



## **ORILLIA SECONDARY SCHOOL**

**June, 2019**



### **2019-20 school year calendar now approved**

The Ministry of Education has approved the school year calendar for the Simcoe County District School Board's 2019-20 school year.

2019-20 highlights:

- First day of school: Tuesday, September 3, 2019
- First day of school for Year 1 Kindergarten students: Thursday, September 5, 2019
- Winter Break: December 23, 2019 to January 3, 2020
- March Break: March 16 to 20, 2020
- Last day for elementary students: Thursday, June 25, 2020
- Last day for secondary students: Wednesday, June 24, 2020

View the full 2019-20 calendar by visiting [www.scdsb.on.ca](http://www.scdsb.on.ca) and clicking on 'Elementary', 'Planning for School' then 'School Year Calendars'.

### **Register now for fall International Language Programs**

The Simcoe County District School Board (SCDSB) offers children in Grades 1 to 8 an opportunity to learn and/or maintain a language other than French or English. Whether you enrol your children in this program to learn a new language, understand a new culture or to extend their knowledge of their first or second language, every student can benefit from this program. The Barrie Learning Centre (Bayfield Mall) offers Arabic, Farsi, Korean, Mandarin, Ojibwe, Russian, Spanish, Ukrainian and Urdu. The Bradford Learning Centre (157 Holland St. E, Suite 200) offers Dari, Mandarin, Russian and Tamil. The classes take place Saturday mornings, 9 to 11:30 a.m., starting Sept. 14 (classes are dependent on student enrollment). Beginning in September, we are also offering Spanish and Mandarin classes on Monday nights. These classes take place at the Barrie Learning Centre starting Sept. 16 from 5 to 7 p.m. There is no charge for the Saturday or Monday program. Most classes fill quickly on a first come, first served basis. Register your child by visiting [www.thelearningcentres.com](http://www.thelearningcentres.com) and clicking on 'Elementary Student.'

### **School's in for summer at the SCDSB**

Are you and your child planning their courses for next school year? Looking for a way to create flexibility in their timetable and earn a credit? Consider summer school! Each year, the Simcoe County District School Board (SCDSB) offers a variety of summer programs to over 2,000 students. Summer school options include open, college and university level courses from Grades 9 to 12. Courses are offered in-person or online. Interested students can also travel and earn credits with the summer EduTravel program. Summer school program details are on the Learning Centres website at [www.thelearningcentres.com](http://www.thelearningcentres.com). Current SCDSB students should speak to their guidance counsellor for information and to register. Register now so that your summer school choices align with course selection for next year!

### **Train as a Personal Support Worker – many employment opportunities available!**

The Learning Centres offers an accredited Personal Support Worker (PSW) program, taught by qualified teachers with health science backgrounds. Be finished in six months, receive a PSW certificate and earn up to six secondary school credits! Programs starting in September.

Free information sessions are scheduled throughout the year. Visit [www.thelearningcentres.com](http://www.thelearningcentres.com) or call 705-725-8360 ext. 45149 for dates and times.

### **Personal Support Workers needed in labour market – Graduate with a PSW certificate!**

If you are a student who requires only six elective credits to graduate, consider attending the Simcoe County District School Board's accredited Personal Support Worker (PSW) program. Students accepted to the program can earn six elective credits towards their Ontario Secondary School Diploma (OSSD) and their PSW certificate in only 6 months! Programs starting in September.

Free information sessions are scheduled throughout the year. Visit [www.thelearningcentres.com](http://www.thelearningcentres.com) or call 705-725-8360 ext. 45149 for dates and times.

### **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 and 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 with friends in the neighbourhood and at your local park as much as possible.

*Information provided by the Simcoe Muskoka District Health Unit*

### **Summer camp can play an important role in your child's growth and development**

To many people, summer camp might appear like nothing more than fun and games. However, a recent study shows that camp is a setting for positive youth development where invaluable life skills are acquired and nurtured. Here are five critical life skills that are fostered at camp:

1. Emotional intelligence - At camp, children learn how to cope with others in various social situations. Talk to any camp alumni and you'll likely hear how some of their most meaningful friendships and lessons on how to get along with others came from camp.
2. Personal development – Camp provides a safe environment, allowing children to freely learn how to take risks, overcome challenges, and develop and grow their capabilities.
3. Increased physical activity – Summer camp is a great way for kids to stay active all summer and ensure they are surrounded with great role models and supportive friends.
4. Self-confidence – Camp pushes children out of their comfort zone and exposes them to new activities and experiences. Campers gain confidence by exploring different activities and discovering new hobbies and passions.
5. Independence – At camp, children learn the responsibility of making their own decisions with the safety net of insightful counsellors in a safe environment. Camp provides peer support that allows children to discover new facets of themselves and overcome their need for constant parental dependency.

To learn more about the YMCA of Simcoe/Muskoka, visit [www.ymcaofsimcoemuskoka.ca](http://www.ymcaofsimcoemuskoka.ca).

*Information provided by the YMCA of Simcoe/Muskoka*

**Hot weather is on the way!**

Help your child stay cool at school by giving them plenty of water and encouraging them to drink even if they're not thirsty. Kids don't sweat or release heat from their bodies as easily as adults, so they can become dehydrated quickly. Dress them in light weight, light-coloured, loose-fitting clothing and don't forget to put sunscreen on before they leave home in the morning.

For more tips to help your family stay cool this summer, visit the health unit's website at [www.simcoemuskokahealth.org](http://www.simcoemuskokahealth.org) or call Health Connection at 705-721-7520 or 1-877-721-7520.

*Information provided by the Simcoe Muskoka District Health Unit*

**Healthy celebrations**

Classroom and school celebrations are great opportunities for children to practice the healthy eating messages they learn in the classroom. Help us teach the importance of healthy eating by choosing healthy foods to send in the next time your child's class is celebrating. Here are a few ideas:

- watermelon slices, box of clementines or fruit kabobs
- homemade mini muffins with whole wheat flour and grated carrots or apple
- whole grain crackers, cubes of lower fat cheese and grapes
- a veggie platter
- chocolate-dipped strawberries for a sweet treat

Looking for more information to help keep you and your family healthy? Call Health Connection at 705-721-7520 or 1-877-721-5720 to speak with a public health nurse or visit the health unit's website at [www.simcoemuskokahealth.org](http://www.simcoemuskokahealth.org).

*Information provided by the Simcoe Muskoka District Health Unit*