



# Cundles Heights Public School

## January 2024 Newsletter

**Principal:** Rob Norris

**Vice Principal:** Alexandra Milak

**Superintendent:** Charlene Scime

**Trustee:** Lynn Strachan

### Welcome Back!

We are pleased to welcome everyone back after the winter break. We are excited to continue our learning journey with students and staff and remain actively engaged with the SCDSB's Strategic Priorities. As we align our school goals with the Strategic Priorities, staff and students continue their work on implementing the newly revised Language Curriculum in Grades 1-8, deliberate practice and small group instruction in math, using School Mental Health Ontario strategies as part of our mental health initiatives, and fostering safe and inclusive spaces that honour and represent diversity.

We would like to welcome any interested parents/guardians to our next School Council Meeting which will take place on Tuesday, February 6<sup>th</sup> at 3:00pm in the library. We hope to see you there!

Students are encouraged to listen to the announcements daily for information regarding upcoming clubs, teams, and tryouts. We are also excited about our Neon Dance happening on February 2<sup>nd</sup>. There is more information about this event and purchasing items on the following pages. Please note that items will be available for purchase on School Cash Online only this year.

Thank you for your continued support,

Rob Norris & Alexandra Milak

**Phone:** 705-728-9658

**Safe Arrival:** 1-888-885-8065

**Fax:** 705-728-1076

**Website:** [cun.scdsb.on.ca](http://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

### Important Dates & School Events

January 24- Bell Let's Talk Day

January 25- School Spirit Day (wear school spirit wear and/or colours)

January 26- PA Day (No School)

February 2- Neon Dance

**\*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.

# Neon Dance Glow Store

Pre-order your glow items for our Neon Dance on [School Cash Online](#). The store will be open from January 10<sup>th</sup>-January 23<sup>rd</sup>

Please note: we will have a **very limited** number of items available for purchase on the day of.

Glasses \$4.00



Slushie \$2.00



Ring \$3.00



Sour Key \$1.00



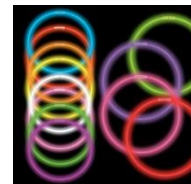
Necklaces \$3.00



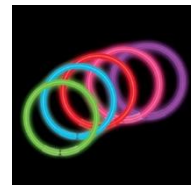
Chips \$1.00



Large glow sticks \$2.00



Small glow sticks \$1.00



CUNDLES HEIGHTS PUBLIC SCHOOL

# NEON DANCE

*Party*

FRIDAY, FEBRUARY 2, 2024

**GLOW IN THE DARK BRACELETS,  
GLASSES, SLUSHIES & MORE  
FOR SALE (PRE-ORDERS ONLY)**

VISIT SCHOOL CASH ONLINE TO ORDER



# An Invitation To Attend **Barrie North Collegiate's**



## Grade 8 Open House

**Wednesday, January 17<sup>th</sup>, 2024**  
**6:30–8:00 p.m.**  
(inclement weather date, Thursday, January 18<sup>th</sup>)

Welcome Future Vikings! Grade 8 students and their parents/guardians are invited to visit Barrie North Collegiate on this very special night!

Students and their guardians/parents will have the opportunity to:

- ✓ Attend the 6:30pm Welcome Presentation in the cafeteria or arrive at your convenience to tour the school!
- ✓ Visit the different department areas with their unique interactive displays.
- ✓ Gain information about all aspects of high school including tips for a successful start, course pathway information and extra-curricular activities available at North.
- ✓ Meet the members of our school's Administration, Student Council, Student Success, Resource, Guidance Services and community partners!
- ✓ Watch a video made by BNC's Communication Technology Department showcasing the spirit at BNC – AND see photos of students taken at November's 'Picture yourself at North' Day!

**THIS EVENING IS A MUST TO  
ATTEND! WE LOOK FORWARD TO  
WELCOMING YOU!**

**LOTS OF DOOR  
PRIZES INCLUDING  
NORTH SWAG! BE  
SURE TO PICK UP A  
RAFFLE TICKET  
WHEN YOU ENTER!**



**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](http://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 Palace

