



Lisa Cooke  
Principal

# FOREST HILL P.S.

16 Doran Road  
Midhurst, ON L9X 1L4  
Safe Arrival 705-721-8300 Ext. 1  
School Website: <http://for.scdsb.on.ca>

Perry Iacobellis  
Vice-Principal

BUS CANCELLATION/SCHOOL  
CLOSURE: **CENTRAL SIMCOE**

**DECEMBER 2020**

### **IMPORTANT DECEMBER DATES**

|   |  |
|---|--|
| Dec. 1 <sup>st</sup> -18 <sup>th</sup>      | The online Grade 1 FI application form will be available         |
| Dec. 6 <sup>th</sup>                        | National Day of Remembrance and Action on Violence Against Women |
| Dec 7 <sup>th</sup> -11 <sup>th</sup>       | Online survey available for in person and learn at home          |
| Dec 7 <sup>th</sup> -18 <sup>th</sup>       | Fundraiser available with local wholesaler Chicken on the Run    |
| Dec 9 <sup>th</sup>                         | Zoom info night for FI Grade 8 to 9 students                     |
| Dec. 14 <sup>th</sup>                       | Christmas Hat & Face Mask Day                                    |
| Dec. 15 <sup>th</sup>                       | Christmas Character Day  |
| Dec. 16 <sup>th</sup>                       | Christmas Sweater and Sock Day                                   |
| Dec. 17 <sup>th</sup>                       | Red & Green Day  |
| Dec. 18 <sup>th</sup>                       | Christmas PJ Day   |
| Dec. 21 <sup>st</sup> -Jan. 1 <sup>st</sup> | Holiday Break – School Closed                                    |

### **SOME IMPORTANT UPCOMING DATES**

|                       |                               |
|-----------------------|-------------------------------|
| Jan. 15 <sup>th</sup> | Pirate Day                    |
| Jan. 28 <sup>th</sup> | Forest Hill School Spirit Day |
| Jan. 29 <sup>th</sup> | PA Day – No school            |

### **PA DAYS & HOLIDAYS**

Feb. 15<sup>th</sup>, Mar. 15<sup>th</sup> to 19<sup>th</sup>, Apr. 2<sup>nd</sup>, Apr. 5<sup>th</sup>, May 24<sup>th</sup> June 4<sup>th</sup>, June 30<sup>th</sup>

### **VICE PRINCIPAL'S MESSAGE**



It's December already! Wow! It is hard to believe that we are approaching the winter break! I was sitting and thinking about what to say in this

message. As I thought about it, I reflected on the last few months of school. I thought about how challenging the start of the year has been. Our students, staff and families have all had to learn how to play by a new set of rules. I thought about how stressful the first few months have been. Our staff have had to work in a building with many people in limited space on a daily basis, reinvent how they teach, and implement new health and safety protocols and procedures. Our students have had to maintain cohorts, which has sometimes presented them with challenges around seeing friends. I also reflected on the stress of our families. They have had to wonder if school would stay open, and whether it would be safe to send their kids.

As I thought about all the obstacles that the Covid pandemic has thrown at the school system, I smiled some. I smiled because I have pride. I am proud of our staff, students, and families for the courage they have shown. Our Forest Hill community has demonstrated tremendous courage, collaboration, resiliency and understanding over the past few months, and that has helped make our school year a great success to date. It is great working every day with such a dedicated team of stakeholders who make our school a great place for kids to learn and play. Over the break, be sure to make some time to take a breath and engage in activities that you enjoy. We look forward to seeing you again in the New Year. Stay safe, be well, and happy holidays!

**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](http://www.simcoecountyschoolbus.ca). Our school is in the [Central Simcoe] zone.

**When buses are cancelled, schools remain open for student learning, as in previous years. It is always a family decision whether or not it is safe for your child(ren) to leave for school under severe weather conditions.**

**This year, please note that students who are unable to attend school due to bus cancellations will be able to access learning materials on the digital learning platform assigned by their teacher, either Desire2Learn (D2L) or Google Classroom.**

**Students in the Learn@Home program will continue with regular programming as scheduled.**

The SCSTC 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>

**ATTENDANCE ON INCLEMENT WEATHER DAYS**

**Walker** - If your student is a walker and will not be attending on an inclement weather day, please call the Safe Arrival line.

