



ORCHARD PARK PUBLIC SCHOOL

April 2023

Principal: Chris Chater

Vice Principal: Jennifer Viherjoki

Safe Arrival Phone Number: 705-325-7772—Press “1”

Safe Arrival Email Address: orcattendance@scdsb.on.ca

Please call or e-mail when your student(s) will be absent. We thank you for your cooperation.

Hello Panther Families!

It's difficult to believe just how fast our year has progressed. And it's been a big one so far - the first full year in which all of our students have been able to participate in in-person learning, in addition to all of the many extra curricular clubs, teams and sports. Orchard Park is an incredible place to grow, learn and experience - there is always something happening!

The sun is shining more and more each day, bringing necessary vitamin D, warmth and feelings of joy. That sunshine is also bringing warmer temperatures which is creating quite the muddy and wet conditions on our school yard. It's a good idea to pack several pairs of socks as well as a change of clothes with your students, just in case that tempting puddle is a little deeper than anticipated.

We will be hosting a “Teach Your Guardian” Parent Night during Education Week in May. This will be an opportunity for your student to show you what they are learning in their classes this year and have them teach you a little bit about it. Mr. Frederickson has been busy rehearsing with our talented students as they prepare for the Spring Showcase of Music. This concert will highlight classes who did not participate in the Winter Concert. More details to follow regarding the Teach your Guardian and Spring Showcase nights.

Our OPHEA and Eco-Schools initiatives are running throughout the school - focusing on mental and physical health and ways in which we can make Orchard Park the best environmentally friendly school. Don't forget to check out the Panther's Den which is open to student and family browsing each Wednesday morning. Here you will find donated and gently used clothing items. Please take what you need!

Thank you for your continued support and involvement in the education of your students. We look forward to seeing them each day and watching them grow!

Mrs. Viherjoki

Character attribute for the month of April

Optimism - we maintain a positive attitude and have hope for the future.
More information about character education can be found here:
www.scdsb.on.ca/about/character_education.

Significant days, holy days, holidays and heritage recognition occurring in the month of April

You can now link directly to the SCDSB Days of Observance on the SCDSB website: <https://bit.ly/3Ln2Mfb>.

Important Dates:

- April 2: World Autism Awareness Day
- April 3: School Council meeting
- April 5: Gr. 8 grad photo retakes
- April 5: All class group photos
- April 7: Good Friday (school closed)
- April 10: Easter Monday (school closed)
- April 20 & 22: Glitz It Up! (Gr. 8s)
- April 25 & 26: Raise the Dough with Dominos
- April 28: PA Day
- May 1-5: Mental Health Week & Education Week
- May 1: School Council meeting
- May 2: Spring Concert (select classes)
- May 3: Open House (5-6:30pm)

Glitz It Up!

The Orillia Youth Centre is hosting the 2nd annual Glitz It Up! event on April 20 from 3-8pm & April 22 from 12-4pm. Grade 8s, come and take a look at the amazing FREE formal clothing for grad! Those interested in donating formal wear for this great event can drop off donations at the Orillia Youth Centre (9 Front Street South) Monday to Fridays after 3pm.

Open House at Orchard Park



**LOVE
Math!**

JOIN US FOR OUR FAMILY LEARNING EVENING

Pizza
Door prizes.
Estimation Jar
Learning Activities
and more!

Wed. May 3rd
5:00-6:30
Orchard Park

Come connect
with our school
community and
participate in
learning
activities.

NEW OP Den

Our OP Den is a place where students/families can access donated clothing to supplement their wardrobes.

If you are in need of clothing, we encourage you to stop by the OP Den to browse through the selection. There is no cost for these items, and they are available on a first-come, first-served basis.



The OP Den is accessible to all students throughout the day through their teacher. In addition, **Wednesday mornings from 8:30-9 a.m. the Den will be set up for families to come shop as needed.** **Please remember that our parking lot is CLOSED before school so please park on the side streets.**

We are now looking for spring, gently used, clothing donations, especially pants. If you are cleaning out closets and have any gently used clothing looking for a new home, please consider dropping them off to Mrs. Murray in room 138. Thank you!

Thank you to the generous donors who make this possible. We appreciate their kindness and commitment to supporting our community.

Sincerely,
The OPHEA Team

Extra Clothing for Spring Weather

The beginning of Spring is upon us and with that comes wet fields! We are encouraging ALL students to bring extra clothing in the event they get wet during recess. Thank you.

Spring Concert

Orchard Park's Spring Concert, "Oh, What a World" will take place on May 2, 2023. The following classes are excited to perform:

Andrews, Downer, Finney, Henderson, MacDonald, Murray, Spottiswood, Twizell, Wara, OP Band

Tickets and showtimes will be available on April 11— you will be able to reserve your FREE tickets through SchoolCash Online.

