



Nantyr News

March 2020



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

Character Attribute for the month of March

Integrity - we act justly and honorably in all that we do.

More information about Character Education can be found here: www.scdsb.on.ca/about/character_education

Days of awareness and recognition taking place in March

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

March 6	National Employee Appreciation Day
March 8	International Women's Day
March 14	Pi Day
March 21	World Down Syndrome Day International Day for the Elimination of Racial Discrimination
March 27	Earth Hour (in schools)

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 Parent body/council can only serve to benefit our School and Student body.

School
 Council

Our next meeting of the 2019-2020 school year is Tuesday, March 3, 2020 @ 6:30, if you are interested but cannot attend contact: Liselle Prickett/Tania Bondi (Chair) or the School Office to get your voice heard!

Progress Reports and Parent Night Information

Progress Reports will be going home Thursday March 12, 2020.

Parent Night is March 26, 2020 at 5:30pm—7pm. You can arrange to meet with your students teacher by filling out the bottom part of their progress report and returning it to the teacher you would like to meet with on Parent Night.

Spirit Wear is on sale on School Cash Online. Quantities are limited.

Go to schoolcashonline.com to set up an account if you don't have one set up already.

National Engineering Month competition takes place March 7

Students in Grades 5 to 8 are invited to submit a model bridge, catapult or boat for the National Engineering Month (NEM) event. Models will be tested for design, strength, quality of construction and functionality. Students of any age are invited to attend to check out a variety of demonstrations.

The event takes place Saturday, March 7 at Georgian College, and is jointly organized by the Georgian Bay Chapter of the Ontario Association of Certified Engineering Technicians and Technologists (OACETT) and Simcoe-Muskoka Chapter of the Professional Engineers of Ontario (PEO), under the banner of NEM Ontario. For more information and to register for this free event, visit <https://nemsimcoe.wixsite.com/nemsimcoe>.

High school immunization records

Is your child graduating this year? Are your child's immunizations up to date? Many university and college programs, workplaces or volunteer programs require proof of immunizations.

What you can do:

- check – your child's yellow immunization card
- contact – your child's health-care provider to obtain records, or to get missing vaccinations request – your child's record from the health unit through Health Connection at 705-721-7520 or 1-877-721-7520

Information provided by the Simcoe Muskoka District Health Unit

News from Guidance:

2020-2021 School Year

Course selections for the 2020-2021 school year have been completed. Students have a limited time to make changes to these selections prior to the timetable being made. All changes should be made before March 31st.

Summer School 2020

Summer school will be running through the Learning Centres again this year. Please check www.thelearningcentres.com for course offerings. All face-to-face summer school courses will take place at the Barrie Learning Centre from July 6th – July 31st. Bussing is provided from select sites around the board at no cost to students. Sign-up is currently available. Students who wish to take a summer school course **MUST** register with a Guidance Counsellor. Elearning courses are also available. They are conducted entirely online. Students interact every weekday with their peers and the teacher using a virtual learning environment. The commitment required is 5 hours per day/5 days per week from June 30th – July 30th. Students **MUST** register for elearning courses with a Guidance Counsellor.

Commencement 2020

Commencement is **Thursday, June 25th from 2:30 – 4:30 p.m. at the Innisfil Recreation Complex**. Invitations were mailed out to all potential graduates March 2nd. Please contact guidance if you do not receive an invitation and feel that you should have.

All potential graduates must pay a **\$40** graduation fee by **June 1st**. This fee covers the purchase of a graduation gown (mandatory attire to participate in the ceremony) and general graduation expenses. Fees can be paid in guidance (cash or cheque) or on-line at www.schoolcashionline.com.

Community Service Hours

All Ontario students must complete **40 hours** of Community Service to earn their Ontario Secondary School Diploma. *Potential graduates have until June 1st to submit their hours.*

Reminder: Students starting grade 9 in 2020 will be able to start earning Community Service Hours during July and August! Keep your eyes open for volunteer opportunities in your area.

Do you know a youth, aged 15-29, looking for a job or to gain work experience?

The Career Centre can help. Services include paid employment training, support with job searches and more, at no cost. Meet with an employment consultant today, or visit the Career Centre website at www.barriecareercentre.com for more information. The Career Centre is operated by the SCDSB. This Employment Ontario service is funded in part by the Government of Canada and the Government of Ontario.

Important information for volunteers in schools

Volunteers in Simcoe County District School Board (SCDSB) schools are sent information throughout the year regarding their volunteer status, including timelines, necessary requirements, etc. This information is sent to the email on file in our Community Apps portal. Volunteers are reminded to update your Community Apps account if you change your email address. Updating your email address in your Community Apps account will automatically update your email address in your volunteer portal profile. Instructions on how to change your email address in Community Apps can be found here: www1.scdsb.on.ca/app/CommunityPass/Help/Docs.

Pay for field trips, lunch days, etc. with School Cash 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 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!!



