commitment against Racism, Hate and Bias

We want you to know that incidents of racism, bias or hate are not tolerated at our school. Any such incident is treated very seriously with immediate action and consequences in accordance with the requirements of the *Education Act*, and consistent with our values and obligations under the *Ontario Human Rights Code*.

We are committed to maintaining a safe, inviting, and supportive school environment at Portage View Public School and recognize that all students have the right to be safe, and feel safe, in our school community. We are dedicated to educating our students and staff about the injustice and impact of systemic racism. We continue to work with students, staff, parents/guardians, and community partners to ensure that our school is the safe place it is intended to be for all students. If you feel your child could benefit from this support, please contact Mr. Stapleton at the school.

Please take the time to discuss this message with your child to increase their understanding of racism, bias and hate and the serious consequences of any such acts.

	<p><b><u>Arrive on Time</u></b></p> <p>One of the key factors in student success is attendance at school. Students that arrive late or leave early are missing some of the key messages that teachers deliver at the beginning and the end of the day. Late arrivals also disrupt the entire class.</p>		<p><b><u>Calling the School</u></b></p> <p>If you are unable to reach someone when calling the office, please leave a message, and you will receive a call back.</p>
	<p><b><u>Cell Phone Use</u></b></p> <p>Use of personal devices during class time is not permitted. If you need to reach your child during the school day, please call the office and not the student.</p>		<p><b><u>Communication</u></b></p> <p>PVPS relies on email communication for newsletters and updates. Please ensure we have your current email on file.</p>
	<p><b><u>Cutlery / Water Bottles</u></b></p> <p>Ensure that spoons, forks and water bottles are packed in your child's lunch. These items are not provided by the school.</p>		<p><b><u>Early Dismissal</u></b></p> <p>If you intend to pick up your child early for an appointment, when arriving at the school ring the bell and they will be called from class at that time.</p>
	<p><b><u>End of Day Student Pick Up</u></b></p> <p>Please do not telephone the school with last minute changes at the end of the day, unless an emergency. Dismissal is at 3:30 and the expectation is that ALL students will be picked up on time.</p>		<p><b><u>Inclement Weather</u></b></p> <p>When buses are cancelled, school remains open for student learning. Please call the school if your child will be absent, whether a buser or a walker, otherwise a safe arrival call will be received.</p>
	<p><b><u>Paperless School</u></b></p> <p>Subscribe to our website <a href="http://por.scdsb.on.ca">por.scdsb.on.ca</a> for the most up-to-date information.</p>		<p><b><u>Parking Lot</u></b></p> <p>Our school parking lot is closed for entry while school buses are present in the loading zone (15 min before the start and end of the school day).</p>
	<p><b><u>Peanut &amp; Nut Allergies</u></b></p> <p>Due to life threatening allergies, we respectfully ask parents to avoid sending peanut butter or products with peanut and/or tree nuts listed in the ingredients to school.</p>		<p><b><u>SchoolCash Online</u></b></p> <p>Schools are now cashless. Payments for field trips (including permission) and hot lunches are now paid online.</p>
	<p><b><u>Social Media</u></b></p> <p>Facebook– Portage View Facebook X (Twitter)- @PortageView</p>		<p><b><u>Student Information</u></b></p> <p>Remember to update your emergency contacts and student medical information throughout the year.</p>

## School Playground Structures are Closed for the Winter

Every winter, school playground structures are closed. Students are made aware of this during school hours through announcements and staff reminders during breaks. This may not be well known throughout the community, despite signs indicating that playground structures are a winter hazard and are closed. The Canadian Standards Association regulations make recommendations for the depth of ground cover required to minimize injuries (e.g., sand, pea gravel or wood chips). These surfaces cannot be maintained when the ground freezes. Injuries from falling would be more significant on frozen ground. We strongly recommend that you do not allow your children to play on any structures while the ground is frozen.

### **Inclement Weather and Bus Cancellation Information**



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](http://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: <https://scstc.ca/Subscriptions/Login.aspx>.

### **Licensed Winter 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 Winter Break. 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 by visiting: [www.scdsb.on.ca/elementary/planning\\_for\\_school/childcare\\_before\\_after](http://www.scdsb.on.ca/elementary/planning_for_school/childcare_before_after).



