



Linda Blom  
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>

Mary Katherine Murphy  
Vice-Principal

BUS CANCELLATION/SCHOOL  
CLOSURE: CENTRAL SIMCOE

MARCH 2017

### IMPORTANT MARCH DATES

- 2<sup>nd</sup> - SK & Gr. 8 Grad Photos
- 3<sup>rd</sup> - P.A. Day - No School
- 6<sup>th</sup> to 8<sup>th</sup> - Kgn, Grades 2 & 8 - Dental Screening
- 9<sup>th</sup> - Leadership Assembly & Green Day
- 12<sup>th</sup> - Daylight Saving Time starts:  
Turn clocks ahead 1 hour at 2 a.m.
- 13<sup>th</sup> - 17<sup>th</sup> - March Break
- 20<sup>th</sup> - Immunizations  
Gr. 7 **M & F** - Hep B #2, HPV #2  
Gr. 8 **F ONLY** - HPV #2
- 24<sup>th</sup> - Gr. 5 - Springwater Park (a.m.)
- 25<sup>th</sup> - Earth Hour (8:30 - 9:30 p.m.)
- 28<sup>th</sup> - County Chess Tournament - Ed Centre

### SOME IMPORTANT APRIL and MAY DATES

- 3<sup>rd</sup> - School Council Meeting - 7:00 p.m. - Library
- 5<sup>th</sup> - Gr. 7 - Tiffin Centre for Conservation
- 6<sup>th</sup> - Gr. 1 - 3 - Pigmania - Georgian Theatre
- 10<sup>th</sup> - Spring & Sibling Photo Day, and Gr. 8 Retakes
- 12<sup>th</sup> - Gr. 7 EFSL - Lula Lounge - Toronto
- 13<sup>th</sup> - Food Bank Items due for Easter Collection  
For Barrie and Elmvalle Food Banks
- 14<sup>th</sup> - Good Friday - No School
- 17<sup>th</sup> - Easter Monday - No School
- 18<sup>th</sup> - Gr. 4 - Tiffin Centre for Conservation
- 18<sup>th</sup> - Gr. 4 and 5 CNML Math Competition at F.H.
- 29<sup>th</sup> - Applebee's (Bayfield St. location)  
- Gr. 8 Fundraiser - 10:00
- May 17<sup>th</sup> - Volunteer Tea - 11:00 - Library
- May 25<sup>th</sup> - Midhurst Mile

### GR. 3 AND 6 (MAY) - EQAO DATES

- 24<sup>th</sup> & 25<sup>th</sup> - Gr. 6 & Gr. 3 (9:10 & 11:30)
- 26<sup>th</sup> - Make-up for above dates
- 29<sup>th</sup> - 31<sup>st</sup> - Gr. 6 & Gr. 3 (9:10 & 11:30)
- June 1<sup>st</sup> - Make-up for above dates

### ... and some Important Grade 8 Dates

- Mar. 2<sup>nd</sup> - Grad Photos
- Apr. 29<sup>th</sup> - Applebee's Fundraiser Breakfast
- June 26<sup>th</sup> - Graduation - Ceremony and Celebration  
to take place at Georgian College

### PRINCIPAL'S MESSAGE

Each fall during the first school council meeting, the council and fundraising committee determine and agree on the types of fundraising events they would like to support. The plan then goes forward for approval. To date, our fundraising efforts have supported field trips in need of subsidy, thousands of leveled books to support the at-home reading program, speakers, library books, teacher website subscriptions to support home/school, and tournament fees and coverage for coaches to take teams to tournaments. In the past, fundraising efforts have purchased our front foyer display television, Smart Boards and iPads/tablets. As you know, participation in any of our fundraising events is always optional. We thank you kindly for your contributions as they go a long way to support our students socially, academically and physically.

For more information, you are always welcome to come out to school council, which is the first Monday of each month except March.

### Volunteer Tea



At Forest Hill we warmly welcome our parents and parent volunteers. We value and appreciate your continued and close partnership with the school. The strength of Forest Hill continues to be its people, our students, our staff, our parents, and our volunteers. Each plays a role that is uniquely important. Each makes a positive difference for our students. We thank you and we hope you know how

important you are to a school we are all very proud of. We do hope you will attend our Volunteer Tea on Wednesday, May 17<sup>th</sup> at 11:00 a.m. in the Library. Please RSVP Lori Jankowski at [ljankowski@scdsb.on.ca](mailto:ljankowski@scdsb.on.ca) or by contacting the school, ext. 23203, at your earliest convenience.

