



COOKSTOWN CENTRAL PUBLIC SCHOOL

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

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JANUARY 2018

Safe Arrival: (705) 458-4461 ext. 1

Dear Parents and Guardians, Happy New Year everyone!! We hope that everyone had a wonderful holiday and enjoyed the time with family and friends. We also wish you all the best if you set resolutions for the New Year!

Thank you!

A big thank you to all the families who contributed to the Mitten Tree and the Christmas for Kids Food and Toy Drive. Your generosity is greatly appreciated as we collected over 2300 items and raised \$2,200.

Important Dates

Kindergarten Registration begins	January 22, 2018
Character Ed Assembly	January 31, 2018
Banting Curriculum Night At Boyne River 6:00pm	January 23, 2018
PD Day	January 26, 2018
Next School Council Meeting	February 5, 2018
Family Day	February 19, 2018
Report Cards Home	February 16, 2018
March Break	March 12th to 16 th
Grad Photos	March 27, 2018

Kindergarten Registration Starts This Month

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 for the 2018-2019 school year. Required registration documents include birthdate documentation, proof of address, and immunization records. Visit www.scdsb.on.ca/kindergarten for more information.

Please Note

When a snow day falls on a hot lunch day, we will not be ordering the hot lunch. Please ensure that your child has a lunch if coming to school. Milk will be provided for days missed.
Thank you

Mindful Moments at CCPS:

Thanks to our Staff Mental Health Team and Student Cookstown Action Team, each morning Cougars will have the opportunity to start their day with a Mindful Moment. At the end of announcements each day, student team members will guide us through a mindful moment that will help us self-regulate (calm) our minds and bodies to prepare us to be the best learners we can be. Students may also choose to opt out of this guided activity and privately reflect or sit quietly during this moment. This choice has been shared with all staff and students. If you have any further questions, please contact the office.

Some of the benefits shown in the research regarding mindfulness for staff and students include:

- Decreased stress and depression
- Emotional regulation
- Improved behaviour and social skills
- Reduced fatigue
- Improved mood and self-esteem
- Improved attention, memory and concentration

Safe Arrival Volunteers Needed!

If you have a free hour one morning a week and have a Criminal Record Check we are in need of people to volunteer for our Safe Arrival program. Please contact the office at 705-458-4461 if you can help us out. Thank you!

Safe Arrival Program 705-458-4461 ext 1

Please remember to call into the Safe Arrival program and leave a message if your child(ren) are going to be absent/late. The Ministry of Education requires that all schools operate a Safe Arrival program using volunteers.

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. The Simcoe County Transportation Consortium has a website; www.simcoecountyschoolbus.ca where you can also access this information @cookstowncps.

Please be aware of your child's bus number and bus company name. **Please note that if buses are cancelled in the morning they will not run in the afternoon.** Therefore if you drive your child to school on a day when the buses are cancelled it is your responsibility to pick them up at the end of the school day.

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 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 the radio and other media broadcasts.

The Hot Lunch or milk program 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 (20 min.) recesses.

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.

High School information Night coming to a school near you

Is your child starting Grade 9 next year? High school information nights are happening this winter. This event gives an overview of what's new, what to expect, as well as a chance to check out the school and ask questions. Attend our local high school information night to find out what's offered at the high school your child will be attending. Check out the full schedule of info nights for more information at www.scdsb.on.ca/highschool.

Changing Routines

Our teachers try very hard to maximize the instructional time that they have with your child. Therefore, we ask that if you must pick up your child(ren) prior to our dismissal at 3:35 p.m. that a note MUST be put in the agenda in the morning. Due to the size of our school, we cannot accommodate last minute, non-emergency requests to call and have your child ready for early pick up as we run a great risk that we cannot connect with a student in time and confusion results. We also find it very unsettling for the class to have several interruptions within the instructional part of the day. Please note, that if an emergency should arise, contact the school and we will assist you, especially if we are no longer inundated by as many requests due to compliance and use of the agenda.

Parking on Highway 27 at end of day

When parking on highway 27 at the end of the day to pick up students please be mindful not to park too close to where the buses exit the parking lot as this blocks their view of oncoming traffic.

Thank you

Bus Routes

Many of our bus routes are extremely crowded and have assigned seating to ensure everyone is organized and has a place to sit. Due to this, we cannot accommodate requests from parents to change buses. If a stop change on the same route

is required, you must contact the office in advance to make arrangements as paperwork is needed for the bus driver to comply. We thank you for your understanding as our goal is to get everyone to and from school safely.

Provide input on proposed 2018-2019 school year calendar

The Simcoe County District School Board (SCDSB) invites public school communities to submit input regarding the proposed school year calendar for next school year (Sept. 2018 to June 2019). Starting Jan. 9, input can be provided by visiting www.scdsb.on.ca, then clicking the link on the 'School Year Calendars' page under the 'Schools' menu. All stakeholders including staff, school council members, parents/guardians, students and members of the school Community, are invited to provide input. The deadline to submit input is Jan. 31.

Attend a French Immersion information night; registration opens in January

The 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.

Information session dates are posted at 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 22nd, until 9 p.m. on Wed. Jan. 24, 2018 at 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 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.

