



ADJALA CENTRAL PUBLIC SCHOOL

9091 County Road 1
Loretto, Ontario
L0G 1L0

Telephone: 905 729-2624
Fax: 905 729-3683
Email: adjalacentral@scdsb.on.ca

"Where seeds of success are sown."



November 2023

Frost was in the air this morning and I heard that there was some snow in the areas around Adjala. As I write this message I hear "Ghostbusters" playing in the gym and excited voices of the intermediate students getting ready for the Halloween dance. You can feel the excitement in the air today!

Thank you to those that supported our first two fundraisers. We should have a delivery date for the "Fresh from the Farm" orders mid-month. Our popcorn fundraiser is up on SchoolCash and I am very close to having a lunch vendor to fill our Wednesday spot.


We are excited about our upcoming trip to McMichael. Please make sure to fill out the online permission form and make the payment of \$26. We know that it will be a fun and valuable experience for all of our students.

As the weather is getting colder, please make sure that your child comes dressed appropriately for the weather. We still have a few students coming in shorts and no jackets. I know that we all wish the warm weather could stay, but I think it's safe to say it's time for pants and jackets. On that note, if you have any gently used clothes, jackets, hats and mittens that you are looking to get rid of, we will gladly take them.

Have a wonderful month!

Mrs. O'Brien – Principal

Important Dates in October:

Nov 8 - 17	Scholastic Book Fair
Nov 9	Progress reports go home
Nov 9	McMichael fieldtrip JK – 2/3
Nov 10	McMichael fieldtrip Gr. 3/4 - 8
Nov 11	Remembrance Day 
Nov 13	World Kindness Day
Nov 15	Picture retake day
Nov 16	Parent Teacher Conference evening and Book Fair
Nov 17	PA Day - Parent Teacher Conference AM
Nov 24	Tiffin Centre – Grade 3/4 and 4/5
Nov 30	Character Assembly, Adjala Wear/school colours Day

November PA Day

Please note that Friday, Nov. 17 is a PA Day for all 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.

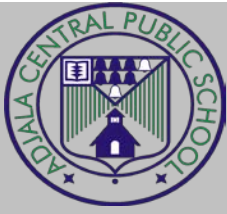
Below is a summary of the activities planned for the Nov. 17 PA Day:

Topic: Communication to parents/guardians about student progress through parent/guardian-student-teacher conferences

Host: Simcoe County District School Board elementary schools, including Grades 7 and 8 in Grade 7-12 secondary schools

Presenter(s)/facilitator(s): Elementary educators

Elementary educators will meet with students and parents/guardians to discuss student progress thus far this school year, including areas of strengths and next steps for improvement.

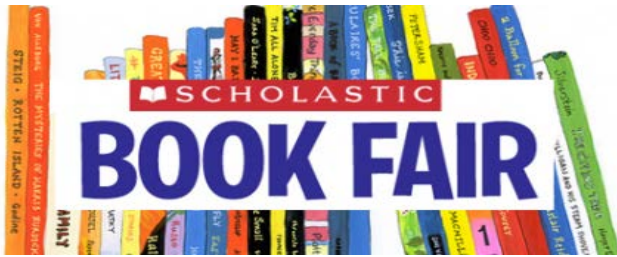


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Book Fair is Coming!

The Scholastic Book Fair is coming to our school! Our school's Scholastic Book Fair will take place on Nov 8 - 17 (open night of Nov 16).

Your investment in your reader helps our whole school. All purchases earn Scholastic Dollars that can be redeemed for books and educational resources for our school's classrooms and library. Students will be able to preview and make purchases during their class library time. Cash, debit or credit cards are accepted.

