



Nantyr News



December 2023

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www.nantyrnews.com

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Upcoming Events:

- Dec 8: Grade 9 Burger Lunch
- Dec 14-20: Culminating Task Days
- Dec 20: Winds of Winter Concert
TICKETS ON SALE NOW!
- Dec 21: K-Cup
- Dec 22: Holiday Assembly
- Dec 25-Jan 5: Winter Break
- Jan 11: Nantyr Arts Night
- Jan 17: Grade 8 Information Night
- Jan 30-Feb 1: Feedback, Recovery and Improvement Days
- Feb 5: Semester 2 Begins
- Feb 16: Semester 1 Final Report Cards

Hello December

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

REMINDER!! Students are to be in class when at the school. Guardians are not able to sign their student out of class to work on homework in the cafeteria or library.

Student Cards

** Student cards are available on SchoolCash Online under "**Student Activity Fee \$25 2023/2024**". Your student card will be needed to attend school activities and dances. **

Feedback, Recovery, And Improvement Days

At the end of each semester, all secondary schools will run feedback, recovery, and improvement days for students. Culminating assessments such as portfolios, essays, examinations, and interviews will take place during instructional days and will be returned to students with feedback.

The last day of regular instruction for students in semester one is Monday, Jan. 29, 2024. The period from Tuesday, Jan. 30 to Thursday, Feb. 1, 2024 is reserved for students who require an opportunity to receive feedback from an assessment, to rescue or recover a credit, or to improve on an area of missed expectations. Teachers and support staff will communicate with students who will benefit most from attending this opportunity; however, all students will be invited to attend. There will be no new instruction these days. Feedback, recovery, and improvement days are an opportunity for students to work closely with their teacher if they require feedback, credit recovery, or an opportunity to improve on an area of missed expectations.

2023 Holiday Market



2023 Semi Formal

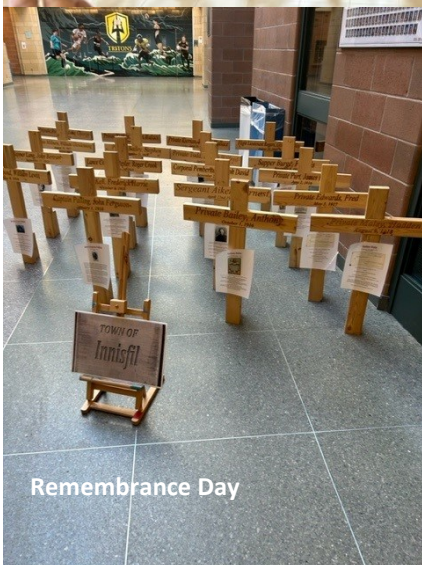


2023 Semi Formal Dance

Triton Music



2023 Holiday Market



Remembrance Day



Remembrance Day Assembly



December Guidance Department Update

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

Post-Secondary Information

Guidance has now completed our one-on-one meetings (Grad Checks) with most grade 12 potential graduates. If you have not had this meeting, please make an appointment with a counselor to do so.

If you have not joined the **Grade 12 Google Classroom**, please do using the join code 'x67bw3x'. The Google classroom contains pertinent information regarding all post-secondary pathways, as well as community service and scholarships.

If you are planning to apply to University for the fall of 2024, the application is open and available at www.ouac.on.ca. You require your Ontario education number (OEN) to apply which can be found on any report card. Instructions for applying are available on Google Classroom and in the guidance office. Please note that the **deadline to apply to University is January 15th, 2024.**

If you are planning to apply to College for the fall of 2024, the application is open and available at www.ontariocolleges.ca. You require your student number and Ontario education number (OEN) to apply. Both can be found on any report card. Instructions for applying are available on Google Classroom and in the guidance office. Please note that the **deadline to apply to College is February 1st, 2024.**

Grade 8 Information

Do you have a child starting Grade 9 in September 2024? We also have a **Grade 8 Google Classroom** for the **Nantyr Graduating Class of 2028**. The join code is '3rfqdub'. This is a project in the making. Our goal is to have everything you need to know about high school in this classroom. Our **Grade 8 Student and Parent Information Night will occur on Wednesday, January 17th, 2024 from 6:00 – 7:30 p.m. It will be an 'IN PERSON' event at Nantyr!**

Information nights give students and parents an opportunity to get into the building and to talk to staff about what to expect and are a chance to ask questions. Be sure to look at the department information on the Google classroom prior to the information night and have your questions ready!

Guidance will also be visiting grade 8 classrooms during the week of January 9th – 12th to teach grade 8 students how to choose their grade 9 courses at Nantyr.



Post-Secondary Planning for Potential Graduates

Guidance counsellors have met one-on-one with potential graduates to go over graduation requirements, post-secondary options, application deadlines, scholarship opportunities and OSAP information.

Ask your potential graduate about this meeting. If they missed their appointment, they can still book one with their guidance counsellor. Please do this ASAP so that you do not miss timely information! All potential graduates were encouraged to join our '**Triton Graduating Class of 2024**' **google classroom** where all the above information and more can be found. The classroom join code is

'x67bw3x'.



Online Learning Graduation Requirement And Opt Out Options

Students are required to earn two online learning credits to graduate from secondary school, beginning with every student who entered Grade 9 in the 2020-21 school year. The online learning graduation requirement also applies to adult learners that will be entering the Ontario secondary school system starting in the 2023-24 school year. The graduation requirement is intended to support students in developing familiarity and comfort with learning and working in a fully online environment, as well as developing digital literacy and other important transferable skills that they will need for success after secondary school, including in post-secondary education and the workplace.

