



ORCHARD PARK PUBLIC SCHOOL

January 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.

Dear Panther Community,

I'd like to begin the new year by acknowledging our wonderful student leaders and student volunteers that continue to serve as role models for their fellow peers. Our focus this school year has been on our character traits (January - Honesty), continuing to build our Panther Pride and our feeling of community. It has been so prevalent throughout the school through lunch helpers, the media team, PAL leaders, sports teams, all of our clubs and the announcement crew. We continue to make a conscious effort to promote positive interactions between all stakeholders in our school. I am inspired by students and educators who seek to engage their fellow peers and colleagues in either work or cooperative activities. Keep up the amazing work Panthers!

As we head toward the new year, SCDSB schools will be honouring in January, Tamil Heritage Month and in February, Black History Month through many different learning experiences, activities and events across the county. While there will be daily announcements and lessons taking place in classes, we invite parents, guardians and community members to share any aspect of their respective heritage. This may be through reading a story, sharing of a special tradition or recipe and teaching any aspects of your rich culture and tradition. This greatly supports our ongoing efforts to ensure an inclusive culture and our sense of community.

We also look forward to our Kindergarten Performance which will be bringing smiles your way on February 16th, in addition to our Kindergarten Orientation which will be taking place on May 18th. Our office team is excited to meet our future students and are happy to support you in this process in any way that we can. Any parents that will be registering a JK student for September 2023 are asked to review the important guidelines found [here](#) on the SCDSB website.

Lastly, I would like to express my sincere gratitude and appreciation to all of you that make this role as principal of Orchard Park Public School a rewarding experience. It has been a pleasure getting to know your students and many of you over the past four months. We will have numerous opportunities throughout 2023 to continue to build momentum in our school community. Stay tuned for activities like, boys basketball, girls volleyball, the Spring Concert, junior sports, a Mental Health Walk, various clubs and an exciting school event that will be planned by our School Council for the spring. Please follow us on Twitter [@Orchard-ParkPS](#) to stay up to the minute on everything Panthers.

Wishing you all the best on your Winter Break, be well, and see you in the new year.

Mr. Chater

Character attribute for the month of January

Honesty - we behave in a sincere, trustworthy and truthful manner.

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 January

You can now link directly to the SCDSB Days of Observance on the SCDSB website:

<https://bit.ly/3Ln2Mfb>.

Important Dates:

- January 9: Return to school
- January 12: Virtual special education outreach series (6:30-7:30)
- January 17, 18, 19: Dental Screening
- January 18: Info night at O.S.S for grade 8 students (6:30-8:00)
- January 24: Virtual info session for 2023 Kindergarten registration (7-7:30)
- January 25: 1st virtual meeting for the Self-Reg Parenting Program
- January 25: Bell Let's Talk Day
- January 27: Family Literacy Day
- January 27: PA Day

SCDSB Presents — Self-Reg Parenting Program

January 25th - April 5th @ 9:30am-11am and/or @ 7pm-8:30pm

Facilitated by: Bonnie Eddy and Kimiko Kawasaki-Gee (Child and Youth Workers SCDSB)
Supervised by: Dan Macdonald (Principal of Well-being and Outdoor Education)

Through the use of The Shanker Method ® parents will learn how to engage with their children in order to help break the stress cycle by creating a positive and healthy home environment. In addition, the Self-Reg ® Parenting course will help you identify the signs and signals of stress, to help parents create strategies to stay strong, consistent and help their children navigate stress through the power of self-regulation or co-regulation. Shanker Self-Reg ® is a valuable and accessible tool for children, youth, and parents. Educators and mental health professionals from across Canada and around the world are using Self-Reg ® to address behavioural, emotional and social problems and improve learning outcomes for all children/youth.

Location: Virtually via Zoom

Registration: Open to all parents, teachers and support staff of SCDSB students.

Please email kkawasakigee@scdsb.on.ca to be added to the registration list or for any inquiries.

Please note: Spaces are limited

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 **North 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 SCSTC 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 SCSTC 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>.



Inclement Weather Safe Arrival Procedure

On Inclement Weather days (when busses are cancelled) ALL absences will be assumed due to weather unless you notify the office otherwise. If your student(s) will be away due to weather, you DO NOT need to call in or email. A general Inclement Weather Safe Arrival call will be made to ALL families of absent students. This message is different than the regular Safe Arrival message (for non-inclement weather days) and can be disregarded UNLESS your child is supposed to be at the school – in which case you should call us to confirm their attendance.

Thank you.

