Simcoe County District School Board

January 2024

Ernest Cumberland Newsletter

Daily School Schedule

Yard Supervision 9:15AM

> **Morning Bell** 9:30AM

Period 1 9:30AM - 10:20AM

Period 2 10:20AM - 11:10AM

Nutrition Break A 11:10AM - 11:30AM Main Floor/Portables Outside Second Floor Inside

Nutrition Break B 11:30AM - 11:50AM Main Floor/Portables Inside Second Floor Outside

> Period 3 11:50AM - 12:40PM

Period 4 12:20PM - 1:30PM

Nutrition Break C 1:30PM - 1:50PM

Main Floor/Portables Outside Second Floor

> **Nutrition Break D** 1.50PM - 2.10PM

Main Floor/Portables Inside Second Floor Outside

> Period 5 2:10PM - 3:00PM

> Period 6 3:00PM - 3:50PM

Dismissal Bell 3:50PM



Ernest Cumberland ES 160 8th Avenue P: 705-435-0676 F: 705-735-0103 ernestcumberland@scdsb.on.ca

In the Office Mrs. E. Short, Principal Mrs. T. Ripley, Vice-Principal Mrs. B. Dermott x22900 Mrs. K. Zaple x22951

Parent Council Corner

The next Parent Council meeting is March 4th at 6pm. We will be hosting a clothing drive alongside the Kidney Clothes Foundation. If you have gently used clothing to donate, please drop them off at ECES on Friday, January 19th or Monday, January 22nd. We will be having our annual Dance-a-Thon fundraiser on February 14th. If you have any new, unopened gifts, please consider donating them as prize items. If you are on our approved volunteer list and are available to help out, please reach out to councilchairern@scdsb.on.ca. Paul Davis will be at ECES to speak with our students on Thursday, February 22nd during school hours about Internet Safety. He will be presenting to grade 4, 5, and 6 students for 45 minutes plus a Q&A period. He will also be talking with grade 7 and 8 students for 50 minutes plus a Q&A period. There will be a parent session on February 22nd as well from 6-8pm with a Q&A period in the gym. More information to come in the coming weeks.

Notes from the Office

Please send students with lunch and all items they need for the day in the morning when leaving home. There will be limited staff to answer the door for forgotten items between 9:30am - 3:50pm. School doors are locked as per the SCDSB Safe School Policy. Ensure your students have plenty of lunch, snacks, water, and extra clothing in their backpacks for washroom accidents and come prepared with proper clothing for the weather.

Early Pick Up - If you need to pick up your child before the end of the day, please pick them up before 3:00 pm. Numerous early pick-ups cause significant disruptions to the learning environment. We require our driveway to be clear for our school vans and buses at dismissal time. Your cooperation is appreciated.

Below is a summary of the activities planned for the Jan. 26 PA Day:

Length: Full day Topic: Evaluation and reporting Host: Simcoe County District School Board Presenter(s)/facilitator(s): Not applicable

Educators will be working to complete the first provincial report card which will reflect students' achievement of curriculum expectations introduced and developed from September to January/ February of the school year, as well as students' development of the learning skills and work habits during that period. This process includes both evaluation and reporting.

Elementary report cards will go home to parents/guardians on Friday, Feb. 16, 2024.

Inclement weather and bus cancellation information

School Bus Status

All Efforts Are Made To Post Cancellations Between 6:00 AM and 6:30 AM







All Buses in zone cancelled

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

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 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 <u>@SCSTC_SchoolBus</u> for bus cancellations and other information. You can also subscribe to receive bus delay notifications here: <u>https://scstc.ca/Subscriptions/Login.aspx</u>.



Ernest Cumberland is located in the **South Zone**

EarlyON 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 postnatal resources. Check with your local EarlyON provider:

https://linktr.ee/earlyonsimcoe

Interested in learning more about the ways that the SCDSB supports students with special educational 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.

Transition planning Feb. 13 6:30 to 7:30 p.m. Reading strategies March 19 6:30 to 7:30 p.m. 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.

Stay healthy this school year

COVID and other respiratory infections can spread easily from person to person. These germs can spread quickly when someone coughs or sneezes directly on another person, or when germs land on hard surfaces like doorknobs, desks, and keyboards and then are touched by someone else. These germs can then enter the body through the eyes, nose, or mouth.

