

# Ernest Cumberland Newsletter

## Daily School Schedule

**Yard Supervision**  
9:15a.m.

**Morning Bell**  
9:30a.m.

**Period 1**  
9:30a.m. - 10:20a.m.

**Period 2**  
10:20a.m. - 11:10a.m.

**Nutrition Break A**  
11:10a.m. - 11:30a.m.  
Main Floor/Portables Outside  
Second Floor Inside

**Nutrition Break B**  
11:30a.m. - 11:50a.m.  
Main Floor/Portables Inside  
Second Floor Outside

**Period 3**  
11:50a.m. - 12:40p.m.

**Period 4**  
12:40p.m. - 1:30p.m.

**Nutrition Break C**  
1:30p.m. - 1:50p.m.  
Main Floor/Portables Outside  
Second Floor

**Nutrition Break D**  
1:50p.m. - 2:10p.m.  
Main Floor/Portables Inside  
Second Floor Outside

**Period 5**  
2:10p.m. - 3:00p.m.

**Period 6**  
3:00p.m. - 3:50p.m.

**Dismissal Bell**  
3:50p.m.



### 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

Thank you for your fundraising support of the Dance-a-Thon, Eagles! This was a huge success due to the hard work of our council chair, Johanne Douma, and our volunteers! Together we raised **\$10, 285** which will purchase outdoor recess bags, indoor gym equipment, and team jerseys. Our next parent council meeting is Monday, March 4, 2024 at 6:30p.m. All are welcome to attend!

## 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 9:30a.m. - 3:50p.m. 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. 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, **pick them up before 3:00p.m.** 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. Students must check in at the office before leaving school. Your cooperation is appreciated.

Is there a staff member you want to recognize? Let them know: [https://docs.google.com/forms/d/e/1FAIpQLSdioXUoFF16CSeTeThpzT\\_S6xs\\_dum5vfuHH7DRc9fw9s6EAg/viewform](https://docs.google.com/forms/d/e/1FAIpQLSdioXUoFF16CSeTeThpzT_S6xs_dum5vfuHH7DRc9fw9s6EAg/viewform)



## Inclement weather and bus cancellation information

### School Bus Status

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



- No Buses in zone cancelled
- Some Buses in zone cancelled
- All Buses in zone cancelled

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 [@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>.

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](http://www.simcoecountyschoolbus.ca)

When buses are cancelled, schools remain open for student learning, unless otherwise noted.



*Ernest Cumberland is located in the South Zone*

### 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 is 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*

### Literacy and March Break

Local libraries offer many fun and engaging activities for families during March Break. Visit [www.simcoe.ca/lists/locations/libraries.aspx](http://www.simcoe.ca/lists/locations/libraries.aspx) for a list of libraries in Simcoe County. You will find a link to access each library's website to view their upcoming events. The Barrie Public Library is offering a puppet show at their downtown location. Make sure to check out what your local library has to offer during March Break!

## Mental health promotion strategy of the month - Tense and Relax

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*. This strategy helps children and youth develop the skills to notice how their body feels when they are tense and relaxed, and to learn how to relieve tensions and to self-regulate.

To practice *Tense and Relax* at home, together with your child, model this relaxation practice and work your way down your bodies, slowly tensing and relaxing each of your muscles. Discuss with them how each area of their body feels before the exercise, and then discuss how it feels afterwards. Have your child get comfortable; this exercise can be done when standing, sitting, or lying down. Children can be encouraged to: bring their shoulders up to their ears, hold for a count of 3, slowly relax for a count of 3, and repeat; push their arms down towards to floor, hold for a count of 3, slowly relax for a count of 3 and repeat, squeeze their hands into fists, hold for a count of 3, slowly relax for a count of 3 and repeat; squeeze their stomach in as if trying to fit between a fence, hold for a count of 3, slowly relax for a count of 3 and repeat; push their feet down to the floor, hold for a count of 3, slowly relax for a count of 3 and repeat.

Visit [www.youtube.com/watch?v=J4mQm0hux1Q&t=1s](https://www.youtube.com/watch?v=J4mQm0hux1Q&t=1s) to watch a video that guides you through a *Tense and Relax* muscle relaxation exercise.