### SPRING CLEANING? FOUND JERSEYS?

Spring cleaning on your 'Things to Do' list for March Break? Maybe you'll come across a Forest Hill athletic jersey (or 2)! We are missing a number of jerseys and hope they may be discovered at home; if so, please send/drop off jerseys to the office at your earliest convenience.



Thanks for searching!  
Coaches and Administration

### MARCH BREAK



March Break takes place from **Monday, March 13<sup>th</sup> to Friday, March 17<sup>th</sup>**. School resumes on **Monday, March 20<sup>th</sup>**. We wish you and your family a very safe and enjoyable break!

### School Council

Please join us at our next School Council meeting on Monday, April 3<sup>rd</sup> at 7:00 p.m. in the Library. There is no School Council meeting in March.

We are looking forward to an update from the Midhurst Mile Committee, the Grade 8 Grad Committee and putting forth ideas for our Pro Grant application. We hope to see you there!

### Kindergarten Registration and Kindergarten Open House 2017/18

Registration for kindergarten students is ongoing. Children must be four years of age by December 31<sup>st</sup>, 2017. Please visit the school



office for a registration package if you have a child ready for kindergarten.



Kindergarten Open House/Orientation will take place on **Thursday, June 8<sup>th</sup> from 4:00 to 5:30 p.m.** Further information will follow.

### Food Programs on Bus Cancellation Days

Please remember that **all food programs** are cancelled on bus cancellation/snow days! If your child will be attending school on those days, please be sure to send a lunch if they would normally be receiving a hot lunch (Mucho Burrito, hot dog, pizza, etc.).

### NEWS FROM SCDSB

#### Events at Eastview Secondary School in April open to all parents

On April 10 at 7 p.m., Eastview Secondary School will host a screening of the film *Screenagers*, a study of growing up in the digital age. Physician and filmmaker Delaney Ruston created *Screenagers* to probe into the vulnerable corners of family life to explore struggles over social media, video games, academics and internet addiction. This presentation will help parents learn how tech time impacts kids' development and offers solutions on how adults can empower kids to best navigate the digital world.

On April 12 at 7 p.m., the school welcomes financial literacy expert Robin Taub, the author of the best-seller, *A Parent's Guide to Raising Money-Smart Kids*. Her presentation will cover why it's important to teach kids about money, as well as the challenge of being a good financial role model. She will explain how to address money-related topics with young kids, pre-teens, teenagers and emerging adults.

All parents/guardians are welcome to attend the above events. For more information, please contact Eastview Secondary School at

705-728-1321. The school is located at 421 Grove St. E. in Barrie.

### ***SCDSB Media Fest: What Does Being a Great Canadian Look Like?***

Students are invited to submit an entry for the 2017 SCDSB Media Fest. This media festival is open to all Simcoe County District School Board students and can include images, audio and video. For more information, visit [www.scdsbmediafest.com](http://www.scdsbmediafest.com). The submission deadline is April 3.

### ***Student information notice for parents of Grade 8 students***

As students progress from elementary school to secondary school, important personal student information is shared which eases each student's transition. Sharing this information also improves our ability to program effectively to benefit all students. Select student information will be shared at different times as appropriate. The collection and use of personal student information for such purposes is authorized under sections 170, 171, 190 Part X and Part XIII of the Education Act. All information used for the transition process is limited, secure and protected at all times. Please contact *Mr. Stuart Finlayson*, Superintendent of Education for this area, if you would like more information about the transition process at Forest Hill P.S.

### ***March is Nutrition Month***

#### ***- Tips for 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, left over 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 multi grain wrap/pits/tortilla shells with your child's favourite foods such as hummus and grated carrot or sliced turkey with mustard
- water is the healthiest choice to quench thirst

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 outside to play on March Break***

Active play does more than help kids to achieve the 60 minutes of physical activity they need every day, it supports their development in many ways - especially when the play is outdoors, self-directed and fun. This allows kids to test boundaries and problem-solve, develop social skills and resolve conflict, and learn to control their emotions and behaviour. Active play outdoors in the fresh air and nature also helps to improve mood and lower stress. Support your child to play outside with friends in the neighbourhood and at your local park as much as possible.

