



Linda Blom
Principal

FOREST HILL P.S.

16 Doran Road
Midhurst, ON L0L 1X0
Safe Arrival 705-721-8300 Ext. 1
School Website: <http://for.scdsb.on.ca>

Cindy McNeice
Vice-Principal

BUS CANCELLATION/SCHOOL
CLOSURE: CENTRAL SIMCOE

SEPTEMBER 2017

IMPORTANT SEPTEMBER DATES

20th - Volunteer Orientation 2:30 PM

26th - Elementary Turn-Around Day

Some Important Upcoming Dates

Oct. 2nd - Volunteer Orientation 6PM followed by our first school council meeting

Oct. 5th - School Open House 4:30-6PM
please note that we will not be selling food

Oct 9th - Thanksgiving Day - No school

Oct 17th - Picture Day (Fall Portraits) JK-Gr. 8

Oct 20th - PA Day - No school

Nov. 5th - Daylight saving time ends!

Nov. 17th - PA Day - No school

Dec. 25th - Jan. 5th - Holiday Break

- School closed

The entire staff at Forest Hill is looking forward to working with our students this year! Together, and with your help, we will strive towards excellence in all areas: character, curriculum, and positive contributions in all extra-curricular activities.

Please note that all class placements are tentative. There may be a need for re-organization based on school enrollment. We will not be making any class changes at this time. We thank you for your patience and understanding at this time of the school year.

We look forward to a very positive and productive year together!

Cindy McNeice (VP)
Linda Blom (Principal)

PRINCIPAL'S MESSAGE



Welcome to the 2017 - 2018 school year! All signs point to another fun-filled and productive school year.

We are so fortunate to have a wonderful team here at Forest Hill Public School: our teachers, secretary and custodians have given a lot of time and energy getting ready for an awesome year.

Please be sure to mark Thursday, October 5, 4:30 to 6:00, on your calendars for our 'open house'. We look forward to meeting our new families and visiting with our returning families at this special event.

BUS and KISS n' RIDE information

Buses enter our parking lot at the far right driveway when you are facing the school, and parents enter at the left entrance. Buses and parents all exit at the middle driveway, and buses have the right of way. Thank you for your cooperation in this matter - please use caution at all times...safety is first and foremost!

2017/18 NEWSLETTERS

We will continue to send monthly newsletters electronically. If you do not have an email address, please advise the office and we will send home a paper copy with your child.



2017/18 SCHOOL COUNCIL AND VOLUNTEERING AT FOREST HILL

SCHOOL COUNCIL

Welcome back to another year with the Forest Hill Parent Council.

The first meeting will be on Monday October 2 following the Volunteer Training at 6PM. (Approx. 7 PM in the school library). New members are always welcome! Membership Nomination forms will be available at the meeting or can be picked up in the school office. Returning members also need to complete one of those forms each year to ensure up to date information is on file.

All interested parents/guardians are welcome to attend and participate in any meeting without becoming a member. All agendas, meeting minutes and the Annual Report can be found on the School Council page of the Forest Hill Website.

Any questions regarding Council meetings or membership should be directed to the Council Chair at councilchairfor@scdsb.on.ca.



VOLUNTEERS

All returning volunteers (who have a valid Criminal Records Check already on file) must complete an Annual Offence Declaration form and a

new Volunteer Information form and submit both to the school office before October 28, 2017 in order to be on the Approved Volunteer List for the 2017/18 school year.

New volunteers need to get a Criminal Records Check. Pick up a letter requesting a CRC from the school office and take it, along with 2 pieces of picture ID, to the police station (Barrie Police Services or OPP in Wasaga Beach, depending on your home address).

All volunteers (new and returning) must attend a Volunteer Training Session each year. There are two sessions scheduled: Wednesday, September 20 at 2:30 p.m. and Monday, October 2 at 6:00 p.m. before the School Council meeting. At those sessions, there will be an opportunity to sign up for many of the ongoing volunteer opportunities, like the lunch programs, library, Kiss 'n Ride, scrapbooking, Grade 8 Grad Committee and Fundraising Committee.

Any questions regarding volunteer opportunities should be directed to the Volunteer Coordinator, Debra Kapy, at debra.kapy@gmail.com.

STAFFING UPDATE

We are happy to welcome the following new staff members:

Mrs. McNeice - VP
Ms. Copeland - Grade 8
Ms. Hazelwood - FI Planning Time
Miss. Creighton - SASE
Ms. Crew - DECE
Ms. Rogers - Gr. 2
Mr. Skazin - Gr. 2/3
Ms. Stones - Gr. 4/5

We look forward to a great year!