Video preview:

<http://scholastic.ca/bookfairs/resources/parents>

Adjala's School Council Update

ACPS Parent Council had a great turnout for the first meeting of the year. The following people were elected for positions on council for 2023-24:

Co Chairs - Jennie & Catherine

Secretary - Linda

Council's first fundraising initiative will be happening in November. Parents will be able to purchase poinsettias, holiday table decorations, or potted holiday planters on School Cash Online. Delivery of the plants will be in early December. Funds raised through the initiative will go towards General School Needs, Athletics (covering coaches to attend zones tournaments) and buses for field trips (one per division). We hope to have a really fun social event next spring as our major 2023/24 fundraiser. Stay tuned for details about that, as well as a couple of parent engagement events to come throughout the year.

All parents are welcome and encouraged to attend Council meetings. These provide an opportunity to hear about board policy, curriculum developments, and school planning. Upcoming meetings will be held December 4,

February 5, April 8 and June 3 from 6-7pm in the School Library.

If you have concerns or questions about school, please feel free to contact your Parent Council co-chairs by email at CouncilChairadj@scdsb.on.ca

Cross Country

Students from grades 4 to 8 had the opportunity to participate in the Cross Country Running Meet in October. They demonstrated courage determination and their amazing All-Star spirit as they ran through the courses. We had a great day; our team was small but determined and focused. We would like to thank the Cross-Country members for their enthusiasm in partaking in daily practises. Congratulations to all of our Adjala team members for demonstrating good leadership!

Written by: Cadvan and Abbey

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 **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.



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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 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 and clicking the dropdown for the area you live in.



POPCORN FOR SALE!

Adjala Central Public School is excited to be offering a Popcorn Fundraiser again this year. This fundraiser is organized by our Intermediate students and staff. We will be raising funds for student celebrations and general

school needs. Popcorn will be sold for \$2.00 per bag and it is pre-packaged for students to enjoy. Flavours include Butter & Salt, White Cheddar, Dill Pickle, Salt and Vinegar

and Sweet & Salty Popcorn. Popcorn day will be on Friday at 2nd nutrition break. If you would like your child(ren) to participate in the popcorn fundraiser, please pre-order the popcorn using SchoolCash Online. We appreciate your support of the school. Thank you!

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.





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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 e-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.



FRENCH IMMERSION

Upcoming in-person Grade 1 French Immersion information sessions

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 English and French.

Information sessions for families who are considering entry into Grade 1 FI for the 2024-25 school year will take place at Ernest Cumberland ES November 20th 6-7 in the gym, and online applications will open in December 2023.

Entry into the FI program will be determined through a digitally randomized lottery system. A link to access the Grade 1 FI online application form will be available on the SCDSB website starting at 9 a.m. on Friday, Dec. 1 until 4 p.m. on Friday, Dec. 15. For more information regarding French Immersion, visit www.scdsb.on.ca, then select 'elementary', and 'French as a Second Language'.

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 to find details on your high school's info night, and contact the school directly for more information.



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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/childc are 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, staff and within the SCDSB's broader school communities. There are eight webinars in the learning series specifically planned for parents/guardians and other caregivers during this school year.

- Nov. 9, 2023 - Understanding and managing screen time, part two - social media edition
- Nov. 30, 2023 - Helping parents align
- 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.

Looking for Employment? Join Our Team!





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Curious about what employment opportunities are available at the Simcoe County District School Board (SCDSB)? The SCDSB is hosting several job fairs throughout Simcoe County during the month of November; come by and speak with one of our representatives at any of the following events!

YMCA of Simcoe Muskoka Employment Services (Midland)

Thursday, Nov. 2, 2023
9 a.m. to 4 p.m.

[Job Seekers | YMCA of Simcoe/Muskoka \(ymcaofsimcoemuskoka.ca\)](#)

TRACKS Employment & Resource Service (Collingwood)

Thursday, Nov. 9, 2023
11 a.m. to 6 p.m.

[TRACKS Employment Services - One-stop resource centre for Employment Ontario Services | Located in Collingwood and serving Georgian Triangle communities of Clearview, Wasaga Beach, and Town of the Blue Mountains](#)

FOCUS Employment Services (Alliston)

Tuesday, Nov. 14, 2023
3:30 to 6:30 p.m.