### **Reminder**



When buses are cancelled, school remains open for student learning. Please call the school if your child will be absent, whether a buser or a walker, otherwise a safe arrival call will be received.



# THE GIFT GALA IS COMING

We are happy to announce that our annual Gift Giving Gala will be held during the week of December 11-15. During this week each class will have the opportunity to visit the Gala and purchase items for immediate family members. Items will each be a \$.025 donation. All proceeds from the Gala will be donated to Youth Haven Barrie.

We are currently accepting any donations of new or gently used items for our Gala, as well as gift wrapping supplies such as tape, wrapping paper, tissue, gift tags, ribbons and bows. Please drop off items to the office or send them in with your child before December 8th.

This annual tradition encourages our student population to see the importance of our community helping others who need support. Our approximate donation to Youth Haven Barrie has been between \$700 and \$1 000 as a result of our staff, families, and student's collective efforts.



## Volleyball

Mr. Blanchard and Mrs. Ayres would like to congratulate the Junior Boys Volleyball team on their amazing performance this season. First place finish! You exceeded all of our expectations and proved that hard work and practice pays off.



Mr. Blanchard and Mrs. Ayres are incredibly proud of the Junior Girls Volleyball team and their commitment to improving their skills and maintaining a positive team atmosphere. Dedication and grit made all the difference and brought home a banner. Congratulations girls on your second place finish!



On November 10th we held a **Remembrance Day** ceremony to pay tribute to the men and women who have served — and are currently serving our Country in times of conflict and of peace. Students recognized this important day by reading books, writing poetry, creating works of art and so much more.

## Simcoe Muskoka Family Connexions is seeking compassionate and skilled professionals with specialized experience to apply to become foster care providers

The goal of this program is to meet the needs of youth through a therapeutically supported parenting approach within a structured environment, where they are supported and guided by a multi-disciplinary treatment team. The youth will remain, or become connected to, their family/kin/community whenever possible. Treatment services will be individualized based on the needs of the youth, and the knowledge of those who know the youth best in collaboration with community partners. This will allow youth to reside in a family-based setting and remain in their home community of Simcoe Muskoka, staying connected to important relationships and supports that may already be in place.

The homes approved under this strategy are designed to create clinically informed care plans that will support the youth directly, in addition to the continued support of their care providers. Youth

will be supported by a multi-disciplinary team and will be available to implement and design parenting and support to address the needs of the youth.

Compensation packages will be offered to experienced foster care providers, as well as clinical support to both care providers and youth.

If you or someone you know is looking for more information or would like to apply, contact Simcoe Muskoka Family Connexions by email at [bruna.figliuzzi@familyconnexions.ca](mailto:bruna.figliuzzi@familyconnexions.ca) or call [705-716.4664](tel:705-716.4664).

*Information provided by Simcoe Muskoka Family Connexions*

### **Did you know it's illegal to vape or smoke *anywhere* on school property, inside the school or outside within 20m of school property, 24 hours a day, 365 days a year?**

The law applies to everyone on school property, students, staff, and visitors. It also means it is illegal to vape or smoke on school athletic fields during afterhours activities or vape or smoke in school washrooms. There is a fine of \$305 for vaping or smoking on school property.

*But why do youth vape at school?* Vapes contain nicotine, which is a highly addictive drug. Nicotine addiction is extremely powerful, develops quickly, and youth may not realize they are addicted. Once addicted, they need nicotine regularly or they will experience withdrawal, making it hard to get through the school day. Help them take back control – there are supports to help youth quit! Talk to your child about vaping, they listen more than you think. Learn more at [NotAnExperiment.ca/parents](https://www.notanexperiment.ca/parents).

*Information provided by the Simcoe Muskoka District Health Unit*

### **Head Lice Treatment and Prevention**

Anyone can get head lice. Having head lice does not mean a person is unclean or lives in a dirty home. While they are a nuisance, head lice do not spread disease or cause illness. Head lice spreads easily, especially where people are in close contact and are very common among school-aged children or children in childcare.