**Bus Student (OPTED OUT)** - If your students usually take the bus but have **opted out** of using bus transportation this year, please call Safe Arrival to notify us if your student will not be attending. This assists the office staff not having to manually phone you to follow up on the absence.

**Bus Student** - If your student utilizes bus transportation you DO NOT need to contact the

school if your child is staying home on an inclement weather day. We will automatically assume that your student will be at home.

**HONOURING COHORTS**



Please ensure if you are picking up your children from the Kiss N' Ride area, that you do not walk along the sidewalk across the front of the

building. With snow and student movement, it becomes very congested for loading buses. Walk along the side of the building, cross in front of the buses and use the new sidewalk along the full length of our property. Alternatively, use the sidewalk at the edge of our Kiss N' Ride driveway. Please do not walk on the road where possible due to dangerous driving conditions.

Continue to honour that students are not to be on property prior to 8:55 AM and parents are not permitted to pick up FDK students until 3:20 PM.

**COVID-19 SELF-ASSESSMENT**

All students and staff will be expected to self-screen prior to attending school each day, using a self-assessment tool provided by the SMDHU.



Students or staff with symptoms must stay home from school. To access the COVID-19 self-assessment tool, please visit our school website [Forest Hill Public School](http://Forest Hill Public School).

**SAFE ARRIVAL**



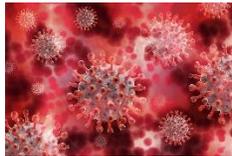
**Please ensure that you call the safe arrival phone line (721-8300, press 1) if your student(s) is/are absent or will be late.** Make certain that

you ring the doorbell to sign your child in/out with the office to ensure your child's whereabouts is communicated clearly! We will be calling contacts for students with an unexplained absence.

Parents are asked to arrange appointments, transportation changes, and materials for drop off before school, as **classes will not be interrupted until the nutritional breaks at**

**10:50 & 1:10.** This is to protect instructional time. We appreciate your cooperation.

### COVID INCREASING



Covid is rising, even in our area, and we are asking that we all be as vigilant as possible to ensure everyone's safety. If you

hear about cases in the area and no message comes from the school, that means the SMDHU does not deem any risk to students other than those they have contacted directly to self-isolate. If we do have a need to isolate a class(es) and staff, an email will be sent to all impacted families, so you know the process. Students requiring isolation will seamlessly move to remote learning and their teacher will conduct class through Google Classroom. Those individuals that are in isolation due to out of school contacts, are to continue to learn through the Google Classroom as our teachers are posting materials daily. Please note that isolation means you cannot leave your home not even for a walk, a car ride, etc. so we all must ensure we are working hard to stay safe! Should the above occur, we will also send school based communication to all families so you are informed and not left guessing.

The increase in cases and risks has also resulted in all staff wearing their shields for an added layer of protection. We are doing our best to keep things open and working to have your child(ren) feel safe and learning. Please do your part and conduct the self-assessment on your child daily -

<https://www.simcoemuskokahealth.org/docs/default-source/COVID-/Return-to-school/covid-19-student-screening-tool.pdf?sfvrsn=0>

### COVID-19 HOLIDAY TRAVEL



The Simcoe Muskoka District Health Unit recommends that you only travel outside of your home for

essential reasons such as work, school and purchasing necessities. Avoid travelling outside of your community as much as possible, including to attend family gatherings, religious services or events at municipal venues, in order to reduce transmission between geographic areas.

### ANOTHER REMINDER TO PLEASE LABEL ALL CHILD'S BELONGINGS



We have an excessive amount of found clothing! Labeling our kids items is more important than ever right now. Mabel's labels can help us out with this. They make fun, functional and durable labels for all of your kids items. To order labels go to their website

[https://mabelslabels.ca/en\\_CA/fundraising/support/#](https://mabelslabels.ca/en_CA/fundraising/support/#). Please label everything your child brings to school. This includes backpacks, lunchboxes, and all clothing including jackets, boots, hats, etc.

