



ORILLIA SECONDARY SCHOOL

September, 2019



Keep connected with our school and with the SCDSB

It's important to get accurate information about what's going on at your school and at the Simcoe County District School Board (SCDSB). Here are some ways to do that:

- Subscribe to our school's website by visiting the 'What's New' section at <http://OSS.scdsb.on.ca>. You can sign up to receive emails about school news updates and information during emergency situations. It's easy to subscribe – visit our website and click the 'Subscribe' link at the very top of the page. Provide your email and click 'Subscribe'; a message will be sent to your inbox with a link to click to confirm that you want to subscribe. You can unsubscribe at any time using the link at the bottom of each email.
- Sign up to receive SCDSB media releases by clicking the 'Subscribe' button at www.scdsb.on.ca.
- Follow the SCDSB on Twitter (@SCDSB_Schools), Facebook (facebook.com/SCDSB) and Instagram (instagram.com/scdsb).

For school bus transportation information, visit the Simcoe County Student Transportation Consortium's website at main.simcoecountyschoolbus.ca. Also, remember to bookmark the school bus information page at simcoecountyschoolbus.ca for bus delay and cancellation information on inclement weather days.

Procedures help keep our school safe

The safety and well-being of students is our top priority. We have a number of procedures in place to keep our school safe. You can help your child understand and feel safe by:

- talking to them about the situations below
- reminding them that emergencies are rare
- telling them it's important to follow staff instructions in these situations

Parents should talk about the following emergency drills with their children:

- **Shelter in place** is used when there is an environmental or weather-related situation, like a chemical spill outside the building, or a major storm. Activities continue inside the school. Students and staff are not allowed to leave the building. The ventilation system may be shut off.
- A **hold and secure** is used when there is a situation in the community, not related to the school, like a bank robbery nearby. Activities continue, but all exterior doors are locked. No one is allowed to enter or exit the school.
- A **lockdown** is used when there is a major incident or a threat of violence related to the school. Students and staff move to secure areas, away from doors and windows. Interior doors are locked, lights are shut off and blinds are drawn. Students and staff remain quiet. We practice lockdown drills at least two times per year. In the unlikely event of an actual lockdown situation, police ask that parents do not go to the school. Information will be communicated through the school board social media sites (www.facebook.com/SCDSB and www.twitter.com/SCDSB_Schools) and website (www.scdsb.on.ca), through local police and local media.

- All schools have **evacuation plans** in case of gas leaks, bomb threats or fire incidents that would require everyone to leave the school. We hold drills to practice our evacuation plan. In a real evacuation, students and staff may go to the evacuation site, depending on the situation. Parents will be informed about pick-up procedures by the school, school board and local media.
- Elementary school main doors are locked during the school day. Visitors must use the **intercom system** to enter the building. **Staff may not be available to answer the door immediately, so please be patient.** All visitors, including school volunteers, are required to **sign in** at the school office and wear **visitor identification**.
- Staff and volunteers must complete a **criminal record check** before having contact with students.
- We ask parents to contact us when their child will be absent from school as part of our **Safe Arrival** program. When we don't hear from a parent/guardian and a student is absent, we will call home to find out the reason for the absence.
- At least two staff members in every school are trained in **first aid and CPR**. All SCDSB schools **have Automated External Defibrillators (AEDs)**.

When parents are at school during a drill or emergency event, they must follow direction from school staff, police, fire and/or emergency personnel. Parents may not have immediate access to their children during drills or emergencies. They may need to wait until the situation is resolved and school staff and/or emergency personnel release students into parent care.

It's important for you to know we'll always take whatever precautions are necessary to keep our school and students safe.

Student dress code

Students are expected to respect the guidelines when dressing for school. Our school is a safe space. We work to be equitable and inclusive, and understand that students may choose to express themselves through their clothing choices. Student clothing cannot pose a safety concern or conceal identity. Exceptions are granted to students who wear head coverings or other garments/objects for the purposes of religious observance, medical or sensory needs, or other reasons protected by the Ontario Human Rights Code.

The SCDSB dress code is available in the student agenda and online at www.scdsb.on.ca/elementary/dress_code. If you have questions about the dress code, you can contact the principal or the SCDSB Equity and Inclusion Education Team at 705-728-7570.

Pay for field trips, etc. with SchoolCash Online

We have made it easy for parents to make their school purchases from the convenience of their own home. Whether it's lunch days, field trips or school wear, we have it online for you! Follow these three steps to get started:

1. Go to simcoecounty.schoolcashonline.com or visit our school website and click on 'Pay Fees'
2. Register and add your child to the newly created account
3. View and purchase items through bank transfer or credit card

It's safe, fast and convenient. Contact the office with any questions.