Head lice spreads through direct hair-to-hair contact or indirectly by sharing hats, combs, hairbrushes, and headphones. To help prevent the spread of head lice, it's important to educate students about avoiding head-to-head contact and discourage sharing combs, hairbrushes, tuques, hats, or hair accessories.

Parents/guardians, caregivers, and families can visit <https://www.simcoemuskokahealth.org/Topics/PP2B/RaisingChildren/YourGrowingChild/HeadLice> for more information about head lice treatment and prevention. Or call Health Connection at 1-877-721-7520 to speak to a public health nurse.

*Information provided by the Simcoe Muskoka District Health Unit*

### **Parents' Guide to Assessment, Evaluation and Reporting**

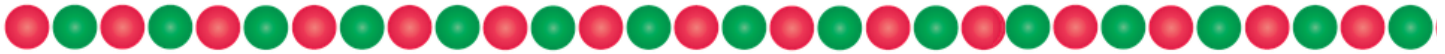
Learn to navigate the world of assessment, evaluation, and reporting with this new guide for parents/guardians. Created to support parents'/guardians' understanding of assessment, this guide was designed to effectively empower you to actively engage in your child's educational journey. The guide has been posted to the Simcoe County District School Board's website and can be accessed at <https://tinyurl.com/2urcm2tm>.

## Grade 1 French Immersion information



The Simcoe County District School Board (SCDSB) offers French Immersion (FI) at select schools throughout Simcoe County beginning in Grade 1. The goal of the FI program is to enable students to communicate in French with a high level of proficiency, enabling them to function with ease in both French and English. Upon graduation from the program, students will communicate in French with confidence in a wide variety of real-life situations.

**The SCDSB board-wide electronic applications for the Grade 1 FI program for all sites will open Friday, Dec. 1 at 9 a.m. and close at 4 p.m. on Friday, Dec. 15.** Entry into the FI program is determined through a digitally randomized lottery system. To learn more, visit the SCDSB website: <https://www.scdsb.on.ca/cms/One.aspx?portalId=210982&pageId=12587752>.



### 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!

### Programs Available Through the SCDSB's Adult and Continuing Education Learning Centres

The Simcoe County District School Board's Adult and Continuing Education department offers a variety of programming including day school, night school, summer school, correspondence, and co-op. Courses may be online, hybrid, or in-person and are based on sufficient enrollment. For current high school students, we offer travel for credit, summer school, and night school programs. For adults, we offer credit courses towards completion of an Ontario Secondary School Diploma (OSSD) including credits granted for prior learning and experiences (PLAR). In support of many of the adult learners in our communities, we also offer non-credit classes in English as a second language (ESL) and literacy and essential skills (LES) both of which can support learners towards paths of employment, continued education, and citizenship. Please visit us at [www.thelearningcentres.com](http://www.thelearningcentres.com) to learn more.

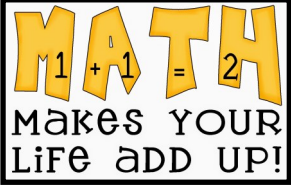
### Subscribe to Kindergarten Connections!

Will your child be turning four in 2024? If so, the SCDSB invites you to Kindergarten Connections! This is a monthly newsletter informing families of everything they need to know about preparing their child for school, as well as registering them for Kindergarten in the SCDSB. To learn more and subscribe, visit the Kindergarten page on the SCDSB website: [www.scdsb.on.ca/elementary/planning\\_for\\_school/kindergarten](http://www.scdsb.on.ca/elementary/planning_for_school/kindergarten).

### EarlyON Child and Family Centres

The foundation for lifelong learning and health is built in the early years. EarlyON Child and Family Centres across Simcoe County offer programs for children prenatal to six years of age and their parents/guardians and caregivers. They offer access to play- and inquiry-based learning supported by *How Does Learning Happen?* Ontario's pedagogy for the early years, information on child development and developmental screening including Early Referral Identification Kits (ERIKs), parent/guardian education, referrals to community resources, nutrition information, and post-natal resources. Check with your local EarlyON provider: <https://linktr.ee/earlyonsimcoe>.

