

# BIRCHVIEW DUNES ELEMENTARY SCHOOL



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## March 2018 Newsletter

*March Character Trait: Integrity*

**"Studies show that trees live longer when they are not cut down!"** Can you please help us reduce our paper use and provide your email address, if you have not already done so. This monthly newsletter and other correspondence will come directly to your phone, laptop or home computer! Yes, I would I like to receive electronic school information.

Student Name: \_\_\_\_\_

My email address is: \_\_\_\_\_

**"PLEASE DETACH AND RETURN TO THE SCHOOL OFFICE"**



### "DUNES DATES"

March 2	Cross Country Skiing Grade 8
March 5	School Council Meeting 6 pm
March 5	Area Chess Tournament
March 6	County Intermediate Boys Basketball
March 6	County Intermediate Girls Volleyball
March 9	Cross Country Skiing Grade 7
March 9	Wear Green Day
March 12-16	March Break
March 20 - 21	Dental Clinic
March 27	Grade 8 Grad Photo Retakes
March 28	County Chess Tournament
March 29	Character Assembly at 1:35 pm
March 30	Good Friday

#### Bus Cancellation Information for Parents

**Our school has moved to an automated safe arrival system. The first parent/guardian listed in the student file will receive an automated call on days when buses are cancelled if their child isn't at school. The recording will tell you that you DO NOT need to call the school back if you know your child is safe.** You must listen to the complete message and follow the prompts to avoid the system calling you again.

Please note that if your child has attended school they will need to be picked up and signed out at the gym at the end of the day. All information regarding cancelled buses in Simcoe County is posted on the Simcoe County Student Transportation Consortium's bus

information website at

[www.simcoecountyschoolbus.ca](http://www.simcoecountyschoolbus.ca).

Our school is in the **WEST** zone. When buses are cancelled, schools remain open for student learning, unless otherwise noted.

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 for bus cancellations and other information. You can also subscribe to receive bus delay notifications here:

<https://scstc.ca/Subscriptions> For school

event cancellations in case of inclement weather, follow our school's Twitter account at <https://twitter.com/BirchviewDunes> or

listen to your local radio station for event cancellation information.

### The Principal of the Matter...

Today is Pink Shirt Day. While this is a special day, recognized annually across the country since 2007, we strive to be kind and considerate, peaceful and polite, respectful and responsible each day as Birchview Blazers.

We are very proud of our Intermediate Boys' Basketball Team and our Intermediate Girls' Volleyball Team for a wonderful season and for demonstrating character through sport. To our Coaches – Mrs. Ewaskiw and Mrs. Sims, as well as Mrs. Baumgarten and Mr. Brooks, we thank you for your time, commitment and dedication to our students. The Elementary Schools Nordic Ski Races took place this week. Our Junior Boys swept the podium to bring home the Championship Banner. Congratulations. Students skied hard and we thank our coaches Mrs. Fleming and Mr. Pinkerton. At our school, we are proud to continue a rich tradition of providing students with many extra activities through sport to enhance both physical fitness, character and well-being. Well played!

Report Cards have just come home and families have had an opportunity to review your child's strengths as well as areas for growth. Take some time to set some meaningful goals for Term 2. Take a look at building new habits that support thinking and learning such as setting time to study, planning for tests and assignments in advance, as well as establishing good self-care practices such as getting enough sleep and packing a nutritious lunch.

As parents we have the wonderful opportunity and responsibility for nurturing our children's growth. Parents play a key role in the physical, emotional, and intellectual development of their child. As parents we can usually find time to read a story to our children, thereby instilling a love of literature, but we are often at a loss as to how to instill a love and appreciation for mathematics. Like reading, mathematics is a subject that is indeed necessary. More than that, mathematics is a subject that should be more enjoyable than it is perceived to be. Parents' attitudes towards mathematics have an impact on their children's attitudes. Children whose parents show an interest in and enthusiasm for math around the home will be more likely to develop that enthusiasm themselves.

Activities in the Home If you have dice, playing cards, and a bit of time....oh the "number sense" fun you can have.

1. Work on Place Value-use a grade appropriate number of dice and use the numbers rolled as digits to "make the biggest number you can, make the smallest number you can, make a number close to 100" etc.
2. Work on Number Sense-use 2 die to add numbers together....to make it harder, you can use the 2 die to subtract, and multiply.
3. War-Use a deck of cards to compare numbers. Each person flips their cards at the same time, the person with the higher number gets both cards.
4. What's my number? Someone holds a card on their forehead and asks the other person questions to try to guess their number (for example, is it greater than 5, is it odd or even).

Give it a go and have fun building number sense fluency together

### Around the School

**Parking** - Please note that the small parking lot at the west side of the school is reserved strictly for the YMCA Childcare. Thank you for your co-operation.

