



March 2018 News

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From the Desk of Mrs Golding

On February 28th, students in Canada celebrated “Pink Shirt Day”. The original Pink Shirt Day was organized by David Shepherd and Travis Price of Nova Scotia, who, in 2007 bought and distributed pink shirts to all of the boys at their school to wear as a protest after a male Grade 9 student at their school, was bullied for wearing a pink shirt to school. We wear pink on this day to commemorate the character traits of kindness and inclusiveness that those boys showed to their school mate 9 years ago and also to challenge stereotypes.

The message behind pink shirt day is that, by wearing a pink shirt, you are saying that you will stand up and not tolerate bullying. Here is a quote from one of the organizers of the original pink shirt day Travis, who said *‘I learned that two people can come up with an idea, run with it, and it can do wonders.’ On pink shirt day, I always share this quote and ask students to remember that each and every one of them can make a difference through the simple actions they choose every day.*

We look forward to April 11th which is “International Day of Pink”.

Even though we celebrate things like pink shirt day, and bullying awareness week during specific times of the year, it’s important to remember that the message of kindness is one that we need to teach and embody each and every day. Remember, no act of kindness, no matter how small is ever wasted! Have a great month everyone!

From the Desk of Mr Dobson

As I watched the Winter Olympic games in South Korea during February, I reflect on the Olympic motto of “*Citius, Altius, Fortius*” which means “*Faster, Higher, Stronger*”. As our students grow, they capture this spirit as they become *faster* at accomplishing tasks, reach *higher* goals and become *stronger* each and every day. I am proud of how our educators are able to find ways to help our students capitalize on their strengths and develop strategies to work on their weaknesses. Our educators work tirelessly to support each and every one of our students. This ‘wrap-around’ approach, with support of parents and community partners, helps to ensure that all of our students become the best they can be. I would like to take this opportunity to thank our educators, volunteers, parents, and community members to help our next generation become excellent citizens. Enjoy your March Break.

Important Dates

- March 5- Chess Club Tournament at Saint Gabriel the Archangel
- March 5-23- Milk, pizza, pasta and popcorn orders open for ordering
- March 8 - Author Presentation- Eric Walters - Jr. Classes Half day (a.m.)
- March 9- Last block- staff vs. student volleyball game
- March 12-15- March Break
- March 20- 10:30-12 Grade 3 Holly Rec Centre - curling and dancing
- March 21- World Down Syndrome Day
- March 27/28/29- "Zoo to You" presentations (kindergarten)
- March 28- Comic Tour Presentations - Gr 2-5
- March 28- Read and Feed (evening) - Wendy's from 4:30-7:30 and Chapters from 6-8
- March 30/April 2- Good Friday and Easter Monday (no school)



Scooters, skateboards, bikes and other wheeled modes of transportation

We encourage students to walk, bike, and wheel to school as a healthy way to keep active! We also have expectations around the use and care of bikes, skateboard, longboards etc. on school property. When students enter onto school property, we ask that they walk with their "vehicle" rather than ride it. Any bike, scooter, skateboard etc. should be securely locked to the racks outside of the school. Another wheeled item that students sometimes wear is shoes. We ask that students who choose to wear "heeleys" at school do not use the wheel function within the school building. Thank you for your cooperation in making our school a safe and healthy place to learn!

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 for more information.

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 – click on 'Schools' and then 'Before & After School Care.'

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). 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.

Gilbert Centre programs for LGBTQ2S youth and families

The Gilbert Centre is a community-based, not-for-profit, charitable organization that provides programs and services to serve lesbian, gay, bisexual, transgender individuals and families in Simcoe-Muskoka. Visit the Centre's website at www.gilbertcentre.ca for more information about these programs:

LGBTQ2S Youth Connection drop-in groups

- LGBTQ2S Youth Connection is a drop-in and social space for lesbian, gay, bisexual, queer, 2spirit, trans, asexual etc. and questioning youth. Groups are a place for youth to connect with each other and to community. Groups take place in Barrie, Midland and Orillia.

Parenting LGBTQ Youth sessions

- These free sessions, 'Parenting LGBTQ Youth,' are offered in April, May and June in Alliston, Barrie, Collingwood and Orillia. Dinner is provided. To reserve your spot, contact Jake at jakef@gilbertcentre.ca or 705-722-6778 ext. 107.

Stay healthy this school 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.simcoemuskokahealth.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.

Information provided by the Simcoe Muskoka District Health Unit