## Math @Home Parent and Caregiver Series



It's back! The SCDSB math team is pleased to offer three virtual sessions for parents and caregivers of SCDSB students. These sessions will focus on practical and fun ways to support children with their mathematics learning and engagement at home. The first 200 registrants will receive a Math @Home kit of resources to use at home. Participants must pre-register for each of the sessions.

### **Tips for engaging in math conversations with your child @Home**

**Wednesday, Feb. 28, 2024, 7 to 8 p.m.**

This session is for parents and caregivers and will explore opportunities to discuss math with their child(ren) at home. Participants will learn about how events such as shopping, preparing food, engaging in a building project, or going for a walk can be used as a starting point for math conversations, and will receive prompts to get the discussion rolling. The guided portion of the session will be 45 minutes in length. During the final 15 minutes, the math team will be available to answer questions about the session.

### **Exploring the new SCDSB family math resources**

**Tuesday, Feb. 6, 2024, 7 to 8 p.m.**

This session is for parents and caregivers. Join members of the SCDSB math team for a guided exploration of the new SCDSB family math resources. Participants will have the opportunity to explore the resources that are available to support their child's math learning at home. The guided portion of the session will be 45 minutes in length. During the final 15 minutes, the math team will be available to answer questions about the resources available.

### **Games to support your child's math learning @Home**

**Thursday, April 4, 2024, 7 to 8 p.m.**

This session is for parents, caregivers, and their children. Playing games at home is a great way to support child(ren)'s math development. In this session, several games will be explored, and participants will have the opportunity to try the games with their children during the session. The guided portion of the session will be 45 minutes in length followed by 15 additional minutes for further game play or to ask questions of our math facilitators. Bring your child(ren) and your math kit to this session!

Participants must pre-register for the sessions they wish to attend. Registered participants will receive a kit of hands-on resources that will be sent to the school indicated on the registration form.

Use this link to register: <https://bit.ly/24MathAtHome>.

## **ROTARY CLUB OF BARRIE MAKES A DONATION**

Thank you to Mike Grube, Rotary's director of program and information, along with Sprocket, Rotary's mascot, for donating books to our grade 2 students.

They visited for story time and each student was given a copy of the *Andy & Elmer's Apple Dumpling Adventure*. The story is about a young entrepreneur named Andy, who, with the help of a mysterious voice providing guidance and support, learns the value of truthfulness, fairness, goodwill, and partnerships that benefit everyone involved. [Click Here](#) to see the video





# Fun in the i-ZONE!

## BOOK FAIR

This past month, the i-ZONE transformed into a land of unicorns and rainbows with our Scholastic Book Fair. Our book fair was a huge success!! A special thank you to our student leaders for helping create an inviting, mystical land to celebrate our joy for books.

It is always fun to see our Panthers excited about books, and the book fair not only promotes a love of reading but also assists us in adding new books and resources to our library. Students had so much fun choosing books to add to our Panther Wish List for the library. Thank you to all of the families that donated books to classrooms. Your generosity warms our hearts.

This year we will add many new books to the library, along with additional learning resources!! If you look closely, you can see some of our newly chosen books in the picture collage. Congratulations to Christopher, the winner of the Scholastic draw! He and his teacher, Mr. Tiedeman, each received \$25 in books from the fair. Some of our Panthers received a free poster for entering our guessing game of how many unicorns were in the jar. For all of you curious panthers, there were 64 unicorns.



SCHOLASTIC  
BOOK FAIR

Welcome to the land  
of Unicorns &  
Rainbows

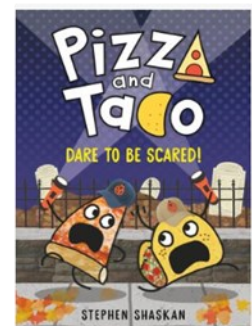
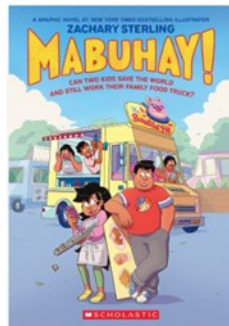
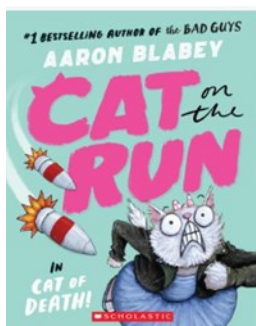


## PANTHER PICKS

If any of our Panthers have a book that they would like to be featured in our newsletter, please come see Ms Zacher!



