

Orillia Secondary School Newsletter

March 2023

Character attribute for the month of March *Integrity: we act justly and honourably in all that we do.*

More information about character education can be found here:

www.scdsb.on.ca/about/character_education

Significant days, holy days, holidays and heritage recognition occurring in the month of March

To further share these dates with your school community, you can now link directly to the SCDSB Days of Observance on the SCDSB website: <https://bit.ly/3Ln2Mfb>.

March Break

Please note that March 13 to 17 is March Break for all SCDSB students. Please refer to the 2022-2023 School Year Calendar on the SCDSB website for more information:

www.scdsb.on.ca/elementary/planning_for_school/school_year_calendar.

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:

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).

Join us! A learning series for parents/guardians with Pine River Institute

Mental health and well-being continues to be a key strategic priority within the SCDSB. We are pleased to continue our partnership with the Centre for Family Initiatives at Pine River Institute (CFI@PRI) to provide several curated learning sessions focused on student mental health and well-being to SCDSB families, staff and within the SCDSB's broader school communities.

There are five webinars in the learning series specifically planned for parents, guardians, and other caregivers during this school year. The remaining sessions include:

March 2, 2023	Emotional Regulation for Kids and Adults
April 27, 2023	The Biology of Stress

We hope you save these dates in your calendar and join us for these learning opportunities. For more information and to register, please visit the SCDSB website: <https://bit.ly/3jGaC74>.

Pine River Institute is a live-in treatment centre and outdoor leadership experience for youth aged 13 to 19 struggling with addictive behaviours and often other mental health issues. Combining therapy with a fully-accredited education program, PRI reinforces the healthy life skills required for a successful future. CFI@PRI extends PRI's knowledge, experience and evidence-informed treatment approach to families and care providers in the community to support youth mental wellness and prevent the need for more intensive interventions. Learn more about PRI by visiting their website at www.pineriverinstitute.com.

Registration now open for summer eLearning!

The Simcoe County District School Board (SCDSB) is offering summer school courses in July 2023 for current high school students or adult learners who are interested in earning a new credit or upgrading a previous mark. Students can advance online learning skills, earn missed credits, or fast-track preparation for graduation or post-secondary in just four weeks. eLearning is fully supported by certified teachers who are available electronically daily.

Summer school program details can be found on the Learning Centres website at thelearningcentres.com/high-school-student/summer-school.

#ITSTARTS week in the SCDSB

The County of Simcoe has once again proclaimed March as #ITSTARTS month. The Simcoe County District School Board will be championing the #ITSTARTS campaign from March 6 to 10. This campaign promotes inclusion, acceptance, and equity within the vibrant, diverse, and growing communities that make up Simcoe County. For more information, visit: www.simcoe.ca/dpt/ccs/lip/itstarts.

Interested in learning more about the ways that the SCDSB supports students with special education needs and their families?

Join us for a virtual special education outreach series In 2023, the Simcoe County District School Board (SCDSB) is hosting virtual special education outreach sessions to assist parents/caregivers in learning more about programs, supports and ways that we work together to support students with special education needs. The remaining sessions include:

Supporting students as they transition into school, from one school to another, and from school upon graduation.

April 20, 2023
6:30 to 7:30 p.m.

Working with families to create safe and supportive environments for children who have experienced trauma.

May 9
6:30 to 7:30 p.m.

Participants are asked to register in advance. Information to access the sessions will be shared via email with individuals who have pre-registered. Learn more about each session and how to register on the SCDSB website at www.scdsb.on.ca/elementary/special_education/special_education_outreach_sessions.

Youth Job Connection Summer Program

Do you know students that are between 15 to 18 years of age and looking to get involved in the labour market? Youth Job Connection Summer (YJCS) can connect them to the possibilities!

YJCS includes 20 – 30 hours of paid (\$14.10 per hour) workshops to help them:

- Identify career options that could ‘fit’ based on their interests, strengths and abilities.
- Understand the pathway that is best for them – education, apprenticeship, or work.
- Develop their soft skills (e.g., customer service, leadership, communication)
- Manage workplace and employer expectations like a pro.

YJCS includes hands-on job experience and exposure to careers and workplaces so that they can:

- Explore career options and gain work experience.
- Participate in a paid job placement matching the individual’s interests and abilities.
- Access financial support for transportation, work clothing, and equipment costs (as needed)
- Get job-related certification or training.

This Employment Ontario service is funded in part by the Government of Canada and the Government of Ontario. If interested, call the Career Centre at 705-725-8990 or email info@barriecareercentre.com. Eligible participants must be 15-18, unemployed, full-time student, resident of Ontario and eligible to work in Canada.

Just breathe coping strategy

Well-being is a Strategic Priority in the Simcoe County District School Board, and our well-being department provides monthly strategies to support student and family well-being.

This month's strategy is deep breathing. Parents/guardians should practice deep breathing with their children to help them develop a deeper mind/body connection, self-regulation, awareness of emotions, and build resiliency. To practice deep breathing at home, have your child get comfortable by either standing or sitting. Encourage them to keep their back straight, and shoulders and head relaxed. If they're comfortable, ask them to close their eyes. Have your child place their hands flat on their stomach. Ask your child to breathe in deeply through their nose, filling the belly with breath. Point out how hands move out. Encourage them to hold their breath for a few seconds, then slowly breathe out through the mouth to feel the stomach contract and hands move in. Repeat 5-6 times.

Parents/guardians should practice deep belly breathing at home any time their child seems stressed or upset. Watch a deep breathing video here:
https://www.youtube.com/watch?v=le2TO_MNFxE&t=3s.

Follow along the Mental Health and Well-being social media accounts (@SCDSB_MHWP) to see how well-being is being supported in our schools.

SCDSB eBook library - SORA

Did you know that the SCDSB has a digital eBook library available for all students from K-12? Students may access books using either the SORA app on a tablet or visiting <https://soraapp.com/welcome/login/202712> on the desktop version. They simply use their school Google login and password to access the library. Picture books, beginner chapter books, graphic novels, magazines, young adult novels, audio books; there is something for every student. Students may use the search function to select a specific book or browse through one of the many curated collections. Happy reading!

Math @Home parent series

Fostering a strong school-home partnership is an important part of reinforcing math learning at school and extending the learning beyond the classroom. Families are a child's first educator and help build a strong foundation for future success. The virtual math series outlined below is intended to support a positive attitude towards mathematics, enhance motivation and ultimate success.

The SCDSB math department is pleased to offer three evening virtual sessions for families and caregivers of SCDSB students. These sessions will focus on practical and fun ways to support students with their mathematics learning and engagement at home. The first 200 registrants will receive a path pack of resources to use at home. Participants must pre-register for each of the sessions.

Making Math Connections @Home

Wednesday, April 12

7 – 8 p.m.

This session will explore where we find numbers, patterns, measures, and shapes in our daily lives. Participants will learn about practical ways to help their child notice and wonder about the math in their world.

Problem Solving @Home

Tuesday, April 25

7 – 8 p.m.

This session will explore how to encourage children to be active thinkers and problem solvers, both in math and around the house. Participants will learn about how solving problems at home can help their children solve problems in math class.

Having Fun with Math Facts @Home

Thursday, May 11

7 – 8 p.m.

This session will explore practical, intentional, and fun ways to practice math facts at home. Participants will leave with ideas, games, and activities to support their child with becoming fluent with their math facts.

Participants must pre-register for the sessions they wish to attend. Registered participants will receive a pack of hands-on resources that will be sent to the school indicated on their registration form.

Use this link to register: <https://bit.ly/23MathAtHome>