Wednesdays- Subway

Fridays- Quesada



## 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

Indigenous Club

Art Club

Intermediate Boys Basketball

Intermediate Girls Volleyball

# SCDSB Days of Awareness (January 2024)

<b>Dates(s)</b>	<b>Observance</b>
January 1-31	Tamil Heritage Month
Jan. 1	New Year's Day, Temple Day/Solar New Year (Buddhism)
Jan. 4	World Braille Day
Jan. 6	Epiphany (Christianity)
Jan. 7	Christmas (Eastern Orthodox Christianity)
Jan. 10	Linji Memorial (Buddhism)
Jan. 11	Sir John A. Macdonald Day
Jan. 13	Lohri (Hinduism), Maghi (Sikhism)
Jan. 14	New Year's Day (Eastern Orthodox Christianity)
Jan. 15	Makar Sankranti (Hinduism), Thai Pongal (Hinduism – Tamil)
Jan. 19	Epiphany (Eastern Orthodox Christianity)
Jan. 20	Birth of Guru Gobind Singh (Sikhism)
Jan. 21	Lincoln Alexander Day
Jan. 24	International Day of Education, World Day for African and Afrodescendant Culture
Jan. 25	Bell Let's Talk, Honen Shonin Memorial (Buddhism), Mahayana New Year (Buddhism)
Jan. 27	Family Literacy Day, International Day of Commemoration in Memory of the Victims of the Holocaust
Jan. 29	National Day of Remembrance of the Quebec City Mosque Attack and Action Against Islamophobia

## **January PA Day**

Please note that Friday, Jan. 26 is a PA Day for elementary SCDSB students. Please refer to the 2023-24 School Year Calendar on the SCDSB website for more information:

[www.scdsb.on.ca/elementary/planning\\_for\\_school/school\\_year\\_calendar](http://www.scdsb.on.ca/elementary/planning_for_school/school_year_calendar).

Below is a summary of the activities planned for the Jan. 26 PA Day:

**Length:** Full day

**Topic:** Evaluation and reporting

**Host:** Simcoe County District School Board

**Presenter(s)/facilitator(s):** Not applicable

Educators will be working to complete the first provincial report card which will reflect students' achievement of curriculum expectations introduced and developed from September to January/February of the school year, as well as students' development of the learning skills and work habits during that period. This process includes both evaluation and reporting.

Elementary report cards will go home to parents/guardians on Friday, Feb. 16, 2024.

## **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](http://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>.



### **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://cdnsm5-ss14.sharpschool.com/UserFiles/Servers/Server\\_210898/File/Secondary/Parents-Guide-to-Assessment.pdf](https://cdnsm5-ss14.sharpschool.com/UserFiles/Servers/Server_210898/File/Secondary/Parents-Guide-to-Assessment.pdf).

### **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: [www.scdsb.on.ca/community/community\\_connects](http://www.scdsb.on.ca/community/community_connects).

### **Kindergarten registration for September 2024 is open!**

Kindergarten is the beginning of a wonderful journey of learning, and we want your child to begin their journey in a SCDSB school! Do you have a child who is turning four in 2024? If so, we invite you to register your child for Kindergarten. To register online or for more information visit: [www.scdsb.on.ca/kindergarten](http://www.scdsb.on.ca/kindergarten).

### **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 enewsletter 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](http://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 and March 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](http://www.scdsb.on.ca/elementary/planning_for_school/childcare_before_after).

### **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](http://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.

### **Standards of behaviour and consequences for student action related to racism, bias or hate**

At the SCDSB, we are committed to maintaining safe, inviting, and supportive school environments, and recognize that all students have the right to be safe, and feel safe, in our schools. With this right comes the responsibility to contribute to a positive school climate.

We want you to know that any incident of racism, bias, or hate will not be tolerated. Any such incident is treated very seriously with immediate action and consequences in accordance with the requirements of the *Education Act*, and consistent with our values and obligations under the *Ontario Human Rights Code*.

Students who engage in acts of racism, bias, or hate will face severe consequences as a result of their actions. Please take a moment to review the SCDSB Code of Conduct with your child(ren). The Code of Conduct sets clear standards of behaviour and specifies consequences for student actions that do not comply with these standards. Visit [www.scdsb.on.ca/elementary/safe\\_schools](http://www.scdsb.on.ca/elementary/safe_schools) to learn more.

The SCDSB's Human Rights and Equity Office (HREO) has an advisory titled *Prohibiting the Use of the N-word*. Please take a moment to review this advisory with your child(ren) by visiting the HREO page on the SCDSB website <https://tinyurl.com/3jsvhan6>.

We are dedicated to educating our students and staff about the injustice and impact of systemic racism. We continue to work with students, staff, parents/guardians and community partners to ensure that our schools are the safe places they are intended to be for all students.

### **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.

### **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>.

**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 information series**

During the 2023-24 school year, the Simcoe County District School Board (SCDSB) is hosting virtual special education outreach sessions to assist parents/guardians in learning more about programs, supports, and ways that we work together to support students with special education needs.

**Transition planning**

Feb. 13

6:30 to 7:30 p.m.

**Reading strategies**

March 19

6:30 to 7:30 p.m.