This month, Ms Zacher recommends some of our new graphic novels. Come visit the iZONE to choose your next read!





# Fun in the i-ZONE!

## HOUR OF CODE



Many of our students will participate in the Hour of Code during Computer Science Education Week from December 6-12. As we know, our students are quite adept at using technology. This worldwide event that reaches tens of millions of students across 180+ countries, allows students to become creators of technology and gain a better understanding of the technology they use daily.

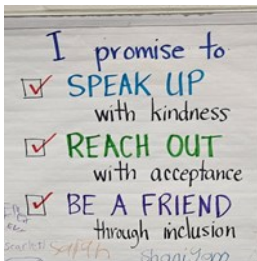
Click on this link to learn more about the [Hour of Code](http://code.org).



## BULLYING AWARENESS AND PREVENTION WEEK

This important week was recognized at our school and continues to be a topic that is a priority. Being on the receiving end of name-calling and bullying can be a scary

experience. Our focus in the i-ZONE was on spreading kindness and standing up for others. Students listened to stories, such as *The Recess Queen* and *Chrysanthemum*, watched videos, had rich discussions and participated in kindness initiatives. Our junior classes read various books about kindness in small groups, wrote different words and acts of kindness on cue cards and then built kindness towers, focusing on teamwork, collaboration and problem solving. Thank you also to our leadership team who went around on World Kindness Day, writing a message in each classroom and delivering kindness stickers to all of our Panthers



## i-ZONE AMBASSADORS

Ms Zacher would like to thank the i-ZONE Ambassador students. These students assist with various tasks including shelving books, sorting and putting away STEAM materials, being classroom buddies in the i-ZONE and so much more. Thank you for all you do!



# SCHOOL COUNCIL CORNER

## Breakfast Club

We are offering free breakfast every day to our students from 8:55am to 9:10am.

We serve 25 to 40 students every day, which means our kids are attending classes with full bellies and ready to learn!

This program has been a great success so we need volunteers to help us serve breakfast. If you can help, even if it's one day or two a month, please contact us via email at

[councilchairpor@scdsb.on.ca](mailto:councilchairpor@scdsb.on.ca)



## NOVEMBER HIGHLIGHTS!

- **Colts Night** on November 11 was also a great success! 139 tickets were sold. Portage View families were able to watch the Barrie Colts win their game against North Bay Battalion! If you missed the chance to see the Colts play, don't worry, we have another special event with them for Portage View families in February.
- There were 52 orders for our **Mom's Pantry** fundraiser. Thank you to all of you who participated. For those who chose the school pick-up option, delivery dates of the products will be communicated by the school soon.
- The **Raise the Dough** fundraiser was also very successful. Domino's Pizza received 106 orders from Portage View families, which will make it possible to allocate over \$500 to purchase Silver Birch and Red Maple books for our students.
- The **Community Closet** was open during Parent-Teacher Conference week. Thank you to the families that donated much needed cloths and winter gear.

## Food Box program

**This program helps struggling families get the food they need thanks to the very generous collaboration of Portage View families. Let's keep our community healthy and strong.**

**Please consider donating a box for ONLY \$20 per month.**

**Please do not hesitate to contact Principal Stapleton for the details.**



**Movie Night** on October 27 was a great success. Our students were able to enjoy two Halloween movies with their friends and families.

Stay tuned for our next Movie Night in the New Year!

Stay Tuned for more events and news from your Parents School Council. If you want to get involved, you can attend our meetings or let us know when you are available to help.

Also, join our social media accounts to get the latest news:

 [portageviewpublicschool](https://www.instagram.com/portageviewpublicschool)

 [Portage View Public School Community](https://www.facebook.com/PortageViewPublicSchoolCommunity)



# PORTAGE VIEW PUBLIC SCHOOL SPIRIT WEAR



All items  
can be  
personalize!