See our elementary (<https://smho-smso.ca/online-resources/sel-posters/>) and secondary (<https://smho-smso.ca/online-resources/sel-posters-for-secondary/>) social-emotional learning poster series for a tense and relax classroom poster than 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.

## April PA Day

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. 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 8 PA Day:

Length: Full-day

Topic: Curriculum content, student mental health/well-being, skilled trades and apprenticeships

Host: Simcoe County District School Board

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

All educators will engage in professional learning with a focus on mental health promotion and literacy planning for students. Educators will learn about Wayfinder, a sequenced guide that offers a variety of mental health lessons and activities organized by grade. Included are core mental health literacy lessons, lessons linked to HPE curriculum, learning activities, and tools to support and consolidate student learning. Professional learning for grades 7 and 8 teachers will include a specific focus on the implementation of the mandatory grade 7 and 8 mental health literacy modules. All educators will also learn about strategies to support students who are dysregulated in the regular classroom. Kindergarten educators will work collaboratively to use the data from the early reading screener to determine and plan next steps for small group reading instruction. They will also explore the new Kindergarten Math Course of Study instruction and assessment resources and create plans for an upcoming topic of study that is responsive to the needs and interests of their students.

Grade 1 to 3 educators will learn about the revised Social Studies curriculum related to the Truth and Reconciliation Calls to Action and the United Nations Declaration of Indigenous Peoples.

They will review the Indigenous Education Department online resources, learn about the Human Library available for all SCDSB teachers, and plan a cross-curricular literacy lesson which embeds the new social studies content. They will also engage in self-directed learning about math content knowledge for teaching planned by the district math team. This learning will focus on strategies for teaching number and algebra.

Grade 4 to 6 educators will analyze and use their classroom reading data to determine and plan next steps for literacy instruction. They will also engage in self-directed math content knowledge for teaching learning planned by the district math team. This learning will focus on strategies for teaching number and algebra.

Grade 7 and 8 educators will learn about each of the SCDSB programs offered to students which may lead to a career in the skilled trades including: OYAP, Co-operative Education, SHSM, SWAC, and Dual Credit. Educators will also engage in case studies on the topic of skilled trades pathways and then discuss in whole group sessions. School administrators will facilitate this centrally planned learning experience. They will also engage in self-directed learning about math content knowledge for teaching planned by the district math team. This learning will focus on strategies for teaching number and algebra.

## Sleep

Help your child get a good night's sleep by:

- ★ Setting a consistent bedtime and wake-time for your child (even on weekends). Children aged 5 -13 need at least 9-11 hours of uninterrupted sleep each night.
- ★ Encouraging your child to establish a relaxing bedtime routine that includes reading, taking a bath, or listening to music.
- ★ Setting up a sleeping space with your child that is cool, dark, and quiet.
- ★ Keeping technology out of your child's bedroom – it interferes with natural sleep cycles.
- ★ Discouraging caffeinated products, as they may interfere with your child's ability to fall asleep.

Being a role model by making sleep a priority in your own life! Looking for more information? Call Health Connection at 705-721-7520 or 1-877-721-5720 to speak with a public health nurse or visit [www.simcoemuskokahealth.org](http://www.simcoemuskokahealth.org).

*Information provided by the Simcoe Muskoka District Health Unit*

## Subscribe to Community Connects!

The Simcoe County District School Board (SCDSB) is excited to launch Community Connects, a new bi-monthly 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)

## Collection/use of personal student information

As students progress from elementary school to secondary school, important personal student information which eases each student's transition to secondary school is shared. Sharing this information improves our ability to program effectively to benefit all students. The collection and use of personal student information for such purposes is authorized under the *Education Act*. Please note that all information used for the transition process is limited, secure, and protected at all times. Please contact Matt Webb, Superintendent of Education, if you would like more information about the transition process at Ernest Cumberland Elementary School.

## YouthReach

Every child should have the opportunity to participate in programs such as dance, music, and sports – but we know not all families can afford the registration fees. YouthReach is a Simcoe County based charity that helps provide kids with the opportunity to get involved in the programs they want to participate in. For more information and to apply visit: [www.youthreach.ca](http://www.youthreach.ca).

