



## Algonquin Ridge Elementary School

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**Cory McKeown**  
Principal

**F. Van Arragon**  
Vice-Principal

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### ALGONQUIN RIDGE APRIL NEWS

#### **MESSAGE FROM MR. MCKEOWN AND MR. VAN ARRAGON**

Thank you to all who read last March's Principal's message about our traffic and parking lot and making an effort to follow those suggestions. In particular, walking to school, parking on a nearby street to walk part of the way and pulling all the way up in the drop off lane are making a difference. Traffic seems to be moving more efficiently of late and there is less of it. Let's hope that continued mild weather will mean more walking and bicycles.

In December, many families from our school enjoyed the festivities downtown when Barrie hosted the Hometown Hockey Tour. You may have missed the Team Cheer competition where a few of our grade 2 students performed (with 2 parent coaches)—and won! Now they have a chance to represent our school and the city of Barrie in the nationwide competition that includes 23 communities. I am hoping that you will support them by following the link to vote for them online. Link: <http://www.hometownhockey.com/events/7316/entries/7859>

Voting opens on Sunday April 2<sup>nd</sup> and is only open for 5 days so getting started early is crucial. Strategies to help pave the way to victory include: voting daily, sharing this link with friends, family and co-workers, posting on your social media and mobilizing your teenage children (who are likely highly connected!). Let's all get behind this team to show them and the province that this school community stands behind its' kids.

The team's Social Media pages are:

[Facebook](#) group (Barrie Hometown Hockey Cheer Finalist - BMHA Tyke Gold 'Hornets')

[Twitter](#) (@VoteBarrieTyke)

[Instagram](#) (@VoteBarrieTyke)

#### **APRIL CALENDAR**

April 6 - Grade 3 swim to survive

April 7 - Future Me/Career Day

April 10-13 Me to We team Diaper Drive

April 11 - Vaccinations for all grade 7 students and grade 8 girls

April 12 - International Day of Pink

April 12 - Me to We team bake sale

April 14 - Good Friday - school closed

April 17 - Easter Monday - school closed

April 18 - 6:30-8:30 PM Dealing with Anxiety presentation by Dr. M. Benjamins

April 20 - Grade 8 to Toronto Blue Jays game

April 21 - Yearbook cover contest entries deadline

April 24 - Groove Dance instruction for all grades

April 26 - Junior Boys basketball zone tournament

April 27 - Kindergarten Zoo to You presentation

April 28 - 11:40 AM - Character Education Assembly (focus on optimism)

April 28 - Junior Girls basketball zone tournament

April 28 - Kindergarten Zoo to You presentation

### **SUPPORTING THOSE WITH ANXIETY**

Our School Council is excited to welcome Dr. Marcia Benjamin, Child and Adolescent Psychiatrist to our school on: **Tuesday, April 18<sup>th</sup>, 2017 from 6:30 to 8:30 p.m.**

You are invited to attend this presentation on the topic of anxiety with a focus on supporting students with anxiety. Dr. Benjamin will address developing resilience, as well as parenting tips and practical applications. Grade 7 and 8 students, high school aged siblings, staff and parents are invited to attend. There is no cost as this is funded by a School Council initiative. Child care for school aged children will be provided during the presentation. **RSVP to 705-737-4080** please. There will be prizes drawn for families who RSVP and who are in attendance. We will be extending this invitation to neighbouring schools in our community so please feel free to share this invitation with friends and family who you feel would be interested in the topic. Looking forward to seeing you on the April 18, 2017.

Algonquin Ridge School Council

### **INDOOR/OUTDOOR SHOES**



Students and parents are reminded to help keep our school clean by ensuring that students have indoor shoes to wear inside the school and in the portables.

### **ME TO WE TEAM BAKE SALE AND DIAPER DRIVE**

The ARES Me to We team is holding a bake sale and diaper drive in support of the Women's and Children's Shelter of Barrie. From April 3-13 we are collecting new, packaged, size 3, 4, 5, 6 diapers to donate to the women's shelter. On April 12 we will hold a bake sale at first nutrition break. All proceeds from the bake sale will go to the women's shelter. Baked goods will range in price from **\$0.50 - \$2.00**. Students will be allowed to purchase a maximum of 2 items. Student helpers will assist students in JK-Grade 1 with their purchases. If you are sending money in for your child, please send it in a labelled, zipped baggie to avoid the disappointment of lost money.

### **MABEL'S LABELS**

School Council has recently added Mabel's Labels to our school's fundraising initiatives.