NEW Orchard Park Website

Please check out our newly updated [Orchard Park website](#) for school news as well as easy links for bus delays, student absence reporting, school calendar, newsletters and so much more!

#pantherpride

DPA = Daily Physical Activity In Our Classrooms

Born out of concern for physical inactivity being a serious health issue for Canadian children and youth - the Ontario government created the **Daily Physical Activity (DPA) policy**, which requires school boards to ensure that all elementary students have a minimum of **20 minutes** of sustained moderate to vigorous physical activity each school day during instructional time.

In the Ontario Ministry of Education's 2019 Health and Physical Education Curriculum (Grades 1-8), DPA is described in the Active Living Strand, which states: "The Active Living strand helps students develop the skills and knowledge needed to participate regularly and safely in physical activity, while enjoying being physically active and learning how to develop and enhance their own personal fitness. As they participate in a wide range of activities, students also learn about the benefits



of physical activity for mental health. Learning through physical activity helps to enhance students' physical literacy. Daily physical activity (DPA) is one important component of this strand. Participating in daily moderate to vigorous physical activity helps to build a habit of activity that becomes a part of each student's routine and way of life."

- **Ask your child about their class' DPA**
- **Ask your child's teacher about their class' DPA**
- **Share your suggestions or ideas for year-round DPA**

Orchard Park Eco Team in Action

The Orchard Park Eco Team has been busy promoting environmental initiatives and activities. The team of over twenty students and staff are all dedicated to being the change the world needs for environmental education and action. The recycling and waste reduction program is one of our focuses. Although we are doing a great job of recycling and composting a large portion of our waste, we are still producing a lot of waste that is ending up in a landfill. Our goal this year is to reduce our overall waste by promoting the use of reusable containers in lunches. Single and prepackaged food items such as granola bars and juice boxes are often less nutritious, higher in cost, and produce a lot of waste. Please consider using reusable containers, rather than pre-packaged foods!



Let's Talk Kindergarten:

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: www.scdsb.on.ca/kindergarten.

Join the SCDSB for a live virtual info session on Jan. 24

Do you have a child who is turning four in 2023 and are interested in learning about Kindergarten in the Simcoe County District School Board (SCDSB)? Join us Tuesday, Jan. 24 from 7 to 7:30 p.m. for a virtual info session. This presentation will be hosted by members of the SCDSB's early years team, who will provide parents/guardians with important information they need to know about Kindergarten. More details regarding this event will be shared on the SCDSB website and social media platforms in January.

Early learning and child care

The Simcoe County EarlyON Child and Family Centres are excited to offer programs that help prepare children and parents for Kindergarten. Programming will be offered in the spring of 2023. For more information and to find your local EarlyON provider, visit: <https://linktr.ee/earlyonsimcoe>.

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](#) to find details on your high schools' info night, and contact the school directly for more information.

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.

Continued...

IEPs and school-based assessments – information for parents/caregivers

Jan. 12 — 6:30 to 7:30p.m.

Supporting students with autism spectrum disorder

Feb. 14 — 6:30 to 7:30p.m.

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

April 20 — 6:30 to 7:30p.m.

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

May 9 — 6:30 to 7:30p.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.

Standards of behaviour and consequences for student action related to racism, bias or hate

At the SCDSB, we are committed to maintaining safe, inviting and supportive school environments, and recognize that all students have the right to be safe, and feel safe, in our schools. With this right comes the responsibility to contribute to a positive school climate.

We want you to know that any incident of racism, bias or hate will not be tolerated. Any such incident is treated very seriously with immediate action and consequences in accordance with the requirements of the *Education Act*, and consistent with our values and obligations under the *Ontario Human Rights Code*.

Students who engage in acts of racism, bias or hate will face severe consequences as a result of their actions. Please take a moment to review the [SCDSB Code of Conduct](#) with your child(ren). The Code of Conduct sets clear standards of behaviour and specifies consequences for student actions that do not comply with these standards.

We are dedicated to educating our students and staff about the injustice and impact of systemic racism. We continue to work with students, staff, parents/guardians and community partners to ensure that our schools are the safe places they are intended to be for all students.

Ontario Ministry of Education tutoring services

The Ontario Ministry of Education is supporting tutoring services in schools and in the community until the end of March 2023. Schools offering after school tutoring services will advertise this service directly to parents/guardians. Community tutoring agencies provide free-of-charge tutoring to Simcoe County District School Board (SCDSB) students after hours in the community and online. Contact information for community tutoring agencies can be found at www.scdsb.on.ca/elementary/tutoring_programs. Tutoring is available to all SCDSB students from Junior Kindergarten to Grade 12. The SCDSB is also seeking members of the community to act as tutors in our schools during the school day. All candidates must apply through Apply to Education Posting #3361243. Candidates are required to be interviewed by SCDSB administration, provide professional references, and complete a Vulnerable Sector Screen through their local police service. For more information, please email tutoring@scdsb.on.ca.

