

Nottawasaga & Creemore Public School - Home of the Thunder!

Principal: M. McCain

Office SAS-E: C. Denison

Superintendent: J. Kavanagh

Trustee: S. Ley (Collingwood and Clearview)

Website: <http://cre.scdsb.on.ca>

Twitter: @ncpscreemore

Instagram: NottawasagaCreemore

Remind: @ncpsp



Newsletter #1 September 15, 2017

Character Trait for September: *Caring*

"We choose to be learners, to be supporters and to be proud"

Welcome to the 2017-2018 school year!

For those of you I have not yet had the pleasure of meeting, my name is Mark McCain and I would like to take this opportunity to introduce myself as your new Principal of Nottawasaga & Creemore P.S. I am so thrilled to be a part of this school and this community, and have appreciated all of the warm welcomes. I look forward to a fantastic year of growth, learning and celebrating successes with all of our wonderful staff, students and parents at NCPS. Go Thunder!!

Around the School

Terry Fox Run to be held here on Thursday, September 28th, with Friday the 29th as our rain date. We will be asking to collect "Toonies for Terry" to support this cause once again and honour one of our many inspiring Canadian heroes. Thank you Mrs. Doner-Day, staff, students and parents for your support!



Picture Day

Mark your calendar for our School Picture Day on October 2nd. Please remember - do not wear green as it is a green screen background.

Cross Country/Volleyball/Basketball

Practices have started and students should expect to run daily. Any additional training on weekends is helpful. This is for students who signed up and have appropriate insurance coverage. Thank you to our awesome coaching staff for your time and support!

Staffing

I would like to welcome Ms. Ashlee Burkholder as our Grade 3/4 LTO teacher for this school year. Ms. Burkholder brings experience working in the primary classroom as well as a connection to the

students, staff and community here in Creemore. We are very happy to have her on board and I know you will join me in welcoming her into our school and community.

School Council Corner

Our first School Council Meeting for this year will be on Tuesday, Sept 26th, in the library, from 6:00 to 7:30 p.m. All are welcome! We will be holding elections for new Council positions for this year so come on in and get involved! For more information, please contact the school at 705-466-2624.

Keep connected with your school and the SCDSB

You can subscribe to our school's website by visiting the 'What's New' section at <http://cre.scdsb.on.ca>. You can sign up to receive emails about school news updates and information during emergency situations. It's easy to subscribe – visit our website and click the 'Subscribe' link at the very top of the page. When you fill out your email and click Subscribe, an email will be sent to your inbox with a link to click to confirm that you want to subscribe. You can unsubscribe at any time using the link at the bottom of each email. For Simcoe County District School Board (SCDSB) media releases and event information, visit the 'News' section under 'About Us' at the SCDSB's website: www.scdsb.on.ca. The SCDSB Education Centre can be reached at 705-734-6363. Follow the SCDSB on:
Twitter (@SCDSB_Schools)
Facebook (facebook.com/SCDSB)
Instagram (instagram.com/scdsb)

Through SCDSB's *Sharing Simcoe* blog (www.sharingsimcoe.com), we share stories of some of the amazing people involved in our schools.

NCPS is on “Remind”

Would you like to receive occasional reminders via text or email for events such as due dates for food orders, picture day, newsletters, bus delays or other school events? Download the free “Remind” app on your phone. Next step:

To receive **text** reminders – text (705) 302-3415 and write **@ncpsp** in the body of the text. You can opt out at any time by texting **unsubscribe@ncpsp** to the same number.

To receive **email** reminders, send an email to **ncpsp@remind.com**. You can leave the subject blank. To unsubscribe, send an email to the same address with “unsubscribe” in the subject line.