This website features peel and stick clothing labels, bag tags and a variety of safety and household labelling systems. This will be an ongoing, open initiative for our school which means that any time you wish to get labels for your children or household, please consider using Mabel's Labels and help out Algonquin Ridge. It couldn't be easier.

Simply go to <http://mabelslabels.com> and click on "Support a Fundraiser", then "Select your School/ Organization", find "Algonquin Ridge (Barrie)" and follow the steps to fulfill your order. Anyone is able to support our school, whether or not their children attend ARES so please pass this on to family and friends as well. The product comes directly to you and the school will receive 20% of the total sales! Thank you so much for your support.



### **PARENT WORKSHOPS TO HELP UNDERSTAND INDIVIDUAL EDUCATION PLANS**

The Simcoe County District School Board's Special Education Advisory Committee and Special Education Department are offering informational workshops for parents/guardians to enhance collaboration between parents and schools in the development of a student Individual Education Plan (IEP). These workshops are free to attend and open to all interested parents/guardians.

The workshop taking place in our area will be on April 12 at Bear Creek SS - 100 Red Oak Drive, Barrie from 6:30 to 8 p.m.

### **ALGONQUIN RIDGE YEARBOOK 2016-2017**

Soon it will be that time of year again when you can order the 2016-2017 ARES yearbook. We are inviting all students in grade 4-8 to create their own original design to submit for a yearbook cover contest. Each design should include the following:

- 8.5 X 11 white paper design
- Include the name of the school
- Include the year 2016-2017
- Bright colour and detail
- Include your name on the back of your design



The winning entry will receive a free yearbook. The 4 runners-up will have their design printed on the back cover of the yearbook. All entries are due by April 21, 2017. Stay tuned for the yearbook order form coming soon!!!

### **REMINDER: SCHOOL PLAYGROUND SAFETY IN THE SPRING**

The sun is warming things up, days are getting longer and many students are itching to get back on the school playground equipment. While it's hard to say 'no' to those eager faces, it's important to make sure the equipment is safe and ready to be played on.

Over the winter, school play structures have to be closed. The closure is for many reasons. The main reason is that snow and ice change the surface of the ground surrounding the play structure, packing the sand/gravel/mulch into a hard, packed surface, which can be a significant fall hazard. Inspections are done on equipment daily by the school principal or designate during the school year starting on April 1 and ending on October 31. These inspections are to ensure that there are no obvious hazards, broken equipment, vandalism, graffiti, litter, dangerous items or play items left behind. There is also an annual inspection by a professional company employing Canadian Certified Playground Inspectors (CCPI).

Each spring, a designated contractor travels to all schools who have playground equipment, to till the surface ensuring that the sand is no longer compacted before opening the equipment for student use. In some cases, the wear and tear, rain or winter may have washed some sand away and it will need to be replaced.

Playgrounds can be fun learning opportunities for students, so let's all make them safe spaces – we look forward to spring and getting students back on our school playground structures soon!

### **IS YOUR CHILD TURNING FOUR THIS YEAR? IT'S TIME TO REGISTER FOR KINDERGARTEN**

Our school is now registering children for Kindergarten for the 2017-18 school year. Required registration documents include birthdate documentation, proof of address and record of immunization. Visit [www.scdsb.on.ca/kindergarten](http://www.scdsb.on.ca/kindergarten) for more information.

### **OUR WELCOME TO KINDERGARTEN ORIENTATION SESSION IS THURSDAY, MAY 11 FROM 4-5 PM.**

This spring, we are hosting an orientation session to welcome new Kindergarten students and their parents to our school. Come experience what life is like in Kindergarten! Explore areas of the program, meet Kindergarten educators and have the chance to ask questions. Our school's session takes place on Thursday, May 11 at 4 PM. We look forward to welcoming you! For more information, visit [www.scdsb.on.ca](http://www.scdsb.on.ca), click on 'Programs,'

'Kindergarten' and then 'Kindergarten Orientation.'

School start dates for September 2017 are as follows:

- Senior Kindergarten (Year 2) students will begin school on Tues. Sept. 5.
- Junior Kindergarten (Year 1) students will begin school on Thurs. Sept. 7.



### **SUMMER SCHOOL REGISTRATION STARTS APRIL 10**

A new selection of summer school credit courses is available this July through in-person classes and eLearning. New this year are full credit grade 9 and 10 courses at Bear Creek Secondary School in Barrie. The in-person courses at Bear Creek will run July 4 to 28 from 9 a.m. - 3:30 p.m. Limited school bus transportation is provided from all areas of Simcoe County. Details can be found on The Learning Centres website: [www.thelearningcentres.com](http://www.thelearningcentres.com). Students can also get information from the school or from any of SCDSB's Learning Centres. Online registration for current SCDSB students is available online through the student portal. eLearning registration is supported through high school Guidance Offices. Non-SCDSB students can register using the forms on the website. Registration opens April 10.

