



Cundles Heights Public School

December 2023 Newsletter

Principal: Rob Norris

Vice Principal: Alexandra Milak

Superintendent: Charlene Scime

Trustee: Lynn Strachan

Trinket Sale

December 18th- 21st

Cundles Heights is recognizing this season with the spirit of giving. At Cundles we are giving the opportunity for our students to show love through gift giving. Cundles Heights will be holding a "Trinket Sale" from December 18th-21st. Students will get an opportunity to choose something to give to someone. They will get to decide to have their gift(s) wrapped or unwrapped and who they want to give to. Each item will be \$1-\$2 each. We will accommodate students who are not able to bring money. Each class will be designated a date and time during this week to shop.

Festival of Lights

December 19th from 4:30-6:30pm

You are invited to our First Annual Festival of Light! Please join us on Tuesday December 19th from 4:30 - 6:30 pm to learn about different winter traditions that focus on light. A wood burning fire, lantern walk, crafts and treats are among the many things to experience. This is a free event, and all families are welcome. We are still looking for families who would like to showcase their cultures and traditions. If you would like to participate in this way, please contact the office. We look forward to seeing everyone on December 19th and remember to dress warm as many parts of the event take place outdoors.

Important Dates & School Events

December 18-21- Trinket Sale

December 19- Hat & Scarf Day, Festival of Lights (4:30-6:30pm)

December 20- Fun Sock Day

December 21- School Spirit Day (wear spirit wear, or blue and yellow)

December 22- Comfy Clothes Day

December 25-January 5- Winter Break (No School)

Phone: 705-728-9658

Safe Arrival: 1-888-885-8065

Fax: 705-728-1076

Website: cun.scdsb.on.ca

X: @CundlesHeights

Cundles Heights Public School

60 Cundles Road East

Barrie, ON L4N 2Z7

Inclement Weather:

CENTRAL ZONE

Daily Schedule for 2023-2024

Please ensure your student(s) are aware of the time that school begins so that they will be on time. Students must report to the office if they are not at school by 8:30am

8:15am	Yard Supervision
8:30am	Entry Bell
8:30am-10:10am	Instructional Time
10:10am-10:30am	Recess
10:30am-10:50am	Nutrition Break
10:50am-12:30pm	Instructional Time
12:30pm-12:50pm	Recess
12:50pm-1:10pm	Nutrition Break
1:10pm-2:50pm	Instructional Time
2:50pm	Dismissal

***REMINDER*: On Bus Cancellation days, all walkers MUST call into Safe Arrival to report their absence if they are not attending school.**

SAFE ARRIVAL

The SCDSB is implementing a new Safe Arrival system at elementary schools. This system will support us in continuing to improve our home-to-school communication process and streamline absence reporting. To report a student absence, call **1-888-885-8065**.

Callers will be prompted to identify the school before leaving a message. Parents should include the student's name, teachers' name, dates and reason for the absence. When schools do not hear from a parent/guardian, and a student is absent, the school will call home to find out the reason for the absence. If you have questions about the new system, please contact the school office.



Cundles Heights is a Peanut/Tree Nut Aware & Scent Free school. Please refrain from bringing any products containing peanuts/tree nuts to the school and from wearing any scents. We have staff and students that are greatly affected and may have anaphylaxis reactions. Thank you.



Student Information

Please update your contact information and child's medical information throughout the school year. Please note that only adults listed as your emergency contacts will be allowed to pick up your child from school. Contact the office to provide updated information.

Pay with School Cash Online

We have made it easy for families 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 'Forms & Payments'
2. Register and add your student 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



School Access Information

All school doors are locked during the school day. The safety and well-being of our students is our top priority. We have several procedures in place designed to keep our school safe. Please note that often there will only be one staff member available in the office meeting the needs of all the students and staff. Due to these circumstances, we will require your assistance and patience when contacting the school office.

VISITORS are not permitted on school premises during school hours without authorization. All visitors to the school premises must ring the front doorbell intercom to speak with the office. Visitors must always sign in at the office.

Parking Lot

Due to a limited number of spaces, we kindly ask that the parking lot be reserved for school staff.

If you are driving your child to school, or picking up, you may park on Harding Drive and cross at the crosswalk or drop your child off at our 'Kiss n Ride'. As always we encourage active forms of transportation including walking to and from school.

If you are picking up, or dropping off your child during the school day, we have a limited number of spaces available directly at the front entrance of the school. Please be mindful of our Accessible Parking spaces. Only those with legal permits should utilize these spaces.

