



Nantyr News

December 2019



1146 Anna Maria
Avenue
Innisfil, Ontario L9S 4X5
Phone: (705) 431-5950

Principal:

Liselle Prickett: lprickett@scdsb.on.ca

Vice-Principals:

Allison Reid: areid@scdsb.on.ca

Jeremy Oxley: joxley@scdsb.on.ca

CHECK OUT OUR WEBSITE AT: <http://nss.scdsb.on.ca/>

Days of Awareness and Recognition taking place in December

Throughout the year, there are many awareness days that focus on different causes and recognition. The Simcoe County District School Board 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 December:

Dec. 6	National Day of Remembrance and Action on Violence Against Women
--------	--



Nantyr Shores Secondary School

Administration and Staff would like to wish our students, their families and our friends in the community a very safe and happy Holiday Season and a most prosperous 2020.

Parents: Come get involved! New to the area? Or new to the Country? Fresh ideas and enthusiastic participants are always welcomed. As the Council grows each year, we can expect bigger and better successes. A strong, active student body can only serve to benefit our School and Student body.

School
Council

Our second meeting of the 2019-2020 school year is Monday, Jan. 20 @ 6:30, if you are interested but cannot attend contact:

Liselle Prickett/Tania Bondi (Chair) or the School Office to get your voice heard!

Our **Winter Arts Night 2019** will be taking place at Nantyr in the cafetorium on the evening of December 12th @ 7pm-9pm. The event will showcase student talent performed by our music, dance and drama classes this semester. The visual arts students will have their creations on display in the main hall. The performance is free to attend and all are welcome to come and support the hard working Art students for Nantyr Shores.

STOP THE SPREAD OF GERMS



Cover your nose and mouth when coughing and sneezing



Dispose of used tissues properly after use



Regularly wash hands with soap and warm water



If you have flu-like symptoms, seek medical attention immediately



If you have flu-like symptoms, keep distance of at least 3 feet from other people



If you have flu-like symptoms, stay home from work, school or crowded places



Avoid hugging, kissing and shaking hands when greeting



Avoid touching eyes, nose or mouth with unwashed hands

How to stop the spread of germs to help us all stay healthy this school year

Colds and influenza spread easily from person to person. These germs can spread directly from person to person when someone coughs or sneezes, or indirectly when germs land on hard surfaces like door knobs, desks or 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 to others is wash your hands! Wash with soap and warm running water for at least 15 seconds (or try singing “row row row your boat”). If your hands are not visibly dirty, you can use alcohol-based hand rub (hand sanitizer) for 15 seconds. You can also get your flu shot, cover your mouth when you cough and sneeze 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 the health unit's website at www.simcoemuskokahealth.org.

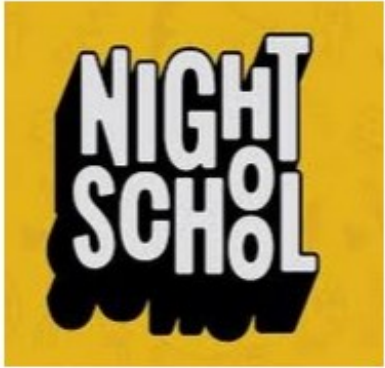
Information provided by the Simcoe Muskoka District Health Unit.

Volunteering in a SCDSB school

We thank all volunteers for your time – we couldn't do it without you! If you are interested in volunteering at a SCDSB school, please register on the SCDSB Community Apps website via www.scdsb.on.ca. Once you've done this, please visit the school to find out the next steps in order to become a volunteer in the school.

Register now for Night School (Semester Two) to complete high school, prepare for post-secondary education

Night school at the Barrie Learning Centre offers secondary school credits in a variety of subjects for students completing their Ontario Secondary School Diploma, and for students who are preparing for post-secondary education. Subjects include math, English, chemistry, biology, physics, social science and history. All night school courses are offered face-to-face, two nights per week, and run given sufficient enrolment. Learn more and register at: www.thelearningcentres.com.



Communication to families regarding inclement weather days

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. 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>



For school event cancellations in case of inclement weather listen to your local radio station for event cancellation information.

Coping with anxiety

Feelings of anxiety can be common among teens. Sometimes normally happy teens will become anxious or fearful about something for a day or two but will return to normal without any need for help from their parents. However, some teens experience more intense and frequent feelings of anxiety that prevent them from participating in normal everyday life. Creating a positive family environment, encouraging regular school attendance and helping your teen understand and discover ways to cope with their anxiety can help.

If you would like to learn more about monitoring and understanding your teenager's emotions and behaviours, ways to talk openly with your teenager and encouraging your teenager to practice their coping skills, call Health Connection at 705-721-7520 or 1-877-721-7520 and talk to a public health nurse about Triple P Positive Parenting Program or visit www.tripleontario.ca/en/home.aspx.

Information provided by the Simcoe Muskoka District Health Unit.

Physical activity can make the holidays less stressful

For many, the holiday season can be a source of great physical and mental stress. Planning family gatherings, attending work parties, buying gifts, staying up late and eating unhealthy foods can all contribute to increased anxiety, stress and fatigue. Did you know that being physically active is one of the single best ways we can naturally reduce stress? Here are three reasons why you should consider staying active this holiday season:

1. Physical activity boosts your mood – The relationship between the mind and the body is very strong. Physical activity releases endorphins in your body, making you feel calm, less anxious and happier. Providing yourself and your kids with a small amount of relaxation or 'time-out' every day – even just 15 minutes – can also improve your health dramatically. Try taking a yoga class, or even a 10-minute walk can do the trick!
2. Physical activity helps you sleep – Physical activity leads to better sleep and better sleep leads to less stress. Research shows that people who get regular physical activity fall asleep faster, sleep longer and get higher quality sleep. Being well-rested helps us cope with stress and gives us more energy to tackle whatever life throws our way!