**It is important to note that due to Covid and safety, we do not have a Lost and Found that students can go through so we rely on the label found on items to give back to child.**

### NEW FUNDRAISER!! CHICKEN ON THE RUN

We are pleased to partner with Chicken on the Run, a locally owned and operated small business, to offer fresh and frozen high quality meats and prepared foods! They offer fresh chicken products, AAA steaks, chicken fingers, bacon, burgers, salmon, lasagna, and more! Forest Hill PS has been offered FREE **CONTACTLESS DELIVERY** to our families and friends with no minimum orders! Please see the link below for details. [FHPS Chicken On The Run](#)

### SPIRIT WEAR!



In January we will be having a Forest Hill School Spirit Day where students can wear their Thunderbird gear!

Did you know Forest Hill has Spirit Wear that can be ordered online and shipped right to your home!? Our Spirit Wear company, Entripy, offers a large variety of designs that can be completely customized to your preference. This includes a variety of clothing options and colours, brand names, different logo locations, adding your child's first and/or last name, and more. Purchases are made directly from the Forest Hill Entripy

website, and items are delivered right to your door. Our school will receive a kick-back once orders reach the \$1000 mark! Place your order today and show your Thunderbird pride! To order and create your customized design, please visit our Entripy shop at: <https://foresthillsps.entripyshops.com/>

### **DECEMBER SPIRIT DAYS**



We have 5 exciting days planned for December. Please join us for a fun filled week starting December 14<sup>th</sup> through December

18<sup>th</sup> for exciting opportunities for students to have some fun and be creative.

### **TEACHER GIFTS**



We have had a few calls from parents asking if gifts for staff are allowed this year with Covid-19 and Christmas upon us. As

long as there is no home baking/crafts and things are in original store packaging/purchased condition, staff can accept gifts. **Please note, this is not by any means an expectation** and they will have to leave the gift to sit for 72 hours prior to opening for safety reasons. We greatly appreciate the support our families give our staff in so many ways throughout the year!

### **CHARACTER ATTRIBUTE FOR THE MONTH OF DECEMBER**



Empathy - we strive to understand and appreciate the feelings and actions of others.

More information about character education can be found here: [www.scdsb.on.ca/about/character\\_education](http://www.scdsb.on.ca/about/character_education).

### **HIGH SCHOOL INFORMATION EVENTS FOR GRADE 8 STUDENTS**



Is your child starting Grade 9 next year? High school information events will happen virtually

this winter. Student leaders and staff at the school will give an overview of what's new and what to expect. Different pathways and courses offered will be explained. Visit your child's secondary website for more information.

### **ELEMENTARY (GRADE JK-8) LEARN @ HOME AND IN PERSON**



Families will be receiving a survey regarding learning modes (in

person and Learn@Home) during the week of Dec. 7-11. If you do not receive your survey by Tuesday, Dec. 8, please contact [research@scdsb.on.ca](mailto:research@scdsb.on.ca).

### **FI GRADE 8 AND 9**

We are hosting another Zoom meeting for parents with a few updates on December 9<sup>th</sup> at 7:00 PM. The Zoom link will be provided in the Monday Message on December 7<sup>th</sup>.

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### **GRADE 1 FRENCH IMMERSION INFORMATION**



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. Historically, in-person Grade 1 FI Family Information Nights are held annually in advance of the application process for the following school year. This year, due to restrictions to large-group public gatherings, in-person Family Information Nights will not be held. In lieu of this, an [information page on the board's public website](#) has been created to allow families the ability to access and learn about the program and the application process. The online Grade 1 FI application form will be available from 9 a.m. on Tuesday, Dec. 1, 2020 until 4 p.m. on Friday, Dec. 18, 2020. In Grade 1, enrollment in the FI program is limited to a maximum of two classes of 20 students per class at each host site for the FI program. The electronic applications will be processed in the order determined by a digitally randomized lottery system. 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.

