



**Tecumseth South
Central
Public School**

**Newsletter
December 2019**

From the Desk of Ms. Jacklin

Dear Tec South Families,

As the snow begins to fall I want to remind all of our students and their families about the importance of dressing appropriately for the weather. In the event of a bus delay at the end of the school day, we ask that parents notify the office if they make arrangements to pick students up.

December is exciting for many reasons. Routines at school are established and deeper learning is happening in our classrooms. Students and staff are eagerly anticipating the holiday season. It is a natural time to reflect on the previous year and celebrate our many successes. It is a time to think about things that did not go as planned, and learn from our mistakes. It is also a time to look forward to a new year of possibilities and adventures. The holidays are a special time. Whatever you celebrate, I hope that you and our staff enjoy the Holiday Season with your children, family and friends. I wish you and your family a rejuvenating break and look forward to seeing you in 2020!

Stephanie Jacklin
Principal

Library News

Please keep our makerspace in mind and send in the following items when you are able: cotton swabs (Qtips), pipe cleaners, toilet paper rolls, felt, buttons, sponges, stickers, Lego, clay, stickers.

High school information nights coming to a school near you!

Is your child starting Grade 9 next year? High school information nights happen this fall and winter. This event gives an overview of what's new, what to expect, as well as a chance to check out the school and ask questions. Attend our local high school information night at Tec South to find out what's offered at *Banting Memorial High School*, on December 3 at 6:30 PM. Check out the full schedule of info nights and more information at www.scdsb.on.ca/secondary/planning_for_high_school.

Reminder about sledding safety at school

We are very fortunate at Tec South to have a slope on our yard that we can use for tobogganing. Student safety is our first priority, and although we currently allow soft sleds, we do not allow hard sleds, two-person sleds or snow racers. We do supervise sledding and we remind students of safety rules on a regular basis. We want to inform parents that if students are sledding at school, Ophea (the Ontario Physical and Health Education Association) recommends that they should wear a properly fitted (as per manufacturer's guidelines) and properly worn CSA-approved hockey helmet or snow sport helmet certified by a recognized safety standards association. If you send a sled and helmet (optional) to school with your child, you are giving permission for your child to take part in this activity. We are going to monitor sledding to determine if we have sufficient supervision to continue this activity at recess or if we need to reserve it for Phys. Ed and Daily Physical Activity where it can be more closely supervised by a classroom teacher.

Days of Awareness and Recognition taking place in December

Throughout the year, there are many awareness days that focus on different causes and recognition. The Simcoe County District School Board has developed a list of these days as a guide for schools. Schools may participate in recognizing some or all of these days in various ways. This list is not exhaustive. Following are the days of awareness and recognition that the SCDSB will recognize during the month of December:

Dec. 6	National Day of Remembrance and Action on Violence Against Women
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Register now for Night School to complete high school, prepare for post-secondary education

Night school at the Barrie Learning Centre offers secondary school credits in a variety of subjects for students completing their Ontario Secondary School Diploma, and for students who are preparing for post-secondary education. Subjects include math, English, chemistry, biology, physics, social science and history. All night school courses are offered face-to-face, two nights per week, and run given sufficient enrolment. Learn more and register at: www.thelearningcentres.com.

School playgrounds are closed for the 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.

How to stop the spread of germs to help us all stay healthy this school year

Colds and influenza spread easily from person to person. These germs can spread directly from person to person when someone coughs or sneezes, or indirectly when germs land on hard surfaces like door knobs, desks or 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 to others is wash your hands! Wash with soap and warm running water for at least 15 seconds (or try singing “row row row your boat”). If your hands are not visibly dirty, you can use alcohol-based hand rub (hand sanitizer) for 15 seconds. You can also get your flu shot, cover your mouth when you cough and sneeze 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 the health unit’s website at www.simcoemuskokahealth.org.

Information provided by the Simcoe Muskoka District Health Unit.

