



# APRIL 2024 Newsletter

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## Bear Creek News

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### Next School Council Meeting

April 24<sup>th</sup> @ 5pm in the Career Center (Guidance office)

### Presentation for Parents

Hello Barrie North, Bear Creek, Innisdale and Maple Ridge schools and school council chairs. Just a short message to extend an invitation to attend our PRO Grant Speaker on Wednesday April 24<sup>th</sup> at 6:30 pm at Eastview Secondary School.

**Speaker: Sarah-Jane Vandenberg** (she/her) Author, *Lost & Found: An Adult's Guide to Empowering Teens to Make Their Best Career Decision*

**Topic: There Are No Failures, Only Outcomes: The 10 Options After High School** a review of a variety of options, reasons for not choosing or choosing them

### French, Classical, and International Languages Dept. Message

**Certamen:** Latin and Classical Civilizations Bear Creek Latin and Classical Civilizations students belong to the Junior Classical League, an international organization which has a membership of over 50,000 Latin students. The two major Ontario JCL activities are the Fall and Spring Certamen. 24 Bear Creek students will be competing at the Spring Certamen in Toronto on April 11.

Certamen resembles both "School Reach" and "Jeopardy" in that teams of Latin students complete (using buzzer systems) to answer questions on Roman Life, History, Mythology, and Latin Vocabulary and Derivatives.

**DELFL:** Bear Creek Senior French students will be challenging the **DELFL** (Diplôme d'études en langue française) examination this Spring. The DELFL is an official international certification awarded by the French Ministry of Education indicating the level of proficiency of candidates from outside France in the French language. Please contact Tamara Tiemersma ([ttiemersma@scdsb.on.ca](mailto:ttiemersma@scdsb.on.ca)) if you would like more information about Certamen or the DELFL.

### Annual OSSTF Pride Prom

The Annual OSSTF Pride Prom will be taking place this Friday May 10<sup>th</sup> at Innisdale Secondary School from 7-10pm. The theme this year is Hollywood! Dress in your red carpet best! Tickets are \$15 and can be purchased at the door. Pizza included! Students of all genders and sexualities are welcome.

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## SCDSB News

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### Days of Awareness 2023-24

As you prepare your school's newsletter package, please review the Days of Awareness (NM1) [www.scdsb.on.ca/about/equity\\_and\\_inclusion](http://www.scdsb.on.ca/about/equity_and_inclusion). Please include what is relevant to your school community in your April newsletter package.

## **April PA Days**

Due to the solar eclipse set to occur in our region, the Simcoe County District School Board has made the decision to move the elementary school PA Day originally scheduled for April 26, 2024 to April 8, 2024.

Monday, April 8 is a PA Day for elementary SCDSB students, and Friday April 26 is a PA Day for secondary 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](http://www.scdsb.on.ca/elementary/planning_for_school/school_year_calendar).

Below is a summary of the activities planned for the **April 26 PA Day: (secondary)**

April 26, 2024

Length: Full day

Topic: Skilled trades and apprenticeships, student mental health and well-being, school action and equity planning

Host: Simcoe County District School Board

Presenters/Facilitators: Combination of administrator-facilitated and self-directed learning modules planned by central staff.

Educators will learn about each of the SCDSB programs offered to students which may lead to a career in the skilled trades, including OYAP, Cooperative Education, SHSM, SWAC, and Dual Credit. Educators will also engage in case studies on the topic of skilled trade pathways and then discuss in whole group sessions. School administrators will facilitate this centrally planned learning experience.

Educators will engage in professional learning with a focus on mental health promotion and literacy planning for students. They will learn about Wayfinder, a sequenced guide that offers a variety of mental health lessons and activities organized by grade. Learning will also focus on the use of supportive transitions and how they can help ready students for learning and build mental health coping skills to use in challenging situations. All educators will also learn about strategies to support students who are dysregulated in the regular classroom.

Educators will work with school and curriculum leaders in their schools to reflect on progress towards their school's School Action and Equity Plan (SAEP) goals and next steps. These goals connect to Safe and Inclusive Learning Spaces, Achievement in Mathematics, and Graduation and Transitions.

## **SCDSB Equity Advisory Committee seeks parent/guardian members**

The Simcoe County District School Board (SCDSB) is committed to identifying and removing barriers within our system to ensure that all students and staff are offered supportive, inclusive, and respectful learning and working environments. To support this work, the SCDSB has an Equity Advisory Committee (EAC) comprised of parents/guardians, trustees, students, community partner organizations or associations, and board staff.

The SCDSB is seeking new parent/guardian members for the EAC. Applications are open until May 20, 2024. Applicants must:

- be a parent/guardian of a current SCDSB student
- be from a community that has traditionally experienced barriers to equal access, opportunities, and resources

- reside in Simcoe County
- not be an employee of the SCDSB

The role of the EAC is to work in partnership with the SCDSB on the review, development, implementation, and monitoring of initiatives related to diversity, equity, and inclusion. The EAC supports members of the SCDSB community and encourages equitable outcomes, sense of belonging, student achievement, and well-being, in alignment with the SCDSB Strategic Priorities.

