



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>

Cindy McNeice  
Vice-Principal

BUS CANCELLATION/SCHOOL  
CLOSURE: CENTRAL SIMCOE

MARCH 2018

### IMPORTANT MARCH DATES

- 1<sup>st</sup> - Coffee House - Open Mic - 3:45
- 2<sup>nd</sup> - 3<sup>rd</sup> installment for Gr. 8 Ottawa trip due
- 6<sup>th</sup> - SK & Gr. 8 Grad Photos
- 11<sup>th</sup> - Daylight Savings begin - Move clocks forward 1 hour at 2:00 a.m.
- 12<sup>th</sup> - March Break at the Midhurst Library
- 12<sup>th</sup> - 16<sup>th</sup> - March Break
- 23<sup>rd</sup> - 4<sup>th</sup> installment for Gr. 7 Brock trip due
- 30<sup>th</sup> - Good Friday - No school

### ... and some future dates

- Apr. 2<sup>nd</sup> - Easter Monday - No school
  - Apr. 10<sup>th</sup> - Gr. 7 - Immunizations
  - Apr. 27<sup>th</sup> - P.A. Day - No School
  - May 7<sup>th</sup> - Girlstrong Program begins
  - May 16<sup>th</sup> - Volunteer Tea
  - May 18<sup>th</sup> - P.A. Day - No School
  - May 21<sup>st</sup> - Victoria Day
  - May 23<sup>rd</sup> - June 1<sup>st</sup> (incl) - EQAO Testing
  - May 31<sup>st</sup> - Kindergarten Orientation  
- 4:00 - 5:00
  - June 4<sup>th</sup> - 6<sup>th</sup> - Gr. 6 Camp Kitchi
  - June 12<sup>th</sup> - Midhurst Mile - 5:00 - 7:30 p.m.
  - June 14<sup>th</sup> - Girlstrong Celebration Run  
- details to follow
  - June 28<sup>th</sup> - Last Day of School
- Grade 8 Dates**
- Mar. 6<sup>th</sup> - Grad Photos
  - Apr. 7<sup>th</sup> - 400 Flea Market Bake Sale
  - Apr. 28<sup>th</sup> - Applebee's Fundraiser Breakfast
  - June 26<sup>th</sup> - Graduation:  
Ceremony at Willow Creek Baptist  
Celebration following at Barrie  
Golf & Country Club

### **PRINCIPAL'S MESSAGE**

Hard to believe we are already into March. Time certainly does fly! The cold and snowy weather appears to have left us for now but there are extreme fluctuations forecasted. Please ensure that your child(ren) are always dressed appropriately so that they can get outdoors and enjoy some fresh air each day at recess and/or during outdoor learning opportunities.

It was wonderful to review the report cards last month and see the success that our students are experiencing this year. The staff at Forest Hill works hard to ensure every student is reaching their potential and experiencing success. Please continue to encourage your child(ren) to strive for their best and if you have any questions or concerns, feel free to contact your child's teacher.

We ask that your child(ren) be on property BEFORE the bell rings otherwise they will be asked to sign in late. We would like to emphasize that **timeliness and punctuality are important** key employment skills for your child's future. In addition, late arrivals can be disruptive to classmates.

On behalf of the staff we would like to wish everyone a safe, restful and happy March Break. Whether travelling or just staying close to home we do hope that you and your child(ren) enjoy some fun family time.

### 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 16<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.

### EQAO TESTING

EQAO testing will take place between May 23<sup>rd</sup> and June 1<sup>st</sup>, inclusive, for students in Grades 3 and 6. Please **DO NOT** schedule any appointments or vacation during this period, as it is important that students are present to participate in this testing. Thank you for your cooperation.

Education Quality and  
Accountability Office



### GIRLSTRONG

Girlstrong♥ Forest Hill P.S. is excited to be offering "Girlstrong", a running, empowerment, and healthy living program for girls in Grades 3 - 5. We had 50 girls sign up for the program this spring! The focus of the program will be on training for a 3 km run while enhancing self-esteem and healthy living. Check out the website - [Girlstrong.ca](http://Girlstrong.ca) and the Facebook page - Girlstrong. The 6-week program starts Monday, May 7<sup>th</sup> and meets twice a week. It ends with a 3 km non-competitive Celebration Run on the evening of Thursday, June 14<sup>th</sup>, 2018.



### 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 12<sup>th</sup> to Friday, March 16<sup>th</sup>**. School resumes on **Monday, March 19<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 9<sup>th</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, Grade 8 Grad Committee, and will be discussing ideas for our PRO Grant application. We hope to see you at the next meeting.

### GRADE 8 GRADUATION

Save the date for Grade 8 Graduation! **Ceremony is Tuesday, June 26<sup>th</sup>, 2018 at Willow Creek Baptist Church.** The dance after the ceremony will be at Barrie Golf and Country Club (BCC). 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, please contact Petra Evans by email, at [petra\\_evans@hotmail.ca](mailto:petra_evans@hotmail.ca).

### **400 Flea Market Bake Sale**

Come and support the grade 8 students sell some baked goodies at the 400 Flea Market from 9 - 5!

### **Applebee's Flapjack Fundraiser Breakfast**

**Applebee's Pancake Breakfast and Silent Auction Fundraiser will take place on Saturday, April 28<sup>th</sup>, 2018** from 8:00 a.m. to 10:00 a.m. Tickets are \$15 each and are available on School Cash Online.