*Information provided by YouthReach*

## Kindergarten registration for September 2024 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 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](http://www.scdsb.on.ca/kindergarten).

## Is your child starting JK or SK in September?

The Simcoe County EarlyON Child and Family Centres are excited to offer in-person and virtual programs that help prepare children and parents for Kindergarten. Parents/guardians and children will have the opportunity to interact together in a variety of school readiness activities. These programs will look at and discuss: How Does Learning Happen, Self Regulation, Social Skills, and How to Get Ready to Start School. To register for a program in your area visit: [www.earlyonsimcoenorth.ca/GRFK](http://www.earlyonsimcoenorth.ca/GRFK).

## Child care programs on PA days, holidays, and March Break

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 March Break (March 11 to 15). Registration in advance is required.

[Please contact the child care operator directly to discuss fees and to register. For more information and contact numbers, please visit: \[www.scdsb.on.ca/elementary/planning\\\_for\\\_school/childcare\\\_before\\\_after\]\(http://www.scdsb.on.ca/elementary/planning\_for\_school/childcare\_before\_after\).](#)

## School Climate Survey

During the month of March, all students in Grades 4 to 12 will be asked to complete an anonymous and confidential online SCDSB School Climate Survey about their school experience. Participants will not be asked to provide their name or any other identifying information because all surveys are anonymous. The survey results will provide valuable feedback to staff related to the SCDSB Strategic Priorities. Similar to prior SCDSB school climate surveys, the questions cover a range of topics, such as:

- excellence in teaching and learning;
- mental health and well-being;
- diversity, equity, and inclusion;
- community; and,
- experiences of school safety and bullying.

## Student Survey

A sample version of the student survey is available on the SCDSB website. The online survey is completed while students are at school and takes 15 minutes or less to complete. We understand that some students in the SCDSB may not be able to complete their school climate survey on their own and may require the help of staff. A modified version of the survey is available for students who require this assistance to complete their survey.

### Questions?

School staff will be available to answer any questions or concerns a student may have. Questions about the 2023-24 SCDSB School Climate Survey can also be directed to [schoolclimate@scdsb.on.ca](mailto:schoolclimate@scdsb.on.ca).

The information that is collected will be used to help guide our schools in creating and maintaining safe and supportive learning environments for all students.

Thank you for your support!

## Grade 8 students - register now for summer eLearning

Earn a reach-ahead credit with summer eLearning in the SCDSB! The Simcoe County District School Board (SCDSB) is offering summer school eLearning courses in July 2024. Current Grade 8 students are invited to complete a reach-ahead credit, creating flexibility in their high school timetables! For summer 2024, courses available to students entering Grade 9 are:

- CGC1D - Issues in Canadian Geography
- PAF10 - Healthy Living and Personal Fitness Activities
- CHC2D - Grade 10 Academic - Canadian History since WWI
- CHC2P - Grade 10 Applied - Canadian History since WWI
- CHV2O/GLC2O – Civics/Careers

eLearning is fully supported by certified teachers who are available electronically daily. 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).

## 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.

### **Reading strategies**

March 19 from 6:30 to 7:30 p.m.

### **Supporting students with Autism Spectrum Disorder (ASD)**

April 16 from 6:30 to 7:30 p.m.

### **Every day mental health strategies**

May 14 from 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).

## 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 remaining webinars are:

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: <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).

## New Grade 7/8 Mental Health Literacy Modules support student mental health and well-being

As of January 2024, the Ministry of Education introduced a series of three modules per grade to support the existing mental health literacy expectations within the grades 7 and 8 Health and Physical Education curriculum. This series of three, 40-minute modules per grade will be delivered by educators to support the existing mental health literacy expectations within the Health and Physical Education curriculum. They're not new learning – they offer ways to enhance the delivery of the existing curriculum and focus on mental health literacy. This learning will help equip students with inclusive, culturally responsive, evidence-informed knowledge, skills, and strategies to support their mental health and well-being. They align with and support the work we do in the Simcoe County District School Board to support student mental health. The modules were informed by extensive consultation with parents/guardians, students, cultural, and community organizations.