Bite-sized math support at home

Are you looking for a quick way to support your child in developing their numeracy skills? Here are two resources that provide math activities that can be done in 5 minutes or less!

1. mathbeforebed.com/ We know that daily reading at home supports your child's literacy development; the same is true with math! This website provides images that can be used as a quick number talk before bed. Ask your child: "how many do you see?" and "how do you know?" This website has content for students of all ages.
2. www.parentengagementmatters.ca/math-storytime Math Storytime is a tablet-based app for ages 5-8 that contains stories about basic math concepts. The stories provide the opportunity for talking about math at home.

Foundational literacy skills - oral language

Based on decades of research, we know the foundational literacy skills necessary for students to learn to read. Oral language is a natural process for us as humans, and our brain is wired for speaking and listening. As children interact with others, they acquire language skills, learning the pronunciation of words and their meaning. Oral language helps children learn the sound structure of language and build vocabulary and background knowledge. Oral language is the foundation for reading and writing.

Continued...

Here are some ways you can support oral language development with your child(ren) at home:

- Sharing oral stories
- Active, everyday conversations
- Listening games such as Simon Says
- Dramatic play where your child takes on imaginary roles
- Reading books together

Four ways to improve your child's study habits

As we welcome the new year, people often take this time to reflect and make resolutions to form good habits for the year ahead. For some, these resolutions are personal goals, like cooking more meals at home, or joining a local gym – but what about setting family goals? As a parent, you can help your children set goals that will help them succeed at school, such as improving study habits.

It is difficult to see your child struggle with their schoolwork, but with these tips, your child will be able to effectively use their study time to thrive in school this year. Even better, working on these habits now will set them up for success for years to come — both in school and in the workplace. Here are four ways you can help improve your child's study habits:

Eliminate distraction

Learning requires focus and concentration to be successful. Removing distractions from your child's learning space is crucial. Portable technology is the largest distraction when it comes to studying. While studying, try to choose a location outside of their study space where they can leave their phone or tablet to minimize distractions. Of course, there are other types of distractions as well, such as a nearby TV or other children. If possible, find a study location away from the home's common space. Allow your child to turn on white noise or music if it helps them concentrate. It might aid in blocking out other obtrusive sounds so they can concentrate on their schoolwork.

Try alternatives to reading

It can get tiresome to read notes and textbooks to learn new information. Your child can only focus for so long before they begin to lose interest and tire of the subject. Try alternative strategies, such as creating flashcards, finding an informative video, listening to educational podcasts or audio books, or asking them to visualize a concept with a graphic or diagram. Kids learn in different ways. Find what works best for your child and use it to their advantage. Just be sure to keep the focus on studying and avoid the online distractions.

Continued...

Give regular praise

Positive parenting and recognizing their accomplishments (both big and small) may be all the motivation they require to succeed. Let them know you appreciate all their effort and hard work. Make sure to celebrate effort over outcome to show your child that trying is the most important thing. Some great wins to celebrate include solving a tricky problem, reaching a reading or math goal, or finishing a project or assignment. Let them know you are proud of them and that they should be proud of themselves as well. They'll be eager to advance if you sometimes throw in a special treat or outing!

Find additional help when needed

Perhaps one of the biggest lessons for students to learn is not be afraid to ask for help when needed. However, as a parent, sometimes we don't have the knowledge or ability to provide the help they need when it comes to schooling. That's when it's important to seek additional help, such as a tutor. Tutors can provide professional, tailored help to students, whether it is with an entire subject or a concept within a subject. Tutors can help your child succeed in school, while giving you peace of mind that they are learning with a professional.

The Simcoe County District School Board (SCDSB) has teamed up with the YMCA of Simcoe/Muskoka to launch the Y Achieve Tutoring program. This program provides free tutoring sessions outside of school hours, free of charge for any students who may be struggling. These sessions are open to students from Grades 6 to 12 attending a school within the SCDSB, whether you have a YMCA membership or not. For more information, or to book a session online, please visit www.ymcasm.ca/tutoring or contact morgan.gillies@sm.ymca.ca.

Information provided by the YMCA of Simcoe/Muskoka

