



Orillia Secondary School

April 2017



Parent workshops to help understand Individual Education Plans

The Simcoe County District School Board's Special Education Advisory Committee and Special Education Department are offering informational workshops for parents/guardians to enhance collaboration between parents and schools in the development of a student Individual Education Plan (IEP). These workshops are free to attend and open to all interested parents/guardians.

Workshops take place from 6:30 to 8 p.m.:

April 11: Lions Oval PS - 25 Brant Street West, Orillia

April 12: Bear Creek SS - 100 Red Oak Drive, Barrie

April 13: Mundy's Bay PS - 340 Sixth St., Midland

April 18: Chris Hadfield PS - 211 West Park, Bradford

April 19: Alliston Union PS - 211 Church St. North, Alliston

April 20: Admiral Collingwood ES - 15 Dey Drive, Collingwood

Summer school registration starts April 10

A new selection of summer school credit courses is available this July through in-person classes and eLearning. New this year are full credit grade 9 and 10 courses at Bear Creek Secondary School in Barrie. The in-person courses at Bear Creek will run July 4 to 28 from 9 a.m. - 3:30 p.m. Limited school bus transportation is provided from all areas of Simcoe County. Details can be found on The Learning Centres website: www.thelearningcentres.com. Students can also get information from the school or from any of SCDSB's Learning Centres. Online registration for current SCDSB students is available online through the student portal. eLearning registration is supported through high school Guidance Offices. Non-SCDSB students can register using the forms on the website. Registration opens April 10.

School bus evacuation training takes place April 3 to 7

The Simcoe County Student Transportation Consortium (SCSTC), in partnership with school bus operators, is offering school bus evacuation training to all home-to-school transported students the week of April 3 to 7. During this week, school bus drivers will educate students on how to evacuate a school bus safely in an emergency situation. For more information, visit main.simcoecountyschoolbus.ca/.

Moving to Find Balance: Free Parent Forum on April 25 offered by Seasons Centre

Seasons Centre for Grieving Children is presenting an educational forum for parents called *Moving to Find Balance: Resilient Children and Youth Connecting Physical Activity to Mental Health*. This event, free for all parents, will explore how you can incorporate more activity in your own life, how you can encourage children to get moving and how to access family-friendly local resources that are low or no cost. The event takes place on April 25 from 6 to 9 p.m. at Liberty North Events Facility (100 Caplan Ave. in Barrie). The evening forum is free to attend, but you must register. For details, visit <http://www.grievingchildren.com/events/signature-events/>.

Events at Eastview Secondary School in April open to all parents

On April 10 at 7 p.m., Eastview Secondary School will host a screening of the film *Screenagers*, a study of growing up in the digital age. Physician and filmmaker Delaney Ruston created *Screenagers* to probe into the vulnerable corners of family life to explore struggles over social media, video games, academics and internet addiction. This presentation will help parents learn how tech time impacts kids' development and offers solutions on how adults can empower kids to best navigate the digital world.

On April 12 at 7 p.m., the school welcomes financial literacy expert Robin Taub, the author of the best-seller, *A Parent's Guide to Raising Money-Smart Kids*. Her presentation will cover why it's important to teach kids about money, as well as the challenge of being a good financial role model. She will explain how to address money-related topics with young kids, pre-teens, teenagers and emerging adults.

All parents/guardians are welcome to attend the above events. For more information, please contact Eastview Secondary School at 705-728-1321. The school is located at 421 Grove St. E. in Barrie.

Identifying school-sponsored trips

All field trip information will be sent home on school and/or Simcoe County District School Board letterhead. This is the best way for parents/guardians to identify supervised and approved trips. There may have been times when community or external groups have organized trips that have been mistaken for school-sponsored field trips. Parents would be notified of individual circumstances if the school is aware that an external trip is being planned. When in doubt about any trip ask questions of the organizers, including "Who is sponsoring or in charge of this trip?", "Who will be supervising?" and "What are their qualifications?" You can also contact the school if you have any questions about a trip you see advertised that you think may not be school-sanctioned.

