



Lake Simcoe Public School

March 2020

Jennifer Henderson, Principal
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Tyler Cave Vice Principal
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to get the latest news!

A Message from your Principal, Mrs. Henderson

Welcome to March and the exciting times it brings. The school has been a 'hive' of activity; math games and new books in the library; resources that are new from the PRO grant are coming through the door shortly which will enable students to continue to learn in the areas of STEAM; art curriculum performances and so much more. Please continue to encourage your child to help the environment and our school by packing a 'garbage-less' lunch; read on a daily basis and to get outside for exercise.

It is really nice to see families and students walking to school. Using the Kiss and Ride in a safe manner is very important and I really appreciate the patience you show when using this area; safety first.

Please note that the next HOT LUNCH Round #3 will **open up on Feb 28 until March 23** (schoolcashonline.com). There is no break in the calendar for this. You must order for Round #3 in order for your child to continue to receive hot lunch. Hot Lunch Round #3 starts on March 30 and runs until May 29.

Take care, Ms. Henderson

Upcoming Dates to Note:

- Mar 6 PA Day (No School)
- Mar 8 International Women's Day
- Mar 14 Pi Day
- Mar 16 - Mar 20 March Break (No School)
- Mar 21 World Down Syndrome Day
- Mar 21 Int. Day for the Elimination of Racial Discrimination
- Mar 27 Earth Hour (in school)



SAFE ARRIVAL:

PLEASE, PLEASE.... Make sure IF your child is absent that you call our SAFE ARRIVAL LINE! IF you have or want to OPT out of this program, call the school.

Kiss 'n Ride

This is a reminder to NOT park in the Kiss & Ride area; this area is for a continual flow of traffic. If you need to stop and park to let little ones out, please park in the actual designated parking lot spots. If that lot is full, there is parking on the road BUT please be careful crossing this area as it is not supervised.

Thank you for helping to keep our students safe!

Dropping Items @ School: Please pack all necessary items with your child in their back pack. Inevitably, items will be forgotten from home and if you need to drop something off at school, the following process is to be followed. Please understand that the office is a busy place and we will make every effort to ensure it gets to the right spot but it is good to communicate with your child that an item is coming and have them come and get it at the break.

- Table outside of the office is where items are placed
- White sticker to be filled out with your child's name and teacher affixed to the item
- Office Helpers will attend to the items at **designated break times**

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.schoolcashonline.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

Inclement weather and bus cancellation information reminder

All information regarding cancelled buses in Simcoe County is posted on the Simcoe County Student Transportation Consortium (SCSTC)'s bus information website at www.simcoecountyschoolbus.ca. Our school is in the Central Zone. When buses are cancelled, schools remain open for student learning, unless otherwise noted. It is always a family decision whether or not it is safe for their child(ren) to leave for school under severe weather conditions.

The Consortium and bus operators try to make the decision to cancel school buses before 6 a.m. and make every effort to post announcements before 7 a.m. Inclement weather cancellations are effective for the whole day and buses cancelled in the morning will not run at the end of the day. You can follow the Consortium on Twitter [@SCSTC_SchoolBus](https://twitter.com/SCSTC_SchoolBus) for bus cancellations and other information. You can also subscribe to receive bus delay notifications here: <https://scstc.ca/Subscriptions/Login.aspx>

Keeping SCDSB school communities informed on labour updates

In August 2019, provincial and local contracts for all education workers in the province of Ontario expired. In the Simcoe County District School Board (SCDSB), this means that all our unionized groups are at different stages of contract negotiations at the provincial and local levels. The SCDSB will continue to monitor the situation and provide updates on the status of negotiations and our schools whenever possible. Labour updates are issued on the SCDSB website (www.scdsb.on.ca/about/labour_updates), Facebook (www.facebook.com/SCDSB), Twitter ([@SCDSB_Schools](https://twitter.com/SCDSB_Schools)) and on the labour updates information line at 1-877-728-1187.