Apply to be a parent/guardian member of the EAC by visiting the following link:  
[https://www.scdsb.on.ca/about/equity\\_and\\_inclusion](https://www.scdsb.on.ca/about/equity_and_inclusion).

### **Feedback, recovery and improvement days (for secondary only)**

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 Two is Friday, June 21. The period from Monday, June 24 to Wednesday, June 26 is reserved for students 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, recovery, or an opportunity to improve on an area of missed expectations.

### **How to communicate your appreciation or concern**

At the SCDSB, we believe that open communication strengthens important relationships between families, schools, and communities. You may sometimes wish to relay appreciation or positive feedback to school or board officials. As well, areas of concern may arise, and our staff will strive to be helpful and effective in addressing your concerns. Further information on how to communicate your appreciation or concern is available on the SCDSB website: [www.scdsb.on.ca/about/contact\\_us](http://www.scdsb.on.ca/about/contact_us).

### **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:  
[www.scdsb.on.ca/community/community\\_connects](http://www.scdsb.on.ca/community/community_connects).

### **Registration now open for summer eLearning!**

Create flexibility in your timetable and earn a credit! The Simcoe County District School Board (SCDSB) is offering summer school eLearning courses in July 2024 for current high school students or adult learners who are interested in creating flexibility in their schedule, earning a new credit, or upgrading a previous mark. Students can advance online learning skills, earn missed credits, or fast-track preparation for graduation or post-secondary in just four weeks.

Summer school program details can be found on the Learning Centres website at [www.thelearningcentres.com/programs/summer\\_school](http://www.thelearningcentres.com/programs/summer_school).

The SCDSB also supports secondary students in participating in a variety of EDUTravel credit programs in July and August. EDUTravel programs are offered in a variety of destinations including Canada, USA, and Europe. For more information including costs, destinations, credits, and dates of commitment, visit: [www.edutravelforcredit.com](http://www.edutravelforcredit.com).

### **Dogs on school property**

For the safety of all staff, students, and visitors, dogs (with the exception of service animals) are not permitted on school property.

### **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. There are eight webinars specifically planned for parents/guardians and other caregivers during this school year. The final webinar is: April 18, 2024 - Vaping, weed, and alcohol

We hope you save this date in your calendar and join us for this learning opportunity. 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).

### **Indigenous leadership and career pathways event hosted by the SCDSB**

Are you a SCDSB staff member, graduating student, or member of the public who is of Indigenous ancestry? Are you looking to learn more about leadership opportunities and career pathways at the SCDSB? Join us on May 2 from 4:30 – 7 p.m. at the SCDSB Education Centre in Midhurst to:

- Learn about the various career opportunities within the SCDSB, the required education and skills, and how to apply.
- Discover the various pathways to leadership within the SCDSB.
- Network with SCDSB staff from the Indigenous Education department and community partners.
- To register, visit: <https://bit.ly/InspiringIndigenousLeaders>

**Interested in learning more about the ways that the SCDSB supports students with special education needs and their families? Join us for a virtual special education information series** During the 2023-24 school year, the Simcoe County District School Board (SCDSB) is hosting virtual special education outreach sessions to assist parents/guardians in learning more about programs, supports, and ways that we work together to support students with special education needs.

**Supporting students with Autism Spectrum Disorder (ASD) April 16 6:30 to 7:30 p.m.**

## **Every day mental health strategies May 14 6:30 to 7:30 p.m.**

Participants are asked to register in advance. Information to access the sessions will be shared via email with individuals who have pre-registered. Learn more about each session and how to register on the SCDSB website:

[www.scdsb.on.ca/elementary/special\\_education/special\\_education\\_outreach\\_sessions](http://www.scdsb.on.ca/elementary/special_education/special_education_outreach_sessions).

## **Looking for ways to support your child in learning math? Check out the SCDSB's new Math at Home resource!**

The Simcoe County District School Board (SCDSB) is committed to supporting students in understanding and doing mathematics. The SCDSB has developed the Math at Home resource, a compilation of family-friendly, accessible, and engaging math resources and tools designed to engage families in supporting their children's learning.

The Math at Home page on the SCDSB website, available at [www.scdsb.on.ca/MathAtHome](http://www.scdsb.on.ca/MathAtHome), includes a variety of math games, number talks, problem solving opportunities, and practice tasks for students from pre-Kindergarten to Grade 10. Families will learn about how to support the development of positive math mindsets in their children and discover activities with connections to math in the world. The resource also includes a variety of print and digital resources for students and their families.

