



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**

**March 2021**

### **Important March Dates**

- March 5<sup>th</sup> National Employee Appreciation Day
- March 8<sup>th</sup> International Women's Day
- March 12<sup>th</sup> Twin Day
- March 14<sup>th</sup> Pi Day
- March 15<sup>th</sup> Beach Day
- March 17<sup>th</sup> St. Patrick's Day – Wear green
- March 19<sup>th</sup> P.J. Day
- March 21<sup>st</sup> World Down Syndrome Day  
International Day for the Elimination of Racial Discrimination
- March 26<sup>th</sup> Epilepsy Awareness – Wear purple  
Earth Hour (in schools)

### **Important Upcoming Dates**

- April 2<sup>nd</sup> Good Friday – No school
- April 5<sup>th</sup> Easter Monday – No school
- April 12<sup>th</sup>-16<sup>th</sup> April Break – No school
- May 19<sup>th</sup> Kindergarten Orientation

### **PA Days & Holidays**

May 24<sup>th</sup>, June 4<sup>th</sup>, June 30<sup>th</sup>

### ***Principal message***



Lisa and I would like to extend a big hello to our Forest Hill families, and we hope that this month's newsletter finds all of you well.

At this time in the school year, and in particular this school year, my reflections lead me to an Irish Proverb that simply sums up my thoughts; "Everything will be alright in the end...If it's not alright, it's not the end."

What I like about this proverb is that it eludes to optimism, one of my favourite school board endorsed character traits. School is open, and that is fantastic! It has been great to see all of the students back in class, out at recess, and populating the halls. The smiles on their faces when they interact with their peers, and the staff, tell me everything I need to know about how amazing it is for them to be back. What has also been joyous to see is the equally big smile on the face of our staff members, who come to work here every day to care for our students, to teach our students, and to help them realize the best versions of themselves. The other positive notion the proverb supports is that in spite of the stress that this global pandemic has placed on people, it will end one day.

Today I found myself talking with some staff about hope for the future. We spoke about sports, and clubs, and physical education in the gymnasium, and a wide-open yard for recess. I think it made all of us smile, and I even heard someone say "Wouldn't that be lovely." I found myself thinking about how great it will be for our

students when those days return, and they will. I found myself thinking that attending school is just the beginning of all the great things that will return to our students as we work together to end this very difficult situation.

While today is not that day, because it's not quite the end yet, mass vaccinations on the horizon can bring us hope for the future. Hang on. Be brave. Follow the public health guidelines. Self-assess every day, and surely, one step at a time, we will move forward to a time when everything will be alright again.

Be well.

### ***Updates to the COVID-19 school screening tool and process***



Each day, families are asked to ensure that their child(ren) complete

the COVID-19 school screening tool prior to coming to school.

In an effort to strengthen health and safety measures and help reduce the spread of COVID-19, the criteria in the provincial COVID-19 school screening tool has been updated by the Chief Medical Officer of Health. The updated provincial direction states that students and staff with any new or worsening symptoms of COVID-19 (as indicated in the screening tool), even those with only one symptom, must stay home until:

- They receive a negative COVID-19 test result;
- They receive an alternative diagnosis by a health care professional; or,
- It has been 10 days since their symptom onset and they are feeling better.

In addition, all asymptomatic household contacts of symptomatic individuals are required to quarantine until the symptomatic household member receives a negative COVID-19 test result or receives an alternative diagnosis by a health care professional.

The updated COVID-19 school screening tool is available on the Ontario government's website here: <https://covid-19.ontario.ca/school-screening/>. A printable version of the COVID-19 school screening tool can be found here: <https://bit.ly/3uIap6V>. More information is also available on the SCDSB website at [www.scdsb.on.ca/covid-19](http://www.scdsb.on.ca/covid-19).

### ***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 <https://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**



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

**Bus Students (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 Students** - 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.

**Simcoe County District School Board (SCDSB) to deliver first-ever student Census in April 2021**



At the SCDSB we are committed to identifying and removing barriers within our system that impact equity, achievement and well-being of students, and to ensuring that all students are offered supportive, inclusive and respectful learning environments. To support these efforts, we must learn more about our students.

In April 2021, the SCDSB will hold its first student census. The confidential SCDSB Student Census 2020-2021 will be used to collect identity-based student data so that systemic barriers can be identified. The results will guide our focus on programs, supports and resources to address inequities within our system.

