

BIRCHVIEW DUNES ELEMENTARY SCHOOL



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December 2017 Newsletter

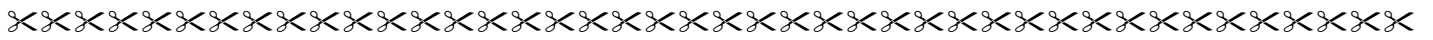
December Character Trait: *Empathy*

"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"

Dec. 1	Elmvale District High School Music Program Visit
Dec. 4	School Council Meeting in Library @ 6 pm
Dec. 5	Collingwood Collegiate Jazz Band Concert @ 9:15 am
Dec. 6	Dunes Activities and Assembly @1:35 pm
Dec. 7	Clothing Drive Sale Today at Birchview 8:30 am – 5 pm
Dec. 8	FREE Christmas Movie Night at Birchview
Dec. 12	County-Junior Boys Volleyball
Dec. 12	County Intermediate Girls Basketball
Dec. 13 and 20	Candy Gram Sale
Dec. 14	Grade 8 Bake Sale
Dec. 18	Red, White and Green Day
Dec. 20	Crazy Hair Day
Dec. 21 & 22	Christmas Carols in the Gym @ 9:15 am
Dec. 22	PJ Day
Dec. 25 to Jan. 5	School Holidays
Jan. 8, 2018	Back to School

Around the School

Peanut Free – Within our school community there are students who have a life-threatening allergy (**anaphylaxis**) to peanuts and/or tree nuts. For some students even touching peanut and/or tree nut residue or inhaling airborne peanut or tree nut proteins can cause a reaction.

There are many common areas within the school where all students attend and handle the same items (gym equipment, library books, computers etc.). The best way to reduce the risk of accidental exposure is to avoid sending peanut butter or products with peanuts and/or tree nuts listed in the ingredients, to school. Many people are unaware of the severity of this allergy.

Thank you for not sending food products containing peanuts and/or tree nuts to school. Your caring, compassion and support is greatly appreciated and is critical to the well-being of our students.

Athletics – The intermediate girls basketball team travelled to CCI Tuesday to compete in the area tournament. The girls won three of their four games, before advancing to the semi-finals at Nottawa yesterday afternoon. The girls put up a tough fight against the first place Admiral team, but came up short of a win. Congratulations on a great season: Rachel, Sarah, Mackenzie, Brier, Mackenzie, Emily, Mya, Ava, Mia, Macey, Kaitlynn, and Megan.

Popcorn Sales – Pop, Pop, Pop corn will be on sale every Friday in the front foyer during second nutritional break. The cost is one

dollar a bag and there are three flavors to choose from - Dill Pickle, Kettle Corn and White Cheddar. Bring your loonies!

Candy Grams - Candy grams will be on sale December 13th and 20th for 0.50 cents each in the front foyer. Get into the Christmas spirit and send a treat to your friends.

Grade 8 Bake Sale - We are looking for NUT FREE donations of bake goods for our bake sale on December 14th during both nutritional breaks. All proceeds go toward Grade 8 graduation. Bring your loonies and toonies to help support graduation. All donations of baked items can be dropped off by Wednesday, December 13th please.

Pizza Program – Pizza is available every Wednesday with the choice of cheese or pepperoni from Dominoes. Coupons can be purchased online at \$20.00 for a sheet of 10 coupons.

Milk Program – Both chocolate and white milk are available daily at second break. Coupons can be purchased online at \$20.00 for a sheet of 27 coupons.

Georgian Good Food Box – For those not familiar with our program, we are a monthly non-profit produce buying program. Our volunteer based program packs over 400 boxes of produce monthly for the residents of South Georgian Bay. Anyone can purchase our bags at any time, with no commitment. In each bag each month, you will receive carrots, apples, onions and potatoes. Then, depending on availability you will receive a variety of other items that could include lettuce, peppers, squash, beans, tomatoes, melons, grapes, oranges, cabbages, celery, cucumber, broccoli and other seasonal fruits and vegetables. The cost is \$15 per order. There is a \$1.00 surcharge for online orders. Orders are due the first Wednesday of each month with order pick up on the third Wednesday all here at Birchview Dunes. Please come in to the office for more information.

Birchview has Instagram – a reminder to parents to follow us on Instagram (@birchviewdunes) to see what's happening around the school!

Caribou Math – Our next Caribou Contest will be taking place Thursday January 18th, 2018. The next interactive question will feature **Chess puzzles** which you can practice now on our games page. If you have any problems with the game, please let Ms. Sims and Ms. Winstone know. Remember, top 3 placings are posted outside of the library on the bulletin board.

Birchview Goes Broadway – The Primary Division is presenting the play 'The Jungle Book' in the spring. Auditions for the many acting roles will be held next week, Dec. 4-8th. Audition scripts and information sheets have been provided to interested students and are still available from your child's teacher.

Water Bottles - Birchview Dunes water bottles are available for sale in the office for \$5.00 each.

Lost and Found – Please remember to check out the lost and found by December 21st. Anything left will be donated. ALSO, please consider bringing indoor shoes home over the holiday to check for fit and allow our custodians to clean.

