



ORILLIA SECONDARY SCHOOL

March 2020



Do you know a youth, aged 15-29, looking for a job or to gain work experience?

The Career Centre can help. Services include paid employment training, support with job searches and more, at no cost. Meet with an employment consultant today, or visit the Career Centre website at www.barricareercentre.com for more information. The Career Centre is operated by the SCDSB. This Employment Ontario service is funded in part by the Government of Canada and the Government of Ontario.

Important information for volunteers in schools

Volunteers in Simcoe County District School Board (SCDSB) schools are sent information throughout the year regarding their volunteer status, including timelines, necessary requirements, etc. This information is sent to the email on file in our Community Apps portal. Volunteers are reminded to update your Community Apps account if you change your email address. Updating your email address in your Community Apps account will automatically update your email address in your volunteer portal profile. Instructions on how to change your email address in Community Apps can be found here: www1.scdsb.on.ca/app/CommunityPass/Help/Docs.

Keeping SCDSB school communities informed on labour updates

In August 2019, provincial and local contracts for all education workers in the province of Ontario expired. In the Simcoe County District School Board (SCDSB), this means that all our unionized groups are at different stages of contract negotiations at the provincial and local level. The SCDSB will continue to monitor the situation and provide updates on the status of negotiations and our schools whenever possible.

Labour updates are issued on the SCDSB website (www.scdsb.on.ca/about/labour_updates), Facebook (www.facebook.com/SCDSB), Twitter (@SCDSB_Schools) and on the labour updates information line at 1-877-728-1187.

Days of awareness and recognition taking place in March

Throughout the year, there are many awareness days that focus on different causes and recognition. The Simcoe County District School Board (SCDSB) 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 March:

March 6	National Employee Appreciation Day
March 8	International Women's Day
March 14	Pi Day
March 21	World Down Syndrome Day International Day for the Elimination of Racial Discrimination
March 27	Earth Hour (in schools)

Character Attribute for the month of March

Integrity - we act justly and honourably in all that we do.

More information about Character Education can be found here:

www.scdsb.on.ca/about/character_education

Nutrition and self-regulation:

Self-regulation: the ability to manage your own energy states, emotions, behaviours and attention in ways that are socially acceptable and help achieve positive goals such as learning at school, having good relationships and being well.

Healthy eating may improve your child's ability to self-regulate.

Eat more:

Plant-based foods: colourful vegetables, fruits, whole grains

Healthy proteins: nuts, seeds, legumes, fish, seafood

Eat less:

Sugar and sodium

Highly processed, refined foods

Focus on:

Water or milk to drink

More than one type of food at every meal or snack

Eating regularly

Creating a calm, relaxing environment where you can enjoy your food and not feel rushed

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 quickly when someone coughs or sneezes directly on another person, or when germs land on hard surfaces like doorknobs, desks or keyboards, and then are touched by someone else. 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! Wash with soap and warm running water for at least 15 seconds (or try singing “row, row, row your boat”). If your hands are not visibly dirty you can use alcohol-based hand rub (hand sanitizer) for 15 seconds. Also, get your flu shot, cover coughs and sneezes 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 www.simcoemuskokahealth.org.

Information provided by the Simcoe Muskoka District Health Unit

High school immunization records

Is your child graduating this year? Are your child’s immunizations up to date? Many university and college programs, workplaces or volunteer programs require proof of immunizations.

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

request – your child’s record from the health unit through Health Connection at 705-721-7520 or 1-877-721-7520

Information provided by the Simcoe Muskoka District Health Unit

Screen-free week: activities to get kids moving this March Break!

Over the March Break, many kids are tempted to stay indoors in front of a screen – playing video games, on their smartphones or watching television. But, this one-week break can be the perfect opportunity to get kids moving!

According to the [Centers for Disease Control and Prevention](http://www.cdc.gov), the average child aged 8-18 spends 7.5 hours on a device or screen every single day. That’s 114 days glued to a screen each year! Sedentary behaviour has implications for both physical and mental health, including increased risk of obesity, developing a chronic disease (such as Type 2 diabetes) and mental health issues. Experts agree that kids should be engaging in 60 minutes of heart-pumping physical activity every single day.

March Break is the perfect opportunity to get kids off their screens and moving! Here are some ideas to keep your kids active and having fun this March Break:

Enjoy the great outdoors

Breathe in some fresh winter air as you explore your local trails, parks, toboggan and ski hills. Or, check out the local maple syrup festivals happening in your area!

Visit a local museum

March Break is a great time to learn something new. Local museums are rich with history, fun facts and exciting ideas. And, the good news is, you'll spend the day walking and exercising!

Make a splash

Local community pools, like the YMCA of Simcoe/Muskoka, offer day passes for families to take advantage of recreational swimming. And, for the older kids, March Break is the perfect time to enroll in aquatic leadership programs such as Bronze Medallion. For more information on aquatic leadership programs being offered at the Y over the March Break, visit www.ymcaofsimcoemuskoka.ca/aquatics-certification.

Lace up your skates

Many local ice rinks hold family skates during the March Break. It's a great opportunity to get some exercise and burn off some energy!

Ready, set, train!

The YMCA's 'Move to Give' fundraising event is happening on April 4. Challenge the whole family to train for an event such as a triathlon or indoor cycle challenge. It will keep the family focused on a fitness goal and it's all for a great cause – supporting your community! For more information visit www.movetogive.ca.

March Break is the perfect opportunity to create healthy habits for the entire family. For more information about YMCA programs and activities happening this March Break, visit your local YMCA or www.ymcaofsimcoemuskoka.ca.

Information provided by the YMCA of Simcoe/Muskoka