



# Commander Community Connection

**FRIDAY, March 1, 2024**

Important School-Wide Upcoming Dates			
<b>MON</b>	<b>Mar. 4</b>	<b>DAY 4</b>	Intermediate Boys Basketball - Areas School Council Meeting - 6pm Multipurpose room
<b>TUES</b>	<b>Mar. 5</b>	<b>DAY 5</b>	Mr. Sub Hot Lunch - pre-orders through on LunchBox Gr. 3 - MacLaren Art Visit (In-School) Intermediate Boys Basketball - Counties
<b>WED</b>	<b>Mar. 6</b>	<b>DAY 1</b>	Zucca's Hot lunch - pre-orders through LunchBox Musical Rehearsal (In the library and the gym) (Any rehearsal cancellations are posted on Google classroom)
<b>THURS</b>	<b>Mar. 7</b>	<b>DAY 2</b>	Little Caesar's Pizza Hot Lunch - Pre-orders on LunchBox Intermediate Movie Field Trip Musical Rehearsal (In the library and the gym) (Any rehearsal cancellations are posted on Google Classroom)
<b>FRI</b>	<b>Mar. 8</b>	<b>DAY 3</b>	Kernels Popcorn for Sale during 1st break - \$2 Pre-orders through School Cash Online

### Important Future Dates:

**Mar. 11th - 15th - March Break - No School**

Mar. 25 & 27 - Tour for Humanity Grades 6-8

Mar. 27 - Grade 8 Graduation Re-take Photos

**Mar. 29th - Good Friday - No School**

**April 1st - Easter Monday - No School**

**April 8th PA Day - No School for students (Changed from April 28th)**

LIVE! on School Cash Online		
<a href="https://simcoecounty.schoolcashonline.com">https://simcoecounty.schoolcashonline.com</a>		
Item	Who does it apply to?	Deadline (11:59pm)
<i>Dance 'N' Culture Grade 7 &amp; 8 February 13 and March 5th</i>	<i>Grade 7 &amp; 8 Students</i>	<i>March 4th 2024</i>
<i>MacLaren Art In-School Program Grade 3 Tuesday March 5th</i>	<i>All Grade 3 Students</i>	<i>March 3rd 2024</i>
<i>Popcorn Fundraiser Pre-Order Sales March 22nd - May 10th</i>	<i>All Students</i>	<i>March 7th 2024</i>

## Field Trips

Please make sure you are accessing School Cash On-line to pay for your students' field trips/school events as soon as you are able. We do our best to post the events early so that families have as much time as possible to make these payments. Without the minimum being paid, field trips may have to be canceled. Thank you for your support and cooperation.

## March News Items From SCDSB



### March Break

Please note that **March 11 to 15** is March Break for all SCDSB students. Please refer to the 2023-24 School Year Calendar on the SCDSB website for more information:

[www.scdsb.on.ca/elementary/planning\\_for\\_school/school\\_year\\_calendar](http://www.scdsb.on.ca/elementary/planning_for_school/school_year_calendar).

### Child care programs available on PA days, holidays, and March Break

Child care programs for children in Kindergarten to Grade 6 are provided by independent, third-party child care operators in some SCDSB schools. To support your child care needs, some operators offer child care on PA days and holidays, including over the March Break (March 11 to 15). Registration in advance is required. Please contact the child care operator directly to discuss fees and to register. For more information and contact numbers, please visit:

[www.scdsb.on.ca/elementary/planning\\_for\\_school/childcare\\_before\\_after](http://www.scdsb.on.ca/elementary/planning_for_school/childcare_before_after).

### April PA Day

Due to the solar eclipse set to occur in our region, the Simcoe County District School Board has made the decision to move the elementary school PA Day originally scheduled for April 26, 2024 to April 8, 2024.

Monday, April 8 is a PA Day for elementary SCDSB students. Please refer to the 2023-24 School Year Calendar on the SCDSB website for more information:

[www.scdsb.on.ca/elementary/planning\\_for\\_school/school\\_year\\_calendar](http://www.scdsb.on.ca/elementary/planning_for_school/school_year_calendar)



### Collection and use of personal student information

As students progress from elementary school to secondary school, important personal student information which eases each student's transition to secondary school is shared. Sharing this information improves our ability to program effectively to benefit all students. The collection and use of personal student information for such purposes is authorized under the Education Act. Please note that all information used for the transition process is limited, secure, and protected at all times. Please contact Matthew Webbe, Superintendent of Education, if you would like more information about the transition process at Chris Hadfield PS.



