



## From the Desk of Mrs. Golding:



Nottawasaga Creemore Families,

Happy New Year! Welcome back to NCPS and to what promises to be the continuation of a great school year filled with positive learning opportunities for all students!

Every January, many of us make New Year's Resolutions. Resolutions offer opportunities for improvement in whatever areas of life that we choose. We at NCPS are no exception. Please join us as partners working together toward achievement for all students in a safe, healthy and happy learning environment!

### You can do this by...

- ◆ Ensuring that your child arrives at school on time every day prepared to learn (well rested, homework completed, nutritious lunch and snacks and appropriate clothing and outerwear).
- ◆ Making sure that you check your child's agenda every day for homework and communication.
- ◆ For our younger non-bussing students, walking your child to and from school every day, or encouraging older children to walk with friends.
- ◆ Familiarizing yourself with our character traits and discussing examples of good character with your children (January's character trait is "honesty").
- ◆ Following all of our safety procedure with your child as outlines in previous newsletters.

*Together we can make a difference in the success of all of our students at NCPS!*

### January Important Dates:

- Jan 10- School council 6pm
- Jan 12- OEYC stay and Play 9-10am
- Jan 13- Earth Rangers presentation for Gr 1-6
- Jan 25- Gr 4/5 ski/snowboard
- Jan 25- Scholastic book fair opens to celebrate family literacy day
- Jan 26- OEYC stay and Play 9-10am
- Jan 27- Elementary PA Day



## **Kindergarten registration opens in January**

Do you (or someone you know) have a child who was born in 2013? If so, it's almost time to register them for Kindergarten in the SCDSB! Beginning on January 23, 2017, Simcoe County's public schools will register children for Kindergarten for the 2017-18 school year. Required registration documents include birthdate documentation, proof of address and record of immunization. Visit [www.scdsb.on.ca/kindergarten](http://www.scdsb.on.ca/kindergarten) for more information.

## **A Message from Ontario Early Years**

Our early years playgroup in partnership with the OEYC will continue to run every second Thursday from 9-10am. Dates until March break are as follows: Jan 12, 26, Feb 9, 23 and March 9.

As school registrations opens at the end of this month you may be wondering what you can do to ensure your new JK or SK student will be as ready as possible for the new environment, routines and social aspect of the classroom.

School readiness skills go beyond 1,2,3s and A,B,Cs and focus more on a child's ability to cope with a new environment and embrace learning opportunities through play. There are small things you can practice at home to make the transition to the classroom a positive one for your child e.g practice opening snack containers and packaging at home so they can access snacks and the nutrition they need in a timely manner during nutrition breaks, put into place toileting routines at home that include a closed door and hand washing to ensure privacy and hygiene at school, spend time on the floor with your child talking and extending their play to encourage speech and language development.

For more information on school readiness check out the Best Start resource *Learning to Play and Playing to Learn* [http://www.beststart.org/resources/hlthy\\_child\\_dev/school\\_readiness\\_ENG\\_Nov2013\\_blur.pdf](http://www.beststart.org/resources/hlthy_child_dev/school_readiness_ENG_Nov2013_blur.pdf) and speak to an Ontario Early Years centre facilitator and know that if you have any concerns about your child's development they can work with you and conduct a screen to see if further assistance is recommended for your child. These screens and the early intervention services are free for students before they enter school as are all Ontario Early Years Simcoe Grey programs.

## **Safe Winter Play**

The snow will likely be flying throughout the coming months and with snow comes a few reminders. While we encourage students to enjoy snow activities, we also need to ensure that students are playing safely. Therefore the following expectations are in place for all students K-8 on the yard during the winter:

- Students may slide down snow banks but as with all other activities, there is no hands on and pushing, shoving, piling on top of each other is prohibited. We will monitor the snow banks, and in the event that they become too icy, announcements will be made that they will be closed for a period of time.
- Students may slide on ice patches one at a time and on their tummies and bottoms only. They may not slide on their feet. Students may pile on top of each other when sliding on ice patches.
- Students can not throw snowballs or ice at any time.
- Students will not intentionally damage a snow creation that has been created by other students.

Staff will monitor co-operation with these rules when on duty.