Screen-free week: activities to get kids moving this March Break!

Over the March Break, many kids are tempted to stay indoors in front of a screen – playing video games, on their smartphones or watching television. But, this one-week break can be the perfect opportunity to get kids moving!

According to the [Centers for Disease Control and Prevention](#), the average child aged 8-18 spends 7.5 hours on a device or screen every single day. That's 114 days glued to a screen each year! Sedentary behavior has implications for both physical and mental health, including increased risk of obesity, developing a chronic disease (such as Type 2 diabetes) and mental health issues. Experts agree that kids should be engaging in 60 minutes of heart-pumping physical activity every single day.

March Break is the perfect opportunity to get kids off their screens and moving! Here are some ideas to keep your kids active and having fun this March Break:

Enjoy the great outdoors

Breathe in some fresh winter air as you explore your local trails, parks, toboggan and ski hills. Or, check out the local maple syrup festivals happening in your area!

Visit a local museum

March Break is a great time to learn something new. Local museums are rich with history, fun facts and exciting ideas. And, the good news is, you'll spend the day walking and exercising!

Make a splash

Local community pools, like the YMCA of Simcoe/Muskoka, offer day passes for families to take advantage of recreational swimming. And, for the older kids, March Break is the perfect time to enroll in aquatic leadership programs such as Bronze Medallion. For more information on aquatic leadership programs being offered at the Y over the March Break, visit www.ymcaofsimcoemuskoka.ca/aquatics-certification.

Lace up your skates

Many local ice rinks hold family skates during the March Break. It's a great opportunity to get some exercise and burn off some energy!

Ready, set, train!

The YMCA's 'Move to Give' fundraising event is happening on April 4. Challenge the whole family to train for an event such as a triathlon or indoor cycle challenge. It will keep the family focused on a fitness goal and it's all for a great cause – supporting your community! For more information visit www.movetogive.ca.

March Break is the perfect opportunity to create healthy habits for the entire family. For more information about YMCA programs and activities happening this March Break, visit your local YMCA or www.ymcaofsimcoemuskoka.ca.

Information provided by the YMCA of Simcoe/Muskoka

Nutrition and self-regulation:

Self-regulation: the ability to manage your own energy states, emotions, behaviours and attention in ways that are socially acceptable and help achieve positive goals such as learning at school, having good relationships and being well.

Healthy eating may improve your child's ability to self-regulate.

Eat more:

Plant-based foods: colorful vegetables, fruits, whole grains

Healthy proteins: nuts, seeds, legumes, fish, seafood

Eat less:

Sugar and sodium

Highly processed, refined foods

Focus on:

Water or milk to drink

More than one type of food at every meal or snack

Eating regularly

Creating a calm, relaxing environment where you can enjoy your food and not feel rushed

Information provided by the Simcoe Muskoka District Health Unit

Stay healthy this school year!

Colds and influenza 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 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 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. Also, get your flu shot, 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.

Information provided by the Simcoe Muskoka District Health Unit

Winter Maintenance at SCDSB Schools

During the winter season, which typically runs from November to April, numerous contractors are assigned to maintain the SCDSB's school sites, which include parking lots and school play yards.

We would like to remind our school communities that overnight parking on SCDSB school sites is prohibited, especially during the winter months, as it interferes with attempts to manage snow and ice removal. Your cooperation is appreciated.

Keeping SCDSB school communities informed on labour updates

In August 2019, provincial and local contracts for all education workers in the province of Ontario expired. In the Simcoe County District School Board (SCDSB), this means that all our unionized groups are at different stages of contract negotiations at the provincial and local level. The SCDSB will continue to monitor the situation and provide updates on the status of negotiations and our schools whenever possible.

Labour updates are issued on the SCDSB website (www.scdsb.on.ca/about/labour_updates), Facebook (www.facebook.com/SCDSB), Twitter (@SCDSB_Schools) and on the labour updates information line at 1-877-728-1187.

Ontario Human Rights Commission – Right to Read Public Inquiry

With the goal to improve student learning outcomes, the Ontario Human Rights Commission launched a public inquiry (Right to Read) on October 3, 2019 to understand why students with Learning Disabilities struggle to learn to read proficiently and what can be done to remove barriers that prevent success.

Parents/guardian, students and educators are invited to participate in the public inquiry via:
legal@ohrc.on.ca 1-800-387-9080

To find out more visit <http://www.ohrc.on.ca/en/right-read-public-inquiry-on-reading-disabilities>.

Important Dates Coming Up

School Council Meeting	March 3, 2020 at 6:30 Library
March Break	March 16 - 20
Good Friday	April 10, 2020
Easter Monday	April 13, 2020
Midterm Report Cards	April 24, 2020
PA Day	May 1, 2020
Prom Tangle Creek	May 8, 2020
Victoria Day	May 18, 2020
Final Exams	June 18-24, 2020