## **Kindergarten registration for September 2024 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 2024? If so, we invite you to register your child for Kindergarten. To register online or for more information visit: [www.scdsb.on.ca/kindergarten](http://www.scdsb.on.ca/kindergarten).

## **Is your child starting JK or SK in September?**

The Simcoe County EarlyON Child and Family Centres are excited to offer in-person and virtual programs that help prepare children and parents for Kindergarten. Parents/guardians and children will have the opportunity to interact together in a variety of school readiness activities. These programs will look at and discuss: How Does Learning Happen, Self Regulation, Social Skills, and How to Get Ready to Start School. To register for a program in your area visit: [www.earlyonsimcoenorth.ca/GRFK](http://www.earlyonsimcoenorth.ca/GRFK).

## **School climate survey**



During the month of March, all students in Grades 4 to 12 will be asked to complete an anonymous and confidential online SCDSB School Climate Survey about their school experience. Participants will not be asked to provide their name or any other identifying information because all surveys are anonymous. Students at Chris Hadfield PS will be supported by their classroom teacher and our librarian when completing the survey.

The survey results will provide valuable feedback to staff related to the SCDSB Strategic Priorities.

Similar to prior SCDSB school climate surveys, the questions cover a range of topics, such as:

- excellence in teaching and learning;
- mental health and well-being;
- diversity, equity, and inclusion;
- community; and,
- experiences of school safety and bullying.

## **Questions?**

School staff will be available to answer any questions or concerns a student may have. Questions about the 2023-24 SCDSB School Climate Survey can also be directed to [schoolclimate@scdsb.on.ca](mailto:schoolclimate@scdsb.on.ca).

The information that is collected will be used to help guide our schools in creating and maintaining safe and supportive learning environments for all students. Thank you for your support!

## Special Education Information Sessions

Interested in learning more about the ways that the SCDSB supports students with special education needs and their families? Join us for a virtual special education information series. During the 2023-24 school year, the Simcoe County District School Board (SCDSB) is hosting virtual special education outreach sessions to assist parents/guardians in learning more about programs, supports, and ways that we work together to support students with special education needs.

### **Reading strategies**

March 19 - 6:30 to 7:30 p.m.

### **Supporting students with Autism Spectrum Disorder (ASD)**

April 16 - 6:30 to 7:30 p.m.

### **Every day mental health strategies**

May 14 - 6:30 to 7:30 p.m.

Participants are asked to register in advance. Information to access the sessions will be shared via email with individuals who have pre-registered. Learn more about each session and how to register on the SCDSB website:

[www.scdsb.on.ca/elementary/special\\_education/special\\_education\\_outreach\\_sessions](http://www.scdsb.on.ca/elementary/special_education/special_education_outreach_sessions).



## Grade 8 students – register now for summer eLearning!

Earn a reach-ahead credit with summer eLearning in the SCDSB! The Simcoe County District School Board (SCDSB) is offering summer school eLearning courses in July 2024. Current Grade 8 students are invited to complete a reach-ahead credit, creating flexibility in their high school timetables!

For summer 2024, courses available to students entering Grade 9 are:

- CGC1D - Issues in Canadian Geography
- PAF10 - Healthy Living and Personal Fitness Activities
- CHC2D - Grade 10 Academic - Canadian History since WWI
- CHC2P - Grade 10 Applied - Canadian History since WWI
- CHV2O/GLC2O – Civics/Careers

eLearning is fully supported by certified teachers who are available electronically daily. Summer school program details can be found on the Learning Centres website at

[www.thelearningcentres.com/programs/summer\\_school](http://www.thelearningcentres.com/programs/summer_school)

## Youth Reach

Every child should have the opportunity to participate in programs such as dance, music, and sports – but we know not all families can afford the registration fees. YouthReach is a Simcoe County based charity that helps provide kids with the opportunity to get involved in the programs they want to participate in. For more information and to apply visit:

[www.youthreach.ca](http://www.youthreach.ca).

## Engaging in literacy during March Break

Local libraries offer many fun and engaging activities for families during March Break. Visit [www.simcoe.ca/lists/locations/libraries.aspx](http://www.simcoe.ca/lists/locations/libraries.aspx) for a list of libraries in Simcoe County. You will find a link to access each library's website to view their upcoming events. The Barrie Public Library is offering a puppet show at their downtown location. Make sure to check out what your local library has to offer during March Break!

