



# ADJALA CENTRAL PUBLIC SCHOOL

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*"Where seeds of success are sown."*



December 2023

Happy December 1st!

Wow, where did the fall go? It is a busy place around here. Our Kindness Campaign is in full swing. It is so nice to see so many students coming down to 'cash in' their coins and tell me what kind deed they did to earn it. Another aspect of our Kindness Campaign is our food drive. Thank you to those that have sent in items already. There is still another week to send in items. Please make sure to check with your child's teacher for their assigned category. We have set up the Christmas tree in the front foyer and it is doubling as our "Mitten tree". We are in need of mittens as the cold weather is approaching. If you have mittens that are new or clean and gently used, please send them in with your child and they can hang them on our tree.

We are excited about our upcoming holiday concert "Once upon a housetop". The classes are all practicing their songs/parts. We will be offering two concerts. One during the day on the 20th at 2:00 and another at night. We know that there are many families that are excited to come and in order to accommodate everyone we would like to ask that anyone who is available to come to the daytime performance to please do so. We are still determining whether we will be offering tickets to the performance. More information will come soon.

December is a month filled with festivities, where the spirit of celebration knows no bounds. While it's traditionally known for its significance in Christianity with Christmas at its heart, it's essential to remember that December's magic extends far beyond a single cultural or religious tradition. In this wintry month, diverse communities around the world come together to celebrate their unique customs, festivals, and beliefs. From Hanukkah to Kwanzaa, Diwali to Bodhi Day, and countless other celebrations, December is a

tapestry of cultures, each weaving its story of light, hope, and togetherness. It's a time when families and friends gather, regardless of their faith or background, to share in the joy of giving, to reflect on the past year, and to look forward to new beginnings. The warmth of December's celebrations reminds us that the spirit of unity, kindness, and gratitude transcends all boundaries. In December, we celebrate not just a single holiday, but the rich diversity of human culture and the universal values that connect us all.

Have a wonderful month and see you next year!

Mrs. O'Brien – Principal

## Important Dates in December:

<b>Dec 3</b>	First day of advent International Day of Persons with Disabilities
<b>Dec 4</b>	School Council
<b>Dec 5</b>	Earth Rangers Presentation
<b>Dec 6</b>	Comfy Clothes Day
<b>Dec 7-15</b>	Hanukkah
<b>Dec 8</b>	Awakening Day
<b>Dec 19</b>	Hat and Scarf Day
<b>Dec 20</b>	Winter Concert
<b>Dec 21</b>	Character Education Assembly Adjala Wear/School Colours Day
<b>Dec 24</b>	Christmas Eve
<b>Dec 25</b>	Christmas Day
<b>Dec 25-29</b>	Winter Break – no school
<b>Dec 26-Jan 1</b>	Kwanzaa
<b>Jan 1-5</b>	Winter Break – no school



## How to Order:



1. Login to your SchoolCash Online account using your existing credentials. If you don't currently have an account, contact the School to set one up.
2. Go to the Items Page in your child's SchoolCash Online account, scroll to the Lunchbox banner, and click 'Order Now'.
3. Confirm your phone number and student allergy information then click 'Update'.
4. Press the 'Order Now' button beside your child's name.
5. Place your child's lunch order(s) on your school's ordering calendar by clicking the blue date for the scheduled vendors.

The following credit cards are accepted: Visa, MasterCard, Discover, Debit MasterCard, or Visa Debit. Visa and MasterCard prepaid cards are also accepted.

### Reminders

- The weekly deadline to place lunch orders for the upcoming week is Sunday at 12:00PM; we are unable to accept any orders after this deadline.
- If you need to make any updates or changes to your lunch orders, please do so before Sunday at 12:00PM for the upcoming week.
- For any order cancellations, please notify us 2 days prior to the delivery date.
- If there is a school closure, lunches will be cancelled, and a credit will be issued to your Lunchbox account within 3 business days.
- We have updated our Refunds and Credits Policy; please review the updated terms at <https://identity.schoolcashionline.com/Account/Terms>.

*\*\*Please note that the staff at Adjaja will do our best to save the lunches for absent students until the following day, but this is not always possible. If you know that your child will be absent, please cancel the order with Lunchbox.*

### 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 **South** 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>.

### School bus transportation information available from the SCSTC

In order to receive delay and cancellation notifications, families can check the Simcoe County Student Transportation Consortium (SCSTC) website at [www.simcoecountyschoolbus.ca](http://www.simcoecountyschoolbus.ca) or download the 'BusPlanner Delays' app from the Apple or Android app stores to receive delay notifications to their devices. Users would need to select Simcoe County STC as the transportation authority. The app will need to be forced closed, but you will be able to select your student(s) routes or school to receive delays.

The app will send a general notice for any cancellation in Simcoe County. You only need to know which 'zone' you're in, so you would know which one to look out for in the app. You can find your student's zone by visiting the School Bus Status page at [www.simcoecountyschoolbus.ca](http://www.simcoecountyschoolbus.ca) and clicking the dropdown for the area you live in.



### 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.

### 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.



### New Safe Arrival system for SCDSB schools – call 1-888-885-8065 to report an absence

The Simcoe County District School Board (SCDSB) has 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.

### 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 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](http://www.scdsb.on.ca/elementary/planning_for_school/kindergarten)



## FRENCH IMMERSION

### 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>.

### 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](http://www.scdsb.on.ca/elementary/planning_for_school/childcare_before_after).

### 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](http://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](https://www.scdsb.on.ca/community/community_connects).

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### 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](http://www.thelearningcentres.com) to learn more.

### 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\_MHWPB) to see how well-being is being supported in our schools. *Information provided by the Simcoe Muskoka District Health Unit*

### **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>.

### **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 register: <https://bit.ly/24MathAtHome>.*

### **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](http://www.simcoemuskokahealth.org) for more information.

*Information provided by the Simcoe Muskoka District Health Unit*

**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](http://NotAnExperiment.ca/parents).

**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](mailto:bruna.figliuzzi@familyconnexions.ca) or call [705-716.4664](tel:705-716-4664).

*Information provided by Simcoe Muskoka Family Connexions*



*Thank you for your time in carefully reading through the details of this newsletter. Please watch for our 'Adjala Central What's Happening' email every Friday to your inbox with current school news and events. We appreciate your support, and we will continue to keep you updated as the weeks go by this school year.*