**Science Fair** - Over the last few months, many students in the junior division have spent extra hours outside of school time to ask a scientific question, test their hypothesis, and come to conclusions about their topic studied. Ms. Hughes and Mrs. Fleming are very proud of all the students who entered this year's Birchview Dunes Science Fair. Many students will compete at the Simcoe County Regional Science and Technology Fair, in April at Bear Creek Secondary School. We wish them luck. The winners of the school fair are as follows: Honourable Mention: Morgan and Myah; Bronze: Alexis and Krysten; Silver: Kiera and Morgan; Gold: Esther.

**Popcorn Sales** – Every Friday at second break popcorn will be for sale at a \$1.00/bag; flavours are dill pickle, white cheddar and kettle corn. Proceeds will go towards grade eight graduation.

**You're the Chef** - You're the Chef" is a new after school club to be introduced to Birchview Dunes, in cooperation with the Simcoe Muskoka District Health Unit's Healthy Schools program. Students will learn basic kitchen skills and food safety. They will cook delicious nutritious recipes that feature fruits and vegetables. It will run every Wednesday from April 4th - May 9th, from 3:30 pm - 5:00 pm. If you like to cook and try new recipes, watch for the information and permission slip that will be handed out after March Break. Spaces are limited so return forms asap.

**Move to Give-Firetruck Pull** - The YMCA is having their annual Move to Give fundraiser on Sat. April 7th. Teams of 10 enter to pull a fire truck 20m in the fastest time. Last our Birchview Dunes staff won this event and we are putting together a team again this year to defend our title! We need your support to raise \$1000! All donations go to the YMCA towards removing financial barriers so kids, adults, teens and seniors can take part in amazing programs.

Donations can be sent into the school by Wed April 4th. (If your donation is \$20 or more and you would like a tax receipt please include your name and address with the donation.) Or donate online by going to [MovetoGive.ca](http://MovetoGive.ca), then select Make a Donation. Our team name is Birchview Blazers.

We'd also love to see you at 10:30 a.m. on April 7th at the Wasaga Beach YMCA. Come out to cheer on the Birchview Blazers Team and see some of your favorite teachers pull a fire truck for a great cause.

Healthy communities are strong communities!

### **School Council**

Thanks to everyone who ordered the Boston Pizza hot lunch for March 5! Keep your eyes out for April's menu options – coming soon.

The Mom's Pantry fundraiser forms will be coming home in the next few days – these funds will be used to purchase Birchview's new school mascot.

### **Breakfast Club**

We are looking for volunteers to assist with our breakfast program either prepping and serving between 8:15 and 9:00 or perhaps shopping for the program. Thanks to all of our Breakfast Club volunteers who spend their morning making healthy breakfasts for students. If you would like to help out please contact the office.

### **Rainbows Program**

Rainbows is a peer support group guided by a trained facilitator to help children who are dealing with loss in their lives due to separation, divorce or death. Students meet in small groups to share an activity and discuss topics in relation to the change in their family unit. The goal of the support group is to assist students in expressing and understanding their feelings, accepting what has happened and experiencing a sense of belonging. There will be a school-based Rainbows session beginning the week of

March 26<sup>th</sup> and running for 12 weeks. The session will be for students in grades 3-5 who have experienced divorce. Please contact Jen Sims at the school, 705-429-2551, if you would like more information. Space is limited.

### **School's in for the Summer at the SCDSB**

Are you and your child planning their courses for next school year? Looking for a way to create flexibility in their timetable and earn a credit? Consider summer school! Each year, the SCDSB offers a variety of summer programs to over 2,000 students. Summer school options include open, college and university level courses from Grades 9 to 12. Courses are offered in-person or online. Interested students can also travel and earn credits with the summer EduTravel program. Summer school program details can be found on the Learning Centres website at [www.thelearningcentres.com](http://www.thelearningcentres.com). Current SCDSB students should speak to their guidance counsellor for information and to register. Register now so that your summer school choices align with course selection for next year!

### **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.

#### **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.

### **Kindergarten Registration**

Do you (or someone you know) have a child who was born in 2014? If so, it's time to register them for Kindergarten! Elementary schools are now registering children for Kindergarten for the 2018-19 school year. Required registration documents include birthdate documentation, proof of address and immunization records. Visit [www.scdsb.on.ca/kindergarten](http://www.scdsb.on.ca/kindergarten) for more information.

### **Child Care Programming Available for March Break**

The Simcoe County District School Board (SCDSB) supports your child care needs by offering full-day child care programs in select schools across Simcoe County on PA Days and school holidays. Over 30 of our schools offer child care programs for children from Junior Kindergarten to 12 years of age, including care over March Break (March 12 to 16). The daily fee is \$34.20 and a fee subsidy may be available to families who qualify. Registration in advance is required. Please contact the child care operator directly to register. More information and contact numbers can be found at [www.scdsb.on.ca](http://www.scdsb.on.ca) – click on 'Schools' and then 'Before & After School Care.'