KISS N RIDE

Driving to school? You can drop your child off at our 'Kiss n Ride'. Simply follow the directions of staff and safety patrollers. Drop off occurs at the main gate every morning. Please do not drop off in the bus loading zone near the front entrance. **You are asked to remain in your vehicle to allow for the flow of traffic to continue.**

Thank you for your understanding and support in keeping our parking lot and community safe!

Milk & Lunch Orders

Order your child(ren) milk and lunches through LunchBox, which can be found through your School Cash Online account. It is an easy, cashless payment method. Please note milk and lunch orders are cancelled on Inclement Weather days. Please contact the office if you need any assistance. Milk is available every day of the week and we have the following lunch programs available:

Tuesdays & Thursdays- Pizza

Wednesdays- Subs

Fridays- Burritos, Tacos



Cell Phone Policy at Cundles Heights

All students and staff may connect their personal devices to our Bring Your Own Device (BYOD) network. Devices, including cellphones, may only be used during instructional time under the following circumstances:

- for educational purposes, as directed by the classroom teacher, designated early childhood educator or educational assistant
- for health and medical purposes
- to support students with special education needs

Parents/guardians should discuss appropriate guidelines for personal use of the internet with their children and determine if their child can responsibly manage their device at school. (Source: SCDSB Handbook)

At Cundles Heights, there will be NO visible cell phone use by students during recess or Nutrition Breaks, including indoor recess (*unless the classroom teacher chooses to remain in class and voluntarily supervise student cell phone use*). Cell phones will be used for educational purposes during instructional time with teacher permission.

Student cell phones should be powered off and out of sight when not in use. If a student is using technology without permission, the following steps will be taken:

First Warning- Verbal reminder by the staff member of the school's cell phone policy

Second Warning- Students cell phone will be given to the teacher to be kept in a safe location.

Third Warning- Student cell phone will be brought down to the office. The administration will contact families to discuss expectations and outline consequences and next steps.

This progressive plan is a guideline and subject to change. Serious offences will be handled accordingly and on an individual basis.

Reminders

We kindly ask that students bring all their required items at the beginning of the school day including their backpacks, lunch, snacks, and a refillable water bottle.

In the event they forget, please ring the doorbell intercom. Please understand that staff may not be available to answer the door immediately. We will answer the intercom as quickly as we can, we may be on the phone or providing first aid for students.



Volunteers

Are you interested in becoming a volunteer at Cundles Heights? We are looking for volunteers to help with fundraising, reading, field trips, snack and lunch programs. Please obtain a letter from the office to use when getting your Criminal Background Check and Vulnerable Sector Screening.

Happenings at Cundles Heights P.S.

Extra Curricular Activities

Leading Mentally Healthy Schools Team

Green Team

Student Leadership Teams

GSA

Junior Girls Volleyball

Indigenous Club

Junior Boys Volleyball

Art Club

SCDSB Days of Awareness (December 2023)

Dates(s)	Observance
Dec. 1	World AIDS Day
Dec. 2	International Day for the Abolition of Slavery
Dec. 3	First Day of Advent (Christianity) International Day of Persons with Disabilities
Dec. 6	National Day of Remembrance and Action on Violence Against Women Saint Nicholas Day (Christianity)
Dec. 7-15	Chanukah/Hanukkah (Judaism)
Dec. 8	Awakening Day (Buddhism)
Dec. 9	International Day of Commemoration and Dignity of the Victims of the Crime of Genocide and of the Prevention of this Crime
Dec. 10	Human Rights Day
Dec. 13	Birthday of Imam Aga Khan (Islam)
Dec. 21	Yule/Winter Solstice (Wicca)
Dec. 22	Maun Ekadashi (Jainism)
Dec. 24	Christmas Eve (Christianity)
Dec. 25	Christmas (Christianity)
Dec. 26	Boxing Day Sanghamitta Day/Unduvap Poya (Buddhism) Zarathosht-no-diso (Zoroastrianism) - Fasli Calendar
Dec. 26 – Jan. 1	Kwanzaa

Communication to families regarding inclement weather days

Please note that APM A3020 – Inclement Weather, 3.1.2 states that “parents/guardians are to be reminded, in writing at appropriate times (October and January) each school year, that it is their responsibility to decide whether or not it is safe for their child(ren) to leave for school under severe weather conditions.”