## **Recognize a STAR at your school!**

Our employee recognition program, SCDSB STARS, provides the opportunity for members of the school community to nominate an outstanding SCDSB teacher, custodian, educational assistant, early childhood educator, administrator, office staff person, etc. who has done something wonderful to support students in our system.

Nominees will be informed of the nomination and the staff person will receive a personalized thank you and commemorative lapel pin from our Director of Education. It's just one way to recognize the shining stars in our education system who make a difference every day in our schools, facilities and classrooms. Nominate an outstanding staff person by visiting [www.scdsb.on.ca](http://www.scdsb.on.ca) and clicking on 'Staff', then 'SCDSB Stars.'

## **Students and parents invited to complete the school climate survey**

From Jan. 9 to Jan. 27, 2017, all students in grades 4 to 8 will be asked to complete an anonymous online survey at school about how they feel about their school. Your child's teacher will supervise the class during the survey and can answer any questions or concerns your child may have. As well, parents/guardians of students in grades 4 to 8 will be asked to complete an anonymous online survey about how they feel about their child's school.

These surveys provide students and parent/guardians with the opportunity to say what is great about their school, as well as express their concerns. The survey results will provide valuable feedback to staff and will help schools to develop their Safe Schools Plans. Respondents are not asked to provide their names and all responses will be combined to ensure confidentiality.

To complete the parent/guardian survey, visit the Simcoe County District School Board (SCDSB) website at [www.scdsb.on.ca](http://www.scdsb.on.ca) and click the link to the parent/guardian School Climate survey. The password for the survey is **ElementaryParent2017**. If you do not have access to the internet and/or you prefer to complete a paper version of the survey, you can request one at the school office. Questions about the parent/guardian survey can be directed to SCDSB's Research and Evaluation Services team via email at [research@scdsb.on.ca](mailto:research@scdsb.on.ca). Thank you for your support!

## **Host families wanted – learn a new culture and share yours**

Would you like to become a host family for an international student? Learn more about another culture? Share yours? Make a new friend? There are different hosting programs available - several days, weeks, a month, semester or 10 months...it's up to you and your family. For more information, call 705-734-6363 x11211 or email: [studyinsimcoecounty@scdsb.on.ca](mailto:studyinsimcoecounty@scdsb.on.ca)

## **Apply for French Immersion, find out more at information sessions in January**

The Simcoe County District School Board (SCDSB) offers French Immersion (FI) at select schools throughout the county beginning in Grade 1. This program gives students a bilingual education and the opportunity to become fluent in another language.

Information sessions will be held in January for parents of students in Senior Kindergarten. A letter will be sent home to those parents with more details. Information session dates will be posted at [www.scdsb.on.ca](http://www.scdsb.on.ca) under Programs, French as a Second Language.

The FI online application form will be available from 9 a.m. on Monday, Jan. 23, until 9 p.m. on Wednesday, Jan. 25, 2017 at [www.scdsb.on.ca](http://www.scdsb.on.ca) under Programs, French as a Second Language. While every effort is made to accommodate all FI applications, available space and staffing will determine how many students can be registered in the program. **Applications will be processed in the order they are received electronically.**

Please contact the school if you do not have Internet access at home or require assistance accessing the online application. Please note that the host sites for FI may change during your child's time in the program, and your child may need to move schools. This may also include splitting the program between two different sites.

## **The Gilbert Centre offers support group for parenting LGBTQ kids and youth**

The Gilbert Centre facilitates the Parenting LGBTQ Support Group, which is a drop-in meeting group for parents, caregivers, family members and friends. Meetings take place every other Wed. in Barrie. The group offers a safe and confidential space for you to share your experience, hear the experiences of others and grow in your abilities to support your LGBTQ child. Meetings are held every other Wed. at 7 p.m. at The Gilbert Centre, located at 80 Bradford Street (Suite 345) in Barrie. For more information, call 705-722-6778, visit [gilbertcentre.ca](http://gilbertcentre.ca) or email [info@gilbertcentre.ca](mailto:info@gilbertcentre.ca).