Parents invited to information sessions about special education

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

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.

RVH Film Festival welcomes student submissions

Barrie's Royal Victoria Regional Health Centre (RVH) has partnered with the Simcoe County District School Board, the Simcoe Muskoka Catholic District School Board and Unity Christian High School to offer students, classes and schools the opportunity to participate in RVH's annual Film Festival in two external categories:

- Kindergarten to Grade 6
- Grade 7 and up

This year's theme is "Making mental health matter – how are you making a difference?" Students and classes are invited to make a two-minute video showing how they promote mental health. The deadline for submissions is Feb. 5. Voting will take place from Feb. 16 to 26 and those with the winning entries will be invited to an awards ceremony on March 8. Find out more and submit your video at: www.rvh.on.ca/SitePages/rvhfilmfestival.aspx.

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 1877-721-7520 or visit the health unit's website at www.simcoemuskokahealth.org.

Lice Checks

Please check your child(ren's) head at least once a week and notify the school if you find any lice. Although there are no medical problems associated with having head lice it is a nuisance and can quickly spread from one child to the next. We send students home if head lice have been found, and ask parents to treat their child's hair and physically pull the nits out prior to returning to school. Thank you for your efforts to keep this under control.

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 look 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 slide 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

Changes to Ontario Early Years Centres effective Jan. 1, 2018

In February 2017, the Ontario government announced the transformation of the delivery of early years programs for children and families. Starting in January, Ontario Early Years Centres, Parenting and Family Literacy Centres, Child Care Resource Centres and Better Beginnings Better Futures Centres will collectively be known as EarlyON Child and Family Centres. These EarlyON Child and Family Centres will be open

to all families across Ontario, and provide support, parenting programs, personal connections and a network of resources as well as play-and inquiry-based programs for young children.

Effective January 1, Child and Family Programs currently in schools will be relocated to the community. These four agencies will now manage EarlyON Child Family Centres in Simcoe County:

- OEYC Simcoe North, www.oeycsimcoenorth.ca
- Simcoe Community Services, www.simcoecommunityservices.ca
- E3 Community Services, www.e3.ca
- La Cle (Francophone), www.lacle.ca

For specific days and hours of operation, please contact your local lead agency. Information can be found by visiting www.scdsb.on.ca – 'Schools' - 'Before & After School Care.'

EarlyON Child and Family Centres

EarlyON is a place for adults and preschoolers to learn together. Children can play with others and develop new skills. Adults have a chance to meet other parents, learn new parenting skills, get referrals to community services, and much more.

Main Site – 13 Wellington Street West in Alliston – 705-435-4308

NEW! Satellites in Beeton and Tottenham – starting January 9th

Beeton - DA Jones Branch of the New Tecumseth Public Library, Tuesdays (1 p.m. to noon), Fridays (1 p.m. to 4 p.m.)

Tottenham – Totteham United Church, Wednesdays (9 a.m. to noon), Fridays (1 p.m. to 4 p.m.)

Go to our website, www.e3.ca for monthly calendars and lots of information. Call 705-435-4308

We look forward to welcoming you to our main site and satellites!

OHIP+ provided free prescription drug coverage for children

Beginning Jan. 1, 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.

Questions about your child's health?

Health Connection offers free, confidential health information from nurses and health inspectors on:

- How your child is growing, parenting tips, fast and healthy meals, safe food and water, common illnesses, keeping kids safe, fun family activities
- Health unit programs such as vaccinations and dental care
- Community resources for parenting, mental health, addictions, quitting smoking or financial help

Contact Health Connection at 1-705-721-7520 or 1-877-721-7520 Monday to Friday, 8:30 a.m. to 4:30 p.m., or

<http://www.simcoemuskokakealth.org/>. If English is not your first language, we have a telephone interpretation service.

COMMUNITY NEWS

Simcoe Youth Volleyball House League Association

The Simcoe Youth Volleyball House League Association (SYVHLA) is a new not for profit

organization formed in Innisfil, Ontario to provide local youth with the opportunity to play at their level. Our goal is to have fair play, play the game properly by learning the basic fundamentals and have FUN!

SYVHLA programs will include:

- Volleyball foundations for beginners to learn basic skills and game play
- Year-round volleyball experiences through both beach and indoor
- Provide progressive learning plans and drills throughout the program
- Help prepare your child for success in school sports
- Emphasizing social development
- Weekly matches and learning sessions
- Tournaments with other House Leagues in Ontario

For Boys and Girls – Ages 9 to 15

Our coaching staff will provide the first half of the program with instruction and the second half will be game play. Players will be given a T-shirt and freebies provided by our sponsors.

Location: Goodfellow Public School, Innisfil
Thursdays – Session 1 (7 weeks) 6 p.m. to 7:15 p.m.

Start Date: Jan 25, 2018

End Date: March 8, 2018

COST: \$80.00 per child

NEW FOR 2018

Girls High Performance Volleyball Training (Ages 10-15)

- Girls will be trained to compete at a club level in OVA
- Looking for girls who are passionate about volleyball and would like to play and learn in a more structured environment

For more information and to register please contact: infosyvhl@gmail.com