## T-SHIRTS

### Ladies V-Neck and Crew



Starting  
@ \$22.00

### Unisex and Youth



### Unisex and Youth



Starting  
@ \$30.00

## SWEATSHIRTS & JOGGERS

Starting @ \$40.00

### Unisex and Youth



### Unisex Adult ONLY



## TOQUES



\$20.00

## MUGS



Starting @  
\$20.00

Order Yours Today



<https://cdpenrosecreations.ca> and click on Portage View

OR

<http://bit.ly/3MCECiC>

If you have any questions please email [info@cdpenrosecreations.ca](mailto:info@cdpenrosecreations.ca)

Thank you for your feed back during Parent Teacher Conference!  
We have added new products to the mix: regular hoodies, long sleeve t-shirts, and hats/tuques.



## Mental Health Strategy of the Month - Emotion Charades

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 *Emotion Charades*. This practice helps students practice expressing emotions with their whole body and recognize body language and facial expressions in others. To practice *Emotion Charades* at home, on slips of paper, write or draw different feelings depending on the age of your child. For instance, happy, sad, angry, scared, worried, sleepy, frustrated, etc. Place the papers in a bowl/container.

Then:

- Decide who will go first. Have that person pick a piece of paper from the bowl.
- Have them read the feeling to themselves, or, if needed, help your child read the feeling.
- Now they will act out the feeling without words while the other players try to guess what it is.

Once someone gets the right answer, it's the next person's turn to pick a piece of paper and act out the feeling. This is a fun activity that everyone in the family can play!

*Emotion Charades* link to School Mental Health Ontario parent sheet: <https://smho-smso.ca/online-resources/easy-and-fun-mental-health-activities-for-home/>

Find more information to support your child's mental health here: <https://smho-smso.ca/parents-and-caregivers/>

Emotion Charades:

Elementary - <https://smho-smso.ca/emhc/identification-and-management-of-emotions/recognizing/emotion-charades/>

Secondary - <https://smho-smso.ca/emhcsecondary/identification-and-management-of-emotions/recognizing/emotional-awareness/>

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

## Is Bedtime Stressing You Out?

Kids need 10-12 hours of sleep every night but sometimes getting them to bed can be challenging. You can help create a regular sleep schedule for your child by setting a clear bedtime and sticking to the same time every night. Start getting ready an hour before bed; turn off the TV, computers, and phones. Spend quality time talking or reading stories to help them unwind. Agree on how many you'll read before you start! Keep their room dark, cool, and quiet - a nightlight is fine. Remember, making sure your child gets enough rest will help improve their mood, behaviour, and ability to learn.

For more bedtime tips, contact Health Connection at 705-721-7520 or 1-877-721-7520 to speak with a public health nurse. Visit [www.simcoemuskokahealth.org](http://www.simcoemuskokahealth.org) for more information.

*Information provided by the Simcoe Muskoka District Health Unit*

## CHARACTER TRAIT FOR DECEMBER IS EMPATHY

*We strive to understand and appreciate the feelings and actions of others.*

More information about character education can be found at: [www.scdsb.on.ca/about/character\\_education](http://www.scdsb.on.ca/about/character_education)

## Join us! A Learning Series for Parents/Guardians with Pine River Institute

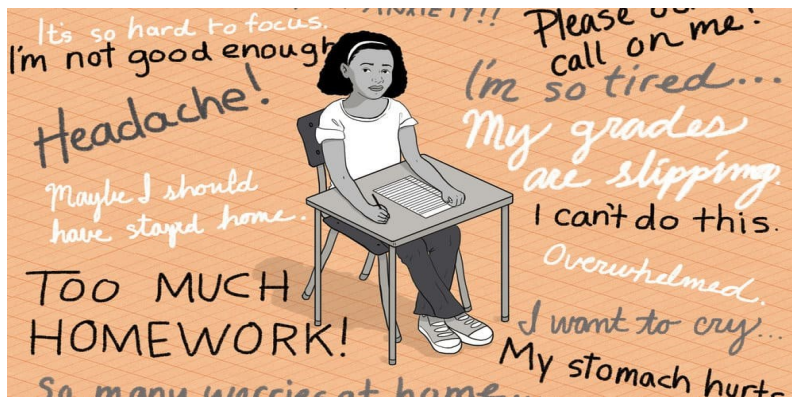
Mental health and well-being continues to be a key strategic priority within the SCDSB. We are pleased to continue our partnership with the Centre for Family Initiatives at Pine River Institute (CFI@PRI) to provide several curated learning sessions focused on student mental health and well-being to SCDSB families.

