



ORILLIA SECONDARY SCHOOL

March, 2019



Kindergarten registration for children turning four this year

Is your child turning four in 2019? If so, it's time to register them for Kindergarten in the SCDSB! Simcoe County's public elementary schools are now registering children for Kindergarten for the 2019-20 school year. New this year, the registration process begins online! Visit: www.scdsb.on.ca/elementary/planning_for_school/kindergarten for more information.

Parents/guardians invited to information sessions about special education

The SCDSB is hosting a series of information sessions for parents and guardians to learn about special education in the SCDSB, and how to support students with special education needs. Upcoming sessions include:

March 25: Building a Plan for the Summer

April 25: Applied Behaviour Analysis (ABA)

All sessions take place from 6 to 7 p.m. at the SCDSB Education Centre, located at 1170 Highway 26 in Midhurst. Registration is required. Further details are available at: www.scdsb.on.ca/elementary/special_education.

Building resilience through co-regulation at Seasons Centre for Grieving Children

Parents with children in SCDSB schools are invited to attend Education Day: Building Resilience Through Co-Regulation on Thursday, March 28 at Seasons Centre for Grieving Children.

The event is intended to: help adults move from a behaviour management approach to a self-regulation lens that works to support the child in their own environment promote understanding of how an adult's stress level affects a child help participants develop a restorative and self-care toolbox as part of an adult's strategy to model self-regulation show benefits of co-regulation

The daytime event runs from 8 a.m. to 4 p.m. and includes sessions from three experts, including a keynote from Dr. Susan Hopkins, Executive Director of the MEHRIT Centre. For parents who can't attend the daytime sessions, an evening session runs from 6 to 9 p.m. featuring Dr. Hopkins.

For more information, including how to register, visit the events page on the Seasons Centre website, www.grievingchildren.com.

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.barriecareercentre.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.

New Path offering child and youth mental health walk-in clinics

New Path offers Child and Youth Mental Health Walk-In Counselling Clinics in Alliston, Barrie, Bradford, Collingwood and Orillia. The Walk-In Counselling Clinics provide a single session to children, youth and families seeking support for emotional, relationship or behavioural challenges. They can be accessed by children, youth and families as often as needed. Children, youth and families can self-refer by attending any location across the county. Dates and times of the clinics are posted on the New Path website at www.newpath.ca under 'Services'. For more information, contact New Path's Central Intake Department at 705-725-7656 or 1-866-566-7656.

Gilbert Centre programs for LGBTQ2S youth and families

The Gilbert Centre is a community-based, not-for-profit, charitable organization that provides programs and services to serve lesbian, gay, bisexual, transgender individuals and families in Simcoe-Muskoka. Visit the Centre's website at www.gilbertcentre.ca for more information about these programs:

LGBTQ2S Youth Connection drop-in groups

LGBTQ2S Youth Connection is a drop-in and social space for lesbian, gay, bisexual, queer, 2spirit, trans, asexual etc. and questioning youth. Groups are a place for youth to connect with each other and to community. Groups take place in Barrie, Midland and Orillia, or online at www.facebook.com/groups/LGBTYouthConnectionSimcoeCounty/.

LGBTQ2S Family Programs

These free sessions are offered every second and fourth Wednesday of the month at 80 Bradford Street, Unit 345, in Barrie. The group offers a safe and confidential space for parents, caregivers, family members and friends of LGBTQ2S youth to share experiences and grow in their abilities to support LGBTQ2S youth.

Discover the new food guide online

Canada's new food guide takes a modern approach to communicating dietary guidance to consumers, health professionals and policy makers. There are new features to explore that better meet your needs, whether you are looking for healthy eating information for yourself or as part of your work.

The food guide resources include:

Canada's dietary guidelines for health professionals and policy makers
food guide snapshot

resources such as actionable advice, videos and recipes

evidence including the Evidence Review for Dietary Guidance 2015 and the Food, Nutrients and Health: Interim Evidence Update 2018

Check out <https://food-guide.canada.ca> to get this information at your fingertips. You can also find a printer-friendly food guide snapshot on the website.

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

Unplug and get active!

March Break is the perfect opportunity to get kids off their screens and moving! According to the 2018 ParticipACTION Report Card, Canadian kids are not active enough, earning a D+ for overall physical activity. Health Canada recommends children and youth get 60 minutes of physical activity every single day. Getting the daily dose of exercise builds strong muscles and bones, improves sleep and can prevent chronic disease. The [ParticipACTION research](#) also shows that physically active kids have better brain health and perform more effectively in and out of the classroom.

Fitting physical activity into your kids' routines can be easier than you think. Here are some ideas to get your kids moving this March Break:

Activity Jar

Hold a family meeting to come up with fun activities to do together, instead of screen time. Put your ideas into a jar and pick at least one physical activity to do together each day.

Get Outside

Breathe in some fresh winter air as you explore your local trails, parks, skating rinks and toboggan hills. Or, simply build a snowman or fort on your front lawn!

Make a Splash

Make a splash at a local community pool like the YMCA of Simcoe/Muskoka. Day passes are available for families to take advantage of recreational swimming. For the older kids, this is the perfect time to enroll in aquatic leadership programs such as Bronze Medallion or National Lifeguard training. For more information on aquatic leadership programs at the YMCA over the March Break, visit www.ymcaofsimcoemuskoka.ca/lifeguarding-certification.

Train as a family

The YMCA's Move to Give fundraising event is happening on April 6. Challenge the whole family to start training for a 5k run, indoor cycling event or a triathlon and continue training

together until the event. It will keep the entire family focused on a goal and it's all for a great cause – supporting your community! For more information, visit www.movetogive.ca.

March Break is the perfect time to create healthy daily habits for your children and the entire family. The YMCA of Simcoe/Muskoka offers many opportunities to get fit as a family. For more information, visit your local YMCA or www.ymcaofsimcoemuskoka.ca.

Information provided by the YMCA of Simcoe/Muskoka