The most important thing you can do to keep from getting sick and stop the spread of germs is wash your hands. Wash with soap and warm running water for at least 15 seconds (or try singing Happy Birthday twice). If your hands are not visibly dirty you can use alcohol-based hand sanitizer for 15 seconds. Also, make sure you are up to date with your immunizations, cover coughs and sneezes, and stay home if you are sick. Teach your kids to do the same!

For more tips to keep you and your family healthy this school year, contact *Health Connection* at 1-877-721-7520 or visit <u>www.simcoemuskokahealth.org</u>. Information provided by The Simcoe Muskoka District Health Unit.

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 <u>www.scdsb.on.ca/secondary/planning for high school</u> to find details on your high school's info night, and contact the school directly for more information.

Math @Home parent and caregiver series

It's back! The SCDSB math team is pleased to offer three virtual sessions for parents and caregivers of SCDSB students. These sessions will 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.

Exploring the new SCDSB family math resources

Tuesday, Feb. 6, 2024, 7 to 8 p.m.

This session is for parents and caregivers. Join members of the SCDSB math team for a guided exploration of the new SCDSB family math resources. Participants will have the opportunity to explore the resources that are available to support their child's math learning at home. The guided portion of the session will be 45 minutes in length. During the final 15 minutes, the math team will be available to answer questions about the resources available.

Tips for engaging in math conversations with your child @Home

Wednesday, Feb. 28, 2024, 7 to 8 p.m.

This session is for parents and caregivers and will explore opportunities to discuss math with their child(ren) at home. Participants will learn about how events such as shopping, preparing food, engaging in a building project, or going for a walk can be used as a starting point for math conversations, and will receive prompts to get the discussion rolling. The guided portion of the session will be 45 minutes in length. During the final 15 minutes, the math team will be available to answer questions about the session.

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 for the sessions they wish to attend. 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: <u>https://bit.ly/24MathAtHome</u>.

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

Subscribe to Kindergarten Connects

Will your child be turning four in 2024? If so, the SCDSB invites you to Kindergarten Connections! This is a monthly enewsletter 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

Kindergarten Registration for 2024

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 2024? If so, we invite you to register your child for Kindergarten. To register online or for more information visit:

www.scdsb.on.ca/kindergarten

A learning series for parents/guardians with Pine River Institute

Playground structures are closed for winter

Every winter, school playground structures are closed. Students are made aware of this during school hours through announcements and staff reminders during breaks. This may not be well known throughout the community, despite signs indicating that playground structures are a winter hazard and are closed. The Canadian Standards Association regulations make recommendations for the depth of ground cover required to minimize injuries (e.g., sand, pea gravel, or wood chips). These surfaces cannot be maintained when the ground freezes. Injuries from falling would be more significant on frozen ground. We strongly recommend that you do not allow your children to play on any structures while the ground is frozen.

Parent/guardian self-care

As parents and caregivers, it is important that we take time to check in with ourselves. When you are feeling stressed or overwhelmed, take time for yourself, even if it is just a few minutes. Working through your own feelings will make it easier for you to support and reassure your child.

Self-care does not need to be complicated. Take a few minutes to do something you enjoy, connect with a friend, or move your body. It is not selfish, it is self-preservation.

For more information, call *Health Connection* at 705-721-7520 or 1-877-721-7520 or visit : www.simcoemuskokahealth.org

Information provided by The Simcoe Muskoka District Health Unit. 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 remaining webinars are:

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: <u>https://bit.ly/3jGaC74</u>. 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: <u>www.pineriverinstitute.com</u>.

Rainbow Program at ECES

ECES is pleased to announce that weekly support groups for children who are living in single-parent families/step families and have experienced the death or serious illness of a loved person will be offered again this year. We have trained, caring adults who will help these children put their feelings into words, work through their grief, build a stronger sense of self-esteem, and begin to accept what has taken place. The creators behind the Rainbows program believe that a 6-month time period needs to have occurred in order for a child to be able to process and discuss their feelings. If your child has experienced the death or serious illness of a family member, or is struggling with a painful experience or loss; this will be an opportunity for them to share with someone on the outside what is happening on the inside. We are hoping to begin the 12 weeks of groups in February. If you have further questions, please feel free to contact Carrie Price, Ernest Cumberland's Rainbow's Coordinator, at cprice@scdsb.on.ca or 705-435-0676 x22940.