Procedures help keep our school safe

The safety and well-being of students is our top priority. We have a number of procedures in place to keep our school safe. You can help your child understand and feel safe by:

- talking to them about the situations below
- reminding them that emergencies are rare
- telling them it’s important to follow staff instructions in these situations

Parents should talk about the following emergency drills with their children:

- **Shelter in place** is used when there is an environmental or weather-related situation, like a chemical spill outside the building, or a major storm. Activities continue inside the school. Students and staff are not allowed to leave the building. The ventilation system may be shut off.
- A **hold and secure** is used when there is a situation in the community, not related to the school, like a bank robbery nearby. Activities continue, but all doors are locked. No one is allowed to enter or exit the school.
- A **lockdown** is used when there is a major incident or a threat of violence related to the school. Students and staff move to secure areas, away from doors and windows. Doors are locked, lights are shut off and blinds are drawn. Students and staff remain quiet. We practice lockdown drills at least two times per year. In the

unlikely event of an actual lockdown situation, police ask that parents do not go to the school. Information will be communicated through the school board social media sites (www.facebook.com/SCDSB and www.twitter.com/SCDSB_Schools) and website (www.scdsb.on.ca), through local police and local media.

- All schools have **evacuation plans** in case of gas leaks, bomb threats or fire incidents that would require everyone to leave the school. We hold drills to practice our evacuation plan. In a real evacuation, students and staff may go to the evacuation site, depending on the situation. Parents will be informed about pick-up procedures by the school, school board and local media.
- Elementary school main doors are locked during the school day. Visitors must use the **intercom system** to enter the building. **Staff may not be available to answer the door immediately, please be patient.** All visitors, including school volunteers, are required to **sign in** at the school office and wear **visitor identification**.
- Staff and volunteers must complete a **criminal record check** before having contact with students.
- We ask parents to contact us when your child will be absent from school as part of our **Safe Arrival** program. When we don’t hear from a parent/guardian, and a student is absent, the system program or the office will call home to find out the reason for the absence.
- At least two staff members in every school are trained in **first aid and CPR**. All Simcoe County District School Board schools **have Automated External Defibrillators (AEDs)**.

When parents are at school during a drill or emergency event, they must follow direction from school staff, police, fire and/or emergency personnel. Parents may not have immediate access to their children during drills or emergencies. They may need to wait until the situation is resolved and school staff and/or emergency personnel release students into parent care.

It’s important for you to know we’ll always take whatever precautions are necessary to keep our school and students safe.

Transportation/Busses

For school bus transportation information, visit the

Simcoe County Student Transportation Consortium's website at: main.simcoecountyschoolbus.ca. Remember to bookmark the school bus information page at: simcoecountyschoolbus.ca for bus delay and cancellation information on inclement weather days. Bus delays will also be sent out on our "Remind" app and reported on 95.1 FM as promptly as possible.

School bus 'Bus Tag' program helps students get to and from school safely

The Simcoe County Student Transportation Consortium (SCSTC) launched the Bus Tag program in September 2014. The Bus Tag program supports safety for JK/SK and other school identified students by providing a process to match students to their assigned afternoon school bus and to also identify they must be met by a parent or guardian at their afternoon bus stop. The program provides a colour coded Bus Tag with the assigned p.m. route number to be attached to the student's backpack and a colour coded route card with route number in the windows of the school bus that the Bus Tag is matched to. The SCSTC and Bus Operators have established policies and procedures that are used on all school vehicles to ensure students in JK/SK and other school-identified students are met at their afternoon bus stop. The Bus Tag program has been established to assist schools and school bus drivers to load students on the correct afternoon bus and identify they are to be met at their bus stop by a parent or guardian. For more information, visit main.simcoecountyschoolbus.ca and click on the 'Safety' tab.