### ***Feel like your teen is always on?***

Ever consider how all those minutes your teen spends sitting using electronic devices, watching TV or even playing video games add up every day? By replacing some of their screen time with physical activity, you will be

helping them to become healthier, reduce stress and be more likely to feel happier and more confident. Here are some ideas to suggest to your teen:

- organize a pick-up game of baseball, ball hockey or basketball
- check out a local nature trail with friends
- try something new like disc golf!

Set a goal to limit screen time to less than two hours each day.

Information provided by the Simcoe Muskoka District Health Unit

### FOREST HILL FUNDRAISING

#### Midhurst Mile

While it may be hard to believe with all the snow flying around, the 2017 Midhurst Mile is not far away! Please mark **Thursday, May 25<sup>th</sup>** on your calendars for this super fun fundraiser for Forest Hill! A one mile running race, bike rodeo, skate park, music, t-shirts, raffle prizes and lots more! A huge thank you to Kent Smith of Michael and Marion's and Ken Allen of Beavertails Near North who have generously offered their support yet again for this great event. If you would like to volunteer to assist with the planning, please contact Jen Morrison at [hockey@rezource.net](mailto:hockey@rezource.net). More information to follow in the coming weeks!



#### F.H. Camp Fair

A huge thank you to everyone who supported our first annual Camp Fair. It was a great success, with over 20 exhibitors, and nearly 250 attendees! To those who donated food or drink items, money, or your time, we are so grateful. We couldn't have done it without you. We hope those of you who attended the fair found it fun and informative, and we hope to see you again next year!

### GRADE 8 GRADUATION

Save the dates for Grade 8 Graduation! **Ceremony is June 26<sup>th</sup>, 2017, at the Georgian College Theatre.** The dance after the ceremony will be at The Last Class at Georgian College. The parent committee is working hard to make this year's Grad a memorable event for all. Class representatives have been appointed and will be working with the Grad committee in the planning process. The Grade 8 classes are in the midst of voting on a theme for their celebration. If anyone would like to act as a Chaperone or help with decorations, please contact Heather Rissanen by email, at [rissanen@sympatico.ca](mailto:rissanen@sympatico.ca).

#### Applebee's Flapjack Fundraiser Breakfast

**Applebee's Fundraiser/Team-building breakfast is Saturday, April 29<sup>th</sup>, 2017.** Each family will be required to sell tickets to family and/or friends (approximately \$15/ticket). This has been a great event for the graduates and their families over the last few years. We thank you in advance for your support.



#### Daylight Savings Time 2017



Daylight savings time begins this year at 2:00 a.m. on Sunday, March 12<sup>th</sup>, so remember to roll your clocks forward one hour!

#### Earth Hour

Earth Hour is fast approaching! On Saturday, March 25<sup>th</sup>, between 8:30 and 9:30 p.m. the Forest Hill Green Team is asking that our community turn off the lights to support action on climate change. Forest Hill P.S. will be participating on Friday, March 24<sup>th</sup> between 2:00 and 3:00 p.m.



Schools are encouraged to turn off classroom lights and technology and participate in "brain-powered" activities only. Classes may choose to move their



learning outside, work in natural light, teach lessons on the environment or climate change, or engage in environmental stewardship activities.

### ***Sewing Club***



The Sewing Club meets during the second Nutritional Break in the Library on Day 5.

March meetings will be held on March 7<sup>th</sup>, 21<sup>st</sup> and 28<sup>th</sup>.

### ***Forest Hill Public Speaking***

Forest Hill had a very exciting Public Speaking 2017 season. Our gym competition took place on February 9<sup>th</sup>. We were so proud of all our terrific speakers. Top place winners were: Junior: 1<sup>st</sup> - Connor S., 2<sup>nd</sup> - Blythe W., 3<sup>rd</sup> - Luke H.



Intermediate: 1<sup>st</sup>: Emma C., 2<sup>nd</sup>: Shayla K.A. AND Maya K., 3<sup>rd</sup> - Jordan S.

All of these students went on to compete at The Lion's Club Effective Speaking competition on February 27<sup>th</sup> at Minesing. Forest Hill got a clean sweep with Emma placing first and Shayla placing second in the intermediate division and Connor placing first and Blythe placing second in the junior division. Two trophies will spend the upcoming year at Forest Hill. Emma and Connor both qualify to proceed to the Regional competition on March 25<sup>th</sup>.