There are eight webinars specifically planned for parents/guardians and other caregivers during this school year.

Jan. 11, 2024	Sleep hygiene
Feb. 8, 2024	Self regulation for kids
Feb. 22, 2024	Self regulation for teens
March 28, 2024	Building parents' resiliency
April 18, 2024	Vaping, weed, and alcohol

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](http://www.pineriverinstitute.com).



### Subscribe to Community Connects!

The Simcoe County District School Board (SCDSB) is excited to launch Community Connects, a new bimonthly newsletter for the SCDSB community. Our shared goal with this new tool is to keep our community partners and stakeholders informed while nurturing relationships that are built on accountability, trust, and transparency.

To learn more and subscribe, visit the Community Connects page on the SCDSB website: [https://www.scdsb.on.ca/community/community\\_connects](https://www.scdsb.on.ca/community/community_connects).

## CANS OUT OF THE CLOSET

The Skittles club is doing their part for those in need this winter by organizing a food drive, "Cans out of the Closet!" Started the week of November 27th they are trying to collect 700 Lbs of food! The final day for donations is December 8th.



## Pop pop pop, POPCORN!!!

Our DS class is selling popcorn again this year. Students can purchase a bag of peanut free popcorn every Wednesday for \$2.00 per bag.

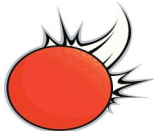


## High School Information Events for Grade 8 Students

Is your child starting Grade 9 next year? High school information events will take place in-person this winter! Student leaders and staff at the school will give an overview of what's new and what to expect. Learn about courses offered, as well as information about teams and clubs. Please visit the SCDSB website at [www.scdsb.on.ca/secondary/planning\\_for\\_high\\_school](http://www.scdsb.on.ca/secondary/planning_for_high_school) to find details on your high school's info night, and contact the school directly for more information.

## PANTHERS DODGEBALL FEDERATION

Calling all intermediate students! The Panthers Dodgeball Federation will be starting in December. Listen to the morning announcements for more



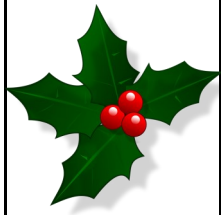
# December

- 1 World AIDS Day
- 2 International Day for the Abolition of Slavery
- 3 First Day of Advent (Christianity)
- 3 International Day of Persons with Disabilities
- 6 National Day of Remembrance and Action on Violence Against Women
- 6 Saint Nicholas Day (Christianity)
- 7-15 Chanukah/Hanukkah (Judaism)
- 8 Awakening Day (Buddhism)
- 9 International Day of Commemoration and Dignity of the Victims of the Crime of Genocide and of the Prevention of this Crime
- 10 Human Rights Day
- 13 Birthday of Imam Aga Khan (Islam)
- 21 Yule/Winter Solstice (Wicca)
- 22 Maun Ekadashi (Jainism)
- 24 Christmas Eve (Christianity)
- 25 Christmas (Christianity)
- 26 Boxing Day  
Sanghamitta Day/Unduvap Poya (Buddhism)  
Zarathosht-no-diso (Zoroastrianism - Fasli Calendar)
- 26-Jan. 1 Kwanza





# DECEMBER



**Reminder that the school is closed from December 25th. Classes resume January 8th 2024.**

1  
FI program applications open. ONLINE

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4

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Last day for food drive



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11

GIFT GALA



12

GIFT GALA



13

GIFT GALA



14

GIFT GALA



15

GIFT GALA



FI program applications closes at 4PM

16

17

18

HAT OR SCARF DAY



19

COMFY COZY DAY



20

WARM FUZZY SOCK DAY



21

FAVOURITE COLOUR DAY



22

SCHOOL COLOURS DAY



23



24

25

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# WINTER BREAK