BUSING INFO/UPDATE

As we start a new school year, we thought it would be a good time to remind parents/guardians and students of a few regulations that families may, or may not, be aware of. Bus students are only permitted to ride their assigned bus to and from school. We can ***no longer*** allow students to ride another bus to a friend or relative's house or to another stop for any reason. Any changes to bus stop information is to be completed through the office and will have to be a permanent change, not just an occasional need. Only bus students are permitted to use the daily transportation; students who are classified as walkers are not permitted to ride a bus to or from school. Field trips would, of course, be the exception. If you have any questions or concerns in regard to busing, please do not hesitate to contact the Vice Principal, Cindy McNeice, at cmcneice@scdsb.on.ca or by calling the school office.

LIBRARY NEWS

It's going to be an exciting year in our library! First, a big thank you to the Forest Hill Parent Council for making it possible to purchase new furniture that will make our library an inviting place to learn. The library will continue to promote literature that will engage students and encourage students to read by helping them find books suited to their individual interests and abilities. The Makerspace program is looking for donations of building and crafting supplies including duct tape, packing tape, Christmas tree lights, lids from dish soap and sports bottles, old CD's/DVD's and their cases, and corks. Any donations would be greatly appreciated. The Scholastic book fair is

being held from Thursday October 4 to Tuesday October 9. This is a great way to add to our school library collection. Also, I am currently looking for volunteers to help with the setup, packing up and selling of merchandise during school hours. If you would like to volunteer to help in the library or for the Scholastic book fair, please let me know. We'd love to have you!

Mrs. Morrow

ORCHESTRA

Are you in grade 5 - 8? Interested in learning a new band/strings instrument? Are you a returning orchestra member? Come and find Mme. Dunstan in Rm 135 to pick up a form, and tune in to announcements for information about our fundraising efforts!!

GIFTED SCREENING PROCESS

Some children who display an unusually advanced degree of general intellectual ability may require additional program support in order to reach their educational potential.

In consultation with parents, the school staff determines who these students are through the gifted screening process.

Parents of a student who will be in or above Grade 3 this year, who wish the school to consider their child for screening, are asked to contact Mrs. Woodhouse-McKay by **Friday, September 29th**.

The gifted screening process consists of three components:

1. a Teacher Rating Scale;
2. a Parent Questionnaire;

3. standardized test results (usually the Otis Lennon School Ability Test)

After signing a permission form, parents/legal guardian will complete the Parent Questionnaire. Information obtained from this questionnaire will help the school gain a better understanding of your child's early development as well as his/her strengths, interests, needs and abilities, which the standardized test may not identify. The teacher will complete a Rating Scale, which examines areas such as learning, motivation, creativity and leadership, which he/she has observed in the classroom. Group testing will be completed and the results will provide a standardized measure of school abilities. The information gathered from all three components will assist the school in programming for your child.

If you require information about the gifted screening process, please contact the school.

**PARENT PORTAL GIVES PARENTS
REAL-TIME ACCESS TO
ATTENDANCE, GRADE
INFORMATION**

The SCDSB Parent Portal is a secure online tool that provides parents/guardians (of students less than 18 years of age) with quick access to their children's attendance and grades and includes the option to sign up for email notifications. To access the Parent Portal, parents/guardians will need their child's SCDSB Pupil ID Number, which can be found on the Student Information Verification Form, as well as an Access ID. The Access ID will be provided in a sealed letter this fall with instructions on

how to create an account. If you lose the Access ID, you can visit us in the school office and we'll provide it to you after verifying your identity.

SCHOOLCASH ONLINE

Pay for field trips, lunch days, etc. with SchoolCash Online

We have made it easy for parents to make their school purchases from the convenience of their own home. Whether its lunch days, field trips or school wear, we have it online for you! Follow these three steps to get started:

1. Go to simcoecounty.schoolcashionline.com or visit our school website and click on "Pay Fees"
2. Register and add your child to the newly created account
3. View and purchase items through bank transfer or credit card

It's safe, fast and convenient. Contact the office with any questions.

HOT LUNCHEES AND MILK PROGRAM



The Lunch programs will begin on Monday,

October 2. We have confirmed Mucho Burrito on Mondays, Hot Dogs on Tuesdays, Pasta on Wednesdays, Pizza on Thursdays, Twisted Indian on Fridays and milk every day. Please note that Nicholyn Farms no longer provides school lunches. If students are absent, we do not issue refunds.