September school bus safety tip - School Buses are back on the road

As students return to school, the Simcoe County Student Transportation Consortium (SCSTC) reminds everyone that school buses are back on our roads. The majority of school buses in Simcoe County are on the road in the morning from 7 – 9:30 a.m. and again in the afternoon from 2 – 4:30 p.m. As a reminder to drivers:

- **Take caution** – Be extra cautious in the vicinity of school buses and around school bus loading and unloading zones
- **Be alert** – Watch for school bus chrome yellow colouring, flashing red lights and stop arms. Drivers travelling in both

directions on a road without a median must stop for a stopped school bus that has its upper red lights flashing

- **Know the repercussions** – Any driver that fails to stop for a school bus with its lights engaged is subject to a fine of up to \$2,000 and six demerit points for a first time offence
- **Be empowered** – Anyone who witnesses a driver failing to stop for a school bus can report the incident to police.

Visit the SCSTC web site at www.simcoecountyschoolbus.ca, click on the 'Home' button and then the 'Safety' tab for more information.

Pay for field trips, lunch days, etc. with SchoolCash Online

We have made it easy for parents to make their school purchases from the convenience of their own home. Whether it's lunch days, field trips or school wear, we have it online for you! Follow these three steps to get started:

1. Go to simcoecounty.schoolcashionline.com or visit our school website and click on "Pay Fees"
2. Register and add your child to the newly created account
3. View and purchase items through bank transfer or credit card

It's safe, fast and convenient. Contact the office with any questions.

Giving back to the school community - Volunteer in our school!

Volunteers are an important part of what makes our school a great place to learn and grow. We value and appreciate the support of our volunteers. There are many opportunities available, including school council, breakfast clubs, reading help, assisting in the classroom or library and much more.

Current volunteers who do not submit an Annual Offence Declaration for Volunteers on or before

December 31, 2017, will be deleted from the database on January 1, 2018, and will have to submit a new Criminal Records Check and Vulnerable Sector Screen. Please see the office for more information or if you have questions about volunteering in our school.

School dress code

Students are expected to respect the guidelines when dressing for school. Our school is a safe space. We work to be equitable and inclusive, and understand that students may choose to express themselves through their clothing choices. Student clothing cannot pose a safety concern or conceal identity. Exceptions are granted to students who wear head coverings or other garments/objects for the purposes of religious observance, medical or sensory needs, or other reasons protected by the Ontario Human Rights Code.

The SCDSB dress code is available in the student agenda and online at www.scdsb.on.ca. If you have questions about the dress code, you can contact the principal or the SCDSB Equity and Inclusive Education Team at 705-728-7570.

Safety reminder: Our school doors are locked during the day

The safety and well-being of our students is our top priority. We have a number of procedures in place designed to keep our school safe. Our front door is locked during the school day. All other school doors are also locked. To access the building, visitors will need to press the intercom button at the front door.

Staff in the office will let visitors into the school. This will help us ensure that all visitors sign in at the office. Please understand that staff may not be available to answer the door immediately. If you have any questions about safety procedures, as always, please contact the office.

Information about student accident insurance for the 2017-2018 school year

Student injuries at school, during school events, and extra-curricular activities (athletics, clubs, and out-of-province/out-of-country trips) are not covered by the board or its insurance company. While every precaution is taken to provide a safe learning environment, accidents can and do happen. The Simcoe County District School Board has selected the "insure my kids" program through Old Republic Canada as an option for

students/parents/guardians to consider. This insurance offers a variety of plans and benefits at reasonable annual prices. Coverage can be purchased online at www.insuremykids.com. Please watch for your student accident insurance package along with a letter about requirements for extra-curricular activities and out-of-province or out-of-country trips.

Ideas for packing healthy school lunches

A school lunch should give children the energy and nutrients they need to be ready to learn, be more alert and perform better at school. When planning lunches keep these tips in mind:

- Include one serving from at least three of the four food groups from Canada's Food Guide
- Rather than buying pre-made lunch kits, make your own healthy lunch kit with divided containers and small 'bite-sized' cheese cubes, left over chicken chunks, veggie sticks or fruit slices
- Get your kids to eat more veggies! Send cucumber coins, zucchini sticks and pepper strips with dip
- Fill whole wheat or multi grain wrap/pits/tortilla shells with your child's favourite foods such as hummus and grated carrot or sliced turkey with honey mustard.
- Water is the best option for hydration

Looking for more information to help keep you and your family healthy? Call *Health Connection* at 705-721-7520 or 1-877-721-5720 to speak with a public health nurse or visit the health unit's website at www.simcoemuskokahealth.org.