There are important reasons to bring these modules into the classroom:

Students want to learn more about mental health at school (<https://smho-smso.ca/online-resources/hearnowon-2021-student-voices-on-mental-health-final-report/>).

- This learning helps students develop skills that support positive mental health.
- Mental health learning supports learning in all other areas.
- This learning can encourage conversations and help students in need reach support.

As caring adults in the lives of young people, we want students to be well!

Feel free to watch the introductory video that provides more information: <https://vimeo.com/857720241/3877843c8c?share=copy>.

## 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).

### March cyber awareness topic: backup your data

Why does backing up your data matter? Data loss can happen unexpectedly due to various reasons: hardware failure, accidental deletion, or even cyber threats. By regularly backing up your data, you create a safety net that allows you to recover important files and memories.

Access the ECNO cyber awareness tip sheet to stay informed about this month's topic and explore additional resources:

[https://ecno.org/wp-content/uploads/2023/09/ECNO-CAM-Calendar-23-Aug3023\\_BackupData.pdf](https://ecno.org/wp-content/uploads/2023/09/ECNO-CAM-Calendar-23-Aug3023_BackupData.pdf)

Let's make March a month of digital preparedness!

## 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)

## 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.

MONDAY LUNDI	TUESDAY MARDI	WEDNESDAY MERCREDI	THURSDAY JEUDI	FRIDAY VENDREDI	SATURDAY SAMEDI	SUNDAY DIMANCHE
<div style="border: 2px solid blue; padding: 5px; margin-bottom: 10px;"> <p style="color: red; margin: 0;"><b>What's for lunch?</b></p> <p style="margin: 0;">Order at <a href="http://www.schoolcashionline.com">www.schoolcashionline.com</a> Orders cancelled on inclement weather days.</p> </div> <div style="border: 2px solid blue; padding: 5px;"> <p style="color: green; margin: 0;"><b>Spirit Days</b></p> <p style="margin: 0;">Join in the school-wide fun and sport your Spirit Wear!</p> </div>				1 DAY 3	2	3 <b>Milk and lunch orders for next week are due by 12:00p.m.</b>
4 DAY 4  <b>Booster Juice</b>  Parent Council Meeting: 6:30p.m.	5 DAY 5  <b>Pizza Pizza</b>  Grad Photo Day  Kindergarten Concert	6 DAY 1  <b>Subway</b>	7 DAY 2  <b>Champ Burger</b>	8 DAY 3  <b>Lunches Made Easy</b>  Lucky Day: Wear Green	9	10  Daylight Savings Time Begins
					16	17  <b>Milk and lunch orders for next week are due by 12:00p.m.</b>
18 DAY 4	19 DAY 5  <b>Pizza Pizza</b>	20 DAY 1  <b>Subway</b>	21 DAY 2  <b>Champ Burger</b>  Down Syndrome Day: Rock Your Socks	22 DAY 3  <b>Lunches Made Easy</b>	23  Earth Hour	24  <b>Milk and lunch orders for next week are due by 12:00p.m.</b>
25 DAY 4  <b>Popcorn Day</b>	26 DAY 5  <b>Pizza Pizza</b>  Purple Day for Epilepsy	27 DAY 1  <b>Subway</b>	28 DAY 2  <b>Champ Burger</b>  Bunny Day: Wear Pastel Colours	29  	30	31