National Engineering Month competition takes place March 7

Students in Grades 5 to 8 are invited to submit a model bridge, catapult or boat for the National Engineering Month (NEM) event. Models will be tested for design, strength, quality of construction and functionality. Students of any age are invited to attend to check out a variety of demonstrations.

The event takes place Saturday, March 7 at Georgian College, and is jointly organized by the Georgian Bay Chapter of the Ontario Association of Certified Engineering Technicians and Technologists (OACETT) and Simcoe-Muskoka Chapter of the Professional Engineers of Ontario (PEO), under the banner of NEM Ontario. For more information and to register for this free event, visit <https://nemsimcoe.wixsite.com/nemsimcoe>.

March Break child care programs

Child care programs for children in Kindergarten to Grade 6 are provided by independent, third-party child care operators in some SCDSB schools. To support your child care needs, some operators offer child care on PA days and holidays including over the March Break (March 16 to 20). Registration in advance is required. Please contact the child care operator directly to discuss fees and to register. More information and contact numbers can be found at: https://scdsb.on.ca/elementary/planning_for_school/childcare_before_after.

Important information for volunteers in schools

Volunteers in Simcoe County District School Board (SCDSB) schools are sent information throughout the year regarding their volunteer status, including timelines, necessary requirements, etc. This information is sent to the email on file in our Community Apps portal. Volunteers are reminded to update your Community Apps account if you change your email address. Updating your email address in your Community Apps account will automatically update your email address in your volunteer portal profile. Instructions on how to change your email address in Community Apps can be found here: www1.scdsb.on.ca/app/CommunityPass/Help/Docs.

Character Attribute for the month of March

Integrity - we act justly and honourably in all that we do.

More information about Character Education can be found here: www.scdsb.on.ca/about/character_education

Stay healthy this school year!

Colds and influenza spread easily from person to person. These germs can spread quickly when someone coughs or sneezes directly on another person, or when germs land on hard surfaces like doorknobs, desks or keyboards, and then are touched by someone else. 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! Wash with soap and warm running water for at least 15 seconds (or try singing "row, row, row your boat"). If your hands are not visibly dirty you can use alcohol-based hand rub (hand sanitizer) for 15 seconds. Also, get your flu shot, cover coughs and sneezes 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 www.simcoemuskokakealth.org.

Nutrition and self-regulation:

Self-regulation: the ability to manage your own energy states, emotions, behaviours and attention in ways that are socially acceptable and help achieve positive goals such as learning at school, having good relationships and being well.

Healthy eating may improve your child's ability to self-regulate.

Eat more:

Plant-based foods: colourful vegetables, fruits, whole grains

Healthy proteins: nuts, seeds, legumes, fish, seafood

Eat less:

Sugar and sodium

Highly processed, refined foods

Focus on:

Water or milk to drink

More than one type of food at every meal or snack

Eating regularly

Creating a calm, relaxing environment where you can enjoy your food and not feel rushed

Information provided by the Simcoe Muskoka District Health Unit

Eye exams: free for kids!

Eye exams are covered by OHIP for children in Ontario, which means it's free to get an eye exam for your child. Vision problems are common in school-aged children, but it's not always easy for parents to know if their child has trouble seeing. Having vision problems can make it harder for kids to learn, play sports or do everyday activities. Children should have an eye exam before starting kindergarten, and then yearly exams after that.

Worried about the cost of glasses? Some optometrists in our area participate in the I See, I Learn program. This program provides free eyeglasses to children in junior kindergarten. Find out more by visiting www.optom.on.ca.

Information provided by the Simcoe Muskoka District Health Unit

Screen-free week: activities to get kids moving this March Break!

Over the March Break, many kids are tempted to stay indoors in front of a screen – playing video games, on their smartphones or watching television. But, this one-week break can be the perfect opportunity to get kids moving!

According to the [Centers for Disease Control and Prevention](#), the average child aged 8-18 spends 7.5 hours on a device or screen every single day. That's 114 days glued to a screen each year! Sedentary behaviour has implications for both physical and mental health, including increased risk of obesity, developing a chronic disease (such as Type 2 diabetes) and mental health issues. Experts agree that kids should be engaging in 60 minutes of heart-pumping physical activity every single day.

