



# COOKSTOWN CENTRAL PUBLIC SCHOOL

<http://ckt.scdsb.on.ca>

**December 2017**

**Kent Cheesman**  
Principal  
Phone Number (705) 458-4461

**Kristy Reynolds**  
Vice-Principal  
Safe Arrival (705)458-4461x1



## **Season's Greetings Everyone!**

The students, staff and the office administration team would like to wish each and every one of you a safe and relaxing time with family, friends, and loved ones this holiday season.

## **School Council**

The next School Council meeting is on Monday, February 5th at 6:00 p.m. in the library. Everyone is welcome to join us!

## **Coming Events at Cookstown P.S.**

December 14	Primary Holiday Concert
December 19	Cookstown Elf Shelf
December 22 <sup>nd</sup>	Character Ed Assembly (Holiday Colours –Red, Green & White)
December 22 <sup>nd</sup>	Last day before Holidays
January 8 <sup>th</sup>	First day back after Holidays
January 26 <sup>th</sup>	P.A. Day

## **Primary Christmas Musical**

Students in Grades 1-3 will be performing a Holiday Concert on Thursday, December 14, 2017 at 2:30 p.m. and 7:00 p.m. Watch for ticket information to be sent home soon.

## **S.M.A.C. Team Coat Drive**

Our Students Making a Change (S.M.A.C) group collected 290 items of gently used coats, hats and mitts which will be re-purposed throughout our community. Thank you for all those who donated items to this wonderful and much needed program.

## **Student use of Cell Phones at School**

Communication between students and parents during the school day should take place through the office. Students **should not** be using their cell phones during the school day except for learning purposes.

## **Sign up for "Remind"**

We have a new and exciting method for parents/guardians to receive information from our school. It is called "Remind" and it can easily be installed on your phone. Some of you may already be connected with classroom reminds but this one is being facilitated by your school council. If you sign up you will receive "reminds" via text message ie; important dates coming up at school (picture day, due dates for field trip payments, pizza and sub order reminders etc). All you have to do is text the message @cookstown to the number 587-409-0081 to receive this feature on your phone. It is completely confidential. You can only receive messages and can unsubscribe at any time.

## **Intermediate Girls Basketball**

Congratulations to the intermediate girls basketball team who are heading to the counties on December 12<sup>th</sup>. They came out strong to beat Fred C. Cook to move to the finals. They then played Alliston Union and came up short by 1 point! They put

forth a tremendous effort. Your coach is very proud of you. Well done girls!

### **Intermediate Boys Volleyball**

The Intermediate Boys Volleyball team travelled to Alliston Union for the Zone Tournament on November 23rd. The boys won 2 out of 3 games, winning against Boyne River and Adjala. It was a close match in their 3<sup>rd</sup> game against Alliston but ultimately Cookstown came in second place. The boys then travelled to Ernest Cumberland where they faced Adjala once again and won. They then played another close game against Ernest Cumberland but unfortunately lost. Your coaches are very proud of you! Thank you for a great season!

### **Christmas for Kids 2017**

Our annual food, toiletries and toy drive (new items only please) is underway and we will continue collecting items until December 22<sup>nd</sup>. Christmas for kids is a registered charity in Innisfil that helps families at Christmas. Christmas for Kids treats all families with dignity and respect and all information is kept confidential. If your family could use assistance this Christmas, please speak to Mr. Cheesman or Mrs. Reynolds, in confidence, before December 15<sup>th</sup>.

### **Start Knittin' those Mittens!**

We have our annual mitten tree in the Library again this year. We hope to have a tree full of **NEW** mittens, gloves, scarves, socks and slippers for all ages. Please send your new donations to your student's classroom. The class with the most items from the Christmas for Kids and Mitten Tree drive will receive a class hot chocolate party. Thank you!

### **Cookstown Elf Shelf**

This event is the perfect time for the little ones to do some grown-up Christmas gift shopping of their own. Special Elf helpers will assist their young customers with gift selection and wrapping. Cookstown Central P.S. is looking for items to fill our Elf Shelves so our children can purchase and wrap their treasures for their families.

Shopping will take place on December 19<sup>th</sup> and we will accept donations of new or gently used items up to December 15<sup>th</sup>.

### **Snow Valley Coupon Booklets**

We are selling Snow Valley coupon booklets at a cost of \$20.00. These booklets offer a substantial savings and make great gifts! They may be picked up in the school office or ordered through SchoolCash online.