Reporting achievement in language

Student achievement in language will be reported as one overall grade or mark on the term one report card. The mark will reflect a student's integrated learning across the four strands:

- Strand A Literacy Connections and Applications
- Strand B Foundations of Language
- Strand C Comprehension; Understanding and Responding to Texts
- Strand D Composition; Expressing Ideas and Creating Texts

The grade will be accompanied by supporting comments that will indicate the student's strengths, describe growth in learning, and identify next steps for improvement. For more information regarding the revised Language curriculum, visit <u>www.dcp.edu.gov.on.ca/en/key-changes</u> <u>-language</u> to view a guide for parents/guardians on the Ministry of Education website.

Keeping your information private

As parents/guardians, we work to support our children's well-being and to protect them from harm. At a time when internet use can pose risk to our children, how can we support them in keeping their information private and secure when using social media, games, and/or other digital apps? Each month we will highlight one cyber awareness topic to support parents/ guardians with the information and tools they need to navigate these topics with their children. January's theme is *Keeping your information private*. For helpful tips related to managing your child's privacy and security settings on mobile devices, read through the info sheet from the Educational Collaborative Network of Ontario (ECNO) by visiting <u>https://ecno.org/wp-content/uploads/2023/09/ECNO-CAM-Calendar-23-Aug3023 KeepInformationPrivate.pdf</u>. For additional activities and information, please refer to the Digital Citizenship resources for parents/guardians that are available on the SCDSB website <u>https://www.scdsb.on.ca/elementary/safe_schools</u> (see button for Mental Health & Well-being in Online Environments).

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.

Visit www.scdsb.on.ca/elementary/safe schools to learn more.

The SCDSB's Human Rights and Equity Office (HREO) has an advisory titled *Prohibiting the Use of the N-word.* Please take a moment to review this advisory with your child(ren) by visiting the HREO page on the SCDSB website <u>https://tinyurl.com/3jsvhan6</u>.

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.

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://cdnsm5-ss14.sharpschool.com/UserFiles/Servers/Server_210898/File/Secondary/Parents-Guide-to-Assessment.pdf.

Mental health promotion strategy of the month - 2×10

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 2×10 Connecting. This practice helps to build rapport and the relationship between a caring adult and student, and to let the student see they are genuinely cared about as a person.

To practice 2x10 Connecting at home, find a consistent time each day to spend two minutes talking to your child about anything they would like to talk about for a period of 10 days. If you have more than one child, switch who spends that time talking with you every 10 days or find different times in the day to spend 2 minutes with each child.

Find more information to support your child's mental health here: <u>https://smho-smso.ca/parents-and-caregivers/.</u>

2x10 Connecting resources:

https://smho-smso.ca/emhc/self-awarenessand-sense-of-identity/mattering/2-x-10/

Secondary

https://smho-smso.ca/emhcsecondary/ healthy-relationship-skills/being-a-goodfriend/connecting/

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

How is your infant, toddler, or preschool child developing?

COVID and other respiratory infections can spread easily from person to person. These germs can spread quickly when someone coughs or sneezes directly on another person, or when germs land on hard surfaces like doorknobs, desks, and keyboards and then are touched by someone else. These germs can then enter the body through the eyes, nose, or mouth. The most important thing you can do to keep from getting sick and stop the spread of germs is wash your hands. Wash with soap and warm running water for at least 15 seconds (or try singing Happy Birthday twice). If your hands are not visibly dirty you can use alcoholbased hand sanitizer for 15 seconds. Also, make sure you are up to date with your immunizations, cover coughs and sneezes, and stay home if you are sick. Teach your kids to do the same! For more tips to keep you and your family healthy this school year, contact Health Connection at 1-877-721-7520 or visit www.simcoemuskokahealth.org Information provided by The Simcoe

Information provided by The Simcoe Muskoka District Health Unit.

Licensed Winter Break schoolage 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 and March 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/ childcare before after.

