



Linda Blom
Principal

FOREST HILL P.S.

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School Website: <http://for.scdsb.on.ca>

Cindy McNeice
Vice-Principal

BUS CANCELLATION/SCHOOL
CLOSURE: CENTRAL SIMCOE

FEBRUARY 2018

FEBRUARY DATES

- 5th - 7th - JK/SK, Grs. 2 & 8 - Dental Screening
- 6th - Public Speaking - School Competition
(snow date Feb. 15th)
- 9th - 2nd installment for Gr. 8 Ottawa trip due
- 9th - 100th Day of School
- 10th - Camp Fair, Silent Auction & Café
- 13th - Public Speaking - Area Competition
(snow date Feb. 15th)
- 14th - Kgn. Valentine's Open House
(Browning/Bates/Bowman/Hill) - 2:00 p.m.
- 16th - Provincial Report cards go home
- 16th - 3rd installment for Gr. 7 Brock trip due
- 19th - Family Day - NO SCHOOL!
- 21st - Gr. 6, 7 & 8 - Horseshoe Valley Nordic Ski
- 21st - Lion's Club Public Speaking - 7 p.m. - F.H. Library
- 22nd - Gr. 4 & 5 - Horseshoe Valley Nordic Ski
- 22nd - Coffee House Open Mic - 3:45
- 22nd - Gr. 8 Info Night - Eastview - 6:30 - 8:30 p.m.
- 28th - Area Chess Tournament
- 28th - Pink Shirt Day - Anti-Bullying

SOME IMPORTANT FUTURE DATES

- Mar. 1st - Coffee House - Open Mic - 3:45
- Mar. 2nd - 3rd installment for Gr. 8 Ottawa trip due
- Mar. 6th - SK & Gr. 8 Grad Photos
- Mar. 11th - Daylight Savings begin - Move clocks
forward 1 hour at 2:00 a.m.
- Mar. 12th to 16th - March Break
- Mar. 23rd - 4th installment for Gr. 7 Brock trip due
- Mar. 30th - Good Friday - No school
- May 31st - Kindergarten Orientation - 4:00 - 5:00 p.m.
- Apr. 2nd - Easter Monday - No School
- Apr. 10th - Immunizations:
Hep B Dose #2,
HPV Dose #2
- Apr. 27th - P.A. Day - No School
- May 18th - P.A. Day - No School

- May 1st - Victoria Day - No School
- June 4th to 6th - Gr. 6 - Camp Kitchi
- June 12th - Midhurst Mile - 5:00 - 7:30 p.m.

... AND SOME IMPORTANT GRADE 8 DATES

- Feb. 22nd - Gr. 8 Info Night at Eastview
- Mar. 6th - SK and Grade 8 Grad Photos
- Apr. 14th - Applebee's Fundraiser Breakfast
- Apr. 28th - Applebee's Fundraiser Breakfast
- June 26th - Graduation:
- Ceremony at Willow Creek Baptist Church 6:30 p.m.
- Celebration at Barrie Golf & Country Club - following

PRINCIPAL'S MESSAGE

Welcome February! Although we have had a couple of weeks of traditional with some temperatures,  reprieve from winter weather above seasonal I'm sure we are not quite done with the snow and cold temperatures. The recent wet weather will have also increased the use of those extra socks and mittens that were sent in; please ensure your child has a fresh back up pair ready should the need arise. In addition, many of our primary classes are also extending their learning environment into the great outdoors with more frequency and therefore the extra winter accessories are a great idea.

February is another busy month. Teachers and students are working very hard to get projects complete and units finished up as first term comes to an end. We had a great round of public speakers share their speeches this week, and we all enjoyed some fabulous piano playing in between each presentation. Intermediate boys' basketball and

Intermediate girls' volleyball are continuing to take place this month and the junior basketball teams will be starting near the end of the month. A big thank you to the staff that organize and implement those activities as they only occur in our school because of the extra time and effort they generously provide. Whether it is skiing, tobogganing, snowshoeing, snowmobiling or brisk walks in the snow enjoy the next few weeks of winter and all that it has to offer. It will be spring before we know it!