### **Me to We Fundraiser**

Our school has been incredibly generous in supporting our local community. We have decided to run a global campaign which will benefit children's education in the neediest countries. In conjunction with our local initiatives and "We Schools" we will be selling rafiki bracelets for our global campaign. Each bracelet will be sold for \$10.00. The deadline for the sale of these bracelets is Friday, December 8<sup>th</sup>, 2017. SchoolCash online will be available until Sunday, December 10<sup>th</sup> at midnight. They come in 5 different colours and would make a lovely gift while at the same time, benefit a child's education (multi-coloured), provide water (blue), provide food (green), provide health care (red) or income (purple).

### **QSP Magazine Fundraiser**

Are you looking for great holiday gifts for family and friends? Go shopping at [www.QSP.ca](http://www.QSP.ca) and you'll be supporting our school at the same time. Our school group number is **3719523** and the internet site is open to take your order 24 hours a day. (Magazines only. No gifts or cookie dough). No line-ups, no gift wrapping and free delivery anywhere in Canada. QSP also offers a free e-card service. A gift of a magazine subscription is like giving a gift every month for an entire year! **THANK YOU FOR SUPPORTING OUR FAMILY READING MAGAZINE FUNDRAISING CAMPAIGN!** Many magazines will begin to arrive over the next few weeks, but some subscriptions due to different publishing schedules may take longer to start. If

you have any questions, please contact QSP Customer Service at 1-800-667-2536.

### **Severe Weather procedures, School Bus Transportation and School Closures**

Winter driving conditions can be challenging in Simcoe County and severe inclement weather sometimes requires the cancellation of school bus runs. Weather conditions are not always predictable and do not always follow a specific pattern.

Decisions to cancel school bus runs are based on information from a number of sources before 6:00 a.m. that morning. Parents are responsible for deciding if it is safe for their children to leave for school during severe weather conditions. Please take note: Cancellation of buses and school closures will be announced on local radio stations: B101, Rock 95, Kool Fm 107.5, The Dock 104.1, KICX 105.9 and CTV news. You can also check the Simcoe County Transportation Consortium's Website; [www.simcoecountyschoolbus.ca](http://www.simcoecountyschoolbus.ca) and on twitter @SCSTC\_SchoolBus. Please be aware of your child's bus number and bus company name. To limit bus cancellations if weather conditions warrant, the Simcoe County Student Transportation Consortium (SCSTC) has developed 'Inclement Weather Zones'. These four zone areas have been determined with consideration to weather patterns, school catchment areas and special needs transportation. **Cookstown's weather zone is in the south zone.** This means that if weather is severe in our part of the County, the media will announce: "All school buses have been cancelled in the south weather zone." If weather is severe throughout the entire County of Simcoe, then the media will announce: "All school buses in Simcoe County are cancelled." Tune in early to radio and other media broadcasts.

The Hot Lunch and milk programs will not run on bus cancellation days. During very cold temperatures, please take extra measures to ensure children are dressed appropriately and please do not send children to the bus stop too early (to avoid having them standing in cold weather for lengthy periods).

### **Cold Weather**

Our students go outside for two recesses (20 min. each). In winter, we follow guidelines from the Canadian Pediatric Society: students remain inside if the temperature falls below -25 C (regardless of the wind chill factor). Students will also stay indoors, if the wind chill factor is reported to be -28 C or colder (regardless of the actual temperature). Please make sure your child is dressed for the weather conditions. During conditions outlined above, students remain indoors until the temperature is such that the students can go outside.

### **Land/Territory Acknowledgement Introduced for SCDSB Meetings, Events and Schools**

Over the past few months, the SCDSB, has worked with Indigenous partners, local elders and the First Nations Education Advisory Committee to develop a land/territory acknowledgement. A land/territory acknowledgement is an act of respect and reconciliation, based on the First Nations' traditions of acknowledging the land of others when they were guests in that territory. The statements will be used at SCDSB meetings and significant events, and daily in all schools to respectfully acknowledge the Indigenous people of this territory, their sharing of the territory and the benefits we have received, as settlers from that sharing.

#### **For school daily use:**

"Simcoe County District School Board acknowledges that we are situated on the traditional land of the Anishnaabeg people. We acknowledge the enduring presence of First Nation, Metis and Inuit people on this land and are committed to moving forward in the spirit of reconciliation and respect."