**March 2024**

<b>Date(s)</b>	<b>Observance</b>
March 1-31	Bangladeshi Heritage Month
	Hellenic Heritage Month
March 1	Bahá'i Fast (Bahá'i)
	National Employee Appreciation Day
	Zero Discrimination Day
March 3	World Wildlife Day
March 4-8	Black Mental Health Week
March 8	International Women's Day
	Maha Shivratri (Hinduism)
March 10 – April 9	Ramadan (Islam)
March 11	National COVID-19 Day of Observance
March 12	Epilepsy Awareness Day
March 14	Memorial of Shan-tao/Zendo Daishi (Buddhism)
	National Pi Day
	Sikh New Year (Sikhism)
March 15	International Day to Combat Islamophobia
March 17	Irish Heritage Day
March 18	Clean Monday (Christianity)
March 19	Ostara/Mabon/Lady Day/Spring Equinox (Wicca)
March 20	Festival of Higan-e (Buddhism)
	French Language Day
	International Day of Happiness
	Naw Ruz/New Year (Bahá'i)
	New Year (Hindu)
March 21	Eid-e-Navroz (Islam)
	International Day for the Elimination of Racial Discrimination
	International Day of Forests
	Navroze/New Year (Zoroastrianism – Fasli Calendar)
	World Down Syndrome Day
	World Poetry Day



March 22	World Water Day
March 23	National School Crossing Guard Appreciation Day
March 23-24	Purim (Judaism)
March 25	Holi (Hinduism)
	International Day of Remembrance of the Victims of Slavery and the Transatlantic Slave Trade
March 25-27	Hola Mohalla (Sikhism)
March 26	Khordad Sal (Zoroastrianism – Fasli Calendar)
	Purple Day – Supporting Epilepsy
March 29	Good Friday (Christianity)
March 30	Earth Hour
March 31	Easter (Christianity)
	International Transgender Day of Visibility



## Chicken On The Run is Back!

### **HOW DO I ORDER?**

- 1. GO ONLINE to [www.chickenontherun.ca](http://www.chickenontherun.ca) and pick some great healthy foods!**
- 2. AT THE CHECKOUT ENTER THE COUPON CODE:**

**EAGLES2024**

- 3. Proceed to payment using**



Over 180 local, farm raised meats and prepared foods



DELIVERED DIRECTLY to your home

YOUR ORDER WILL BE DELIVERED TO YOUR HOME WITHIN 2-3 BUSINESS DAYS AFTER ORDERING  
A MEMBER OF THE CHICKEN ON THE RUN FAMILY WILL



# CTN March Break Boredom Busters

## Free Inclusive Events in Simcoe Region

Avoid the boredom this March Break and register for one (or all) of our March Break Boredom Buster events! CTN welcomes kids and youth with disabilities and/or developmental needs and their families for a week of fun and fitness opportunities.

**Families can register to attend all events across Simcoe County and York Region.** Additional information and contact details can be found by clicking the link for each event.

Heartworks Art Studio in Orillia

**Monday, March 11, 2024**  
1 to 3:00 p.m.

11 Coldwater St E, Orillia, ON, L3V 1W4

[Click here to register](#)

Sensory-Friendly Movie in Alliston (Monsters Inc.)

**Monday, March 11, 2024**  
1 to 3 p.m.

Circle Theatre (19 Victoria St. E., Alliston, ON, L9R 1T3)

[Click here to register](#)

Inclusive Gymnastics in Orillia

**Tuesday, March 12, 2024**  
10 a.m. to 12 p.m.

655 Harvie Settlement Rd, Orillia, ON, L3V 6H2

[Click here to register](#)

Inclusive Gymnastics in Barrie

**Tuesday, March 12, 2024**  
4:30 to 7:30 p.m.

145 Welham Rd, Barrie, ON, L4N 8Y3

[Click here to register](#)

Pottery Painting in Collingwood

**Wednesday, March 13, 2024**  
10 to 11 a.m.

200 Hume Street  
Collingwood, ON, L9Y 1V9

[Click here to register](#)

Free Family Swim in Collingwood

**March 12 & March 14, 2024**  
1:30 to 2:30 p.m.

200 Hume Street  
Collingwood, ON, L9Y 1V9

[Click here to register](#)

Spring Bash in Barrie with CTN and Georgian College

**Friday, March 15, 2024**  
1 to 3 p.m.

165 Ferris Lane, Barrie, ON, L4M 2Y1

[Click here to register](#)

Try-it-on Swimming in Penetanguishene

**Tuesday, March 26, 2024**  
5 to 8 p.m.

500 Church St.,  
Penetanguishene, ON L9M 1G3

[Click here to register](#)





# CTN March Break Boredom Busters

Free Inclusive Events in York Region

Avoid the boredom this March Break and register for one (or all) of our March Break Boredom Buster events! CTN welcomes kids and youth with disabilities and/or developmental needs and their families for a week of fun and fitness opportunities.

