

Nottawasaga & Creemore Public School - Home of the Thunder!

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Newsletter #1 September 2018

Character Trait for September: *Caring*

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

*To reduce the amount of paper consumed, our future newsletters will be sent out via email to those we have on file, otherwise a paper copy will be available in the office to pick up. Thank you!

Welcome to the 2018-19 School Year!

Welcome back to all NCPS staff, students and families! We look forward to another fantastic year of growth, learning and celebrating successes with everyone in our NCPS community. Go Thunder!!

Around the School

Our **JKs** have arrived and have done a fantastic job of adapting to their new environment at NCPS. We look forward to a positive year of learning, socializing and fun!

Terry Fox Run to be held here on Thursday, September 27th, with Friday the 28th 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 1st. Please remember - do not wear green as it is a green screen background.

Staffing

Yes, it's true. Mr. Weir has officially retired and a letter to all families regarding this has been sent home. Mrs. Dea has assumed the position of Gr. 7/8 teacher moving forward and we are happy to have her experience and leadership further entrenched in our school and our intermediate students.

We would like to welcome back Mrs. Ashlee Pilkey (formerly Burkholder) as our Grade 3 LTO teacher for this school year. Mrs. Pilkey 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

return for this school year.

Ms. McBrearty has done an outstanding job getting our Grade 6/7 class up and running. Ms. McBrearty is a well-known and valuable support for our school and we hope this pattern continues. Towards the end of September, we anticipate a new teacher taking the permanent position in Grade 6/7 and we will inform you as soon as that happens.

Cross Country/Volleyball/Flag Football

Practices have started and students in grades 4-8 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!

Grades 6, 7, 8 students leaving property for lunch

At our assembly on Friday, a letter was discussed with students in Grades 6, 7, and 8 regarding changes to the written notes received from parents about leaving the property during second break. Please review and plan this with your child if applicable, complete and return the form to their homeroom teacher by Monday, September 10, 2018. *Please note: written notes, phone calls and/or texts will no longer be accepted for leaving school property, for safety reasons and to promote responsibility. Thank you for your continued support for our students' well-being!

Leadership at Creemore

We are very much looking forward to a new and exciting year at Nottawasaga and Creemore Public School. As with past year's, we as staff are looking for students to be active in a number of different leadership roles around the school. This includes joining and being part of clubs, teams and committees. To start the year out, Mrs. Dea, Mrs. Pilkey and Mrs. Smith are looking for students in grade 6, 7, and 8 who are interested in being part of the Spirit Squad. Students interested can fill out an application form. All forms will need to be

turned in by Tuesday September 11th. Forms can be picked up and dropped off outside of the library.

School Council Corner

Our first School Council Meeting for this year will be on **Tuesday, Sept 25th**, 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.

WHAT IS HAPPENING??!!

Want to know where to find newsletters, upcoming events and meetings? Then 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 BLUE '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. When using this feature, you will know the minute we upload newsletters, quick reminders, and any upcoming events. As well as any bus delays.

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 reach at 705-734-6363.

Follow the SCDSB on:

Twitter (@SCDSB_Schools)

Facebook ([facebook.com/SCDSB](https://www.facebook.com/SCDSB))

Instagram ([instagram.com/scdsb](https://www.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.

For school bus transportation information, visit the Simcoe County Student Transportation Consortium's website at: main.simcoecountyschoolbus.ca. Also, remember to bookmark the school bus information page at: simcoecountyschoolbus.ca for bus delay and cancellation information on inclement weather days.

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](https://www.ncpsp.ca/unsubscribe) 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.

SchoolCash Online

Pay for field trips, lunch days, etc.

NCPS is striving to be a cashless school and to do this we have made it easy for parents/guardians 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 or load your eWallet

It's safe, fast and convenient. In this September start up package we have included the instructions on how to set your child's SchoolCash Online account up. Whenever we load an item for your child you will be notified by an email that is ready for purchase. This form will contain your child's ID number which you will need to start the process. EACH SCDSB school office now has a community laptop for SCDSB initiatives and information. Feel free to use it for your SchoolCash needs. Contact the office with any questions.