Physical activity reduces your stress hormone – physical activity decreases the amount of cortisol (the body's stress hormone) circulating in our bloodstream. When we get stressed out, our cortisol levels spike. Exercise is a great way to help lower them.

The YMCA of Simcoe/Muskoka offers many opportunities to stay active this holiday season. Open gym, family swim, yoga, and our popular Y kids drop-in program provide great opportunities to be active with your family. For more information about programs offered at your local YMCA, please visit www.ymcaofsimcoemuskoka.ca.

Information provided by the YMCA of Simcoe/Muskoka



December Guidance Department Update

For the latest information, follow us on Twitter! @NantyrGuidance

College and University Information

Guidance hosted College Online Application Training during period 2 in the library on **Dec 4th**

If you missed these sessions or have questions regarding your application, please see Guidance for assistance. Application deadlines are:

University – Wednesday, January 15th, 2020.

College – Saturday, February 1st, 2020.

Scholarships, Bursaries and Financial Planning for Post-Secondary Education

It is never too early to start your scholarship search! Students are encouraged to visit the following websites to create profiles and be matched with scholarships / bursaries:

<https://yconic.com/>

<https://www.scholarshipscanada.com/>

<http://scholartree.ca>

www.schoolfinder.com

www.studentscholarships.org

<https://gratme.ca>

In addition, further scholarship and bursary opportunities arrive in the guidance office regularly. These will be advertised during daily school announcements, on the scholarships bulletin board in the guidance office, on the @NantyrGuidance Twitter feed, and also on Instagram @wetheshores.

As well, once students know what schools/programs they are applying to, they should seek out scholarships and bursaries on those schools' websites.

Grade 8 Information Night

Do you have a child starting Grade 9 next year? High school information nights happen this winter! Information nights give an overview of what's new and what to expect, and are a chance to ask questions.

High school is an exciting time – there are so many programs, clubs and activities for students to try. Guidance will be visiting grade 8 classrooms during the week of January 7th – 10th to teach grade 8 students how to choose their grade 9 courses at Nantyr. Parents and students can hear about all high school opportunities during our **Grade 8 Student and Parent Information Night on Wednesday, January 15th, 2020 from 7:00 – 8:30 p.m.**

K-CUP



**K-Cup is coming December 11th, 2019
Students can buy their tickets for the fan
bus during lunch in the main hall.**

Mindfulness Ambassador Program (MAP)

Nantyr's school Social Worker, Natasha Stasiuk, is offering a 6 session Mindfulness group program to students who wish to participate. The program is based on the 12 session Mindfulness Ambassador Program (MAP), an evidence-based Mindfulness program that promotes social and emotional learning competencies through the practice of self-regulation and intentional attention (secular mindful breathing practices). Participants come together in a shared learning environment and are offered a safe space to discover their talents and gifts, share from personal experience, engage in attention training practices and take what resonates, as ambassadors for mindful living, into their communities. Participants are encouraged to share in discussions, as this facilitates learning and increased understanding of concepts, but of course are never forced to speak. Research has demonstrated that after attending the MAP, participants are better able to manage stress and anxiety, report higher levels of self-esteem, can deal with difficult emotions through more effective communication, and find it easier and more enjoyable to connect with their communities.

Sessions are approximately 45 to 60 minutes in length and will run during rotating periods, to minimize the amount of class time missed during any one period. If your son or daughter would like to participate in this 6 session Mindfulness program please have them connect with Natasha in room 140, or by text or phone call at 705 627 7455. If you have any questions about the MAP program or would like to learn more, please feel welcome to contact Natasha Stasiuk at the above number or at the school at 705 431 5950 ext. 40202.

The program will run once enough students have agreed to participate in all 6 sessions.

Pay for field trips, lunch days, 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.schoolcashionline.com or visit our school website and click on 'Pay Fees'
2. Register and add your child to the newly created account. You will need your Students' Student # to add them.
3. View and purchase items through bank transfer or credit card. It's safe, fast and convenient. Contact the office with any questions.



***School Cash Online is our PREFERRED method for school payments, SIGN UP TODAY!!

Cope is looking for volunteer drivers to pick up and drive the dogs to and from school in the COPE van the position is posted on indeed and can be reached by clicking on the link

<http://copedogs.org/get-involved/become-a-volunteer/>

and then on that page, clicking on the "Volunteer Drivers" heading.



MOBYSS Youth Walk-In Clinic is a mobile physical, sexual, and mental health walk-in clinic. Youth Mental Health Workers, Nurse Practitioner and Peer Support Specialists are skilled in assisting youth with a variety of issues, including assessment, treatment and diagnosis of acute illnesses such as sore throat or bladder infection, sexual health education, counselling, support and referrals. Students can access MOBYSS without an appointment and a health card is not required. MOBYSS attends Nantyr on Mondays from 9:30am to 1pm. MOBYSS is a service offered by Canadian Mental Health Association York Region. Visit www.mobyss.ca for frequently asked questions and information for parents.

Important Dates Coming Up

Semi-formal	December 5 @ 7pm—10pm
K-Cup	December 11, 2019
Arts Night @ Nantyr Shores in the Cafetorium	December 12 @ 7pm—9pm
Swimming GB's @ East Bayfield C. C.	December 17, 2019
Winter Break	December 23, 2019– January 5, 2020
Grade 8 Student & Parent Information night	January 15, 2020 @ 7pm-8:30pm
Semester One Exams	January 23—29, 2020
PA Days	January 30 & 31, 2020
First Day of Semester Two	February 3, 2020