MONDAY LUNDI	TUESDAY MARDI	WEDNESDAY MERCREDI	THURSDAY JEUDI	FRIDAY VENDREDI	SATURDAY SAMEDI	SUNDAY DIMANCHE
1	2	3	4	5	6	7 Milk and lunch orders for next week are due by 12:00pm
Winter Break	Winter Break	Winter Break	Winter Break	Winter Break	Winter Break	Winter Break
8 DAY 1 Booster Juice	9 DAY 2 Pizza Pizza	10 DAY 3 Subway	11 DAY 4 Champ Burger	12 DAY 5 Lunches Made Easy	13	14 Milk and lunch orders for next week are due by 12:00pm
15 DAY 1	16 DAY 2 Pizza Pizza	17 DAY 3 Subway	18 DAY 4 Champ Burger	19 DAY 5 Lunches Made Easy Kidney Clothes donation drop off	20	21 Milk and lunch orders for next week are due by 12:00pm
22 DAY 1 Kidney Clothes donation drop off	23 DAY 2 Pizza Pizza	24 DAY 3 Subway	25 DAY 4 Champ Burger	26 No School P.D. Day	27	28 Milk and lunch orders for next week are due by 12:00pm
29 DAY 5 Popcorn Day	30 DAY 1 Pizza Pizza	31 DAY 2 Subway	What's for lunch? Order at www.schoolcashonline.com Orders are cancelled on inclement weather days. Spirit Days Join in some school-wide fun and sport your favourite Spirit Wear!			



January 2024

Date(s)	Observance		
Jan. 1-31	Tamil Heritage Month		
Jan. 1	New Year's Day		
	Temple Day/Solar New Year (Buddhism)		
Jan. 4	World Braille Day		
Jan. 6	Epiphany (Christianity)		
Jan. 7	Christmas (Eastern Orthodox Christianity)		
Jan. 10	Linji Memorial (Buddhism)		
Jan. 11	Sir John A. Macdonald Day		
Jan. 13	Lohri (Hinduism)		
	Maghi (Sikhism)		
Jan. 14	New Year's Day (Eastern Orthodox Christianity)		
Jan. 15	Makar Sankranti (Hinduism)		
	Thai Pongal (Hinduism – Tamil)		
Jan. 19	Epiphany (Eastern Orthodox Christianity)		
Jan. 20	Birth of Guru Gobind Singh (Sikhism)		
Jan. 21	Lincoln Alexander Day		
Jan. 24	International Day of Education		
	World Day for African and Afrodescendant Culture		
Jan. 25	Bell Let's Talk		
	Honen Shonin Memorial (Buddhism)		
	Mahayana New Year (Buddhism)		
Jan. 27	Family Literacy Day		
	International Day of Commemoration in Memory of the Victims of the Holocaust		
Jan. 29	National Day of Remembrance of the Quebec City Mosque Attack and Action Against Islamophobia		

SUPPORT OUR SCHOOL THIS YEAR WITH LOCAL HEALTHY CHOICES



FRESH LOCAL MEATS DELIVERED RIGHT TO YOUR DOOR







FAST

DELIVER)



VISA

HOW DO I ORDER?

- 1. GO ONLINE TO WWW.CHICKENONTHERUN.CA
- 2. PLACE YOUR ORDER
- **3. ENTER COUPON CODE AT CHECKOUT**

EAGLES2024

3. PROCEED TO PAYMENT USING

YOUR ORDER WILL BE <u>DELIVERED TO YOUR HOME</u> WITHIN 2-3 BUSINESS DAYS AFTER ORDERING.







Discover Vet School gives students the opportunity to experience a day in the life of a veterinary student here at the Ontario Veterinary College. We are offering 2 days of unique labs and lectures both in person and **NEW** this year, a virtual option!

Dates	Lectures	Labs (in person only)	
Day 1 Saturday January 20 th 8:15AM - 4:45PM (EST) Location: In-person on OVC campus OR Virtually	 Anatomy Day in the life of an aquatic vet Toxicology Large animal welfare 	 Small animal emergency procedures Small and large animal skills with models Small animal and avian bandaging 	
Day 2 Saturday March 2 nd 8:15AM - 4:45PM (EST) Location: In-person on OVC campus OR Virtually	 Large animal herd health Small animal surgery Life as a large animal practitioner Wildlife medicine 	 Suturing Exotics handling Biopsy, fine needle aspiration, and blood smears 	