School Council

Birchview's 12 Days of Christmas Giving Food Drive is BACK!!! Over the next few weeks Birchview, along with Worsley and St. Noel this year, will be collecting non-perishable food for the Wasaga Ministerial Food Bank. Over the last 2 years Birchview has collected an average of 2500 items per year! Let's do our all-time best this year! All families should have received a newsletter with further details and the list of items our food bank is in dire need of this year. Please visit the office if you did not receive your list and would like one. Keep an eye on your emails for updates on how much food we are collecting through the drive and what items are coming up throughout the weeks. Thank you in advance for your support! **During the holidays, no child or parent, no family or individual should ever be hungry**

School Council will be hosting a FREE Christmas Movie Night, Friday December 8th in the school gymnasium. This year's Christmas movie is everyone's beloved ELF! Doors open at 6 pm, movie will start at 6:30. Grade 8's will be hosting the concession stand with popcorn and drinks, all proceeds going towards grade 8 graduation. Come on out for a festive evening, wear your Christmas jammies, bring your blankets and pillows, snuggle up and enjoy! *all children must be accompanied by an adult.

It was unfortunate that Birchview had to emergency evacuate all the shoppers and vendors half way through our 5th Annual Ladies Night a few weeks ago, due to a devastating fire across the road. But we pulled together and invited all the vendors back for a successful second round of shopping on the 16th. A huge thank you goes out to all of the the people who came and supported the school and vendors both nights, all the vendors for

their understanding and awesome efforts, and lastly to all our wonderful local businesses who donated door prizes the first evening!

We would also like to thank those businesses who donated food for the Grade 8 Cafe at our 5th Annual Ladies Night: Boston Pizza, Tim Hortons, Foodland and Maple Diner & Smokehouse. All proceeds from the cafe went towards Grade 8 initiatives. And thank you to some of our school council volunteers for taking the time to distribute coffee/hot chocolate the first evening, to the emergency personnel working tirelessly to control the fire down the road in those horrible weather conditions, so the donated food/drink didn't go to waste after the evacuation!

The next school council meeting is Monday December 4th at 6 pm in the school library, we welcome anyone who would like to join in on a meeting.

Breakfast Club

Thanks to all of our Breakfast Club volunteers who spend their morning making and serving healthy breakfasts for students.

French Immersion Information Night

Attend a French Immersion information night, registration opens in January

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 will be sent home to those parents with more details. Information session dates will be 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 Mon. Jan. 22, 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.

Kindergarten Registration Opens January 22, 2018

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 Jan. 22, 2018, Simcoe County's public schools will register children for Kindergarten for the 2018-19 school year. Required registration documents include birthdate documentation, proof of address and record of immunization. Visit www.scdsb.on.ca/kindergarten for more information.

It's almost winter: Bus cancellation information for parents

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. 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.

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 unless your child should be at school.

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 (eg. sand, pea gravel or wood chips). These surfaces cannot be maintained when the ground freezes. 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.

Free Skate at Wasaga Stars Arena

The Signature Sold Team will be hosting Free Skates at the Wasaga Stars Arena on December 28 & 29 from 2:00 - 4:00 p.m. We would like to invite you, your family and friends to join us! Snacks and drinks will be provided. Hope to see you there!

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.Eyeseeyelearn.ca.

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, 2018. 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.

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' tradition 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, Métis 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 – 'About Us'.

CCI High School Information Night

Is your child starting Grade 9 next year? High school information nights happen this fall and 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: Collingwood Collegiate Institute info night is Tuesday, January 16th, 2018 at 6:30 pm. Check out the full schedule of info nights and more information at 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.

Information from the Simcoe Muskoka District Health Unit

It's time to update your child's immunization records

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. It's easier than ever to update your child's immunization status. Go to www.smdhu.org/immsonline to update your child's record, or call Health Connection at 705-721-7520 or 1-877-721-7520.

SCDSB Online Tool for Reporting Bullying, Drug Use or Vandalism

The SCDSB has an online Safe Schools Reporting Tool, which is available on our school website homepage, <http://BIR.scdsb.on.ca>, as a Quick Access button. Students and parents can use this tool to submit a report online if they witness a student engaged in inappropriate behaviour such as bullying, drug use or vandalism. Students are still encouraged to speak to a trusted adult at school or home if they have any concerns. This form isn't a substitute for having a discussion with your teacher or principal. Student safety and well-being is our top priority. For more information, visit <http://scdsb.on.ca/ReportAnIncident>.

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. Enrollment 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.

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 today.

- **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 can 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).

The YMCA of Simcoe/Muskoka offers many opportunities to get healthy as a family, For more information, please visit www.ymcaofsimcoemuskoka.ca.

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

**Scanlon Creek Nature Centre PA Day
Camp**

Adventure Day

**Scanlon Creek Nature Centre
PA Day Camp (ages 6-12 years)**

**Join us for an exciting PA Day
full of exploration, fun and adventure!**

PROGRAM DATES AND FEES

- Friday January **26th**, 2018
- Friday February **2nd**, 2018

HOURS: 9 am - 4 pm* FEE: \$45 per day

*Extended camp hours available until 5 pm
sharp:

\$10 per participant per day

LOCATION

Scanlon Creek Nature Centre
2450 9th Line, Bradford

To register visit www.LSRCA.on.ca/education

Send inquiries to education@LSRCA.on.ca

Let the adventure begin!