Indigenous Leadership Team

Orchard Park has started an Indigenous Leadership team. We are beginning with students who self-identify as Indigenous in Grades 2-8. We hope that once the team is established we can open it up to the wider school community. We are excited to have the students share their voice and knowledge with each other and our school.

Raise the Dough Fundraiser

Mark your calendars and spread the word for Family Pizza Nights on April 25th and 26th! Our school will receive \$5.00 from every Orchard Park Special ordered.



A 2-NIGHT PIZZA EVENT!
TUES. APRIL 25TH & WED. APRIL 26TH

FAMILY PIZZA NIGHT

ORDER ONLINE  DOMINOS.CA

Order **ONLINE** the special outlined below and
ORCHARD PARK PUBLIC SCHOOL
will receive a \$5.00 contribution for each order.

Anyone can order this special; grandparents,
aunts, uncles, friends, co-workers etc.
So, mark it on your calendar and spread the word! To save time order online and use coupon code 244 at check out.

2 Medium 2-Topping Pizzas & Cheesy Bread

Pizza Cals 250 - 400 Per Slice, 16 Slices
Cheesy Bread Cals 120 Per Piece, 8 Pieces

Order Code:
244

\$23.99 + tax

ONLY AVAILABLE AT
ORILLIA (705) 325-4433 235 Memorial Ave
(for delivery \$12 order minimum and delivery fee may apply)

 

Adults and youth (ages 13 and older) need an average of 2,000 calories a day, and children (ages 4 to 12) need an average of 1,500 calories a day. However, individual needs vary.

Popcorn Fundraiser

The Grade 8 students are continuing to sell popcorn to raise money for their Grade 8 Grad Trip. Popcorn will be sold at nutrition break **each Friday for \$2 a bag**. (Should there be a P.A day on Friday, popcorn will be sold on the Thursday instead.)

The Grade 8s thank you for your support!

We're Fundraising with Mabel's Labels!

Personalized waterproof name labels for your kids' stuff!

1. Visit campaigns.mabelslabels.com and search **Orchard Park Public School**
2. Purchase your labels
3. Labels ship right to your door!



You get labels, we raise funds.

Keep connected with our school and with the SCDSB

It's important to get accurate information about what's going on at your school and at the Simcoe County District School Board (SCDSB). Here are some ways to do that:

- Sign up to receive SCDSB media releases by clicking the 'Subscribe' button at www.scdsb.on.ca.
- Follow the SCDSB on Twitter (@SCDSB_Schools), Facebook (facebook.com/SCDSB) and Instagram (instagram.com/scdsb). **Also, don't forget to follow our twitter page:** <https://twitter.com/OrchardParkPS>

Kindergarten registration for September 2023 is open!

Kindergarten is the beginning of a wonderful journey of learning, and we want your child to begin their journey in a SCDSB school! Do you have a child who is turning four in 2023? If so, we invite you to register your child for Kindergarten. To register online or for more information visit: scdsb.on.ca/kindergarten.

EarlyON Child and Family Centres

The Simcoe County EarlyON Child and Family Centres have locations throughout Simcoe County. These centres offer a variety of services, including programs that help prepare children and parents/guardians for kindergarten. Programming will be offered in the spring of 2023. Check with your local EarlyON provider for dates and times. <https://linktr.ee/earlyonsimcoe>

Licensed summer 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 over the summer holidays. 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 at 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, staff and within the SCDSB's broader school communities.

There are five webinars in the learning series specifically planned for parents, guardians, and other caregivers during this school year. The final session, 'The Biology of Stress', is April 27.

We hope you 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.

Join the SCDSB's Parent Involvement Committee for 'Safe connections: navigating a digital world'

On April 25, the Simcoe County District School Board's (SCDSB) Parent Involvement Committee (PIC) is hosting a virtual learning session for parents/guardians. *Safe connections: navigating a digital world* is a virtual event focused on digital mindfulness and well-being, and Internet safety.

This virtual event will run from 6 to 8:30 p.m. via Zoom. Presenters include:

- Chris Vollum, CMV SocialMedia
 - Sergeant Aaron C. Arnett, Ontario Provincial Police
- Abby Zantingh, Imani's Place

Participants are asked to register in advance: <https://bit.ly/40tEg22>. Information to access the session will be shared via email with individuals who have pre-registered.

The PIC is a county-wide advisory committee made up of parents/guardians and community representatives from across Simcoe County. The committee works with SCDSB staff and trustees to support student success through parent/guardian engagement. Visit scdsb.on.ca/elementary/parent/parent_involvement_committee for more information on the PIC.