### **HEALTH CONNECTIONS**

If you have a health question and cannot reach your doctor, please reach out to Health Connections by calling or



referring to their webpage at <https://www.simcoemuskokahealth.org/HealthUnit/Services/HealthConnection.aspx>. You can also contact Telehealth at <http://www.health.gov.on.ca/en/>.

### **PROPERTY ACCESS OUTSIDE OF SCHOOL HOURS**



It has come to our attention that student, past and present, are accessing the roof of the school and portables outside of school

hours. This is extremely dangerous due to electricity exposure along with other hazards including falling. Please note that police have been informed and will be attempting to conduct added patrols. If caught, and over 12 years of age, fines/charges will be laid.

### **ARE YOU LOOKING FOR EXTRA MATHEMATICS SUPPORT FOR YOUR GRADE 6 TO 10 STUDENT?**



[TVO Mathify](#) offers FREE one-on-one online Grade 6-10 math tutoring to

students enrolled in Ontario's publicly-funded English-language schools. Features include an interactive whiteboard as well as voice and text chat to make it easy to upload a math question and figure it out with the support of a math tutor, at a time that works for you.

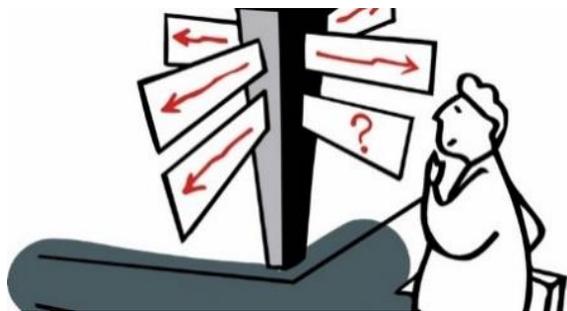
TVO Mathify is like a personalized math coach to support students' learning at home. Sign-up, login and connect with an Ontario certified teacher of your choice. It is anonymous and

secure, and can be used from a phone, tablet or computer. Math tutors are available from 9 a.m. to 9 p.m. ET Monday to Friday and 3:30 to 9 p.m. ET Sunday.

What students are saying about TVO Mathify: "I really liked my tutor. She helped a lot. Also I love the whiteboard, and all the tools you can use to solve your problems." – *Grade 7 student, Halton District School Board*

"The tutor was very calm even though I initially had no clue what I was doing. I would absolutely recommend this site to anyone that needs help with their math." – *Grade 10 student, Peel District School Board*

**DO YOU KNOW A STUDENT FROM 15 TO 18 YEARS OF AGE WHO WANTS TO DEVELOP SKILLS AND EXPLORE CAREER OPPORTUNITIES? YOUTH JOB CONNECTION SUMMER (YJCS) CAN HELP!**



YJCS includes 20-30 hours of paid (\$13.40 per hour) workshops to help them:

- Identify career options that could 'fit' based on their interests, strengths and abilities
- Understand the pathway that is best for them – education, apprenticeship or work
- Develop their soft skills, such as customer service, leadership and communication
- Manage workplace and employer expectations like a pro

YJCS includes hands-on job experience and exposure to careers and workplaces so that they can:

- Explore career options and gain work experience
- Participate in a paid job placement matching the individual's interests and abilities
- Access financial support for transportation, work clothing and equipment costs, if needed

- Get job-related certification or training

Know someone who might be interested? Call the Career Centre at 705-725-8990 or email [info@barriecareercentre.com](mailto:info@barriecareercentre.com).

Eligible participants must be 15-18, unemployed, full time student, resident of Ontario and eligible to work in Canada.

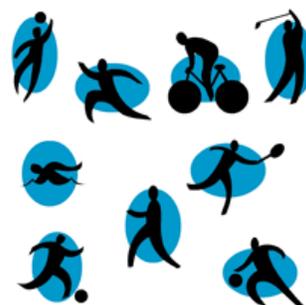
Youth Job Connection Summer is an Employment Ontario program.

### **SCHOOL PLAYGROUND STRUCTURES 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. 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.