## **Life with kids is messy – and that's OK!**

Ever feel like some days you have it all together, and some days you don't? Love your kids to bits, but sometimes feel like you're the only parent who has hard days? Want to connect with other parents who have those kinds of days too? Come join the conversation on Facebook @lifewithkidsismessy. Laugh about the tough stuff, hear about what works for other families and to share the ways you give your kids your best. When the messy days pile up, call Your Health Connection at 705-721-7520 or 1-877-721-7520, Monday to Friday, 8:30 a.m. to 4:30 p.m.

*Information provided by the Simcoe Muskoka District Health Unit*

### **Stay healthy this school year**

Colds and influenza spread easily from person to person. These germs can spread directly from person to person when someone coughs or sneezes, or indirectly when germs land on hard surfaces like door knobs, desks, keyboards or wet tissues and then are touched by someone. These germs can then enter the body through the eyes, nose or mouth.

The most important thing you can do to keep from getting sick and stop the spread of germs is wash your hands with soap and warm running water for at least 15 seconds. If your hands are not visibly dirty you can use alcohol based hand rub hand sanitizer for 15 seconds. Cover coughs and sneezes with a tissue or cough into your sleeve or upper arm and stay home if you are sick. Teach your kids to do the same!

For more tips to keep you and your family healthy this school year, contact Health Connection at 1-877-721-7520 or visit the health unit's website at [www.simcoemuskokahealth.org](http://www.simcoemuskokahealth.org).

*Information provided by the Simcoe Muskoka District Health Unit*

### **The facts of lice: How to prevent and treat this nuisance**

Like everywhere else, there are head lice in Simcoe County. Lice are a nuisance, but do not pose a public health hazard as they are not known to transmit any infectious diseases. Anyone can get head lice but kids tend to get them more often because they can have head-to-head contact with other children during school and play. The best way to keep head lice in check is to work together to prevent the spread.

Schools are required to inform parents when a case of head lice is confirmed, to provide parents with timely information to begin their own checks at home. Head lice management and treatment is a responsibility of parents/guardians.

Here are some tips to help prevent and treat lice:

- Teach your child not to share personal things like hair brushes, combs and hats
- Set a schedule to check your child's head regularly. Use an area with bright light and look carefully for nits (shells containing eggs) and live lice in the hair, behind the ears and around the neck and hairline. Nits looks like half the size of the head of a pin, shaped like a teardrop and stick to the hair so you can't blow, flick, or easily side them off. Lice are about the size of a sesame seed and are very hard to see because they can crawl and hide but they cannot hop or fly.

If you find nits or live head lice, you'll need to use a head lice treatment to kill them. Make sure to follow the directions, and then to do a second treatment 7 to 10 days later to help stop the lice from returning. Head lice are not likely to live in clothing, furniture or bed linen but it's a good idea to wash bed linen and hats in hot water and dry them in a hot dryer just in case.

For more information, visit the Simcoe Muskoka District Health Unit's website [www.simcoemuskokahealth.org](http://www.simcoemuskokahealth.org) or call Health Connection at 705-721-7520 or 1-877-721-7520.

*Information provided by the Simcoe Muskoka District Health Unit*

### **How you can support your child's physical literacy**

Physical literacy is the ability to move with competence and confidence in a wide variety of physical activities. Much like learning to read using the ABC's, it's important to start with the basics. The most important step in developing physical literacy is the mastery of fundamental movement skills.

As kids become more confident in their movements, they're able to progress their physical skills faster and more successfully than if they skip over the basics and jump right into recreational athletics. Physical literacy not only supports physical fitness and health, it's proven to support strong social skills, mental health, cognitive skills and educational success.

The best way for parents to support physical literacy is to start young providing safe, play-based activities. As they reach the age of four, be sure to support fundamental movements such as climbing, kicking, catching, throwing, dodging, twisting, skipping, sliding, running and jumping. Help your children master these fundamentals as they age by exposing them to activities such as swimming, gymnastics, running games and athletics. And most importantly, make sure that physical activity is always delivered in a fun, safe and supportive way to develop a positive outlook on active movement.

For more information on physical literacy and how organizations like the YMCA can help support your family's healthy lifestyle, visit your local [YMCA Health, Fitness and Aquatics Centre](#).

*Information provided by the YMCA of Simcoe Muskoka*