Between April 1 and 30, 2021 students in Grade 7 to 12 and parents/guardians of students in Kindergarten to Grade 6 will be invited to participate in the SCDSB Student Census 2020-2021. To support the delivery of the SCDSB student census, the SCDSB is hosting information sessions in March. Details regarding the information sessions, including how to register, will be available on the SCDSB website.

For further information regarding the SCDSB Student Census 2020-2021, visit the SCDSB website or contact Lisa Newton, Manager of Research and Decision Support, at [census@scdsb.on.ca](mailto:census@scdsb.on.ca) or 705-734-6363 x11731.

**Character Attribute for the month of March**

**Integrity:**  
We act justly and honourably in all that we do.



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

**Please send your student an extra change of clothes**



Now that the weather is changing and snow is melting please pack an extra set of clothes and several socks in your child's backpack. The office has been overwhelmed with students requiring a change of clothes as we have been seeing an increase of students requiring a change of clothes as they have become wet.

**Mabel's Labels is having an amazing March sale!**



Mabel's labels is having a 40% off sale for the month of March.

**It is important to note that due to Covid and safety, we do not have a Lost and Found that students can go through. We rely on the label found on items to ensure they are returned to your child.**

**March Spirit Days**



We have planned some fun spirit days this month to help us all get through to spring.

These will include:

- Twin Day – March 12<sup>th</sup>
- Beach Day – March 15<sup>th</sup>
- Green Day – March 17<sup>th</sup>)
- PJ Day – March 19<sup>th</sup>)

**Chicken on the Run Fundraiser**

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 orders receive **FREE**

**CONTACTLESS DELIVERY** to our families and friends with no minimum orders!

Please see the link below for details. [FHPS Chicken On The Run](#)

**Kindergarten registration for September 2021 is open!**



Kindergarten is the beginning of a wonderful journey of learning and we want your child to begin their journey in a SCDSB school! Do you have a child who is turning four in 2021? If so, we invite you to register your child for kindergarten. To

register online or for more information visit: [www.scdsb.on.ca/elementary/planning\\_for\\_school/kindergarten](http://www.scdsb.on.ca/elementary/planning_for_school/kindergarten).

**Kindergarten Orientation**



Kindergarten orientation session for Forest Hill will be held virtually on Wednesday May 19<sup>th</sup>. These sessions provide families with the opportunity to engage with their school community as their children prepare to enter school.

They will also have the opportunity to meet educators, early years and child care partners and receive an orientation their school.

Stay tuned for future communication to follow for this virtual event.

## ***Mental health and well-being resource hub***



COVID-19 has, and will, impact the mental health of people everywhere. Kids Help

Phone has seen an unprecedented surge of young people feeling more stressed than usual reaching out during this global pandemic. Finding accurate information and appropriate resources can be hard. [Jack.org](#), [School Mental Health Ontario](#) and [Kids Help Phone](#) have partnered to bring you all the information needed in one easy-to-access hub so that youth mental health remains top of mind, and our communities are able to easily access the education, tools, support and reliable information they need. Please share widely with the young people in your life.

Jack.org is a Canadian non-profit organization focused on helping youth understand how to take care of their mental health and look out for others.

## ***Making 'cents' of money matters***



All students need the skills and knowledge to take responsibility for managing their personal financial well-being with confidence, competence and a critical and compassionate awareness of the world around them. In the 2020 math curriculum there is focus on financial literacy learning in Grades 1 to 8, including understanding the value and use of money over time, how to manage financial well-being and the value of budgeting.

Students build their skills and knowledge about the value and use of money, how decisions impact personal finances, as well as develop consumer and civic awareness.

### **Students will:**

- Learn how to manage finances responsibly, such as creating a budget to help save enough

money to buy something they want such as a book, toy or a video game.

- Begin to develop a greater awareness as consumers and contributors in the local and broader economic system.

Wondering how you can support the development of your child's financial literacy skills at home? Check out some of these great tips and resources!

### **Tips:**

- Find daily, real-world opportunities to talk about money in the contexts of earning, saving, spending and giving.
- Consider the financial habits you want to instill in your child and talk about them.
- Involve your child in making decisions about purchases for household items and compare the costs of different items. (e.g. We need to save money to repave the driveway, so we're going to cut down on spending. Do you have any ideas?)