### **PHYSICAL ACTIVITY CAN MAKE THE HOLIDAYS LESS STRESSFUL**



For many, the holiday season can be a source of great physical and mental stress, and this year is no exception with the added pressures of the pandemic. Balancing finances, purchasing gifts,

finding new ways to celebrate and connect while staying safe, eating unhealthy foods and staying up late can all contribute to increased anxiety, stress and fatigue. Did you know that being

physically active is one of the single best ways we can naturally reduce stress? Here are three reasons why you should consider staying active this holiday season:

- **Physical activity boosts your mood** – The relationship between the mind and the body is very strong. Physical activity releases endorphins in your body – making you feel calm, less anxious and happier. Providing yourself and your kids with a small amount of relaxation or ‘time-out’ every day – even just 15 minutes – can also improve your health dramatically. Try taking a virtual yoga class; even a 10-minute walk can do the trick!

- **Physical activity helps you sleep** – Physical activity leads to better sleep and better sleep leads to less stress. Research shows that people who get regular physical activity fall asleep faster, sleep longer and get higher quality sleep. Being well-rested helps us cope with stress and gives us more energy to tackle whatever life throws our way!

- **Physical activity reduces your stress hormone** – Physical activity decreases the amount of cortisol – the body’s stress hormone – circulating in our bloodstream. When we get stressed out, our cortisol levels spike. Exercise is a great way to help lower them.

The YMCA of Simcoe/Muskoka offers many opportunities to stay active this holiday season, both in-person and virtually. Our health and fitness centres in Innisfil and Collingwood are open and ready to safely welcome you and your family. With registered activities like open gym, family swim and our popular Y Kids program, the Y offers plenty of great opportunities to be active with your family in a safe environment. For more information on booking a visit to your YMCA, visit [ymcasm.ca/FAQ](http://ymcasm.ca/FAQ). If you are looking for activities to do in the comfort of your home, [YMCAHome.ca](http://YMCAHome.ca) has a variety of free, virtual fitness classes and family-friendly workouts. Be well and stay safe this holiday season!

*Information provided by the YMCA of Simcoe/Muskoka*

Recommendations for travel may change. Check for updates regularly at <https://travel.gc.ca/covid-19-travel>.

For more tips to keep you and your family healthy this holiday season, contact Health Connection at 1-877-721-7520 or visit the health unit’s website at [www.simcoemuskokahealth.org/Topics/COVID-19](http://www.simcoemuskokahealth.org/Topics/COVID-19).

*Information provided by the Simcoe Muskoka District Health Unit*

### **STRESS: KIDS GET IT TOO!**



Kids have stress, just like us. Stress is a normal part of life, but our bodies are only made to handle it for short amounts of time. Continued stress can cause feelings of pressure, anxiety, and

tiredness. It can make it hard for kids to focus in school and can cause them to become sick, get lower grades or make unhealthy choices.

It’s easy to mistake signs of stress for bad behaviour in your child. You can help them learn to manage stress by staying calm, showing love and talking openly about their feelings.

Encourage them to try calming activities like deep breathing or doing something active. If the stress continues, be sure talk to your child’s family doctor or health care provider. 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*

### **COPING WITH ANXIETY**



Feelings of anxiety can be common among teens, especially right now. Sometimes normally happy teens will become anxious or fearful about something for a day or two but will return to

normal without any need for help from their parents. However, some teens experience more intense and frequent feelings of anxiety that prevent them from participating in normal everyday life.

Creating a positive family environment, encouraging regular school attendance, and helping your teen understand and discover ways

to cope with their anxiety can help. Encourage your teen to explore available online and local services.

[Big White Wall](#) : 24/7 online mental health support network for individuals 16 years and older.

[Kids Help Phone](#): Children and youth 18 and under who need to talk to someone about their mental health can call Kids Help Phone at 1-800-668-6868, for 24/7 virtual, or text 686868.

[COVID-19 Youth Mental Health Resource Hub](#)

If you would like to learn more about monitoring and understanding your teenager's emotions and behaviours, ways to talk openly with your teenager and encouraging your teenager to practice their coping skills, call *Health Connection* at 705-721-7520 or 1-877-721-7520.

*Information provided by the Simcoe Muskoka District Health Unit*



*From The Staff at Forest Hill*