



THE HUSKY HOWLER

Mapleview Heights Elementary School Newsletter
February 2017

Please follow us on Twitter [@mapleviewhts](#) and see the exciting things that are happening within our day!! Se what's new in our library [@mhtlibrary](#)

MESSAGE FROM THE OFFICE

Welcome February! Although we have had a few weeks of reprieve from traditional winter weather with some above seasonal temperatures, I'm sure we are not quite done with the snow and cold temperatures. The recent wet weather will have also increased the use of those extra socks and mittens that were sent in; please ensure your child has a fresh back up pair ready should the need arise. In addition, many of our primary classes are also extending their learning environment into the great outdoors with more frequency and therefore the extra winter accessories are a great idea. Speaking of winter accessories, many of your children may be missing some, and more than likely they could possibly be found in our overflowing lost and found box. I am pretty confident that a number of families in our community have contributed to that box indirectly. It could be one mitt or glove, a boot or two, a sweatshirt, a jacket, snow pants and even some undergarments. Please feel free to come in and have a look for any of those missing items.

February is another busy month. Teachers and students are working very hard to get projects complete and units finished up as first term comes to an end. Look for report cards coming home on Friday, February 17th and as always please feel free to contact your child(ren)'s teacher if you have questions. Intermediate boys' basketball and Intermediate girls' volleyball are continuing to take place this month. The Chess Club has returned for another year and is open to all junior and intermediate students who have an interest in chess regardless of experience. New additions to our extra-curricular activities is a Mindful Meditation group and a Coding Club; ask your student for more information about those options. A big thank you to the staff that organize and implement those activities as they only occur in our school because of the extra time and effort they generously provide. Whether it is skiing, tobogganing, snowshoeing, snowmobiling or brisk walks in the snow enjoy the next few weeks of winter and all that it has to offer. It will be spring before we know it!

Yours in Education,
Mrs. McNeice



FUTURE DATES

Feb. 1	DS Winter Ball @ Bear Creek S.S.
Feb. 4	Colts Game
Feb. 6	Girls Got Grit Yoga
Feb. 7	School Council Meeting 6:30pm
Feb. 13	Gr. 5 Outdoor Ed Field Trip
Feb. 14	Smile Cookie Sales
Feb. 15	Caribou Math Contest
Feb. 15	Gr. 8 Grad Photos
Feb. 16	Intermediate Speech Contest
Feb. 17	Report Cards Go Home
Feb. 17	Superhero Day
Feb. 20	Family Day Holiday
Feb. 21	Int Boys Basketball Zones @SJP pm
Feb. 22	Pink Shirt Day
Feb. 22	Int. Girls Volleyball Zones @MHT pm
Feb. 22	Regional Speech Competition
Feb. 24	Gr. 8 "Picture Yourself in College" workshop
Feb. 27	Int. Girls Vball Crossovers @ MHT
Feb. 28	Character Ed Assembly

KINDERGARTEN REGISTRATION

Do you (or someone you know) have a child who was born in 2013? If so, it's almost time to register them for Kindergarten in the SCDSB! Beginning on January 23, 2017, Simcoe County's public schools will register children for Kindergarten for the 2017-18 school year. Required registration documents include birthdate documentation, proof of address and record of immunization. Visit www.scdsb.on.ca/kindergarten for more information.

SCHOOL BUS SAFETY TIP FROM THE SIMCOE COUNTY TRANSPORTATION CONSORTIUM (SCSTC)

Winter weather is here, so please be sure your child's clothing provides the appropriate protection against the weather while waiting for the bus. Students are requested to be at their bus stop at least five minutes before their scheduled pick-up time. School vehicle delays of 15 minutes or more are posted under 'View Bus Delays' at the SCSTC website: <http://simcoecountyschoolbus.ca>.

MINDFUL MEDITATION MOMENTS



Take time to Breathe! Mapleview Heights students have been learning about how their brain works through the Mind Up curriculum. We know that for many people just taking a few moments to stop and breathe will help them refocus and be ready to learn. Our Mindful Meditation Moments are open to students from grade 3 to 8 and take place during the first outside recess on Tuesdays and Thursdays. We will be following different guided meditations that focus on breathing and being aware of how our body and brain are working together with goal of lowering stress and calming the mind.

CODING CLUB



Every wanted to design a video game? The Coding Club will be learning how to do just that **every Wednesday at 2nd break!** We are beginning with a program called Scratch that

allows students to begin to see how the elements of code go together to create what you see on the screen. Students have the ability to work on their coding at home as this is a web-based program suitable for all ages. If you would like to check out the program go to <https://scratch.mit.edu/> and try it out. At this time the Coding Club is open to students in grades 3 to 8.