**Families can register to attend all events across Simcoe County and York Region.**

Additional information and contact details can be found by clicking the link for each event.

Reptilia Zoo in Vaughan

**Monday, March 11, 2024**  
**1 to 2:30 p.m.**  
2501 Rutherford Rd,  
Concord, ON, L4K 2N6

[Click here to register](#)

Animal Fun with Pawsitively Pets  
in Richmond Hill

**Tuesday, March 12, 2024**  
**9:30 - 11 a.m. or**  
**10:30 a.m. - 12 p.m.**  
CTN Richmond Hill  
(13175 Yonge Street,  
Richmond Hill, ON, L4E 0G6)

[Click here to register](#)

Try-It Para Ice Hockey in King  
City

**Wednesday, March 13, 2024**  
**9:30 to 11 a.m.**  
Nobleton Arena (15 Old King  
Road, Nobleton, ON, LOG 1N0)

[Click here to register](#)

March Break Art Activity in  
Markham

**Thursday, March 14, 2024**  
**10 to 11 a.m.**  
Creative Genius Academy  
(8110 Birchmount Rd Unit 3,  
Markham, ON, L6G 0E4)

[Click here to register](#)



Sensory-Friendly Movie in  
Richmond Hill

**Friday, March 15, 2024**  
**10 a.m. to 12 p.m.**  
Cineplex SilverCity (8725 Yonge  
St, Richmond Hill, ON, L4C 6Z1)

[Click here to register](#)



# MARCH BREAK CAMP

Social Skills  
March Break Camp  
**REGISTRATION  
NOW OPEN!**  
\*Space is limited\*



Social Skills March Break Camp focuses on interpersonal skills. i.e. communication, listening, friendship skills, coping with emotions and stress, conflict resolution and problem solving, self advocacy skills, self esteem, bullying and cyberbullying topics!

This program focuses on the social development skills of children 6-12 years of age. Our social coaches will work with students on a variety of social skills on a fun and interactive format. This program is facilitated by registered social service workers. Our program content is based on the PEERS® curriculum for social skills training.

## Pricing

**Early Bird Discount - \$50**  
available until Feb. 28, 2024.

**Members - \$350 / child**  
**Non Members - \$400 / child**

Subsidies available

## Date & Time

**March 11 - March 15**  
**9:00am - 4:00pm**

## Locations

**400 Mill Street, Richmond Hill**  
**7 George Street, Barrie ON**

## Register

To register [CLICK HERE!](#) Or for  
more information contact

**Daniel Da Silva**  
**905-884-7933 ext. 3**  
[daniel.dasilva@ldays.org](mailto:daniel.dasilva@ldays.org)

# Prom Glitz 2024



Grade 12 Prom and Grade 8 Grad Dresses will be available  
at the Kozlov Centre at 400 Bayfield St.

<i>Thurs. Feb. 1</i>	<i>12:00 – 6:00 p.m.</i>
<i>Fri. Feb. 2</i>	<i>12:00 – 6:00 p.m.</i>
<i>Sat. Feb. 3</i>	<i>9:30 – 5:00 p.m.</i>
<i>Fri. Feb. 9</i>	<i>4:00 – 6:00 p.m.</i>
<i>Sat. Feb. 10</i>	<i>9:30 – 5:00 p.m.</i>
<i>Fri. Feb. 23</i>	<i>4:00 – 6:00 p.m.</i>
<i>Sat. Feb. 24</i>	<i>9:30 – 5:00 p.m.</i>

No appointment necessary.

Limited space, one graduate with one guest only.

Dresses are free but cash donations are appreciated.

**Website:** [promglitz.ca](http://promglitz.ca) **Instagram:** @promglitz **Email:** [promglitzgowns@gmail.com](mailto:promglitzgowns@gmail.com)

Experience.  
Learn.Travel.  
Grow.



Choose one of six countries for your exchange



Italy



France



Switzerland



Ireland



Germany



Spain

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