Events at our school in celebration of International Day of Pink

Our school will be hosting several events during the week of April 10 to 14 in honour of the International Day of Pink, which is Wed. April 12. This day celebrates diversity and promotes standing up to bullying. It is a day of action which started in Nova Scotia when two straight high school students saw that a gay student wearing a pink shirt was bullied. The two students intervened, but wanted to do more. They purchased pink shirts and within a few days got everyone at school wearing pink, standing in solidarity for diversity and standing up against discrimination, gender-based bullying and homophobia. Our school will be recognizing Day of Pink by making buttons with symbols supporting LGBT and our equity team will be sending out videos to classroom teachers so they may share with their class and have discussions based around the equality & support of our LGBT+ school and community members on Wed. April 12.

Use the Safe Schools tool to report bullying, drug use or vandalism

The SCDSB has an online Safe Schools Reporting Tool, which is available on our school website homepage, <http://oss.scdsb.on.ca>, as a Quick Access button. Students and parents can use this tool to submit a report online if they witness inappropriate behaviour such as bullying, drug use or vandalism. Students are still encouraged to speak to a trusted adult at school or home if they have any concerns. This form isn't a substitute for having a discussion with a teacher or principal. Student safety and well-being are always our top priority. For more information, please contact the school or visit <http://scdsb.on.ca/ReportAnIncident>.

Students invited to share their work for Mental Health Awareness Week

In celebration of Mental Health Awareness Week (May 1 to 7), the SCDSB invites submissions from students or classes about the importance of well-being. Student work will be incorporated in a gallery of work that will be displayed at the SCDSB Education Centre during Mental Health Awareness Week. Submissions can be in the form of art, music, technology, literature and/or multi-media presentations. Entries must be received before April 14 at bit.ly/SCDSBwellbeing.

Immunization reminder for high school students

The Ontario Immunization of School Pupils Act (ISPA) requires the health unit to have up to date immunization records for all students attending school. According to the ISPA (2014), students currently in high school are required to be vaccinated against:

- Tetanus, Diphtheria, Polio and Pertussis (whooping cough) - booster required between 14-16 years old
- Measles, Mumps and Rubella - must have two doses after the first birthday
- Meningococcal Disease - must have one dose after the first birthday & Men-C-ACYW in Grade 7.

The health unit **does not** receive immunization information directly from doctor's offices. Please contact the health unit each time your child receives a vaccine from their health care provider. If your child's immunization record on file with the health unit is not up to date, they may be suspended from school.

What you can do:

- Check – Your child's yellow immunization card
- Contact – Your child's health-care provider to obtain records, or to get missing vaccinations
- Share – Go to www.simcoemuskokahealth.org/HealthUnit/Contact/ChildImmunization.aspx to enter the complete record, or fax a completed record to 705-726-3962.

For more information, visit the Simcoe Muskoka District Health Unit's website at: www.simcoemuskokahealth.org.

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Five ways to make family fitness fun

Fitness and Fun. Two words many families just aren't getting enough of. Health Canada recommends adults should accumulate at least 150 minutes of moderate to vigorous physical activity per week, and children/teens require 60 minutes of physical activity every day. Getting our daily dose of exercise not only helps to prevent health risks, it builds strong muscles and bones, develops positive body image and supports mental health. Here are some great tips to making family fitness fun for everyone:

- Plan ahead - it's hard to have fun when you're rushed or overwhelmed. Schedule family time in your calendar and treat it like any other appointment you need to be prepared for.
- Put family first - make the focus of family fitness about family time. Use this time to connect with one another, share stories, discuss interests, check in on the day or just make each other laugh.
- Take turns - to ensure that family fitness stays fun for everyone, take turns choosing the activity.
- Bring on the music - adding a soundtrack to your favourite work out is a great way to turn up the fun.
- End on a high note - follow your fit-time with activities your family loves to help make the habit fun for all. Plan a movie night at home after attending a fitness class together, or make it a tradition to share a healthy treat after your heart-pumping fun.

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

YOUTH EMPLOYMENT SERVICES - CAREER CENTRE - SCDSB

Thinking about summer or part-time employment?

Connect with the Career Centre **NOW** to find out more about youth employment services. The Youth Job Connection Summer program provides **PAID** job readiness training, followed by a **PAID** job placement.

For more information on the services available in your community visit barriecareercentre.com.

This *Employment Ontario* service is funded by the Government of Ontario.