Inclement weather and bus cancellation information reminder

All information regarding cancelled buses in Simcoe County is posted on the Simcoe County Student Transportation Consortium (SCSTC)'s bus information website at www.simcoecountyschoolbus.ca. Our school is in the **CENTRAL** zone. When buses are cancelled, schools remain open for student learning, unless otherwise noted. School staff are expected to plan for such emergencies in order to transition students who are unable to attend due to inclement weather, to their online platforms (Google Classroom and/or SCDSBhub [Brightspace by D2L]) and continue with academic programming. It is always a family decision whether or not it is safe for their child(ren) to leave for school under severe weather conditions.

The Consortium and bus operators try to make the decision to cancel school buses before 6 a.m. and make every effort to post announcements before 7 a.m. Inclement weather cancellations are effective for the whole day and buses cancelled in the morning will not run at the end of the day. You can follow the Consortium on Twitter [@SCSTC_SchoolBus](https://twitter.com/SCSTC_SchoolBus) for bus cancellations and other information. You can also subscribe to receive bus delay notifications here: <https://scstc.ca/Subscriptions/Login.aspx>.

High school information events for Grade 8 students

Is your child starting Grade 9 next year? High school information events will take place in person this winter! Student leaders and staff at the school will give an overview of what's new and what to expect. Learn about courses offered, as well as information about teams and clubs. Please visit the SCDSB website at www.scdsb.on.ca/secondary/planning_for_high_school to find details on your high school's info night, and contact the school directly for more information.

Grade 1 French Immersion information

The Simcoe County District School Board (SCDSB) offers French Immersion (FI) at select schools throughout Simcoe County beginning in Grade 1. The goal of the FI program is to enable students to communicate in French with a high level of proficiency, enabling them to function with ease in both French and English. Upon graduation from the program, students will communicate in French with confidence in a wide variety of real-life situations.

The SCDSB board-wide electronic applications for the Grade 1 FI program for all sites will open Friday, Dec. 1 at 9 a.m. and close at 4 p.m. on Friday, Dec. 15. Entry into the FI program is determined through a digitally randomized lottery system. To learn more, visit the SCDSB website:

<https://www.scdsb.on.ca/cms/One.aspx?portalId=210982&pageId=12587752>.

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.

These webinars are specifically planned for parents/guardians and other caregivers during this school year.

Jan. 11, 2024 Sleep hygiene

Feb. 8, 2024	Self regulation for kids
Feb. 22, 2024	Self regulation for teens
March 28, 2024	Building parents' resiliency
April 18, 2024	Vaping, weed, and alcohol

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.

Parents' Guide to Assessment, Evaluation and Reporting

Learn to navigate the world of assessment, evaluation, and reporting with this new guide for parents/guardians. Created to support parents'/guardians' understanding of assessment, this guide was designed to effectively empower you to actively engage in your child's educational journey. The guide has been posted to the Simcoe County District School Board's website and can be accessed at <https://tinyurl.com/2urcm2tm>.

Subscribe to Community Connects!

The Simcoe County District School Board (SCDSB) is excited to launch Community Connects, a new bimonthly newsletter for the SCDSB community. Our shared goal with this new tool is to keep our community partners and stakeholders informed while nurturing relationships that are built on accountability, trust, and transparency.

To learn more and subscribe, visit the Community Connects page on the SCDSB website: https://www.scdsb.on.ca/community/community_connects.

Subscribe to Kindergarten Connections!

Will your child be turning four in 2024? If so, the SCDSB invites you to Kindergarten Connections! This is a monthly newsletter informing families of everything they need to know about preparing their child for school, as well as registering them for Kindergarten in the SCDSB. To learn more and subscribe, visit the Kindergarten page on the SCDSB website: www.scdsb.on.ca/elementary/planning_for_school/kindergarten.

EarlyON Child and Family Centres

The foundation for lifelong learning and health is built in the early years. EarlyON Child and Family Centres across Simcoe County offer programs for children prenatal to six years of age and their parents/guardians and caregivers. They offer access to play- and inquiry-based learning supported by *How Does Learning Happen?* Ontario's pedagogy for the early years, information on child development and developmental screening including Early Referral Identification Kits (ERIKs), parent/guardian education, referrals to community resources, nutrition information, and post-natal resources. Check with your local EarlyON provider: <https://linktr.ee/earlyonsimcoe>.

How is your infant, toddler, or preschool child developing?