The school year will be divided into 3 blocks: Oct 2 to Dec 22, Jan 8 to Mar 29

and Apr 3 to June 22. All orders must be done through the SchoolCash Online system. Notices will be emailed to advise when the lunch items are available for order, approximately 2 weeks prior to the start of each session.

Any questions regarding the Lunch Programs should be directed to the Lunch Program Coordinator, Marian MacGregor at fhpslunch@gmail.com.

NO LATE ORDERS WILL BE ACCEPTED.

STUDENT ACCIDENT INSURANCE

Student injuries at school, during school events, and extra-curricular athletics are not covered by the Board or its insurance company. While every precaution is taken to provide a safe learning environment, accidents can and do happen.

Due to recent injuries in Ontario during school sporting events and field trips, and the resulting legal claims, a risk exposure to school boards has been highlighted. It is essential that all those participating in out of school activities (for example, sports, and field trips) have adequate insurance coverage for all instances of injury.

The Simcoe County District School Board has selected Reliable Life Insurance Company as an option for students/parents/guardians to consider with regards to purchasing student accident insurance coverage for the upcoming school year. Reliable Life offers a variety of plans and benefits at reasonable annual prices. Coverage can be purchased online at www.insuremykids.com, or by completing

the form that was sent home with your child/ren recently.

MORNING SUPERVISION

For the safety of all of our students, please **DO NOT** drop your child/ren off or have them arrive before 8:55 a.m. as there is no outdoor supervision until that time. Parents should not be on the yard after 9:00 a.m.

SAFE ARRIVAL



Please ensure that you call the safe arrival phone line (721-8300, press 1) if your child/ren is/are absent or will be late. Make certain that you sign your child in/out at the office to ensure your child's whereabouts is communicated clearly! We will be calling contacts for students with an unexplained absence, unless we are notified that you **DO NOT** wish to be in the Safe Arrival Program. Parents are asked to arrange appointments, transportation changes and material 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.

END-OF-DAY ROUTINES

If you are aware that there will be a change to your child's end-of-day routine (being picked up instead of put on the bus, etc.), please be sure to advise the teacher by sending a note with your child. This information is important to us to ensure the safety of your child/ren! Thank you for your cooperation in this matter. Please do your best to have your 'end of day plans' in place before the school day begins, and to **refrain from**

calling the office between 2:45 and 3:30 unless it is an emergency.

CHARACTER TRAITS

Forest Hill is building character! The Character Traits for September and October are:

Caring

We show kindness towards each other by: asking someone new to play; helping someone who needs assistance; asking people how they are doing; listening to others.

Cooperation

We work together towards shared goals and purposes by: listening carefully; sharing with others; taking turns; doing your part the best you possibly can; show appreciation when others contribute; encouraging others to do their best.

We hope you'll help us by focusing on these traits at home, too!

CROSS COUNTRY RUNNING



Cross country running has begun. Practice for Grades 4-8 will be Tuesday and Thursday and Friday mornings at 8:15 a.m. sharp! 1 practice time during activity break will also be scheduled soon. We look forward to another great season of running and fun! Coaches this year are Ms. Blue and Mrs. Wilson.

UKULELE CLUB

Ukulele Club at Forest Hill!! Did you know that this four-stringed mini-guitar has been voted the easiest instrument



to learn over and over again?? Come join a fun-filled group where we will sing and learn to play the ukulele right here at Forest Hill PS! Stay 'tuned' for details!

2017-18 SCHOOL YEAR CALENDAR



We ask parents to please refer to the 2017 -2018 School Year Calendar (which can be found on the front cover of your child/ren's agenda or on the SCDSB website), so that you are aware of the upcoming P. A. Day's and various holidays throughout the school year. This will allow Parents/Guardians to plan daycare and vacations with ease.

HEALTH NEWS

IDEAS FOR PACKING HEALTHY SCHOOL LUNCHES

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 honey mustard.

- Water is the best option for hydration

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.

Information provided by the Simcoe Muskoka District Health Unit

Safe Schools Committee

Any community member who is interested in joining the Forest Hill Safe Schools Committee should call the front office or attend the first School Council meeting on October 2, 2017.

HOW EXERCISE CAN HELP WITH HOMEWORK

It's the start of a new school year and students need to get back into the swing of things! Many students and parents adopt a similar philosophy for success - clear your schedule, buckle down and focus. Although the intention is great, by focusing solely on the books and neglecting the body, students are not actually reaching their full potential. Here are three reasons why exercise can make students more productive:

- Better sleep - it's a fact that our brains work better with a good night's rest. Getting enough sleep contributes to the brain's capacity to store and retrieve information, complete tasks efficiently,

maintain focus and manage stress - all of which will improve student success.