We thank you in advance for your support.

### **Daylight Savings Time 2018**



Daylight savings time begins this year at 2:00 a.m. on Sunday, March 11<sup>th</sup>, so remember to roll your clocks forward one hour!

### **Earth Hour**

Earth Hour is fast approaching! On Saturday, March 24<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 23<sup>rd</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.

### **Forest Hill Public Speaking**



Forest Hill had a very exciting 2018 Public Speaking season. Our gym competition took place on February 6<sup>th</sup>. We were so proud of all our terrific speakers. Our winners were as follows:

Junior: 1<sup>st</sup> - Parker S., 2<sup>nd</sup> - Parker Q., 3<sup>rd</sup> - Bennett Mack.

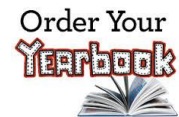
Intermediate: 1<sup>st</sup>: Connor S, 2<sup>nd</sup>: Holly K., 3<sup>rd</sup> - Alexa P.

All of these students qualified to compete at The Lion's Club Effective Speaking competition on February 21<sup>st</sup> at Forest Hill. Holly was unable to attend and we thank Alicia S. for filling in with only one day's notice. Forest Hill came away with three medals with Connor S. placing first and Alexa P. placing second in the intermediate division and Parker S. placing first in the junior division. Two trophies will spend the upcoming year at Forest Hill. Parker S. and Connor S. both qualify to proceed to the Regional competition in March.

Finally, Forest Hill hosted the Area Public Speaking competition for Group 1 and 2 schools in the Barrie area on February 13<sup>th</sup>. Parker S. placed third in the Junior Division and Connor S. placed first in the Intermediate division. Congratulations to all our speakers for a job well done!

### **Yearbook Sales**

Again this year, all yearbooks must be ordered through School Cash online. Yearbooks are now available for order online and will be available until April 30<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**

Congratulations to all the Forest Hill Chess Club who have participated in playdowns in preparation for the Area Tournament. The players who came out on top this year are:



Gr. 3: Keele W., Nathan M., & Ava W.

Gr. 4: Tyson B., Nate V.

Gr. 5: Sydney P., Nyla W.

Gr. 7: Torrey B.

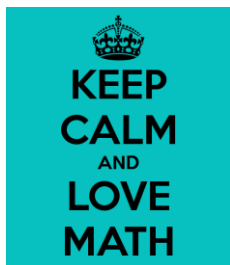
Gr. 8: Colby B., Will L., Lauren H.

On Thursday, March 1st, eight of our Grand Masters will compete in the Barrie & Midland Area Chess Tournament held at the Education Centre. Members of the Forest Hill team are:

Tyson B.	Nate V.	Sydney P.
Nyla W.	Torrey B.	Colby B.
Will L.	Lauren H.	

Good luck Chess Masters!

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



Since the beginning of 2018, 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. The contest requires tremendous accuracy, great depth of mathematical knowledge and extremely effective problem-solving skills.

Gr. 6 Top 3 : Megan H., Katie S., & Kennedy B.  
Gr. 7 Top 3: Nick C., Charlie K., & Josh V.  
Gr. 8 Top 3: Wil F., Josh V., Sydney M., Kaecy E., & Jordan C. (tie for 3<sup>rd</sup>!)

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

Good luck to the Grade 4 & 5 mathletes who began their training on February 28<sup>th</sup>.

### **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.

### **FUNDRAISER UPDATES**

#### **Wendy's Night**

Wendy's night was a huge success! Thank you to all of the staff and teachers for coming out to another successful Wendy's night in January. Thanks to the support of our Forest Hill families - - we raised \$500 for our school!



#### **Camp Fair**

Thank you to all those of you who donated baking, hotdogs, chili, and other goodies to our café. A huge thanks to the volunteers that helped organize the fair and helped on the day of the event! We couldn't have done it without you! And finally, a special thank you to Water Depot, Chicken on the Run, and Pizza Palace, who went above and beyond in their donations to our café and silent auction.

Thanks to the generous support of our Forest Hill Community; we were able to raise over

\$1,600 for the sensory room at the Camp Fair!

### Midhurst Mile - Save the Date!

This year's Midhurst Mile is not far away! Please mark **Tuesday, June 12<sup>th</sup>** on your calendars for this super fun event at Forest Hill! A one mile running loop around our awesome neighbourhood, great food and music, biking and scooter activities, raffle prizes and lots more! Please contact Jen Morrison at [hockey@resource.net](mailto:hockey@resource.net) if you're interested in helping out!



### LUNCH PROGRAMS

We are interested in feedback on the current Lunch Programs as we plan for the next session. We are currently looking for potential new suppliers for our Friday lunch. Send comments to Lunch Program Coordinator, Marian MacGregor at [fhpslunch@gmail.com](mailto:fhpslunch@gmail.com).

### 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.).

### Kindergarten Orientation 2018/19

**KINDERGARTEN ORIENTATION** Kindergarten Orientation will take place on Thursday, May 31st from 4:00 to 5:00 p.m. Further information will follow.



### NEWS FROM SCDSB

### 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.'

### 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](http://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](http://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!



### ***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.

### ***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.

### ***NEWS FROM HEALTH UNIT***

#### ***Stay Healthy this 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.simcoemuskokahhealth.org](http://www.simcoemuskokahhealth.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*

#### **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. 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](#).