Is your child meeting their milestones? Age-appropriate speech and language skills are critical to your child's ability to read, write, and be successful in school as well as to their ability to engage with their peers. Free services are available to support you with your child's development. Preschool speech and language programs are located across the County of Simcoe. Call 705-739-5696 or 1-800-675-1979 to complete a developmental screen. The earlier we work together the better!

Licensed Winter Break school-age child care programs

Child care programs for children in Kindergarten to Grade 6 are provided by independent, third-party child care operators in some SCDSB schools. To support your child care needs, some operators offer child care on PA days and holidays including over the Winter Break. Registration in advance is required.

Please contact the child care operator directly to discuss fees and to register. More information and contact numbers can be found by visiting: www.scdsb.on.ca/elementary/planning_for_school/childcare_before_after.

Programs available through the SCDSB's Adult and Continuing Education Learning Centres

The Simcoe County District School Board's Adult and Continuing Education department offers a variety of programming including day school, night school, summer school, correspondence, and co-op. Courses may be online, hybrid, or in-person and are based on sufficient enrollment. For current high school students, we offer travel for credit, summer school, and night school programs. For adults, we offer credit courses towards completion of an Ontario Secondary School Diploma (OSSD) including credits granted for prior learning and experiences (PLAR). In support of many of the adult learners in our communities, we also offer non-credit classes in English as a second language (ESL) and literacy and essential skills (LES) both of which can support learners towards paths of employment, continued education, and citizenship. Please visit us at www.thelearningcentres.com to learn more.

School playground structures are closed for the winter

Every winter, school playground structures are closed. Students are made aware of this during school hours through announcements and staff reminders during breaks. This may not be well known throughout the community, despite signs indicating that playground structures are a winter hazard and are closed. The Canadian Standards Association regulations make recommendations for the depth of ground cover required to minimize injuries (e.g., sand, pea gravel or wood chips). These surfaces cannot be maintained when the ground freezes. Injuries from falling would be more significant on frozen ground. We strongly recommend that you do not allow your children to play on any structures while the ground is frozen.

Mental health strategy of the month - Emotion Charades

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

This month's strategy is *Emotion Charades*. This practice helps students practice expressing emotions with their whole body and recognize body language and facial expressions in others. To practice *Emotion Charades* at home, on slips of paper, write or draw different feelings depending on the age of your child. For instance, happy, sad, angry, scared, worried, sleepy, frustrated, etc. Place the papers in a bowl/container.

Then:

- Decide who will go first. Have that person pick a piece of paper from the bowl.
- Have them read the feeling to themselves, or, if needed, help your child read the feeling.
- Now they will act out the feeling without words while the other players try to guess what it is.
- Once someone gets the right answer, it's the next person's turn to pick a piece of paper and act out the feeling.

This is a fun activity that everyone in the family can play!

Emotion Charades link to School Mental Health Ontario parent sheet: <https://smho-smso.ca/online-resources/easy-and-fun-mental-health-activities-for-home/>

Find more information to support your child's mental health here: <https://smho-smso.ca/parents-and-caregivers/>

Emotion Charades:

Elementary - <https://smho-smso.ca/emhc/identification-and-management-of-emotions/recognizing/emotion-charades/>

Secondary - <https://smho-smso.ca/emhcsecondary/identification-and-management-of-emotions/recognizing/emotional-awareness/>

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

Math @Home parent and caregiver series

It's back! The SCDSB math team is pleased to offer three virtual sessions for parents and caregivers of SCDSB students. These sessions will focus on practical and fun ways to support children with their mathematics learning and engagement at home. The first 200 registrants will receive a Math @Home kit of resources to use at home. Participants must pre-register for each of the sessions.

Exploring the new SCDSB family math resources

Tuesday, Feb. 6, 2024, 7 to 8 p.m.

This session is for parents and caregivers. Join members of the SCDSB math team for a guided exploration of the new SCDSB family math resources. Participants will have the opportunity to explore the resources that are available to support their child's math learning at home. The guided portion of the session will be 45 minutes in length. During the final 15 minutes, the math team will be available to answer questions about the resources available.

Tips for engaging in math conversations with your child @Home

Wednesday, Feb. 28, 2024, 7 to 8 p.m.

This session is for parents and caregivers and will explore opportunities to discuss math with their child(ren) at home. Participants will learn about how events such as shopping, preparing food, engaging in a building project, or going for a walk can be used as a starting point for math conversations, and will receive prompts to get the discussion rolling. The guided portion of the session will be 45 minutes in length. During the final 15 minutes, the math team will be available to answer questions about the session.

