



Newsletter January 2017

Host families wanted – learn a new culture and share yours

Would you like to become a host family for an international student? Learn more about another culture? Share yours? Make a new friend? There are different hosting programs available - several days, weeks, a month, semester or 10 months...it's up to you and your family. For more information, call 705-734-6363 x11211 or email: studyinsimcoecounty@scdsb.on.ca

High School information nights coming soon to a high school near you

Is your child starting Grade 9 next year? High school information nights happen this winter. Information nights give an overview of what's new and what to expect, and are a chance to ask questions.

High school is an exciting time—there are so many programs, clubs and activities for students to try. Attend an information night to find out what's offered at your local high school. See the info night schedule and more information on the SCDSB's website at www.scdsb.on.ca/highschool.

Orillia Secondary School Grade 8 Information Night is on Wednesday January 18, 2017

6:30pm – 8:00pm

The Gilbert Centre offers support group for parenting LGBTQ kids and youth

The Gilbert Centre facilitates the Parenting LGBTQ Support Group, which is a drop-in meeting group for parents, caregivers, family members and friends. Meetings take place every other Wed. in Barrie. The group offers a safe and confidential space for you to share your experience, hear the experiences of others and grow in your abilities to support your LGBTQ child. Meetings are held every other Wed. at 7 p.m. at The Gilbert Centre, located at 80 Bradford Street (Suite 345) in Barrie. For more information, call 705-722-6778, visit gilbertcentre.ca or email info@gilbertcentre.ca.

Life with kids is messy – and that's OK!

Ever feel like some days you have it all together, and some days you don't? Love your kids to bits, but sometimes feel like you're the only parent who has hard days? Want to connect with other parents who have those kinds of days too? Come join the conversation on Facebook @lifewithkidsismessy. Laugh about the tough stuff, hear about what works for other families and to share the ways you give your kids your best. When the messy days pile up, call Your Health Connection at 705-721-7520 or 1-877-721-7520, Monday to Friday, 8:30 a.m. to 4:30 p.m.

Information provided by the Simcoe Muskoka District Health Unit

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 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

