



ORILLIA SECONDARY SCHOOL

December, 2019



High school information nights coming to a school near you!

Is your child starting Grade 9 next year? High school information nights happen this fall and winter. This event gives an overview of what's new, what to expect, as well as a chance to check out the school and ask questions. Attend Orillia Secondary School's Information Night to find out what's offered: Wednesday January 15, 2020 from 6:00 – 7:30. Check out the full schedule of info nights and more information at www.scdsb.on.ca/secondary/planning_for_high_school.

Days of Awareness and Recognition taking place in December

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 December:

Dec. 6	National Day of Remembrance and Action on Violence Against Women
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Register now for Night School (Semester Two) to complete high school, prepare for post-secondary education

Night school at the Barrie Learning Centre offers secondary school credits in a variety of subjects for students completing their Ontario Secondary School Diploma, and for students who are preparing for post-secondary education. Subjects include math, English, chemistry, biology, physics, social science and history. All night school courses are offered face-to-face, two nights per week, and run given sufficient enrolment. Learn more and register at: www.thelearningcentres.com.

How to stop the spread of germs to help us all 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 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 to others is wash your hands! Wash with soap and warm running water for at least 15 seconds (or try singing "row row your boat"). If your hands are not visibly dirty, you can use alcohol-based hand rub (hand sanitizer) for 15 seconds. You can also get your flu shot, cover your mouth when you cough and sneeze 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.

Coping with anxiety

Feelings of anxiety can be common among teens. Sometimes normally happy teens will become anxious or fearful about something for a day or two but will return to normal without any need for help from their parents. However, some teens experience more intense and frequent feelings of anxiety that prevent them from participating in normal everyday life. Creating a positive family environment, encouraging regular school attendance and helping your teen understand and discover ways to cope with their anxiety can help.

If you would like to learn more about monitoring and understanding your teenager's emotions and behaviours, ways to talk openly with your teenager and encouraging your teenager to practice their coping skills, call Health Connection at 705-721-7520 or 1-877-721-7520 and talk to a public health nurse about Triple P Positive Parenting Program or visit www.triplepontario.ca/en/home.aspx.

Information provided by the Simcoe Muskoka District Health Unit.

Physical activity can make the holidays less stressful

For many, the holiday season can be a source of great physical and mental stress. Planning family gatherings, attending work parties, buying gifts, staying up late and eating unhealthy foods can all contribute to increased anxiety, stress and fatigue. Did you know that being physically active is one of the single best ways we can naturally reduce stress? Here are three reasons why you should consider staying active this holiday season:

1. Physical activity boosts your mood – The relationship between the mind and the body is very strong. Physical activity releases endorphins in your body, making you feel calm, less anxious and happier. Providing yourself and your kids with a small amount of relaxation or 'time-out' every day – even just 15 minutes – can also improve your health dramatically. Try taking a yoga class, or even a 10-minute walk can do the trick!
2. Physical activity helps you sleep – Physical activity leads to better sleep and better sleep leads to less stress. Research shows that people who get regular physical activity fall asleep faster, sleep longer and get higher quality sleep. Being well-rested helps us cope with stress and gives us more energy to tackle whatever life throws our way!
3. Physical activity reduces your stress hormone – physical activity decreases the amount of cortisol (the body's stress hormone) circulating in our bloodstream. When we get stressed out, our cortisol levels spike. Exercise is a great way to help lower them.

The YMCA of Simcoe/Muskoka offers many opportunities to stay active this holiday season. Open gym, family swim, yoga, and our popular Y kids drop-in program provide great opportunities to be active with your family. For more information about programs offered at your local YMCA, please visit www.ymcaofsimcoemuskoka.ca.

Information provided by the YMCA of Simcoe/Muskoka