**Supporting students with Autism Spectrum Disorder (ASD)**

April 16

6:30 to 7:30 p.m.

**Every day mental health strategies**

May 14

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:

[www.scdsb.on.ca/elementary/special\\_education/special\\_education\\_outreach\\_sessions](http://www.scdsb.on.ca/elementary/special_education/special_education_outreach_sessions).

**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.

There are eight webinars specifically planned for parents/guardians and other caregivers during this school year. The remaining webinars are:

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](http://www.pineriverinstitute.com).

### **Reporting achievement in language**

Student achievement in language will be reported as one overall grade or mark on the term one report card. The mark will reflect a student's integrated learning across the four strands:

- Strand A - Literacy Connections and Applications
- Strand B - Foundations of Language
- Strand C - Comprehension; Understanding and Responding to Texts
- Strand D - Composition; Expressing Ideas and Creating Texts

The grade will be accompanied by supporting comments that will indicate the student's strengths, describe growth in learning, and identify next steps for improvement.

For more information regarding the revised Language curriculum, visit [www.dcp.edu.gov.on.ca/en/key-changes-language](http://www.dcp.edu.gov.on.ca/en/key-changes-language) to view a guide for parents/guardians on the Ministry of Education website.

### **Mental health promotion strategy of the month - 2 x 10 Connecting**

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 *2 x 10 Connecting*. This practice helps to build rapport and the relationship between a caring adult and student, and to let the student see they are genuinely cared about as a person.

To practice *2x10 Connecting* at home, find a consistent time each day to spend two minutes talking to your child about anything they would like to talk about for a period of 10 days. If you have more than one child, switch who spends that time talking with you every 10 days or find different times in the day to spend 2 minutes with each child.

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

### **2x10 Connecting resources:**

Elementary - <https://smho-smso.ca/emhc/self-awareness-and-sense-of-identity/mattering/2-x-10/>

Secondary - <https://smho-smso.ca/emhcsecondary/healthy-relationship-skills/being-a-good-friend/connecting/>

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

## **Keeping your information private**

As parents/guardians, we work to support our children's well-being and to protect them from harm. At a time when internet use can pose risk to our children, how can we support them in keeping their information private and secure when using social media, games, and/or other digital apps? Each month we will highlight one cyber awareness topic to support parents/guardians with the information and tools they need to navigate these topics with their children.

January's theme is *Keeping your information private*. For helpful tips related to managing your child's privacy and security settings on mobile devices, read through the info sheet from the Educational Collaborative Network of Ontario (ECNO) by visiting [https://ecno.org/wp-content/uploads/2023/09/ECNO-CAM-Calendar-23-Aug3023\\_KeepInformationPrivate.pdf](https://ecno.org/wp-content/uploads/2023/09/ECNO-CAM-Calendar-23-Aug3023_KeepInformationPrivate.pdf). For additional activities and information, please refer to the Digital Citizenship resources for parents/guardians that are available on the SCDSB website [https://www.scdsb.on.ca/elementary/safe\\_schools](https://www.scdsb.on.ca/elementary/safe_schools) (see button for Mental Health & Well-being in Online Environments).

## **Stay healthy this school year**

COVID and other respiratory infections can spread easily from person to person. These germs can spread quickly when someone coughs or sneezes directly on another person, or when germs land on hard surfaces like doorknobs, desks, and keyboards and then are touched by someone else. These germs can then enter the body through the eyes, nose, or mouth.

The most important thing you can do to keep from getting sick and stop the spread of germs is wash your hands. Wash with soap and warm running water for at least 15 seconds (or try singing Happy Birthday twice). If your hands are not visibly dirty you can use alcohol-based hand sanitizer for 15 seconds. Also, make sure you are up to date with your immunizations, cover coughs and sneezes, and stay home if you are sick. Teach your kids to do the same!

For more tips to keep you and your family healthy this school year, contact *Health Connection* at 1-877-721-7520 or visit [www.simcoemuskokahealth.org](http://www.simcoemuskokahealth.org).

*Information provided by The Simcoe Muskoka District Health Unit.*

## **Parent/guardian self-care**

As parents and caregivers, it is important that we take time to check in with ourselves. When you are feeling stressed or overwhelmed, take time for yourself, even if it is just a few minutes. Working through your own feelings will make it easier for you to support and reassure your child.

Self-care does not need to be complicated. Take a few minutes to do something you enjoy, connect with a friend, or move your body. It is not selfish, it is self-preservation.

For more information, call *Health Connection* at 705-721-7520 or 1-877-721-7520 or visit [www.simcoemuskokahealth.org](http://www.simcoemuskokahealth.org)

*Information provided by The Simcoe Muskoka District Health Unit.*