



MAR 2024

Tosorontio Times

7016 County Rd. 13
Everett, ON, L0M 1J0
Phone (705)435-6023
Safe Arrival: 1-888-885-8065
Fax (705) 435-5274
Email: tosorontio@scdsb.on.ca

Mr. Akram Shehata, Principal

Ms. Andrea Evans, Vice Principal

The Character Attributes for March are... Integrity & Trustworthiness



We act justly and honourably in all that we do.

We do the right thing and can be relied upon to be honest.

Safe Arrival Program Reminder

Our Safe Arrival Program is vital to the safety of all of our students. Please remember to call the Safe Arrival Line if your child will be late or absent from school. To report an absence or late arrival, call **1-888-885-8065** to leave a message or email tosattendance@scdsb.on.ca. Include the student's name, teacher, reason for absence and expected date of return in your message. This service is available 24 hours a day for your convenience. If your child is absent and no message has been left with Safe Arrival, parents, guardians and emergency contacts will be called until we reach someone who can verify your child's absence. The first call will be made by an automated phone service. Automated calls will be sent to the home phone number and cell number (if available) for the first parent/guardian listed in your child's file. **The automated call will ask you to call our safe arrival line back.** If we don't hear from you in 15 minutes, we will start to call other contacts, starting with other parents/guardians on file followed by the emergency contacts.



Thanks to everyone for remembering that Tosorontio Central P.S. is working hard to try to be a nut-aware school. Please remember to send snacks and lunch items which contain no tree nuts of any kind.
Thank you for your assistance.

Visitors to Tosorontio P.S.

We ask that consideration be given to not disrupting students and teachers during their instructional time. Our teachers would be glad to speak to you over the phone outside of their teaching time.

Messages for students should be kept to emergencies and left with Ms. Brown or Ms. Hayward in the office.



Tosoronto Times

Tosoronto Central Public School

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- Mar. 1: Tosoronto Spirit Day (wear TOS gear and/or green/yellow)
- Mar. 4-5: Dairy Farmers Presentation
- Mar. 5-7: SMDHU Dental Screenings
- Mar. 8: International Women’s Day
- Mar. 10: Daylight Savings Time begins-spring forward 1hr
- Mar. 11-15: March Break (no school)
- Mar. 19: Snow Valley Ski/Snowboard Trip (grades 4-8)
- Mar. 21 : World Down Syndrome Day (wear blue/yellow/colourful socks)
- Mar. 26: Epilepsy Awareness day (wear purple)
- Mar. 28: Earth Hour (in school)
- Mar. 29: Good Friday (no school)

LOOKING AHEAD...

- Apr. 1: Easter Monday (no school)
- Apr. 2: World Autism Awareness day (wear blue)
- Apr. 8: PA DAY (no school)

MARCH 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 Day 3 -wear TOS gear or green/yellow	2
3	4 Day 4 Dairy Farmers Presentations	5 Day 5 Dairy Farmers Presentations Dental Screening	6 Day 1 Dental Screening	7 Day 2 Dental Screening	8 Day 3 Winterfest K-3 11:35am-1:15pm	9
10 Daylight Savings Time	11	12 13 14 15 March Break!			16	
17 St. Patrick's Day!	18 Day 4 Dairy Farmers Presentations	19 Day 5 Trip to Snow Valley Gr 4-8	20 Day 1 Dental Screening	21 Day 2 -wear blue/yellow/colourful socks	22 Day 3 Dental Screening	23
24	25 Day 4 Dairy Farmers Presentations	26 Day 5 Epilepsy Awareness Day -wear purple	27 Day 1 Dental Screening	28 Day 2 EARTH HOUR in school	29 Day 3 GOOD FRIDAY	30 8:30p.m.-9:30p.m.
31						

Looking ahead...

- Apr. 1- Easter Monday (no school)
- Apr. 2- World Autism Awareness Day (wear blue)
- Apr. 8- PA Day (no school)
- Apr. 12- International Day of Pink (wear pink)
- Apr. 22- Earth Day
- Apr. 25- Neon Day (wear neon colours)



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Extra Clothing



With the unpredictable weather, our yard can get wet in areas. If you are able, please consider sending your students (all grades) with an extra set of socks and pants so that they have something dry to change into.

Please put your child's name on all clothing so we can cut down on items being diverted to the Lost & Found.

School Council

Many thanks to all parents and staff representatives that came out to our informative School Council Meetings. Several issues are discussed at the meetings. Thank you for the positive contributions and exchange of ideas that occur at the meetings. Please come out and offer your input and support at our next meeting in April. Please send agenda items to Devon Altena, School Council chairperson, via the school office.