HEALTH AND SAFETY

What is a concussion?

A concussion is a brain injury that causes changes in how the brain functions, leading to symptoms that can be physical (e.g. headache, dizziness), cognitive (e.g. difficulty concentrating or remembering), emotional/behavioural (e.g. depression, irritability) and/or related to sleep (e.g. drowsiness, difficulty falling asleep). Concussions may be caused either by a direct blow to the head, face or neck, or a blow to the body that transmits a force to the head that causes the brain to move rapidly within the skull. Even if there has been no loss of consciousness a person may have a concussion, and in fact most concussions occur without a loss of consciousness! Concussions cannot normally be seen on X-rays, standard CT scans or MRIs.

Signs and Symptoms of Concussion

Signs and symptoms can appear immediately after the injury or may take hours or days to emerge. Signs and symptoms may be different for everyone. A student may be reluctant to report symptoms because of a fear that he/she will be removed from the activity, his/her status on a team or in a game could be jeopardized or academics could be impacted. It may be difficult for a student to communicate how they are feeling.

What if I suspect someone has a concussion??

Monitor that person closely. When a head injury occurs: administer first aid; do not leave the person alone; do not administer medication; be alert for signs of concussion that deteriorate or worsen over time; contact a doctor or call telehealth.

If your child has been diagnosed with a concussion or you think that your child may have a concussion, please contact our office. We will provide your child with a yellow wrist band to

signal to our staff that the child should be monitored.

THANK YOU ... FROM CHRISTMAS CHEER!

A heartfelt thank you to all the Forest Hill families and staff members who made our Christmas Cheer Campaign so successful! We collected hats and mittens, non-perishable food items, cash and Canadian Tire money and a wide variety of unwrapped toys, and our final total was an amazing 6 951 items which were donated to the Elmvale Food Bank and the Barrie Christmas Cheer campaign. The three winning classes with the most items collected were Mme Shier's class who collected a total of 22.52 items per student, Mr. Mac's Toon Squad, who brought in a total of 22.36 items per student, and Mme Adair & Ms Blue's Grade 8's who brought in a total of 20.55 items per student. All 3 classes have been invited to watch the staff vs. Intermediate Boys' Volleyball Team game on February 2nd. This year was also the eleventh year that the Forest Hill students issued a challenge to all the schools in Simcoe County to see who could collect the most items for their local food bank/Christmas Cheer organization. The results from this challenge are astounding: 48 991.6 food items, hats and mitts, money donations, Canadian Tire donations and donations of new, unwrapped toys were collected by the reporting schools.

Thank you one and all for your generous participation and for making our community a better place!

Another note of thanks to all those who purchase popcorn in support of our Angaza Kindergarten School in Tanzania.

PINK SHIRT DAY

Wednesday, February 28th

2018 Focus: Cyberbullying



In today's digital world, it can be impossible to escape online bullying, whether it takes the shape of harassment, spreading rumours, sharing embarrassing information or threats. This year, Pink Shirt Day is

encouraging others to combat cyberbullying by thinking twice before posting something negative, and instead using the internet to spread kindness - because we know that Nice Needs No Filter!

Forest Hill's 2017 Spelling Bee

Forest Hill's 2nd Annual Spelling Bee was a huge success with 90 students participating in the English Spelling Bee and 41 students participating in the French Spelling Bee.

A special thank you goes to Jake Lance, a former student of Forest Hill and Spelling Bee Champ, for coming to assist Mme Bock during both Spelling Bees.

We would like to congratulate the following students for coming in the top 2 in their divisions and wish them luck as they move on to represent Forest Hill at the Regional Spelling Bees.