Games to support your child's math learning @Home

Thursday, April 4, 2024, 7 to 8 p.m.

This session is for parents, caregivers, and their children. Playing games at home is a great way to support child(ren)'s math development. In this session, several games will be explored, and participants will have the opportunity to try the games with their children during the session. The guided portion of the session will be 45 minutes in length followed by 15 additional minutes for further game play or to ask questions of our math facilitators. Bring your child(ren) and your math kit to this session!

Participants must pre-register for the sessions they wish to attend. Registered participants will receive a kit of hands-on resources that will be sent to the school indicated on the registration form. Use this link to register: <https://bit.ly/24MathAtHome>.

The following information has been provided by the Simcoe Muskoka District Health Unit

Head lice treatment and prevention

Anyone can get head lice. Having head lice does not mean a person is unclean or lives in a dirty home. While they are a nuisance, head lice do not spread disease or cause illness. Head lice spreads easily, especially where people are in close contact and are very common among school-aged children or children in childcare.

Head lice spreads through direct hair-to-hair contact or indirectly by sharing hats, combs, hairbrushes, and headphones. To help prevent the spread of head lice, it's important to educate students about avoiding head-to-head contact and discourage sharing combs, hairbrushes, tuques, hats, or hair accessories.

Parents/guardians, caregivers, and families can visit

<https://www.simcoemuskokahealth.org/Topics/PP2B/RaisingChildren/YourGrowingChild/HeadLice> for more information about head lice treatment and prevention. Or call Health Connection at 1-877-721-7520 to speak to a public health nurse.

Is bedtime stressing you out?

Kids need 10-12 hours of sleep every night but sometimes getting them to bed can be challenging. You can help create a regular sleep schedule for your child by setting a clear bedtime and sticking to the same time every night. Start getting ready an hour before bed; turn off the TV, computers, and phones. Spend quality time talking or reading stories to help them unwind. Agree on how many you'll read before you start! Keep their room dark, cool, and quiet - a nightlight is fine. Remember, making sure your child gets enough rest will help improve their mood, behaviour, and ability to learn.

For more bedtime tips, contact Health Connection at 705-721-7520 or 1-877-721-7520 to speak with a public health nurse. Visit www.simcoemuskokahealth.org for more information.

Did you know it's illegal to vape or smoke anywhere on school property, inside the school or outside within 20m of school property, 24 hours a day, 365 days a year?

The law applies to everyone on school property, students, staff, and visitors. It also means it is illegal to vape or smoke on school athletic fields during afterhours activities or vape or smoke in school washrooms. There is a fine of \$305 for vaping or smoking on school property.

But why do youth vape at school? Vapes contain nicotine, which is a highly addictive drug. Nicotine addiction is extremely powerful, develops quickly, and youth may not realize they are addicted. Once addicted, they need nicotine regularly or they will experience withdrawal, making it hard to get through the school day. Help them take back control – there are supports to help youth quit! Talk to your child about vaping, they listen more than you think. Learn more at NotAnExperiment.ca/parents.

Information provided by the Simcoe Muskoka District Health Unit

The following information is provided by Simcoe Muskoka Family Connexions

Simcoe Muskoka Family Connexions is seeking compassionate and skilled professionals with specialized experience to apply to become foster care providers

The goal of this program is to meet the needs of youth through a therapeutically supported parenting approach within a structured environment, where they are supported and guided by a multi-disciplinary treatment team. The youth will remain, or become connected to, their family/kin/community whenever possible. Treatment services will be individualized based on the needs of the youth, and the knowledge of those who know the youth best in collaboration with community partners. This will allow youth to reside in a family-based setting and remain in their home community of Simcoe Muskoka, staying connected to important relationships and supports that may already be in place.

The homes approved under this strategy are designed to create clinically informed care plans that will support the youth directly, in addition to the continued support of their care providers. Youth will be supported by a multi-disciplinary team and will be available to implement and design parenting and support to address the needs of the youth.

Compensation packages will be offered to experienced foster care providers, as well as clinical support to both care providers and youth.

If you or someone you know is looking for more information or would like to apply, contact Simcoe Muskoka Family Connexions by email at bruna.figliuzzi@familyconnexions.ca or call [705-716.4664](tel:705-716-4664).

Information provided by Simcoe Muskoka Family Connexions