Morning Arrival of Students

Our morning supervision of students in the schoolyard commences at 8:55 a.m. until student entry at 9:10 a.m. daily.

To ensure the safety of all students, parents are asked to ensure that students arrive between 8:55 a.m. and 9:10 a.m., when supervision is provided on the yard.



Pediculosis (Lice) Checks

Parents are reminded to keep checking your child(ren) regularly for lice. If any are found, please inform the school. While this information will be kept confidential, we will send home a notice to affected classes that an incidence has been reported in that class.



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Spring Fling... Looking for Vendors

Mark your calendars for Tosorontio's Spring Fling being held
Wednesday, May 15th from 5:00-7:30 p.m.

New this year is a Vendors Market. Limited spots available. Cost is \$30 for a 6ft table and we are asking for a donation of a door prize for the end of the night. Limited electrical spots available. If you are interested in being a vendor please contact Terri-Lyn at tlhaufe@yahoo.ca.

NEW!

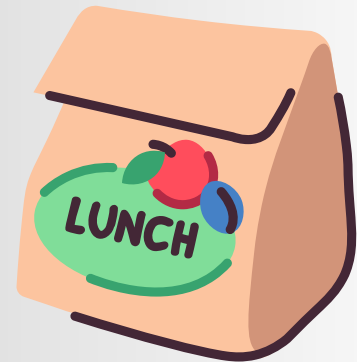
Give-A-Lunch Program

Tosorontio has added a new feature to our LunchBox Program.

Our Give-A-Lunch program allows you to include a monetary contribution during checkout. The funds will help to provide lunches for those students who may need a little extra support.

You can donate \$5, \$25, \$50 or a custom amount.

We appreciate your consideration and support.



Working Towards a Scent Reduced Environment

In order to protect those individuals with fragrance sensitivities and those who have respiratory issues, the Board is asking for voluntary cooperation towards a scent-reduced environment.

Staff, students and all other persons who are invited to or who work on Board property are strongly encouraged to avoid or reduce the use of fragranced products, and to replace them with unscented alternatives.

This is a request to voluntarily reduce the use of chemical-based scented products. Thank you for your consideration.





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IMPORTANT
INFORMATION

Office Reminders

Our office is extremely busy, and often there is only one person available, so we kindly ask that you be mindful of the following (especially during the first and last hour of the day):

- If your child(ren) will be absent or late, please call Safe Arrival at 1-888-885-8065 or email tosattendance@scdsb.on.ca by 8:30am.
- If you need to pick up your child(ren) before the end of the day, please communicate this to the child's teacher (agenda, See Saw, Remind, email, etc) and please also email the office directly at tosoffice@scdsb.on.ca because in the event the teacher is absent that day, the office will not always receive the message.
- If you need to make changes to your child(ren)'s dismissal due to an emergency, please contact the office as soon as possible at tosoffice@scdsb.on.ca or 705-435-6023 as classrooms may be in various locations in the school or on the school yard.
- Upon arrival at the school, please ring the front doorbell once. We will call your child(ren) down while you come in to sign them out; we cannot release your child(ren) without you coming in to the school.
- We limit classroom interruptions to emergencies only. If you have something for your child(ren), please drop it at the office and we will ensure it gets to your child(ren).
- Your child's safety is important to us. We do not allow parents or guardians past the foyer or access to the portables during school hours.

Here is our
schedule for planning
purposes

- 9:10a.m. – 10:50a.m. First Instructional Block
- 10:50a.m. - 11:10a.m. Nutrition Break
- 11:10a.m. - 11:35a.m. Recess
- 11:35a.m. – 1:15p.m. Second Instructional Block
- 1:15p.m. - 1:35p.m. Nutrition Break
- 1:35p.m. - 2:00p.m. Recess
- 2:00p.m. - 3:40p.m. Third Instructional Block
- 3:40p.m. Dismissal



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Safety and Security of Items at School

We wish to remind all students and parents that all valuable and/or treasured items should be left at home for safe keeping. Those items may include (but are not limited to) iPods, iPads, MP3 players, computers, personal digital assistants (PDAs), tape recorders, video-recorders or digital audio-recorders, cameras, handheld electronic games, toys, expensive watches and jewellery. Cell phones are discouraged, but if parents believe that they are necessary for their child, students are to ensure that all cell phones are shut off, out of sight and not used on school property throughout the entire school instructional day, unless authorized by the teacher or staff member before use for educational purposes. The school cannot be responsible for any such items. Students should avoid bringing large sums of money to school.

School Playground Safety in the Spring

The sun is warming things up, days are getting longer and many students are itching to get back on the school playground equipment. While it's hard to say 'no' to those eager faces, it's important to make sure the equipment is safe and ready to be played on.