### **New Path Offering Child and Youth Mental Health Walk-In Clinics**

New Path now offers Child and Youth Mental Health Walk-In Clinics in five office locations throughout Simcoe County: Alliston, Barrie, Bradford, Collingwood and Orillia. The Walk-In Clinic provides a single session to children, youth and families who require support for emotional, relationship or behavioural challenges. The Walk-In Clinic can be accessed by children, youth and families as often as they require support. Children, youth and families can self-refer by attending one of the walk-in clinic locations across the county. Dates and times of the clinics are posted on the New Path website ([www.newpath.ca](http://www.newpath.ca)). For more information, contact New Path's Central Intake Department at 705-725-7656 or from the 905 area code in Simcoe County by calling 1-866-566-7656.

### **Gilbert Centre Programs for LGBTQ2S Youth and Families**

The Gilbert Centre is a community-based, not-for-profit, charitable organization that provides programs and services to serve lesbian, gay, bisexual, transgender individuals and families in Simcoe-Muskoka. Visit the Centre's website at [www.gilbertcentre.ca](http://www.gilbertcentre.ca) for more information about these programs:

- **LGBTQ2S Youth Connection drop-in groups**  
LGBTQ2S Youth Connection is a drop-in and social space for lesbian, gay, bisexual, queer, 2spirit, trans, asexual etc. and questioning youth. Groups are a place for youth to connect with each other and to community. Groups take place in Barrie, Midland and Orillia.
- **Parenting LGBTQ Youth sessions**  
These free sessions, 'Parenting LGBTQ

Youth,' are offered in April, May and June in Alliston, Barrie, Collingwood and Orillia. Dinner is provided. To reserve your spot, contact Jake at [jakef@gilbertcentre.ca](mailto:jakef@gilbertcentre.ca) or 705-722-6778 ext. 107.

### **Message from the Health Unit: 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 looks 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 side 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 to kill them. Make sure to follow the directions, and then to do a second treatment 7 to 10 days later to help stop the lice from returning. Head lice are not likely to live in clothing, furniture or bed linen but it's a good idea to wash bed linen and hats in hot water and dry them in a hot dryer just in case.

For more information, visit the Simcoe Muskoka District Health Unit's website [www.simcoemuskokahealth.org](http://www.simcoemuskokahealth.org) or call Health Connection at 705-721-7520 or 1-877-7217520.

## 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 to others 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 1-877-721-7520 or visit the health unit's website at [www.simcoemuskokahealth.org](http://www.simcoemuskokahealth.org).

*Information provided by the Simcoe Muskoka District Health Unit*

## Packing a Healthy School Lunch

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, cooked 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 multigrain wrap/pits/tortilla shells with your child's favourite foods such as hummus and grated carrot or sliced turkey with honey mustard
- don't have them drink their fruit...send water instead

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](http://www.simcoemuskokahealth.org).

*Information provided by the Simcoe Muskoka District Health Unit*

## Get Active and Energized this March Break

March Break is the perfect opportunity to get your kids off their screens and moving! Children are spending less time being active and only seven per cent of Canadian kids get enough exercise. Health Canada recommends children and youth get 60 minutes of physical activity every day. Getting our daily dose of exercise not only helps to prevent health risks, it builds strong muscles and bones, develops positive body image and supports mental health. Here are ideas to get you and your kids moving this March Break:

- Get outside and enjoy some fresh air as you explore your local trails, parks and toboggan hills, or build a snowman!
- Make a splash at a local community pool like the YMCA of Simcoe/Muskoka. Day passes are available for families to take advantage of recreational swimming. For older kids, March Break is the perfect time to enrol in aquatic leadership programs such as Bronze Medallion or National Lifeguard training.
- Train as a family by signing up for the YMCA's *Move to Give* fundraising event, happening on April 7. Challenge the whole family to start training for a 5K run, indoor cycling or a triathlon and continue training together until the event. It will keep the entire family focused on a goal and it's all for a great cause – supporting your community! For more information, visit [www.movetogive.ca](http://www.movetogive.ca).
- Skating is a great sport for all ages – it's low impact and helps improve coordination and balance. Check your local public arenas for family skate times.

March Break is a great time to create healthy daily habits for your children and the entire family. The YMCA of Simcoe/Muskoka offers many opportunities to get fit as a family over the March Break. For more information, visit your local YMCA or [www.ymcaofsimcoemuskoka.ca](http://www.ymcaofsimcoemuskoka.ca).

*Information provided by the YMCA of Simcoe/Muskoka*