### **SUMMER CHILDCARE AVAILABLE AT SELECT SCDSB SCHOOLS**



In partnership with community child care operators, we are pleased to support your childcare needs, offering full-day child care programs for children (aged JK to 12 years) in select schools across Simcoe County this summer. Registration in advance is required. Please contact the child care operator directly to register. A fee subsidy may be available to families who qualify. For more information, please contact S.E.E.D.S. Childcare before and after school program Supervisor Kila Walster at 705 726-3770 or [kwalster@seedschildcare.ca](mailto:kwalster@seedschildcare.ca). For the full listing of childcare centres in the SCDSB, visit [www.scdsb.on.ca](http://www.scdsb.on.ca) and click on 'Schools' and then 'Before & After School Care.'

### **MEASURING SCHOOL SAFETY AND INCLUSION: SURVEY RESULTS AND NEXT STEPS**

In January, students, staff and parents provided feedback on our school climate through a survey. The survey included questions about the tone of the school, safety, inclusion, activities and more.

The results of the survey are now available. We'll provide an overview of the results and next steps at our school council meeting on Tuesday, April 11 at 6:30 PM in the school Learning Commons (Library). All parents are invited to attend.

Here is a summary of our report:

There were 148 student respondents (gr. 4-8), 64 parents and 42 staff members

90% of students agree there are many chances to get involved in activities at school

91% of students believe they get along with other students

36% of students say they have seen other students bullied at school

58% of students say bullying has stopped once it has been reported

83% of students say they feel safe at school

83% of students say adults in the classroom help me figure out how to learn best

92% of students say they have at least one friend that cares about them

75% of students say ways to feel healthy and happy are talked about at school

This report will help guide discussions with staff, students and school council about the effectiveness of activities and supports at our school. The survey is one of the ways we measure our progress. It helps us plan for improvement. We use the data when we work on our annual School Learning Plan.

### **SCHOOL BUS EVACUATION TRAINING TAKES PLACE APRIL 3 TO 7**

The Simcoe County Student Transportation Consortium (SCSTC), in partnership with school bus operators, is offering school bus evacuation training to all home-to-school transported students the week of April 3 to 7. During this week, school bus drivers will educate students on how to evacuate a school bus safely in an emergency situation. For more information, visit [main.simcoecountyschoolbus.ca/](http://main.simcoecountyschoolbus.ca/).



### **MOVING TO FIND BALANCE: FREE PARENT FORUM ON APRIL 25 OFFERED BY SEASONS CENTRE**

Seasons Centre for Grieving Children is presenting an educational forum for parents called *Moving to Find Balance: Resilient Children and Youth Connecting Physical Activity to Mental Health*. This event, free for all parents, will explore how you can incorporate more activity in your own life, how you can encourage children to get moving and how to access family-friendly local resources that are low or no cost. The event takes place on April 25 from 6 to 9 p.m. at Liberty North Events Facility (100 Caplan Ave. in Barrie). The evening forum is free to attend, but you must register. For details, visit <http://www.grievingchildren.com/events/signature-events/>.

### **EVENTS AT EASTVIEW SECONDARY SCHOOL IN APRIL OPEN TO ALL PARENTS**

On April 10 at 7 p.m., Eastview Secondary School will host a screening of the film *Screenagers*, a study of growing up in the digital age. Physician and filmmaker Delaney Ruston created *Screenagers* to probe into the vulnerable corners of family life to explore struggles over social media, video games, academics and internet addiction. This presentation will help parents learn how tech time impacts kids' development and offers solutions on how adults can empower kids to best navigate the digital world.

On April 12 at 7 p.m., the school welcomes financial literacy expert Robin Taub, the author of the best-seller, *A Parent's Guide to Raising Money-Smart Kids*. Her presentation will cover why it's important to teach kids about money, as well as the challenge of being a good financial role model. She will explain how to address money-related topics with young kids, pre-teens, teenagers and emerging adults.

All parents/guardians are welcome to attend the above events. For more information, please contact Eastview Secondary School at 705-728-1321. The school is located at 421 Grove St. E. in Barrie.