CHESS CLUB

Chess club continues this school year. All junior and intermediate students interested in the game are invited to eat their snack in the multipurpose room during **first nutrition and recess break on Mondays and Wednesdays.** Children are welcome to play against each other or spectate as long as they are interested in this strategic sport.

Chess is an honest, though provoking game. According to Benjamin Franklin it can teach us several valuable qualities of the mind including foresight, circumspection and caution. Important values of the past, present and future generations. Representatives from each grade will be invited to the area tournament which takes place in about six weeks at the Education Centre. Top ranking students from that event will be invited to the regional tournament, then the top ranking students from Simcoe County will be invited to to Provincial tournaments.

If your children are interested in online gaming at home please consider trying one of the many chess challenges! 😊

Ms. Inch



YOUR TOP EIGHT SNOW DAY QUESTIONS ANSWERED

Bus cancellations and snow days are inevitable in Simcoe County. Each time buses are (or aren't!) cancelled, the SCDSB and the Simcoe County Student Transportation Consortium (SCSTC) receive many questions from students, parents and community members. Check out the *Sharing Simcoe* blog for the top eight questions and answers - visit www.sharingsimcoe.com and search for 'snow'. Remember to follow the SCSTC on Twitter @SCSTC_SchoolBus for bus updates and cancellations.

STUDENT INFORMATION NOTICE FOR PARENTS OF GRADE 8 STUDENTS

As students progress from elementary school to secondary school, important personal student information is shared which eases each student's transition to secondary school. Sharing this information also improves our ability to program effectively to benefit all students. Select student information will be shared at different times as appropriate. The collection and use of personal student information for such purposes is authorized under sections 170, 171, 190 Part X and Part XIII of the Education Act. All information used for the transition process is limited, secure and protected at all times. Please Mrs. Paula Murphy, Superintendent of Education for this area, if you would like more information about the transition process at Mapleview Heights E.S.

OPERATIONS APPRECIATION DAY



A CHANCE TO SAY "Thank You"

Feb. 8 is Operations Appreciation Day in the Simcoe County District School Board. We celebrate and recognize our custodians and operations maintenance employees for the great work they do every day to keep our schools safe and clean. We'd like to say thanks to Mr. Earle, Mr. Donnelly and Mrs. Duncan for all that you do to keep our school clean and safe! Please take a moment to thank these very important staff members on Feb. 8. Share your support on social media using #props2ops.

February Character Trait is INCLUSIVENESS



GET THE FLU SHOT, NOT THE FLU!

Influenza (the flu) is a serious respiratory illness caused by a virus. Anyone can get influenza but young children, those over 65 and people who are pregnant or who have chronic medical conditions are more vulnerable and at higher risk of complications like pneumonia. By getting your shot you are protecting yourself as well as those around you. Flu shots are available at many pharmacies and from health care providers throughout Simcoe Muskoka. Protect yourself, protect your family – get the flu shot! For more information, 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

THE FACTS OF LICE: How to prevent and treat this nuisance

Like everywhere else, there are head lice in Simcoe County. Lice are a nuisance, but do not pose a public health hazard as they are not known to transmit any infectious diseases. Anyone can get head lice but kids tend to get them more often because they can have head-to-head contact with other children during school and play. The best way to keep head lice in check is to work together to prevent the spread.

Schools are required to inform parents when a case of head lice is confirmed, to provide parents with timely information to begin their own checks at home. Head lice management and treatment is a responsibility of parents/guardians.

Here are some tips to help prevent and treat lice:

- Teach your child not to share personal things like hair brushes, combs and hats
- Set a schedule to check your child's head regularly. Use an area with bright light and look carefully for nits (shells containing eggs) and live lice in the hair, behind the ears and around the neck and hairline. Nits looks like half the size of the head of a pin, shaped like a teardrop and stick to the hair so you can't blow, flick or easily side them off. Lice are about the size of a sesame seed and are very hard to see because they can crawl and hide but they cannot hop or fly.
- If you find nits or live head lice, you'll need to use a head lice treatment to kill them. Make sure to follow the directions, and then to do a second treatment 7 to 10 days later to help stop the lice from returning. Head lice are not likely to live in clothing, furniture or bed linen but it's a good idea to wash bed linen and hats in hot water and dry them in a hot dryer just in case.

For more information, visit the Simcoe Muskoka District Health Unit's website www.simcoemuskokahealth.org or call Health Connection at 705-721-7520 or 1-877-721-7520.