HEAD LICE Protocol

As per SCDSB APM 7210, the primary responsibility for head lice rests on the parent/guardian. If the school suspects or finds that a student has head lice, the parent/guardian will be contacted and the student will be excused from school immediately to begin head lice treatment. Also, a letter will go home with all students in the same class of a head lice incident. If a parent/guardian is unable to pick the student

up from school, an emergency contact may be contacted. The student will be welcomed back as soon as possible after initial treatment is completed. If a returning student is not free of live lice, the parent/guardian will be contacted by the school and arrangements will be made for the child to return home and be retreated. We truly appreciate your co-operation in ensuring a safe and healthy learning environment for all children and adults in our school.

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. This will be the first place to go when checking if the bus has been delayed over 15 minutes or cancelled due to inclement weather

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's Bus Tag program supports safety for JK/SK and other school-identified students. The program helps match students to their assigned afternoon school bus and identifies that 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 program can also provide tags for students who are walkers and/or who remain at an on-site child care centre to make sure they don't get on a bus in error.

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.

Giving Back to the School Community - Volunteer in our school!

SCDSB Community Apps portal makes volunteering easy. We appreciate the commitment of all who volunteer at our school. This school year, we are implementing a new online Volunteer Portal. SCDSB Community Apps is a new online portal that allows you to begin the process for volunteering at a SCDSB school. The portal eliminates much of the paperwork currently associated with volunteers. Volunteer applications and approvals will occur online. The new mandate for Accessibility for Ontarians with Disabilities Act (AODA) training, for volunteers, is also part of the portal. The Volunteer Portal is available for all new people requesting to volunteer at a school location: <http://communityapps.scdsb.on.ca>. Only new volunteers or those who require an updated Criminal Background Check Vulnerable Sector Screening (CBC-VSS) are able to register on the portal at this time.

Current volunteers who do not submit an Annual Offence Declaration for Volunteers on or before December 31, 2018, will be deleted from the database on January 1, 2019, 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.

SCDSB has a New Website

Visit www.scdsb.on.ca to check out our brand new look! Our new website launched in July, providing users with an accessible experience that is mobile-friendly – it works well whether you're on a desktop computer, mobile phone or tablet. The new website also has improved search functionality and a special *SCDSBshines* section to highlight and celebrate the amazing accomplishments of our staff.

Parent Portal gives parents real-time access to attendance, grade information

The SCDSB Parent Portal is a secure online tool that provides parents/guardians (of students less than 18 years of age) with quick access to their children's attendance and grades and includes the option to sign up for email notifications. To access the Parent Portal, parents/guardians will need their child's SCDSB Pupil ID Number, which can be found on the Student Information Verification

Form, as well as an Access ID. The Access ID will be provided in a sealed letter this fall with instructions on how to create an account. If you lose the Access ID, you can visit us in the school office and we'll provide it to you after verifying your identity.

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.

Student Accident Insurance information for this 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 SCDSB 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. Participation in extra-curricular activities (athletics, clubs) or out-of-province/out-of-country trips requires the purchase of this insurance, or other extended health and dental coverage. Student accident insurance packages will be sent home with students.

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.

Don't stress! Back to school mental health tips

It's the start of a new school year and students need to get back into the swing of things! While a new school year can be exciting, it can also cause stress and anxiety. The Canadian Mental Health Association (CMHA) suggests maintaining positive mental health during this seasonal shift with the following strategies:

- Take care of your body – mental and physical health are fundamentally linked. Make sure to get enough sleep, drink water, eat well and exercise.
- Build resiliency – resiliency means coping well with problems, stress, and other difficult situations. Set aside time to think about the resiliency tools available to you and your child, such as structured problem-solving skills or resources that can help out during difficult situations.
- Continue to set clear expectations, boundaries and rules to help them deal with new situations and challenges.
- Stay connected and show interest in what they are doing and who their friends are.
- Let them know you believe in them and encourage them to problem solve by letting them succeed and make mistakes on their own.

- Be a positive role model. Teens get mixed messages when what we say is not reinforced by what we do. Consider what your habits, attitudes and behaviours are saying to your teen.