March Break is the perfect opportunity to get kids off their screens and moving! Here are some ideas to keep your kids active and having fun this March Break:

Enjoy the great outdoors

Breathe in some fresh winter air as you explore your local trails, parks, toboggan and ski hills. Or, check out the local maple syrup festivals happening in your area!

Visit a local museum

March Break is a great time to learn something new. Local museums are rich with history, fun facts and exciting ideas. And, the good news is, you'll spend the day walking and exercising!

Make a splash

Local community pools, like the YMCA of Simcoe/Muskoka, offer day passes for families to take advantage of recreational swimming. And, for the older kids, March Break is the perfect time to enrol in aquatic leadership programs such as Bronze Medallion. For more information on aquatic leadership programs being offered at the Y over the March Break, visit www.ymcaofsimcoemuskoka.ca/aquatics-certification.

Lace up your skates

Many local ice rinks hold family skates during the March Break. It's a great opportunity to get some exercise and burn off some energy!

Ready, set, train!

The YMCA's 'Move to Give' fundraising event is happening on April 4. Challenge the whole family to train for an event such as a triathlon or indoor cycle challenge. It will keep the family focused on a fitness goal and it's all for a great cause – supporting your community! For more information visit

March Break is the perfect opportunity to create healthy habits for the entire family. For more information about YMCA programs and activities happening this March Break, visit your local YMCA or www.ymcaofsimcoemuskoka.ca.

March 2020

SCHOOL BUS WEATHER ZONE: **CENTRAL** — www.simcoecountyschoolbus.ca

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 <i>Subs</i>	3 <i>Lunch Lady</i>	4 <i>Pizza</i> <i>Wear Pink!</i>	5 <i>Lunch Lady</i>	6 <i>PA Day</i> <i>(No School)</i> <i>National</i> <i>Employee</i> <i>Appreciation</i> <i>Day</i>	7
8 <i>International</i> <i>Women's Day</i>	9 <i>Subs</i>	10 <i>Lunch Lady</i>	11 <i>Pizza</i> <i>Wear Pink!</i>	12 <i>Lunch Lady</i>	13 <i>Pasta</i>	14
15	16 <i>March Break</i> <i>No School</i>	17 <i>March Break</i> <i>No School</i>	18 <i>March Break</i> <i>No School</i>	19 <i>March Break</i> <i>No School</i>	20 <i>March Break</i> <i>No School</i>	21 <i>World Down</i> <i>Syndrome Day</i> <i>International</i> <i>Day for the</i> <i>Elimination of</i> <i>Racial</i> <i>Discrimination</i>
22	23 <i>Subs</i> <i>Round #3 Hot</i> <i>Lunch Online</i> <i>Ordering Ends</i>	24 <i>Lunch Lady</i>	25 <i>Pizza</i> <i>Wear Pink!</i>	26 <i>Lunch Lady</i>	27 <i>Pasta</i> <i>Round #2 Hot</i> <i>Lunch Ends</i> <i>Dental</i> <i>Screening</i> <i>Jk, Sk, 2 & 7</i> <i>Earth Hour (in</i> <i>school)</i>	28
29	30 <i>Subs</i> <i>Dental</i> <i>Screening</i> <i>Jk, Sk, 2 & 7</i> <i>ROUND #3 Hot</i> <i>Lunch begins</i>	31 <i>Lunch Lady</i> <i>Dental</i> <i>Screening</i> <i>Jk, Sk, 2 & 7</i>				

LAKE SIMCOE PUBLIC SCHOOL

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Press 1 for Safe Arrival
Jennifer Henderson, Principal
Tyler Cave, Vice Principal



Safe Arrival

We appreciate all of our families who call into our Safe Arrival line to report their children's absences daily (705)431-0668 x1.

A reminder that our Safe Arrival Line is available 24 hours a day, seven days a week. If your child will be late or absent, please let us know before 9:30 am. Thank you for your help in keeping our students safe.