Information provided by the Simcoe Muskoka District Health Unit

Eye See... Eye Learn program offers free glasses for Junior Kindergarten students

The *Eye See...Eye Learn* program provides comprehensive eye exams by local optometrists to

Junior Kindergarten (JK) students. The eye exams are covered under the Ontario Health Insurance Plan (OHIP) when parents show their child's health card. There is no out-of-pocket cost for the eye exam and if the child requires a pair of glasses, they will receive them free of charge courtesy of a participating optometrist. For more information, visit www.Eyeseeeylearn.ca.

Free dental care for children under 18 from Healthy Smiles Ontario

Free dental service is available to your child through Simcoe Muskoka District Health Unit's Healthy Smiles Dental Clinic in Barrie, or on the dental bus that visits many communities across Simcoe Muskoka throughout the year, as long as you qualify for the program. To find out if your child qualifies or to book an appointment, call the health unit (Monday-Friday, 8:30 a.m. – 4:30 p.m.) oral health team at 705-721-7520 or 1-877-721-7520, extension 8818. Healthy Smiles Ontario is a government-funded program that provides free dental care for children and youth 17 years old and under from low-income households. This dental program provides free preventative, routine and emergency dental services.

Information provided by the Simcoe Muskoka District Health Unit

Reminder from the Health Unit: School grounds are smoke free 24/7

Protect yourself and your children from the health hazards of secondhand smoke. Remember, it is against the law to smoke ANYWHERE on school property at ANY TIME. This includes smoking in your vehicle while picking up or dropping off students. It is also against the law to smoke or hold lit tobacco in a vehicle carrying anyone under age 16. The fine for ignoring the law is \$250. For more information contact the Simcoe Muskoka District Health Unit 705-721-7520 or 1-877-721-7520 or visit www.simcoemuskokahealth.org.

How exercise can help with homework

It's the start of a new school year and students need to get back into the swing of things! Many students and parents adopt a similar philosophy for success – clear your schedule, buckle down and focus. Although the intention is great, by focusing solely on the books and neglecting the

body, students are not actually reaching their full potential. Here are three reasons why exercise can make students more productive:

- Better sleep – it's a fact that our brains work better with a good night's rest. Getting enough sleep contributes to the brain's capacity to store and retrieve information, complete tasks efficiently, maintain focus and manage stress – all of which will improve student success.
- Stress release – exercise is proven to release endorphins that reduce stress. We all know how hard it can be to focus with an aching back, cramped neck or jittery leg. These physical distractions are often a result of excessive time spent in sedentary activities. A quick body break can relieve tension, stress and excess energy, making it easier to focus on the tasks at hand.
- Retain more – blood pumping exercise increases the flow of oxygen to the brain making it more receptive to the flow of new information coming in. Studies prove that students who exercise three times a week or more get higher grades.

In addition to exercise, students should ensure they are eating healthy, staying hydrated and getting lots rest and fresh air.

Information provided by the YMCA of Simcoe/ Muskoka (www.ymcaofsimcoemuskoka.ca)

Important Dates

- Electricity/Safety Presentations** – Sept 15th
- Orange Shirt Day – Every Child Matters** – Sept 22nd
- School Council Meeting** – Sept 26th, 6pm
- Turn around Day** – Sept 26th
- Terry Fox Run** – Sept 28th; rain date Sept 29th
- Picture Day** – Oct 2nd
- Open House** – Oct 3rd
- OELC** – Oct 3 – 6th
- Thanksgiving** – Oct 9th

PA Day – Oct 20th