### **Resources:**

- A Parent's Guide to Financial Literacy [http://www.edu.gov.on.ca/eng/parents/financial\\_guide.html](http://www.edu.gov.on.ca/eng/parents/financial_guide.html)
- Peter Pig's Money Counter <https://practicalmoneyskills.ca/games/peterpigs/>
- Help Your Kids Understand Money: A Parent's Guide <http://www.themint.org/parents/parenting-guide.html>

## ***Get into coding!***



Interested in exploring coding with your child at home?

There are several user-friendly programs that make coding fun, accessible and easy to discover! [Code.org](#) is a nonprofit dedicated to expanding access to computer science in schools and increasing participation by young women and students from other underrepresented groups. They offer easily accessible coding projects, lessons and experiences for students to create and alter code.

Visit this website for Hour of Code tutorials (<https://studio.code.org/courses>) or try some of the ones we recommend below!

- Dance Party  
<https://studio.code.org/s/dance-2019/stage/1/puzzle/1>
- Minecraft Voyage Aquatic -  
<https://studio.code.org/s/aquatic/stage/1/puzzle/1>
- Flappy Code -  
<https://studio.code.org/flappy/1>
- Classic Maze -  
<https://studio.code.org/hoc/1>

Scratch Junior ([www.scratchjr.org/](http://www.scratchjr.org/)) - With the Scratch Jr iPad app, young children (ages 5-7) can program their own interactive stories and games. In the process, they learn to solve problems, design projects and express themselves creatively on the computer.

Scratch (<https://scratch.mit.edu/>) - Scratch is a web-based tool where you can program your own interactive stories, games, and animations and share your creations with others in the online community. Scratch includes easy to follow tutorials, and endless project ideas to get your young coder creating and exploring the world of code.

Check out some of the great Scratch Tutorials (<https://scratch.mit.edu/ideas>) or try some of the ones we recommend below!

- Animate your Name -  
<https://scratch.mit.edu/projects/462492913/editor>
- Make a Chase Game -  
<https://scratch.mit.edu/projects/462493493/editor>
- Create a Story -  
<https://scratch.mit.edu/projects/462493360/editor>

### **Screen-free activities to keep kids active**



Finding ways to break up your daily schedule with active play will pay off in the long

term, and encourages creative thinking, problem solving and so much more. Here are some ideas for screen-free activities to keep kids active while having fun:

Enjoy the great outdoors Breathe in some fresh winter air as you explore your local trails, parks and toboggan hills or have a family snowman-building contest to see who can make the most creative snow sculpture!

Get creative with indoor games If it's too cold to explore the outdoors, there's plenty of fun indoor activities that use common items from around the house. Try playing a game of 'bedsheet parachute' – grab a twin-sized or smaller bedsheet or blanket to make a DIY parachute. Then get the kids (or even you!) to hold onto each end of the bedsheet and work together to try to shake a small stuffed animal or ball off the parachute!

Lead your family in a group workout When you're active with your kids, it sends them an important message about healthy living. Try leading your family in a group workout from the comfort of your home. If you're looking for ideas and inspiration for family-friendly workouts, visit [YMCA at Home](#) where you can find activities for all ages and fitness levels. Once you learn the basic movements of the workout, gather your family and exercise together. It's always more fun to exercise with a buddy!

*Information provided by the YMCA of Simcoe/Muskoka*

### **Nutrition and self-regulation**



is the ability to manage your own energy states, emotions, behaviours and attention in

ways that are socially acceptable and help achieve positive goals such as learning at school, having good relationships and being well. Healthy eating may improve your child's ability to self-regulate.

Eat more:

- ✓ Plant-based foods: colourful vegetables, fruits, whole grains
- ✓ Healthy proteins: nuts, seeds, legumes, fish, seafood

Eat less:

- ✓ Sugar and sodium
- ✓ Highly processed, refined foods

Focus on:

- ✓ Water or milk to drink
- ✓ More than one type of food at every meal or snack
- ✓ Eating regularly
- ✓ Creating a calm, relaxing environment where you can enjoy your food and not feel rushed

*Information provided by the Simcoe Muskoka  
District Health Unit*