Register now for Night School

The Night School Program will operate four evenings per week starting in September. Students are required to attend classes at the Barrie Learning Centre six hours per week over two nights. Semester 1 runs from Sept. 16, 2019 to Jan. 22, 2020, and Semester 2 runs from Feb. 10 to June 17, 2020. In-class sessions take place from 6 to 9 p.m., Monday and Wednesday or Tuesday and Thursday. SCDSB secondary students can register through their school guidance department. All other students can register at any of The Learning Centres: www.thelearningcentres.com.

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 and clicking on 'Elementary Student.'

Student accident insurance information for this school year

Student injuries at school, during school events, and extra-curricular activities (athletics, clubs, and out-of-province/out-of-country trips) are not covered by the board or its insurance company. While every precaution is taken to provide a safe learning environment, accidents can and do happen. The SCDSB has selected the Insure my Kids program through Old Republic Canada as an option for students/parents/guardians to consider. This insurance offers a variety of plans and benefits at reasonable annual prices. Coverage can be purchased online at www.insuremykids.com. Participation in extra-curricular activities (athletics, clubs) or out-of-province/out-of-country trips requires the purchase of this insurance, or other extended health and dental coverage. Student accident insurance packages will be sent home with students.

Parent Portal gives parents real-time access to attendance, grade information

The SCDSB Parent Portal is a secure online tool that provides parents/guardians (of students less than 18 years of age) with quick access to their children's attendance and grades, and includes the option to sign up for email notifications. To access the Parent Portal, parents/guardians will need their child's SCDSB Pupil ID Number, which can be found on the Student Information Verification Form, as well as an Access ID. The Access ID will be provided in a sealed letter this fall with instructions on how to create an account. If you lose the Access ID, you can visit us in the school office and we'll provide it to you after verifying your identity.

Walk or wheel to school

Walking or cycling to school is a great way to get the 60 minutes of daily physical activity that's needed for good mental and physical health. More walkers means less traffic around our school, which helps keep students safe and improve outdoor air quality. Even one day a week of walking or cycling to school can make a big difference!

To find out more about how to support active and safe routes to school, visit <http://ontarioactiveschooltravel.ca/school-travel-planning/>.

Information provided by the Simcoe Muskoka District Health Unit

Pack school lunches with safety in mind

Try these food safety tips to keep your child healthy at school:

- pack their lunch in an insulated lunch bag or container
- keep food cold with mini ice packs or frozen water bottles
- keep food hot by using a thermos
- don't forget to wash their lunch bag and containers in hot soapy water each night

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.

Information provided by the Simcoe Muskoka District Health Unit

Concussions – what you need to know

Any hit on the head can cause concussion and serious long-lasting symptoms if not treated carefully. Concussions are invisible injuries, so it's important to treat every hit on the head with caution. If your child hits their head, watch for symptoms, such as trouble remembering, low energy, headaches, sensitivity to light and noise or being more emotional than usual. If you see any of these, stop play and take them to a doctor right away. Remember to tell their principal, coaches and teacher about any head injuries that happen outside of school. Depending on the injury, your child may need a personalized plan, time off from school work, sports or other activities to help them fully recover.

For more information on concussion prevention and management visit <http://www.parachutecanada.org/injury-topics/item/concussion>.

Information provided by the Simcoe Muskoka District Health Unit

Physical activity improves brain health

It's the start of a new school year and the perfect time to help kids thrive in mind and body. But in order for them to reach their full mental, emotional and intellectual potential, we have to foster the important connection between the health of the body and the mind.

Regular physical activity – even in short bouts – can help kids' brains on many levels, including better cognition, brain function, and mental health (i.e. emotional, psychological and social well-being). Research shows that students who exercise before a test show stronger brain function than those who don't. Furthermore, children and youth who have brain-based disabilities, such as autism spectrum disorder or ADHD, may experience the greatest benefits and improvements in cognitive function as a result of regular physical activity.

At the YMCA of Simcoe/Muskoka, we know first-hand that exercise is one of the most effective ways to improve mental health. For recommendations and programs on how to increase kids' physical and mental health, visit www.ymcaofsimcoemuskoka.ca.

Information provided by the YMCA of Simcoe/Muskoka

Career Centre provides job search help for free

Are you looking for work? Would you like help with your job search at no cost to you? The Career Centre is available to help. Visit www.barriecarecentre.com for more information.