[Job Seekers - FOCUS Community Development Corporation \(focuscdc.on.ca\)](#)

Agilec Employment Services (Orillia)

Wednesday, Nov. 22, 2023
12 to 5 p.m.

[Employment Services - Agilec](#)

For more information about employment opportunities at the SCDSB, visit: www.scdsb.on.ca/joinourteam.



Eat Well to Excel

Simcoe County Nutrition Program for School-Age Children

Nov. 28 is Eat Well to Excel Day in Simcoe County

Eat Well to Excel is a Simcoe County non-profit community partnership that supports our school's student nutrition program. The funding provided by Eat Well to Excel allows

us to supply students with access to healthy snacks during the school day.

The pandemic and increasing food costs have caused a significant financial strain on many families in our region and new data shows that 1 in 3 kids in Canada are at risk of going to school hungry. Kids that are hungry struggle to retain knowledge and keep focused throughout the day. They are also at an increased risk of experiencing poor mental health and a compromised immune system. With your support we can maintain and hopefully improve our program to provide a consistent supply of healthy food to our students.

You can make a donation by visiting eatwelltoexcel.ca. You can either support the county-wide program or direct your donation to our school. Please include our school name in the comment box to ensure the donation goes directly to our program. A tax receipt will be emailed to you.

For more information about Eat Well to Excel visit eatwelltoexcel.ca.

Knowledgehook math tool

Knowledgehook is a digital math assessment and practice tool that has been purchased for all K-10 SCDSB classrooms. This tool is accessible to students at home so that they can practice math skills, either assigned by their teacher or on their own. Ask your child about how they use Knowledgehook in class and learn more at: www.knowledgehook.com.

Supporting oral language development at home

Within the revised language curriculum, there is a focus on supporting students to acquire the knowledge and skills relating to the foundations of language. Oral and non-verbal communication are foundational components of language skills. Over the years, students develop their listening and speaking abilities using a variety of strategies and skills, including word choice and syntax, to become effective communicators.

Here are some ways you can support oral language development at home:



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Engage your child in conversations about things that interest them

- Talk to your child and listen responsively
- Ask and answer questions
- Share oral stories
- Read aloud to your child
- Talk about the books you read together
- Singing and playing together

Mental health promotion strategy of the month

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 *Let It Go*. This practice helps students focus their attention, calm feelings of anxiety, and manage stress. To practice *Let It Go* at home, have your child/youth sit comfortably and take a deep breath. Share the following exercise with your child/youth:

- Use your fingers to gently massage the top of your head
- Still in massaging motion, bring your fingers to your forehead, eyebrows, temples, around your eyes, cheeks, and jaw
- If you notice tension anywhere – let it go
- Finally, massage each of your ears and end by gently pulling your earlobes

Keep in mind to take your time with each area, especially where you hold the most tension. Practicing *Let It Go* can be done any time of the day or at regular times, such as at mealtime or before bed. You may try this technique on your hands using a massaging motion to focus on each finger, thumb, and palm. Consider doing *Let It Go* with your child/youth to model the strategy. Visit the links below for *Let It Go* posters from School Mental Health Ontario:

Elementary - <https://smho-smso.ca/wp-content/uploads/2020/01/SEL-Posters-Let-It-Go.pdf>

Find more easy and fun mental health activities to do at home visit: <https://smho-smso.ca/online-resources/easy-and-fun-mental-health-activities-for-home/> Follow the mental health and well-being social media accounts (@SCDSB_MHWP) to see how well-being is being supported in our schools.

Dental screening and services for kids ages 0-17

Good dental health is an important part of your child's general health. The Simcoe Muskoka District Health Unit's Oral Health Community Program offers free dental screenings in daycares, schools, and health unit offices for children and youth aged 0 - 17 years. Dental screening can identify and inform families that their child has a dental concern.

Health unit staff can also help children/youth and their families access free preventive services and treatment through the Healthy Smiles Ontario (HSO) Program. For more information regarding these services visit: www.simcoemuskokahealth.org/Topics/Dental.

Information provided by the Simcoe Muskoka District Health Unit



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.



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