

## Orillia Secondary School November 2020

Character Attribute for the month of November  
**Courage** - we do the right thing even when it's difficult.

More information about character education can be found here:

[www.scdsb.on.ca/about/character\\_education](http://www.scdsb.on.ca/about/character_education)

### Days of awareness and recognition taking place in November

Throughout the year, there are many awareness days that focus on different causes and recognition. The Simcoe County District School Board has developed a list of these days as a guide for schools. Schools may participate in recognizing some or all of these days in various ways. This list is not exhaustive. Following are the days of awareness and recognition that the SCDSB will recognize during the month of November:

November	Financial Literacy Month
November	Movember
Nov. 1-7	Canadian Down Syndrome Week
Nov. 2-6	Treaties Recognition Week
Nov. 11	Remembrance Day
Nov. 13	World Kindness Day
Nov. 15-21	Bullying Awareness Week
Nov. 20	Trans Day of Remembrance

### November PA Day

**Please note that Friday, Nov. 20 is a PA day for all secondary and elementary SCDSB students, both Learn@Home and in school. Please refer to the 2020-2021 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).

### COVID-19 self-assessment

**All students and staff will be expected to self-screen prior to attending school each day,**

using a self-assessment tool provided by the SMDHU. Students or staff with symptoms must stay home from school. To access the COVID-19 self-assessment tool, please visit the [SMDHU website](#).

### **Inclement weather and bus cancellation information reminder**

All information regarding cancelled buses in Simcoe County is posted on the Simcoe County Student Transportation Consortium (SCSTC)'s bus information website at [www.simcoecountyschoolbus.ca](http://www.simcoecountyschoolbus.ca). Our school is in the **NORTH** zone. When buses are cancelled, schools remain open for student learning, unless otherwise noted. It is always a family decision whether it is safe for their child(ren) to leave for school under severe weather conditions.

The Consortium and bus operators try to make the decision to cancel school buses before 6 a.m. and make every effort to post announcements before 7 a.m. Inclement weather cancellations are effective for the whole day and buses cancelled in the morning will not run at the end of the day. You can follow the Consortium on Twitter [@SCSTC\\_SchoolBus](#) for bus cancellations and other information. You can also subscribe to receive bus delay notifications here: <https://scstc.ca/Subscriptions/Login.aspx>

### **mPower: supporting your child's math learning**

**Are you looking for a way to provide extra math practice for your child at home, in a fun and engaging format?** [TVO mPower](#) is a free digital tool that includes 65+ online games to support the mastery of tough-to-learn math concepts.

TVO mPower's goals are:

- To provide Ontario students with opportunities to practice important math skills and to foster positive attitudes towards math by making learning fun and engaging
- To show students that math is everywhere by connecting math games to the big ideas in science and social studies
- To support students to develop 21<sup>st</sup> century global competencies by integrating skills such as metacognition, problem solving, creativity and citizenship

### **TVO mPower is:**

Ontario curriculum-based: Aligns with the Ontario mathematics, science and technology and social studies curricula while also supporting the development of global competencies

Learner-centred: Tracks student progress and responds to learners' needs

Assessment-driven: Includes teacher dashboard and educator resources

Tested and trusted: Developed in partnership with Ontario educators and students

Free: Always free for Ontario students and educators - and now for Ontario families

Safe and advertising-free  
Available for desktop and laptop computers and iPad tablets  
Visit [tvompower.com](http://tvompower.com) for more information.

### **Secondary Exams**

The Ministry of Education recognizes the need for flexibility in our teaching and learning practices during a pandemic. As such, it has provided school boards with the option to adjust the evaluation process for the 2020-2021 school year.

In order to adapt to the current circumstances and the variety of learning environments, the Simcoe County District School Board has decided to remove examinations for secondary students as one means of assessment. Educators will continue to assess student achievement and final marks will be based on completion of course content, curriculum and culminating activities.

The previously scheduled examination days will now be regular instructional days. [The school year calendar](#) has been revised to reflect this change.

### **Treaties Recognition Week takes place Nov. 2 to 6**

Did you know we are ALL treaty people? Treaties Recognition Week is the first week of November every year - this year it is Nov. 2 to 6. Treaties Recognition Week was introduced in 2016 to honour the importance of treaties and to help Ontarians learn more about treaty rights and treaty relationships. Take some time this week to learn about the treaty in your area. To learn more about the treaties and how we can honour them, visit [www.ontario.ca/page/treaties](http://www.ontario.ca/page/treaties).

### **Royal Canadian Legion poppy campaign**

The SCDSB has a time-honoured relationship with our local Royal Canadian Legions through the annual poetry and poster competitions and the annual poppy campaign. For the 2020-2021 year, it is our intention to once again support the poppy campaign. Due to the health and safety protocols in place, we will not be collecting donations from students. Instead, schools are asked to work with their school councils to make a suitable donation through school generated funds. Families interested in making their own donations can do so by visiting the Royal Canadian Legion's poppy campaign at [www.legion.ca/remembrance/the-poppy](http://www.legion.ca/remembrance/the-poppy).

### **Keeping kids healthy and active**

[National health guidelines](#) recommend that children and youth (aged 5-17) have high levels of physical activity, low levels of sedentary behavior and sufficient sleep each day for a balanced lifestyle. Here are three easy tips to help your kids stay healthy and active:

Get more sleep – Getting the [recommended hours of sleep](#) each night can go a long way in

ensuring everyone in your family has the proper energy to take on the next day. More sleep means better ability to get moving and think more clearly!

Practice relaxation – Mental health is just as important as physical health. Now more than ever, we are realizing the important connection between the mind and body in our overall wellbeing. Providing yourself and your kids with a small amount of relaxation or ‘time out’ every day – even just 15 minutes – can improve your health dramatically. Try doing a [virtual family yoga class](#) to reduce stress and clear the mind!

Get active together – When you’re active with your kids, it sends them an important message about healthy living. Get out for a walk, play outside or do a [family workout](#) from the comfort of your home. It’s always more fun to exercise with a buddy!

Looking for ways to keep your children active and healthy while in a remote learning environment? YGym offers free virtual physical activities from YMCA certified fitness instructors for children of varying ages and abilities. Visit [YMCAHome.ca/YGym](https://www.ymcahome.ca/YGym) for free virtual physical activities for children and youth, anywhere, anytime!

*Information provided by the YMCA of Simcoe/Muskoka*