**Math @Home parent and caregiver series It's back!** The SCDSB math team is pleased to offer virtual sessions for parents and caregivers of SCDSB students. These sessions 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.

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. 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>. If you couldn't attend the previous sessions, visit the Math at Home page on the SCDSB website to view past sessions: [www.scdsb.on.ca/MathAtHome](http://www.scdsb.on.ca/MathAtHome).

## **Mental health promotion strategy of the month - Just Notice**

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 Just Notice. This strategy helps children and youth develop the skills to ground themselves. Grounding is a way to focus your attention to the sensations you are experiencing in this moment. It is good to practice at any time but especially helpful when emotions or thoughts are stressful.

To practice Just Notice at home, together with your child, model this grounding practice by verbally sharing the following:

- Notice five things you can see.
- Notice four things you can hear.
- Notice three things you can feel/touch.
- Notice two things you can smell.
- Notice one thing you can taste.

This exercise can be done inside or outside. Consider pairing Just Notice with this forest visualization video to help guide and ignite their five senses: [www.youtube.com/watch?v=s0PO2xo719g&t=9s](http://www.youtube.com/watch?v=s0PO2xo719g&t=9s).

See the Student Mental Health Ontario (SMHO) elementary ([smho-smso.ca/online-resources/sel-posters/](http://smho-smso.ca/online-resources/sel-posters/)) and secondary ([smho-smso.ca/online-resources/sel-posters-for-secondary/](http://smho-smso.ca/online-resources/sel-posters-for-secondary/)) social-emotional learning poster series for Just Notice that can be used at home.

Follow along the Mental Health and Well-being social media accounts (@SCDSB\_MHWP) to see how well-being is being supported in our schools.

### **Celebrating poetry**

April is poetry month, a chance for students to celebrate a love of language through an appreciation of poetry. Students of all ages enjoy the lyrical, rhythmic qualities of poetry making it a wonderful choice for at home reading. Poems provide an excellent opportunity for students to practice reading aloud, developing fluency and expression. For ideas and resources please visit the resources for families page on the SCDSB website: [www.scdsb.on.ca/elementary/parent/resources\\_for\\_families](http://www.scdsb.on.ca/elementary/parent/resources_for_families).

**April cyber awareness topic: Safe gaming and the metaverse** In today's digital landscape, safe gaming practices and understanding the metaverse are crucial for families to navigate the digital world securely. Understanding safe gaming practices protects personal information, while metaverse awareness helps prevent identity risks. Parents/guardians play a vital role in guiding their children's online experiences.

Access the cyber awareness tip sheet for April to stay informed about this month's theme and explore additional resources: [https://ecno.org/wp-content/uploads/2023/09/ECNO-CAM-Calendar-23-Aug3023\\_SafeGamingMetaverse.pdf](https://ecno.org/wp-content/uploads/2023/09/ECNO-CAM-Calendar-23-Aug3023_SafeGamingMetaverse.pdf).

Stay informed to help provide a safer online gaming environment for your children!

### **Your child's immunization records (secondary)**

The Ontario Immunization of School Pupils Act (ISPA) requires the health unit to have up to date

immunization records for all students attending school. According to the ISPA (2014), students currently in secondary school are required to be vaccinated against:

1. Tetanus, Diphtheria, Polio, and Pertussis (whooping cough, booster required between 14-16 years old)
2. Measles, Mumps, and Rubella (must have two doses after first birthday)
3. Meningococcal Disease (must have one dose after first birthday and Men-C-ACYW in Grade 7)

The health unit does not receive immunization information directly from doctor's offices. Please contact the health unit each time your child receives a vaccine from their health care provider.

If your child's immunization record on file with the health unit is not up to date, they may be suspended from school.

What you can do:

§ Check your child's yellow immunization card.

§ Contact your child's healthcare provider to obtain records, or to get missing vaccinations. § Visit [www.simcoemuskokahealth.org/Topics/Immunization/Report-an-immunization](http://www.simcoemuskokahealth.org/Topics/Immunization/Report-an-immunization) to enter the complete record, or fax a completed record to 705-726-3962.

For more information visit the health unit school immunization page:  
[www.simcoemuskokahealth.org/Topics/Immunization](http://www.simcoemuskokahealth.org/Topics/Immunization).

Information provided by the Simcoe Muskoka District Health Unit

### **Foster families needed in your community!**

Children in our community need you! There is an urgent need for foster homes in Simcoe Muskoka. Simcoe Muskoka Family Connexions is looking for diverse foster care providers who understand children's needs. The needs are diverse and range from babies to teens. Open your home to a child/youth and receive training, support, and between \$85 and \$155 per child and per day. Do you know anyone who may be interested? Visit <https://familyconnexions.ca/fosterconnexions/> to inquire, apply, and for more information. You may also call 705-726-6587 ext. 4.

Information provided by Simcoe Muskoka Family Connexions