KIDS FIGHTING? Here are some tips for a more peaceful household



It's common for children to disagree or argue at times. They may fight or get aggressive with when things don't go the way they want, or if they feel jealous or competitive, especially with siblings. So what can you do to

stop fighting before it starts?

- Let your child know what behaviour you expect by explaining rules for playing with others, such as "be gentle" and "keep your hands and feet to yourself."
- Praise your child when they are playing well with others.
- Help children to solve problems before fights start.

Remember, you and other adults play a big role in setting expectations and teaching children better ways of behaving. For more tips, call *Health Connection* at 705-721-7520 or 1-877-721-7520 and talk to a public health nurse about the Triple P-Positive Parenting Program or visit

www.tripleontario.ca.

Information provided by the Simcoe Muskoka District Health Unit

ATTENDANCE MATTERS

Being present and on-time at school is an important skill to teach your child.

Patterns of attendance are established during the early years of schooling and there is a direct relationship between attendance and achievement. Being late for school also affects student learning. If a child is just 10 minutes late for class every day, they will miss over 30 hours of instruction over the course of the school year. Poor attendance makes it difficult for students to form positive peer relationships and students that have learning difficulties are put at even greater risk when they miss school frequently.

Here are some tips to help with attendance and punctuality:

- Talk with your child about why it is important to attend school regularly - give specific examples of how education can help them in their life.
- Make sure that your child stays healthy by eating properly, exercising and getting enough sleep.
- Lead by example: if children see their parents missing work frequently, they may expect to be able to do the same thing.

If your child is having a specific issue at school that is causing them to not want to attend, speak to school staff as soon as possible so we can work with you to solve the problem.



DEVELOPING LEADERSHIP SKILLS IN YOUR KIDS



There are many reasons why developing youth leadership skills at a young age is important – it builds confidence, perseverance, problem-solving and

communication skills. While leadership skills can come naturally, children learn lessons along the way that significantly impact them later in life. The right words at the right time can make all the difference. Here are some ways you can teach your children how to develop leadership skills at a young age:

- Encourage team activities: Identify your children's interests and encourage their participation in group activities. Whether it's participating in afterschool sports or joining the school band, children learn valuable lessons about teamwork through these activities.
- Enrol in camp: Overnight and day camps are filled with opportunities to participate in team-building activities and build self-confidence. Once youth reach a certain age, they can also become counsellors, where they'll be tasked with leading groups of younger children – the ultimate leadership experience!
- Find volunteer and community service opportunities: firsthand experience is one of the best ways to teach leadership skills to children. Look for local opportunities that will welcome youth helpers and volunteers in your community. The YMCA of Simcoe/Muskoka offers Youth Leadership Development programs for youth in grades 5 to 12. Participants in our leadership programs often adopt healthier lifestyles, become volunteers in their community, make new friends, earn volunteer hours for school, acquire training certifications, travel to other countries and gain an understanding of their potential impact on their community.

For more information about the YMCA of Simcoe/Muskoka Youth Leadership Development Programs and opportunities, visit

<http://ymcaofsimcoemuskoka.ca/ymca-youth-leadership-development/>.

Information provided by the YMCA of Simcoe/Muskoka

MAPLEVIEW HEIGHTS RAINBOWS PROGRAM 2016-2017



With the support of staff volunteers, Mapleview Heights is again able to offer our Rainbows program. Beginning in March 2017, we will be having weekly support groups for our children (Gr 1-8) who are living in single parent families, step-families or who have experienced a loss of a parent or caregiver.

When something significant happens in a family, the entire family is affected. Even though death or divorce appear to be only grown-up problems they do have a profound effect on the children that are touched by these experiences. If a parent dies or a divorce happens, not only do the parents grieve, the children do also. Because of their age and short life experience, children find it extremely difficult to verbalize their feelings of grief.

We have some sensitive and caring staff members who are trained to 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 in the family.

If your child is part of a single family, a step family or has experienced the death of a parent or caregiver, this will be an opportunity for him/her to share with a special someone on the outside what is happening on the inside.

Through this support group, we hope to assist your child in expressing and understanding his/her feelings, to feel acceptance for what has happened, and to feel a sense of belonging and love. Because we are unable to answer their questions or solve their problems, we will accomplish this through the channels of peer support with nurturing adults to guide them, and a secure place to share themselves.

To gain further information regarding the Rainbows program at Mapleview Heights, please contact Mrs. Roy (Ext 25027).

Deadline for registration is Friday, February 17, 2017. Please note: Group availability will be determined by registration numbers.