Finally, Forest Hill hosted the Area Public Speaking competition for Group 2 schools in the Barrie area on February 15<sup>th</sup>. Emma and Connor both placed first in their respective divisions. Congratulations to all our speakers for a job well done!

### ***Yearbook Sales***



NEW this year, all yearbooks must be ordered through School Cash online. Yearbooks are now available for order

online and will be available until April 28<sup>th</sup>. Yearbook cost is \$18.00 per book. Books are in full colour and include photos and memories from all grades. Books will be distributed to students in June. Don't miss out!

### ***Advertising in Yearbook***

To defray some of the publishing costs, advertising of local businesses is available. A full-colour, business card sized advertisement is available at a cost of \$25.00 (cash, or cheque made payable to Forest Hill P.S.) Payment can be submitted to the front office. Advertising enquiries should be directed to the attention of Mrs. Clements.

### ***Forest Hill Chess Club***

On Tuesday, February 28<sup>th</sup>, fourteen of our Grand Masters competed in the Barrie & Innisfil Area Chess Tournament held at the Education Centre. Members of the Forest Hill team are to be commended for displaying outstanding knowledge of the game and exceptional sportsmanship while representing Forest Hill so well!

Congratulations to:

Aaron K.	Sydney B.	Nyla W.
Mira R.	Torrey B.	Lucas R.
Neil H.	Jalen S.	Colby R.
Lauren H.	Jake L.	Jared W.
Shayla K.A.	Neleh V.S.	

A HEARTY congratulations to the following who placed in the top three and advance to represent Forest Hill and our Area at the County Chess Tournament on March 28<sup>th</sup>:

Grade 4 Girls	1st place - Sydney P.
Grade 6 Girls	1 <sup>st</sup> place - Mira R.
	2 <sup>nd</sup> place - Torrey B.
Grade 6 Boys	3 <sup>rd</sup> place - Lucas R.
Grade 7 Girls	3 <sup>rd</sup> place - Lauren H.
Grade 7 Boys	2 <sup>nd</sup> place - Colby B.

### **Canadian National Math League Competition**

For the past several weeks, many of Forest Hill's Grade 6, 7 & 8's finest mathletes have been practicing for the Canadian National Math League Competition held at Forest Hill on February 21<sup>st</sup>. The contest requires tremendous accuracy, great depth of mathematical knowledge and extremely effective problem-solving skills. Our top three finishers in Grade 6 were:

Gr. 6 - 1<sup>st</sup> place - Blythe W.  
2<sup>nd</sup> place - Mira R. AND Margot S.

Grade 7 & 8 results will follow in the next newsletter.

Congratulations to all our Forest Hill mathletes for a great competition!

### **Easter Food Drive**

The Barrie and Elmvale Food Banks have once again requested our help! Their Easter Food Drive is upon us and we are hoping that each Forest Hill student can bring in five items (or more!) for the Food Banks. Non-perishable food items (**most needed food items** would include powdered milk, baby food, canned fruit and vegetables, canned tuna and luncheon meats, various dry pastas, soups, peanut butter, jam, canned stew and condiments such as mustard, ketchup and relish) will be gratefully collected in each classroom until Thursday, April 13<sup>th</sup>.



We wish to thank our Forest Hill families who always give generously to those far less fortunate than ourselves. YOU make a difference!

### **Out-of-Attendance-Area Students**

Forest Hill continues to be closed to out of area requests and to students who do not or who no longer reside in the Forest Hill catchment area. Families who are in this situation may be contacted by the office before the end of the school year in order to inform them of this.

### **HEALTH UNIT NEWS**

#### **Spring Immunization Clinics**

Nurses from the Simcoe Muskoka District Health Unit will be in school in the spring providing dose 2 of the Hepatitis B and HPV vaccines to Grade 7 students who provided consent in the fall. It is important that students complete their series of these vaccines to provide the best protection. Grade 8 girls will receive dose 2 in the HPV series. All Grade 8 students who have a signed consent and who missed a clinic for Hepatitis B or HPV vaccines will be offered the chance to get caught up on any missed doses during the spring clinic. Consent forms and fact sheets sent home in the fall of Grade 7 are still valid for these clinics.

For more information visit our [school immunization page](#).