For more information, visit [www.scdsb.on.ca](http://www.scdsb.on.ca) – 'About Us'.

### **High School Information Nights**

Is your child starting Grade 9 next year? High school information nights happen this winter! Information nights give an overview of what's new and what to expect, and are a chance to ask questions.

High school is an exciting time – there are so many programs, clubs and activities for students to try. Attend an information night (see full schedule on SCDSB’s website here: <http://www.scdsb.on.ca/highschool>).

### **Parents Invited to Information Sessions about Special Education**

The SCDSB is hosting a series of information sessions for parents and guardians to learn about special education in the SCDSB, and how to support students with special education needs.

#### **Dec. 18**

Identification, Placement and Review Committee (IPRC) information for Families.

#### **Jan. 22**

Assessments in Special Education: Psych Ed and Other Assessments

#### **Feb. 19**

Transition Planning Grade 8 to 9

#### **March 19**

Accessing Supports in the Community

#### **April 16**

Understanding Alternative/Non-Academic IEP Goals

All sessions take place from 6 to 7 p.m. at the SCDSB Education Centre, located at 1170 Highway 26 in Midhurst. No registration required.

### **Attend a French Immersion Information Night,**

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.

Information sessions take place in January for parents of students in Senior Kindergarten. A letter has been send 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, January 22, until 9 p.m. on Wednesday, January 24, 2018 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. 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 on line 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.

### **Kindergarten Registration Opens in January**

Do you (or someone you know) have a child who was born in 2014? If so, it’s almost time to register them for Kindergarten in the SCDSB! Beginning on January 22, 2018, Simcoe County’s public schools will register children for Kindergarten for the 2018-2019 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.

### **All School Playgrounds 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. The 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.

### **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.eyeseeeyearn.ca](http://www.eyeseeeyearn.ca).

### **OHIP+ Provides free Prescription Drug Coverage for Children**

Beginning Jan. 1, 2018, the province will provide free prescription drug coverage for children and youth aged 24 and under, regardless of family income. Under OHIP+, Ontario children and youth will have access to over 4,400 medications and other drug products. Enrolment in OHIP+ will be automatic, based on age. There are no upfront costs, no co-payment and no annual deductible. Those who are eligible for OHIP+ will only need their health card number and a valid prescription from their doctor or nurse practitioner when they visit their pharmacist. For more information, visit: [www.ontario.ca/page/learn-about-ohip-plus](http://www.ontario.ca/page/learn-about-ohip-plus).

### **Update Your Child's Immunization Record**

The Simcoe Muskoka District Health Unit is required to keep up-to-date immunization records for all students who attend elementary or secondary school in the County of Simcoe and the District of Muskoka. Parents are responsible for reporting immunizations to the health unit each time their child receives a vaccine from their health care provider. The immunizations that the health unit requires records for include: diphtheria, tetanus, polio, measles, mumps, rubella,

meningococcal, pertussis and chickenpox for those born in 2010 or later.

It is easy to update your child's immunization status. Go to [www.smdhu.org/immsonline](http://www.smdhu.org/immsonline) to update your child's record or call Health Connection at 705-721-7520 or 1-877-721-7520.

### **Three Healthy Lifestyle Changes you and your Family can make Today**

More and more research is showing that the key to lifelong good health is lifestyle choices starting at a young age. Making simple changes in diet, exercise and stress management is key to achieving good mental and physical health for adults and children. Here are some easy tips to start making those changes.

- **Drink more water** – Your body is made up of about 60% water. A mere 5% drop in water levels in the body causes 25 to 30% loss of energy and cause your metabolism to slow down. Some effects of dehydration include hunger, poor digestion, bloating, joint pain and high blood pressure. Make sure to drink a minimum of eight glasses of water each day. Kids should be drinking five to seven glasses of water each day.
- **Exercise daily** – Did you know that Health Canada recommends adults get 150 minutes of exercise per week and kids should accumulate at least 60 minutes of exercise each day? If you want to live well and live longer, you must exercise. Studies show that even 10 minutes of exercise will make a difference!
- **Practice relaxation** – The relationship between the mind and the body is strong. Providing yourself and your kids with a small amount of relaxation or “time-out” every day – even just 15 minutes – can improve your health dramatically. Try taking a yoga class to reduce stress and clear the mind and make sure to sleep at least seven hours per night (kids and teens should get more than that).