Opting Out

Parents/guardians may choose to opt their children out of the mandatory online learning credits required for graduation. To opt out, a parent/guardian must submit the [Secondary Online Learning Graduation Requirement Opt-out Form](#). Exemption from the online learning graduation requirements may be requested by:

- the parent/guardian of the secondary student
- students who are 18 years of age or older
- students who are 16 or 17 years of age and have withdrawn from parental control

Check with your local school if you have questions regarding the registration or opt-out process.

Counsellor	Student Alpha	Request a Guidance Appointment - Click link	Email
Ms. Kalbfleisch	A - F	https://nssguidancekalbfleisch.youcanbook.me	akalbfleisch@scdsb.on.ca
Ms. Weymark	G - N	https://nssguidanceweymark.youcanbook.me	nweymark@scdsb.on.ca
Ms. Shaw	O - Z	https://nssguidanceshaw.youcanbook.me	jshaw@scdsb.on.ca

Guidance Assistant		
Liisa Laanes	Ext 40290	Email - llaanes@scdsb.on.ca

Student Success		
Shaughna Ainsworth (Sem. 1)	Ext 40374	Email – sainsworth@scdsb.on.ca
Matt Rietkoetter (Sem. 2)		Email - mrietkoetter@scdsb.on.ca

Final Culminating Task Days

Culminating tasks (which could include a performance, an examination, an essay, or another method of evaluation suitable to the course content) occur towards the end of a course. Students continue to have examinations in the courses in which the teacher's professional judgement is that examinations are appropriate for demonstrating the learning expectations of the course. Culminating tasks have been shifted to occur earlier than the last week of the semester so that students are provided with that feedback before the end of the semester, and to ensure that they have an opportunity to improve on their learning, and potentially their grades. There will still be assessments occurring until the end of the semester, and projects, portfolios, tests, etc. will continue to happen. The end of the semester is always a busy time for students as they wrap up course material and assignments. We continue to work with our students on all the important skills they need for their future success.

Culminating Task Days - Semester One:

	Period One – Dec. 14, 2023	Period Two – Dec. 15, 2023
	Period Three – Dec. 18, 2023	Period Four – Dec. 19, 2023

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>.

❄️ ❄️ Winter Well-Being Guide ❄️ ❄️

There is a lot of joy and happiness associated with the festive season, but for some it may not always be a positive time. The shorter days, colder temperatures and the pressures associated with this time of year can impact many people, adults and young people alike. Check out the resources below to promote positive mental health throughout the winter break.

- Focus on what gives you joy and meaning
- Use your imagination, get lost in a book, try a new game, or make the most of the winter weather and get outside
- Show gratitude to ourselves and others - giving and receiving thanks helps everyone feel better
- Sleep well, hydrate often and move your body

Kids Help Phone's self-care checklist

- I make self-care a priority every day
- I am kind to myself
- I take breaks to do things I enjoy
- I give myself encouraging words
- I spend time in nature
- I challenge my negative thoughts by using positive self-talk
- I practice deep breathing
- I use grounding techniques
- I try to stay present in the moment
- I focus on what I can control (instead of what I can't)

PERSONAL GRATITUDE

One of my strengths that I am grateful for is

One thing I can do to express gratitude is

One person I am grateful for is

One memory I am grateful for is

One challenge I am grateful for is

One beautiful thing in my life I am grateful for is

Resources: jack.org/covid

Support for youth

Call 1-800-668-6868

Text TALK to 686868

Support for adults

Text WELLNESS to 741741

To connect with a clinician, visit [OneStopTalk.ca](https://www.onestoptalk.ca) or call 1.855.416.8255

One StopTalk

HAND-TRACING EXERCISE

Starting at your wrist, trace the **left side** of your hand up to your **middle finger** while taking a **deep breath** for **four seconds**.

Pause at the tip of your middle finger and **hold** in your breath for **4 seconds**.

Breathe out while tracing down the **right side** of your hand for **four seconds**.

Repeat **4 times**.

School Mental Health Ontario | Santé mentale en milieu scolaire Ontario | jack.org/covid



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 [insert zone for your school] 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>.

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.

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.

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.

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.

Information provided by the Simcoe Muskoka District Health Unit

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.

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>.

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

Settlement Worker in Schools (SWIS)

Are you new to Canada and have children in Elementary or High School?
We are here to support you!

SWIS services include the following:

- School registration
- Communication & advocacy support
- Workshops & information sessions
- Referrals to community resources
- And more!

Visit our website to complete your referral form: ymcasm.ca/SWIS

For more information, please contact:

Monika Yosofzai

SWIS Program Coordinator

monika.yosofzai@sm.ymca.ca / (705) 796-2247



Dec. 1	World AIDS Day
Dec. 2	International Day for the Abolition of Slavery
Dec. 3	First Day of Advent (Christianity)
Dec. 3	International Day of Persons with Disabilities
Dec. 6	National Day of Remembrance and Action on Violence Against Women
Dec. 6	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
Dec. 26	Sanghamitta Day/Unduvap Poya (Buddhism)
Dec. 26	Zarathosht-no-diso (Zoroastrianism - Fasli Calendar)
Dec. 26 – Jan. 1	Kwanzaa