Ditch digital devices and plug into play

This winter, swap screen time for play time together. Children need play to learn, grow and be healthy. Unstructured child-led activities, or ‘free play’, make a world of difference. There are many ways to play together as a family:

- Get outdoors by taking a winter hike, making a snowman, or building a snow fort
- Make your own musical instruments and move to the music
- Play hopscotch, tag or hide and seek
- Play dress up together
- Set up an obstacle course using couch cushions for your child to navigate

Encourage your children to lead the way and experience fun from their perspective!

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Information provided by the Simcoe Muskoka District Health Unit.

Coping with anxiety

Feelings of anxiety can be common among teens. Sometimes normally happy teens will become anxious or fearful about something for a day or two but will return to normal without any need for help from their parents. However, some teens experience more

intense and frequent feelings of anxiety that prevent them from participating in normal everyday life. Creating a positive family environment, encouraging regular school attendance and helping your teen understand and discover ways to cope with their anxiety can help.

If you would like to learn more about monitoring and understanding your teenager's emotions and behaviours, ways to talk openly with your teenager and encouraging your teenager to practice their coping skills, call Health Connection at 705-721-7520 or 1-877-721-7520 and talk to a public health nurse about Triple P Positive Parenting Program or visit www.tripleontario.ca/en/home.aspx.

Information provided by the Simcoe Muskoka District Health Unit.

Physical activity can make the holidays less stressful

For many, the holiday season can be a source of great physical and mental stress. Planning family gatherings, attending work parties, buying gifts, staying up late and eating unhealthy foods can all contribute to increased anxiety, stress and fatigue. Did you know that being physically active is one of the single best ways we can naturally reduce stress? Here are three reasons why you should consider staying active this holiday season:

1. Physical activity boosts your mood – The relationship between the mind and the body is very strong. Physical activity releases endorphins in your body, making you feel calm, less anxious and happier. Providing yourself and your kids with a small amount of relaxation or 'time-out' every day – even just 15 minutes – can also improve your health dramatically. Try taking a yoga class, or even a 10-minute walk can do the trick!
2. Physical activity helps you sleep – Physical activity leads to better sleep and better sleep leads to less stress. Research shows that people who get regular physical activity fall asleep faster, sleep longer and get higher quality sleep. Being well-rested helps us cope with stress and gives us more energy to tackle whatever life throws our way!
3. Physical activity reduces your stress hormone – physical activity decreases the amount of cortisol (the body's stress hormone) circulating in our bloodstream. When we get stressed out, our cortisol levels spike. Exercise is a great way to help lower them.

The YMCA of Simcoe/Muskoka offers many opportunities to stay active this holiday season. Open gym, family swim, yoga, and our popular Y kids drop-in program provide great opportunities to be active with your family. For more information about programs offered at your local YMCA, please visit www.ymcaofsimcoemuskoka.ca.

Information provided by the YMCA of Simcoe/Muskoka

Bus cancellation information reminder

All information regarding cancelled buses in Simcoe County is posted on the Simcoe County Student Transportation Consortium (SCSTC)'s bus information website at www.simcoecountyschoolbus.ca. Our school is in the South zone. When buses are cancelled, schools remain open for student learning, unless otherwise noted.

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>.

For school event cancellations in case of inclement weather, follow our school's Twitter account at [@TecSouthPS](https://twitter.com/TecSouthPS) or listen to your local radio station for event cancellation information.

December 2019

1	2 6:30 School Council – all are welcome	3 6:30 Banting Information Night at Tec South	4	5 Dental Screening- JK/SK/Gr. 2/Gr. 7	6	7
8	9	10	11	12	13	14
15 Holiday Open House this week. Day and time TBD	16	17	18	19	20 Assembly – all are welcome Time TBD	21
H A P P Y						
H O L I D A Y S						

We wish everyone a wonderful holiday and look forward to seeing everyone on Monday, January 6, 2020!