

ORILLIA SECONDARY SCHOOL NEWSLETTER

April 2021

Character Attribute for the month of April **Optimism - we maintain a positive attitude and have hope for the future.**

More information about Character Education can be found here:
www.scdsb.on.ca/about/character_education

COVID-19 school screening tool

Each day, families are asked to ensure that their child(ren) complete the COVID-19 school screening tool prior to coming to school. Secondary school students are required to confirm with their teacher that the COVID-19 school screening tool has been completed at the beginning of each day.

The updated provincial direction states that students and staff with any new or worsening symptoms of COVID-19 (as indicated in the screening tool), even those with only one symptom, must stay home until:
They receive a negative COVID-19 test result;
They receive an alternative diagnosis by a health care professional; or,
It has been 10 days since their symptom onset and they are feeling better.

In addition, all asymptomatic household contacts of symptomatic individuals are required to quarantine until the symptomatic household member receives a negative COVID-19 test result or receives an alternative diagnosis by a health care professional.

The COVID-19 school screening tool is available on the Ontario government's website here: <https://covid-19.ontario.ca/school-screening/>. A printable version of the COVID-19 school screening tool can be found here: <https://bit.ly/3uIap6V>. More information is also available on the SCDSB website at www.scdsb.on.ca/covid-19.

Participate in the first-ever SCDSB student census

At the SCDSB we are committed to identifying and removing barriers within our system that impact equity, achievement and well-being of students, and to ensuring that all students are offered supportive, inclusive and respectful learning environments. To support these efforts, we must learn more about our students.

In April 2021, the SCDSB will hold its first student census. The confidential SCDSB Student Census 2020-2021 will be used to collect identity-based student data so that systemic barriers can be identified. The results will guide our focus on programs, supports and resources to address inequities within our system.

Between April 1 and 30, 2021, students in Grades 7 to 12 and parents/guardians of students in Kindergarten to Grade 6 will be invited to participate in the SCDSB Student Census 2020-2021. Students in Grade 7 to 12 will be emailed a secure link inviting them to complete their census. For students in Kindergarten to Grade 6, parents/guardians will complete the student census on behalf of their child or children. Parents/guardians of these students will receive an email invitation which includes a secure link to their child(ren)'s student census. The email used for parents/guardians will be the primary contact email on file at their child's school.

For further information regarding the SCDSB Student Census 2020-2021, visit the SCDSB website or contact Lisa Newton, Manager of Research and Decision Support, at census@scdsb.on.ca, or (705) 734-6363, ext. 11731.

Days of awareness and recognition taking place in April

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 April:

April 2	World Autism Awareness Day
April 14	International Day of Pink
April 22	Earth Day
April 28	Administrative Professionals Day National Day of Mourning (World Day for Safety and Health at Work)

Family fun with multiplication facts!

Has your child been asked to practice their math facts at home? Math facts are best learned in a purposeful way that helps students make connections between the facts, as opposed to memorizing them individually.

Tips for supporting fact fluency at home

Practice the facts in a meaningful order:

Start with foundational facts like 2s, 10s, 5s, 1s, and 0s

Move on to more challenging facts that can be found using combinations of foundational facts, like 3s, 4s, 6s, 8s, 9s and 7s

The Mastering Math Facts resource provides strategies to support each group of facts:

<https://bit.ly/39cNzLE>

Help your child see that the order of the factors does not change the product:

Example, $2 \times 5 = 10$ and $5 \times 2 = 10$

Help your child practice by decomposing more challenging facts into known facts:

Example 1: 7×8 can be thought of as $(7 \times 4) + (7 \times 4)$

Example 2: 5×7 can be thought of as $(5 \times 5) + (5 \times 2)$

Help your child visualize the facts by building arrays and drawing pictures to represent them:

<https://mathvisuals.wordpress.com/multiplication-division/>.

Play games such as:

Blockout! - <https://mathforlove.com/lesson/blockout/>

Math Flips - <https://mathvisuals.wordpress.com/math-flips/>

Stick and Split - <https://www.stickandsplit.com/>

Games to play with a deck of cards -

https://docs.google.com/file/d/0B_wlnPzXZBUZRk0yNXFBd3dqTDg/edit

Allow your child as much time as they need to find an answer for a fact. This will lower stress, support them with using the strategies they are learning, and they will soon become automatic with practice.

Specialist High Skills Majors programs offer students opportunity to earn industry-recognized certifications

Specialist High Skills Majors (SHSM) are bundles of 8-10 courses that allow Grade 11 and 12 students to focus their learning on a specific economic sector while getting their high school diploma. SHSMs provide students with an opportunity to focus their learning and gain valuable experience for all post-secondary opportunities. The SHSM program has a number of required components, designed to give students a leg-up to pursue post-secondary opportunities in a variety of employment sectors. Students will also earn industry-recognized certifications, which builds confidence in their skills and links their studies with the world beyond high school and future careers. Find out more about SHSM at www.myshsm.ca or contact Guidance for more information.

Supporting student mental health and well-being

When students attend school, whether in-person or online, they engage in important routines and foster connections that can help them to feel more balanced amidst the uncertainties of the pandemic. Our school is committed to bolstering student mental health and well-being by teaching our students to practice strategies to increase their stress management and coping skills.

School Mental Health Ontario works together with Ontario school districts to support student mental health. Orillia Secondary School will be using a collection of resources for educators to support student mental health during the ongoing pandemic response. These resources are evidence-based. This month, we will be practicing various breathing strategies.

Try the hand tracing exercise: <https://bit.ly/2OWOAAAN>

Starting at your wrist, trace the left side of your hand up to your middle finger while taking a deep breath for four seconds

Pause at the top of your middle finger and hold in your breath for four seconds

Breathe out while tracing down the right side of your hand for four seconds

Repeat four times

The teenage brain

Did you know that the teen brain is still developing until about the age of 25? The part of the brain that powers a teen's ability to think, plan, solve problems, make decisions and control emotions is one of the last parts to mature. This may help explain certain teenage behaviour such as poor decision-making, recklessness and emotional outbursts.

Due to their brains still developing, young people are at greater risk from the harmful effects of alcohol and other drugs. Stay connected, keep talking with your teen and be a good role model.

For more information, visit the health unit's website at www.simcoemuskokahealth.org

Information provided by the Simcoe Muskoka District Health Unit

Get outside and play!

Active play does more than help kids to achieve the 60 minutes of physical activity they need every day; it supports their development in many ways – especially when the play is outdoors, self-directed and fun. This allows kids to test boundaries and problem-solve, develop social skills, resolve conflict and learn to control their emotions and behaviour.

Active play outdoors in the fresh air and nature also helps to improve mood and lower stress. Support your child to play outside in the neighbourhood and at your local park as much as possible, while staying safe by maintaining COVID-19 prevention protocols for physical distancing and mask use.

Information provided by the Simcoe Muskoka District Health Unit