Keep in mind that teenagers still need guidance and support from parents and other caring adults. Positive, caring relationships help them to do well at home and in school. Show that you care by listening carefully to their needs and feelings, and let them know that they can come to you or another trusted adult if they need support. For more information, visit the health unit's website at www.simcoemuskokahealth.org or call Health Connection at 721-7520 or 1-877-721-7520.

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 above is provided by the YMCA of Simcoe/ Muskoka (www.ymcaofsimcoemuskoka.ca)*

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.eyeseeeyelearn.ca.

Stressful mornings sound familiar? Here's how to get organized and out the door on time

Try these tips to help get the whole family out the door on time:

1. Plan ahead: pack lunches and pick out clothes the night before.
2. Go to bed at a reasonable hour so you wake up rested and ready for the day.
3. Wake up and get yourself ready, before your child.
4. Keep the TV and electronics off. These can be disruptive first thing in the morning.
5. Give clear instructions and be realistic about what your child can do for themselves. Praise them when they do something well to help them learn new skills.

Finally, remember to have patience. Your child learns from watching you! In time your child will learn to plan ahead, be organized, and develop

patience too. For more tips, visit www.simcoemuskokahealth.org or www.triplep-parenting.ca

Register now for free International and Indigenous Language Programs

The SCDSB offers children in Grades 1 to 8 an opportunity to learn and/or maintain a language other than French or English. Whether you enrol your children in this program to learn a new language, understand a new culture or to extend their knowledge of their first or second language, every student can benefit from this program. The Barrie Learning Centre (Bayfield Mall) offers Arabic, Farsi, Korean, Mandarin, Ojibwe, Russian, Spanish, Ukrainian and Urdu. The Bradford Learning Centre (157 Holland St. E, Suite 200) offers Arabic, Dari, Farsi, Mandarin, Russian, Spanish, Tamil, Ukrainian, Urdu and Vietnamese. The classes take place Saturday mornings, 9 to 11:30 a.m. starting Sept. 15 (classes are dependent on student enrollment). There is no charge for this program. Most classes fill quickly on a first come, first served basis. Register your child by visiting www.thelearningcentres.com and clicking on 'Elementary Student.'

Community Involvement Hours – Opportunity for high school students who speak an International Language

Do you speak Arabic, Dari, Farsi, Korean, Mandarin, Russian, Spanish, Tamil, Ukrainian, Urdu, Vietnamese or an Indigenous language? The SCDSB is currently looking for high school student volunteers to help support the Saturday morning international language classes for students in Grades 1 - 8. The classes run from 9 to 11:30 a.m., starting Sept. 15, at the Barrie Learning Centre (Bayfield Mall) and the Bradford Learning Centre (157 Holland St. E., Suite 200). If you are interested in volunteering, please contact the program coordinator, Amanda Hickling, at ahickling@scdsb.on.ca

Simcoe Community Services' Grandparent System support groups

The Grandparent System Support Program (GSSP) was established in response to the increased needs and unique challenges experienced by grandparents with the sole responsibility of raising their grandchildren.

Support Groups are available now in Barrie, Bradford, Orillia and Midland with plans for support groups in local communities across Simcoe County. Support groups provide a safe and confidential environment where grandparents can create relationships with others who understand and have lived experiences in similar situations. Grandparents can build on skills, resource share and network to build a community of support. For more information about the support group, meeting dates/times or if you have questions about the GSSP, contact gssp@simcoecommunityservices.ca or 705-726-9082 x2321. Childminding and transportation assistance may be available.

Important Dates-Mark your calendar!

Electronics agreements due (Gr. 6-8) – Sept 12th

Student Verification & Permission/ Acknowledgement Forms returned to homeroom teacher - Sept. 14th

GNE trip (Gr. 3 and 7) – Sept 21st

Orange Shirt Day/Every Child Matters – Sept 21st

School Council Meeting – Sept 25th, 6pm

Turn around Day – Sept 25th

School Bus Safety Presentations – Sept 25th

Terry Fox Run – Sept 27th; rain date Sept 28th

Picture Day – Oct 1st

Open House/Meet the Teacher – Oct 3rd

Scholastic Book Fair- Oct. 3rd