### **IDENTIFYING SCHOOL-SPONSORED TRIPS**

All field trip information will be sent home on school and/or Simcoe County District School Board letterhead. This is the best way for parents/guardians to identify supervised and approved trips. There may have been times when community or external groups have organized trips that have been mistaken for school-sponsored field trips. Parents would be notified of individual circumstances if the school is aware that an external trip is being planned. When in doubt about any trip ask questions of the organizers, including "Who is sponsoring or in charge of this trip?", "Who will be supervising?" and "What are their qualifications?" You can also contact the school if you have any questions about a trip you see advertised that you think may not be school-sanctioned.



### **INTERNATIONAL DAY OF PINK**

International Day of Pink takes place this year on Wednesday, April 12. This day celebrates diversity and promotes equity and inclusion. Our school will be recognizing International Day of Pink by encouraging everyone to wear pink on this day and we'll be flying our pink flag promoting inclusion. In addition, all students will participating in a "pink walk" through our school neighbourhood to promote equity, inclusion and wellness.

### **USE THE SAFE SCHOOLS TOOL TO REPORT BULLYING, DRUG USE OR VANDALISM**

The SCDSB has an online Safe Schools Reporting Tool, which is available on our school website homepage, <http://alr.scdsb.on.ca>, as a Quick Access button. Students and parents can use this tool to submit a report online if they witness inappropriate behaviour such as bullying, drug use or vandalism. Students are still encouraged to speak to a trusted adult at school or home if they have any concerns. This form isn't a substitute for having a discussion with a teacher or principal. Student safety and well-being are always our top priority. For more information, please contact the school or visit <http://scdsb.on.ca/ReportAnIncident>.

### **STUDENTS INVITED TO SHARE THEIR WORK FOR MENTAL HEALTH AWARENESS WEEK**

In celebration of Mental Health Awareness Week (May 1 to 7), the SCDSB invites submissions from students or classes about the importance of well-being. Student work will be incorporated in a gallery of work that will be displayed at the SCDSB Education Centre during Mental Health Awareness Week. Submissions can be in the form of art, music, technology, literature and/or multi-media presentations. Entries must be received before April 14 at [bit.ly/SCDSBwellbeing](http://bit.ly/SCDSBwellbeing).

## **VACCINATION REMINDER FOR PARENTS OF GRADE 1 STUDENTS**

All students must have an up-to-date immunization record on file at the health unit. Since starting Kindergarten, your child may have received new immunizations. If so, you must send their updated immunization records to the Simcoe Muskoka District Health Unit for:

- Tetanus, Diphtheria, Pertussis, and Polio
- Measles, Mumps, and Rubella
- Meningococcal disease
- Two-doses of a Chickenpox (Varicella) containing vaccine

If your child will not be getting these vaccines, you will need to give the health unit a valid medical exemption or affidavit. To complete either of these forms, you can call the health unit. Your child could be temporarily suspended from school if the health unit does not have an up-to-date record on file.

Follow these steps to help protect everyone in your school community:

- Check your child's yellow immunization card
- Contact your health care provider to get a record or to get missing vaccines
- Share the complete record with the health unit at [www.smdhu.org/immsonline](http://www.smdhu.org/immsonline) or fax the record to the health unit at 705-726-3962

For more information, visit the Simcoe Muskoka District Health Unit's website at: [www.simcoemuskokahealth.org](http://www.simcoemuskokahealth.org).

*Information provided by the Simcoe Muskoka District Health Unit*

## **FIVE WAYS TO MAKE FAMILY FITNESS FUN**

Fitness and Fun. Two words many families just aren't getting enough of. Health Canada recommends adults should accumulate at least 150 minutes of moderate to vigorous physical activity per week, and children/teens require 60 minutes of physical activity every day. Getting our daily dose of exercise not only helps to prevent health risks, it builds strong muscles and bones, develops positive body image and supports mental health. Here are some great tips to making family fitness fun for everyone:

- Plan ahead - it's hard to have fun when you're rushed or overwhelmed. Schedule family time in your calendar and treat it like any other appointment you need to be prepared for.

- Put family first - make the focus of family fitness about family time. Use this time to connect with one another, share stories, discuss interests, check in on the day or just make each other laugh.
- Take turns - to ensure that family fitness stays fun for everyone, take turns choosing the activity.
- Bring on the music - adding a soundtrack to your favourite work out is a great way to turn up the fun.
- End on a high note - follow your fit-time with activities your family loves to help make the habit fun for all. Plan a movie night at home after attending a fitness class together, or make it a tradition to share a healthy treat after your heart-pumping fun.

*Information provided by the YMCA of Simcoe/Muskoka ([www.ymcaofsimcoemuskoka.ca](http://www.ymcaofsimcoemuskoka.ca))*