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 outreach series

In 2023, the Simcoe County District School Board (SCDSB) is hosting virtual special education outreach sessions to assist parents/caregivers in learning more about programs, supports and ways that we work together to support students with special education needs. The remaining sessions include:

Supporting students as they transition into school, from one school to another, and from school upon graduation

April 20 - 6:30 to 7:30 p.m.

Working with families to create safe and supportive environments for children who have experienced trauma

May 9 - 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 at

www.scdsb.on.ca/elementary/special_education/special_education_outreach_sessions.

The science of reading and structured literacy

The science of reading is a body of research that focuses on how students learn to read, what parts of the brain are utilized when learning to read, and what skills are ultimately required to be successful readers. Structured literacy is how educators take the knowledge gathered through research and apply it. There are five key components that make up an effective literacy program. Students need explicit instruction and repeated opportunities for practice with phonemic awareness, phonics, fluency, vocabulary, and comprehension. Visit the following link to support your child's reading at home: <https://bit.ly/LiteracyHomeSupport>

Math @Home parent series

Fostering a strong school-home partnership is an important part of reinforcing math learning at school and extending the learning beyond the classroom. Families are a child's first educator and help build a strong foundation for future success. The virtual math series outlined below is intended to support a positive attitude towards mathematics, enhance motivation and ultimate success.

The SCDSB math department is pleased to offer three evening virtual sessions for families and caregivers of SCDSB students. These sessions will focus on practical and fun ways to support students with their mathematics learning and engagement at home. The first 200 registrants will receive a math pack of resources to use at home. Participants must pre-register for each of the sessions.

Making Math Connections @Home

Wednesday, April 12: 7 – 8 p.m.

This session will explore where we find numbers, patterns, measures, and shapes in our daily lives. Participants will learn about practical ways to help their child notice and wonder about the math in their world.

Problem Solving @Home

Tuesday, April 25: 7 – 8 p.m.

This session will explore how to encourage children to be active thinkers and problem solvers, both in math and around the house. Participants will learn about how solving problems at home can help their children solve problems in math class.

Having Fun with Math Facts @Home

Thursday, May 11: 7 – 8 p.m.

This session will explore practical, intentional, and fun ways to practice math facts at home. Participants will leave with ideas, games, and activities to support their child with becoming fluent with their math facts.

Participants must pre-register for the sessions they wish to attend. Participants who register before March 24 will receive their math pack of resources in time for the first session on April 12. Those who register after March 24 will still receive a math pack of resources, but may not receive them in time for the first session.

Use this link to register: <https://bit.ly/23MathAtHome>

Tense and relax coping strategy

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 tense and relax. Parents/guardians can guide their child/youth through a tense and relax muscle relaxation exercise to help them notice whether they feel tense or relaxed in a particular area and understand how their body feels when they are tense and relaxed. This helps children/youth to learn to sooth their body and mind, and assists with regulating emotions during times of stress.

Continued ...

To practice tense and relax at home, have your child/youth get comfortable by either standing or sitting. Encourage them to keep their back straight, and shoulders and head relaxed. If they're comfortable, ask them to close their eyes. Have your child/youth intentionally tense and relax isolated body parts and be aware of how they feel when they tense their muscles and when they relax them. Children can be encouraged to: bring their shoulders up to their ears, hold for a count of 3, and relax; squeeze their hands into fists, hold for a count of 3, and relax; squeeze their stomach in as if fitting between a fence, hold for a count of 3, and relax; and, pushing their feet down to the ground, hold for a count of 3, and relax. Repeat the actions a few times and discuss how these body parts felt before, during, and after the exercise.

Parents/guardians can practice tense and relax at home any time with their child/youth to help them learn how to relieve tensions. Click on the following link to watch a guided video of tense and relax together: <https://www.youtube.com/watch?v=J4mQm0hux1Q&t=1s>.

Follow along the SCDSB's mental health and well-being social media accounts (@SCDSB_MHWP) to see how well-being is being supported in our schools.

Significant need for foster caregivers in our community

There is a significant need for foster caregivers in our local community. When a child or youth is brought into temporary foster care and placed outside of their community there is a loss of family, friends, schoolmates, teachers, and everything that is familiar to them. The increase in the number of foster homes across the communities in Simcoe Muskoka allows children and youth to remain connected to what is important to them.

Foster families are regular families wanting to give back to their community. When a family faces hardship and challenges, they need a community to support them and their children. In many situations, foster care can provide vital support that enables parents to address issues that are putting their children's safety and well-being at risk. Keeping children connected to their family, community, and extended supports is crucial. Foster caregivers provide a caring home that encourages a child or youth's growth, development, and well-being. If you're interested in becoming a foster caregiver in our community, please visit the foster recruitment website at www.fosterconnexions.ca to learn more or call the foster recruitment line at 705-734-6777.

Information provided by Simcoe Muskoka Family Connexions