- Stress release - exercise is proven to release endorphins that reduce stress. We all know how hard it can be to focus with an aching back, cramped neck or jittery leg. These physical distractions are often a result of excessive time spent in sedentary activities. A quick body break can relieve tension, stress and excess energy, making it easier to focus on the tasks at hand.
- Retain more - blood pumping exercise increases the flow of oxygen to the brain making it more receptive to the flow of new information coming in. Studies prove that students who exercise three times a week or more get higher grades.

In addition to exercise, students should ensure they are eating healthy, staying hydrated and getting lots rest and fresh air.

Information provided by the YMCA of Simcoe/Muskoka
(www.ymcaofsimcoemuskoka.ca)

FREE DENTAL CARE FOR CHILDREN UNDER 18 FROM HEALTHY SMILES ONTARIO

Free dental service is available to your child through Simcoe Muskoka District Health Unit's Healthy Smiles Dental Clinic in Barrie, or on the dental bus that visits many communities across Simcoe Muskoka throughout the year, as long as you qualify for the program. To find out if

your child qualifies or to book an appointment, call the health unit (Monday-Friday, 8:30 a.m. - 4:30 p.m.) oral health team at 705-721-7520 or 1-877-721-7520, extension 8818. Healthy Smiles Ontario is a government-funded program that provides free dental care for children and youth 17 years old and under from low-income households. This dental program provides free preventative, routine and emergency dental services.

Information provided by the Simcoe Muskoka District Health Unit

Request for Administration of Medication by School Personnel

A completed **Request for Administration of Medication by School Personnel** form is required each school year or when the need is identified or when the student transfers to another school, to authorize the administration of prescribed medication to students who require it during school hours, or when the medication and/or dosage requirements change.

A few students may experience severe allergic reactions to bee, hornet, wasp or other flying insect stings or to certain foods, for example peanuts and tree nuts. We are striving to be a NUT FREE facility. Epi-pen is the only emergency injection method approved for administration in school by school personnel. Two doses on site at school are recommended.

25th ANNUAL TERRY FOX RUN



It is once again time for our annual Terry Fox Run in support of cancer research. Since 1993, our school community has

raised **almost \$136,000.00!!**

The National School Run Day will be on Thursday, September 28th at Forest Hill from 2-3 p.m. Please feel free to join us that afternoon!

Pledge forms have been sent home with your child(ren) to collect funds. If you prefer, you can also donate online via the link located at the bottom of the pledge form - www.terryfox.org. Students can also set up their own fundraising page to support the Terry Fox Foundation.

Please keep funds collected at home until the week of the run, as this will greatly help reduce tracking.

If you would like to order a commemorative t-shirt, please let your child's teacher know and an order form will be sent home. Prices are listed on the order form.

SCHOOL BUS 'BUS TAG' PROGRAM HELPS STUDENTS GET TO AND FROM SCHOOL SAFELY

The Simcoe County Student Transportation Consortium's Bus Tag program supports safety for JK/SK and other school identified students. The program helps match students to their assigned afternoon school bus and identifies that they must be met by a parent or guardian at their afternoon bus stop.

The program provides a colour coded Bus Tag with the assigned p.m. route number to be attached to the student's backpack and a colour coded route card with route number in the windows of the school bus that the Bus Tag is matched to. The program can also provide tags for students who are walkers and/or who remain at an on-site childcare centre to make sure they don't get on a bus in error.

For more information, visit main.simcoecountyschoolbus.ca and click on the 'Safety' tab.

BUS TRANSPORTATION

All students must be safe while riding the school bus.

The bus driver has full charge of the bus and we will expect the students to respect and abide by his/her instructions.



Changes in bus stops can only be arranged through the school on an emergency basis. Applications for permanent bus stop changes must be made to the Simcoe County Student Transportation Consortium (SCSTC) through the school vice-principal. For safety and insurance reasons, the Board does NOT permit students to ride buses other than their assigned one, **except in emergencies**. Situations involving sleepovers, music lessons or other after-school lessons/activities, playing at a friend's house, working on a school project, etc. **do not qualify as emergencies**. Bus transportation policies and procedures may be viewed at your school or by accessing www.scdsb.on.ca.