## March cyber awareness topic: backup your data

Why does backing up your data matter? Data loss can happen unexpectedly due to various reasons: hardware failure, accidental deletion, or even cyber threats. By regularly backing up your data, you create a safety net that allows you to recover important files and memories. Access the ECNO cyber awareness tip sheet to stay informed about this month's topic and explore additional resources:

[https://ecno.org/wp-content/uploads/2023/09/ECNO-CAM-Calendar-23-Aug3023\\_BackupData.pdf](https://ecno.org/wp-content/uploads/2023/09/ECNO-CAM-Calendar-23-Aug3023_BackupData.pdf) Let's make March a month of digital preparedness!

## Sleep

Help your child get a good night's sleep by:

- Setting a consistent bedtime and wake-time for your child (even on weekends). Children aged 5 -13 need at least 9-11 hours of uninterrupted sleep each night.
- Encouraging your child to establish a relaxing bedtime routine that includes reading, taking a bath, or listening to music.
- Setting up a sleeping space with your child that is cool, dark, and quiet.
- Keeping technology out of your child's bedroom – it interferes with natural sleep cycles.
- Discouraging caffeinated products, as they may interfere with your child's ability to fall asleep.
- Being a role model by making sleep a priority in your own life!

Looking for more information? Call Health Connection at 705-721-7520 or 1-877-721-5720 to speak with a public health nurse or visit [www.simcoemuskokahealth.org](http://www.simcoemuskokahealth.org).

Information provided by the Simcoe Muskoka District Health Unit

## New Grade 7/8 Mental Health Literacy Modules support student mental health and well-being

As of January 2024, the Ministry of Education introduced a series of three modules per grade to support the existing mental health literacy expectations within the grades 7 and 8 Health and Physical Education curriculum. This series of three, 40-minute modules per grade will be delivered by educators to support the existing mental health literacy expectations within the Health and Physical Education curriculum. They're not new learning – they offer ways to enhance the delivery of the existing curriculum and focus on mental health literacy.

This learning will help equip students with inclusive, culturally responsive, evidence-informed knowledge, skills, and strategies to support their mental health and well-being. They align with



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and support the work we do in the Simcoe County District School Board to support student mental health. The modules were informed by extensive consultation with parents/guardians, students, cultural, and community organizations.

There are important reasons to bring these modules into the classroom:

- Students want to learn more about mental health at school  
<https://smho-smsso.ca/online-resources/hearnowon-2021-student-voices-on-mental-health-final-report/>
- This learning helps students develop skills that support positive mental health.
- Mental health learning supports learning in all other areas.
- This learning can encourage conversations and help students in need reach support.
- As caring adults in the lives of young people, we want students to be well!

Feel free to watch the introductory video that provides more information:

<https://vimeo.com/857720241/3877843c8c?share=copy>.

## **Mental health promotion strategy of the month - Tense and Relax**

Well-being is a Strategic Priority in the Simcoe County District School Board, and our mental health and well-being department provides monthly strategies to support student and family well-being. This month's strategy is Tense and Relax. This strategy helps children and youth develop the skills to notice how their body feels when they are tense and relaxed, and to learn how to relieve tensions and to self-regulate.

To practice Tense and Relax at home, together with your child, model this relaxation practice and work your way down your bodies, slowly tensing and relaxing each of your muscles. Discuss with them how each area of their body feels before the exercise, and then discuss how it feels afterwards. Have your child get comfortable; this exercise can be done when standing, sitting, or lying down. Children can be encouraged to: bring their shoulders up to their ears, hold for a count of 3, slowly relax for a count of 3, and repeat; push their arms down towards to floor, hold for a count of 3, slowly relax for a count of 3 and repeat, squeeze their hands into fists, hold for a count of 3, slowly relax for a count of 3 and repeat; squeeze their stomach in as if trying to fit between a fence, hold for a count of 3, slowly relax for a count of 3 and repeat; push their feet down to the floor, hold for a count of 3, slowly relax for a count of 3 and repeat.

Visit [www.youtube.com/watch?v=J4mQm0hux1Q&t=1s](http://www.youtube.com/watch?v=J4mQm0hux1Q&t=1s) to watch a video that guides you through a Tense and Relax muscle relaxation exercise.

See our elementary <https://smho-smsso.ca/online-resources/sel-posters/> and secondary <https://smho-smsso.ca/online-resources/sel-posters-for-secondary/> social-emotional learning poster series for a tense and relax classroom poster than can be used at home.

Follow along the Mental Health and Well-being social media accounts [@SCDSB\\_MHWB](https://twitter.com/SCDSB_MHWB) to see how well-being is being supported in our schools.