

# Orillia Secondary School

## May 2021

### Character Attribute for the month of May

**Respect** - we treat ourselves, others and the environment with consideration and dignity.

More information about Character Education can be found here:

[www.scdsb.on.ca/about/character\\_education](http://www.scdsb.on.ca/about/character_education)

### Mental Health Week is May 3 to 9

Join us for #SCDSBMentalHealthWeek! The first full week in May (May 3-9) is annually recognized as Children's Mental Health Week and Mental Health Week in Ontario. Throughout this week, the SCDSB would like to continue to bring awareness to the importance of student, staff and community mental health by focusing on resources and activities that promote positive mental health for all students, staff and school communities. Learn more: <https://bit.ly/2QdibGR>

### Simcoe Muskoka Skilled Trades Expo takes place virtually throughout May

The SCDSB's Ontario Youth Apprenticeship Program (OYAP) and community partners are hosting the Simcoe Muskoka Skilled Trades Exposition throughout the month of May. This year, the Expo has taken the form of a Local and Loud Scavenger Hunt featuring Made in Simcoe County careers and companies.

Visit <https://workinsimcoecounty.ca/virtual-skilled-trades-expo> to see how well you know our local skilled trades and apprenticeship partners around Simcoe County. For more information, please email [emclachlin@scdsb.on.ca](mailto:emclachlin@scdsb.on.ca).

### Days of awareness and recognition taking place in May

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 May:

May 1	School Principals' Day
May 3	Music Monday
May 3-9	Mental Health Week
May 4	May the 4 <sup>th</sup> (Star Wars Day)
May 3-7	Education Week/SCDSB Celebrates
May 9	Mother's Day
May 15	International Day of Families

May 17	International Day Against Homophobia, Transphobia and Biphobia
May 30 to June 5	National AccessAbility Week

### **Math is everywhere! Find it together!**

Are you looking for ways to develop your child's math understanding while learning from home? Check out this parent guide for practical tips and activities that you can do together!

The Ministry of Education's, *Doing Mathematics with Your Child - A Parent Guide*, is a fantastic resource that provides activities and prompts in support of the major concepts explored in the mathematics curriculum. While this resource references the 2005 mathematics curriculum, the activities and tasks found within are still very relevant and meaningful to their current learning.

The activities in this resource promote and support critical thinking, problem solving, reasoning ability and the ability to communicate mathematically. These processes are the foundation of mathematics instruction in Ontario schools. Explore these skills as you engage your child in the activities suggested in the parent guide which can be viewed here: <https://bit.ly/3txWxeK>.

You are an important partner in your child's mathematics education. There are so many ways to engage your child in thinking and talking about mathematics around the house and in your community! Some activities to check out:

Adding and Subtracting Made Fun - Games to play with household items to practice various adding and subtracting strategies: <https://bit.ly/2QwUOaR>

Measurement Matters - Once your child understands how the metric system is organized and how the units relate to one another, conversions will be a snap: <https://bit.ly/3anIu3A>

Comparing Things Around the Home - By comparing items around the home, your child can begin to understand some basic principles of measurement: <https://bit.ly/3szh01g>

### **Get active outdoors**

With the warmer weather fast approaching, many of us are anxious to spend more time outdoors, especially children. Research suggests that spending time outdoors has a positive effect on our mental health and well-being. A simple trip outdoors can do wonders for relieving anxiety, stress and depression. Children connected with nature tend to be healthier, happier, sleep better and display better focus and creativity.

If you're looking for some mood-boosting outdoor activities to do with your family, here are some fun ideas to get out and enjoy the great outdoors:

#### **Organize a nature scavenger hunt**

A great way to get the whole family outdoors is to organize a nature scavenger hunt. Make a list of nature items found in your yard, neighbourhood or on a trail nearby, and head out to see what you can find! Not only is this activity fun, it gets everyone up and moving.

### Create an outdoor obstacle course

Obstacle courses are a great way to engage children in physical activity and create a fun competition. Set up a course in your yard using toys, pillows, water bottles or anything you have at home. The fastest one through the obstacles wins! You could even start a relay for an added challenge!

### Take your family workout outdoors

When you are active with your kids, it sends them an important message about healthy living. Try leading your family in a group workout outdoors. If you are looking for ideas and inspiration for family-friendly workouts, visit [www.ymcahome.ca](http://www.ymcahome.ca) where you can find activities for all ages and fitness levels. Once you learn the basic movements of the workout, gather your family outside and exercise together. It's always more fun to exercise with a buddy!

*Information provided by the YMCA of Simcoe Muskoka*