SCHOOL BUS SAFETY REMINDERS

Safety reminder: School buses are back on the roads

As students return to school, the Simcoe County Student Transportation Consortium (SCSTC) reminds everyone that school buses are back on our roads. The majority of school buses in Simcoe County are on the road in the morning from 7 - 9:30 a.m. and again in the afternoon from 2 - 4:30 p.m. As a reminder to drivers:

- **Take caution** - Be extra cautious in the vicinity of school buses and around school bus loading and unloading zones
- **Be alert** - Watch for school bus chrome yellow colouring, flashing red lights and stop arms. Drivers travelling in both directions on a road without a median must stop for a stopped school bus that has its upper red lights flashing
- **Know the repercussions** - Any driver that fails to stop for a school bus with its lights engaged is subject to a fine of up to \$2,000 and six demerit points for a first time offence
- **Be empowered** - Anyone who witnesses a driver failing to stop for a school bus can report the incident to police.

Visit the SCSTC web site at www.simcoecountyschoolbus.ca, click on the 'Home' button and then the 'Safety' tab for more information.

PICTURE/FALL PORTRAIT DAY



Picture Day is October 17th, 2017. Practice your smile!

PROCEDURES HELP KEEP OUR SCHOOL SAFE

The safety and well-being of students is our top priority. We have a number of procedures in place to keep our school safe. You can help your child understand and feel safe by:

- talking to them about the situations below
- reminding them that emergencies are rare
- telling them it's important to follow staff instructions in these situations

Parents should talk about the following emergency drills with their children:

- **Shelter in place** is used when there is an environmental or weather-related situation, like a chemical spill outside the building, or a major storm. Activities continue inside the school. Students and staff are not allowed to leave the building. The ventilation system may be shut off.
- A **hold and secure** is used when there is a situation in the community, not related to the school, like a bank robbery nearby. Activities continue, but all doors are locked. No one is allowed to enter or exit the school.
- A **lockdown** is used when there is a major incident or a threat of violence related to the school.

Students and staff move to secure areas, away from doors and windows. Doors are locked, lights are shut off and blinds are drawn. Students and staff remain quiet. We practice lockdown drills at least two times per year. In the unlikely event of an actual lockdown situation, police ask that parents do not go to the school. Information will be communicated through the school board social media site **@foresthills** and website **<http://for.scdsb.on.ca>**, through local police and local media.

- All schools have **evacuation plans** in case of gas leaks, bomb threats or fire incidents that would require everyone to leave the school. Each school has an evacuation site. Ours is **Midhurst Community Centre or Midhurst United Church, 91 Doran Road**. We hold drills to practice our evacuation plan. In a real evacuation, students and staff may go to the evacuation site, depending on the situation. Parents will be informed about pick-up procedures by the school, school board and local media.
- Elementary school main doors are locked during the school day. Visitors must use the **intercom system** to enter the building. **Staff may not be available to answer the door immediately,**

please be patient. All visitors, including school volunteers, are required to **sign in** at the school office and wear **visitor identification.**

- Staff and volunteers must complete a **criminal record check** before having contact with students.
- We ask parents to contact us when their child will be absent from school as part of our **Safe Arrival** program. When we don't hear from a parent/guardian, and a student is absent, we will call home to find out the reason for the absence.
- At least two staff members in every school are trained in **first aid and CPR.** All Simcoe County District School Board schools **have Automated External Defibrillators (AEDs).**

When parents are at school during a drill or emergency event, they must follow direction from school staff, police, fire and/or emergency personnel. Parents may not have immediate access to their children during drills or emergencies. They may need to wait until the situation is resolved and school staff and/or emergency personnel release students into parent care.

It's important for you to know we'll always take whatever precautions are necessary to keep our school and students safe.

DRESS CODE

There are lots of ways to dress for school: Learn about the new student dress code

The SCDSB is introducing a new student dress code this school year. The dress code was developed in consultation with staff and students. Students are expected to respect the guidelines when dressing for school. Our school is a safe space. We work to be equitable and inclusive, and understand that students may choose to express themselves through their clothing choices. Student clothing cannot pose a safety concern or conceal identity. Exceptions are granted to students who wear head coverings or other garments/objects for the purposes of religious observance, medical or sensory needs, or other reasons protected by the Ontario Human Rights Code.

The SCDSB dress code is available in the student agenda and online at www.scdsb.on.ca. If you have questions about the dress code, you can contact the principal or the SCDSB Equity and Inclusive Education Team at 705-728-7570.

SMOKE FREE

Protect yourself and your children from the health hazards of secondhand smoke. Remember, it is against the law to smoke ANYWHERE on school property at ANY TIME. This includes smoking in your vehicle while picking up or dropping off students. It is also against the law to smoke or hold lit tobacco in a vehicle carrying anyone under age 16. The fine for ignoring the law is \$250. For more information contact the Simcoe Muskoka District Health Unit 705-721-7520 or 1-877-721-7520 or visit www.simcoemuskokahealth.org.