Over the winter, school play structures have to be closed. The closure is for many reasons. The main reason is that snow and ice change the surface of the ground surrounding the play structure, packing the sand/gravel/mulch into a hard, packed surface, which can be a significant fall hazard. Inspections are done on equipment daily during the school year starting on April 1 and ending on October 31. These inspections are to ensure that there are no obvious hazards, broken equipment, vandalism, graffiti, litter, dangerous items or play items left behind. There is also an annual inspection by a professional company employing Canadian Certified Playground Inspectors (CCPI).

Each spring, a designated contractor travels to all schools with playground equipment to till the surface to ensure that the sand is no longer compacted before opening the equipment for student use. In some cases, the wear and tear, rain or winter may have washed some sand away and it will need to be replaced. Playgrounds can be fun learning opportunities for students, so let's all make them safe spaces – we look forward to spring and getting students back on our school playground structures soon!

Snow Safety at School

For as long as the snow remains with us, we remind all students and families that, for the safety of all students and staff, the snow must stay on the ground. Throwing snow or snowballs is not permitted. Students are also reminded, for safety, not to slide on any ice.

The outdoor playground equipment remains closed and will re-open when the ground thaws and when the SCDSB has tilled the ground below and confirmed the re-opening.



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Inclement Weather and Bus Cancellation Information Reminder

Please note that APM A3020 – Inclement Weather, 3.1.2 states that “parents/guardians are to be reminded, in writing at appropriate times (October and January) each school year, that it is their responsibility to decide whether or not it is safe for their child(ren) to leave for school under severe weather conditions.”

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 **SOUTH** 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 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 for bus cancellations and other information. You can also subscribe to receive bus delay notifications here:

<https://scstc.ca/Subscriptions/Login.aspx>.

Inclement Weather Days

On inclement weather days when buses are cancelled, our automated system will call the home and cell number of the first parent on file for all students who are not at school.

On these days, the message will ask you to call us back **only if** your child should be at school.

If we don't hear from you, we will assume you are aware your child is absent





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PA Day April 8

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.

Below is a summary of the activities planned for the April 8 PA Day:

April 8, 2024

Length: Full-day

Topic: Curriculum content, student mental health and 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.



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Collection and 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 Superintendent Matthew Webbe, Superintendent of Education, if you would like more information about the transition process at Tosorontio Public School.

Child Care Programs Available 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.

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: https://www.scdsb.on.ca/community/community_connects.



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Registration Now Open for Summer eLearning!

The Simcoe County District School Board (SCDSB) is offering summer school courses in July 2024 (elearning) and travel for credit courses in both July and August for current high school students or adult learners who are interested in 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. 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 https://www.thelearningcentres.com/programs/summer_school.

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, please visit: www.edutravelforcredit.com.

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 Geograph
- PAF10 – Healthy Living and Personal Fitness Activities
- CHV20 & GLC20 – Grade 10 Civics and Careers
- CHC2P – Grade 10 Applied - Canadian History since WWI
- CHC2D – Grade 10 Academic - Canadian History since WWI

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.



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Kindergarten Registration for September 2024 is Open!

Do you (or someone you know) have a child who was born in 2020? If so, it's time to register them for Kindergarten in the SCDSB! Simcoe County's public schools are registering children for Kindergarten for the 2024-25 school year. The registration process is online!

Visit https://www.scdsb.on.ca/elementary/planning_for_school/kindergarten for more information.

Required registration documents, include birthdate documentation and proof of address.

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.

Engaging in Literacy During March Break

Local libraries offer many fun and engaging activities for families during March Break. Visit 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!

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.

Information provided by YouthReach



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Foster Families Needed in Your Community!

Children in our community need you! We have an urgent need for foster homes in Simcoe Muskoka. We are looking for diverse foster care providers who understand children's needs. Our needs are diverse and range from babies to teens. Open your home to a child/youth and receive training, support, and between \$85 and \$155 per child and per day. Do you know anyone who may be interested?

Visit <https://familyconnexions.ca/fosterconnexions/> to inquire, apply, and for more information. You may also call 705-726-6587 ext. 4.

Information provided by Simcoe Muskoka Family Connexions.

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.

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!



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Math @Home Parent and Caregiver Series

It's back! The SCDSB math team is pleased to offer a virtual session for parents and caregivers of SCDSB students. This session 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 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: <https://bit.ly/24MathAtHome>.

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, 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





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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- 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.

March Cyber Awareness Topic: Back up 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

Let's make March a month of digital preparedness!





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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.

These webinars are specifically planned for parents/guardians and other caregivers during this school year.

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.



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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-smsso.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>.

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.

Information provided by the Simcoe Muskoka District Health Unit



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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 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.