ENGLISH Regional Spelling Bee:

Sat., March 3rd at Kempenfelt Bay School

Leah P. (gr.2)

Max N. (gr.2)

Osian D. (gr.6)

Barry W. (gr.5)

FRENCH Regional Spelling Bee:

Sat., March 24th at École Secondaire

Catholique Nouvelle Alliance

Brienna F. (gr.5)

Marek B. (gr.7)

SPORTS/CLUBS/TEAMS

Chess Club: *The Forest Hill Chess Club is having a phenomenally successful year! The turnout has been great and the enthusiasm is contagious! We have been conducting the playoffs so that a school team can be selected. The team will be competing in the Area tournament in February, and hopefully continuing on to the County tournament at the end of March.*

Junior Road Rally: *Correction from January's Newsletter: The students identified as participating in the Junior Math Road Rally in December were incorrect. The correct students are identified below:*

On December 8th, four of Forest Hill's finest junior mathematical minds went to the Education Centre to

compete against thirty-two other junior teams from across Simcoe County in the Junior Math Road Rally competition. After a day of grueling problem-solving tasks, Forest Hill's team of Brynn K., Chelsea E., Jack P., and Kierdan M. enjoyed tremendous success! Way to go, Junior Mathletes!

CNML: The Canadian National Math League Contest is written by a group of students who have been selected by their teachers. Grades 4 and 5 will begin preparing in March. The Grade 6, 7 & 8 students have been working with Ms. Watson since the beginning of January to prepare for writing this year's test. The testing dates for this year have been selected as follows: February 21st - Gr. 7, February 23rd - Grade 6, and February 26th - Grade 8. Good luck!

SCDSB NEWS AND UPDATES

Now accepting Kindergarten registrations

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 for more information.

School's in for 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.learningcentres.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!

Walking to school is great for students!



Walking to school is a great way for your child to get the 60 minutes of daily physical activity that's needed for good mental and physical health.

It also builds responsibility and independence, and helps them feel more connected to the community. More walkers means less traffic around our school, which helps keep students safe and improve outdoor air quality. Even one day a week of walking to school can make a big difference! To find out more about how to support active and safe routes to school through School Travel Planning, visit www.saferoutestoschool.ca/school-travel-planning.

Information provided by the Simcoe Muskoka District Health Unit.

Update your child's immunization record

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. The immunizations that the health unit requires records for include: diphtheria, tetanus, polio, measles, mumps, rubella, meningococcal, pertussis and varicella (chickenpox) for those born in 2010 or later. It's easy to update your child's immunization status. Go to www.smdhu.org/immsonline to update your child's record.

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 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 or call Health Connection at 705-721-7520 or 1-877-721-7520.

Information provided by the Simcoe Muskoka District Health Unit.

PICK-UP AND/OR DROP-OFF AT SCHOOL

With respect to picking up and/or dropping off your child/ren (during bus times), please ensure that you DO NOT PARK in the bus lane, in front of the school. There have been occasions where a parent will stop his/her vehicle in the bus area, leave their car to come in to the office, and prevent the buses from pulling up close to the curb. It would be appreciated if drop-off/pick-up during bus times continues to happen **only** in our Kiss 'N Ride area at the west side of the school.

We appreciate your cooperation in this matter.

CHECK IT OUT!

A reminder to all students, parents and guardians that all lost and found items are donated to charity at the end of



each month. Be sure to come into the school if you have any misplaced items.

MIDHURST NEIGHBOURS

Calling all students ... Midhurst Neighbours, a community magazine for the residents of Midhurst, Phelpston and Apto would like to hear from you. This is a monthly publication looking for your submissions. Every month we feature a Pet Corner - where we would like to showcase your pets with a brief write up telling us about them and sharing a photo, Kids Classified - if you have something to sell, giveaway, or are looking to buy something, Kid's Corner - where you can share your artwork, writing, recipes ... whatever you like! As well we have an Announcement section if you would like to mention a special person, a

business, a school staff member, celebrating a birthday or anniversary or special occasion or accomplishment. We encourage you to send it in with photos to:

ebeatty@bestversionmedia.com The deadline for submissions is the 25th of each month for publication in two months.

We request that parents only contact us as we need permission for content, contact info and photos.

We look forward to hearing from you!

Kind Regards, Elisa Beatty
Best Version Media

Diversity is the one true thing we all have in common. Celebrate it every day."

Author Unknown