



THE HUSKY HOWLER

Mapleview Heights Elementary School Newsletter

March 2017

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

MESSAGE FROM THE OFFICE

Hard to believe we are already into March. Time certainly does fly! The cold and snowy weather appears to have left us for now but there are extreme fluctuations forecasted. Please ensure that your child(ren) are always dressed appropriately so that they can get outdoors and enjoy some fresh air each day at recess and/or during outdoor learning opportunities.

It was a true honour to review the report cards last month and see the success that our students are experiencing this year. The staff at Mapleview Heights work hard to ensure every student is reaching their potential and experiencing success. Please continue to encourage your child(ren) to strive for their best and if you have any questions or concerns, feel free to contact your child's teacher. We are a walking school and would encourage everyone to walk daily. Not only will this provide you and your family with a great deal of healthy exercise, it will alleviate the growing congestion in our parking lot. Due to the large number of walking families that opt to drive their child(ren) each day, we wish to remind you of a few things when using our Kiss 'N Ride. If you wish to park or leave your vehicle, please use a parking space and keep one lane in each aisle for free flowing traffic. In order to maintain traffic flow, please do not drop off children by the doors near the dumpster. Please ensure you do not park or stop at the top of the parking lot as this makes it difficult for cars and trucks to turn the corners and unsafe with slippery conditions. The driveway at the front of the school is a FIRE ROUTE and no one should ever leave their vehicle parked at the curb for any reason while running into the school. It is also a no parking zone on Esther in front of the school. We ask that you model for your child the importance of following rules/laws and not park there. This will also ensure you do not receive a ticket in either area which can be very costly. Please be vigilant and drive slowly in our school zone as speed can create dangerous situations with so many children around in the morning and after school.

We ask that your child(ren) be on property BEFORE the bell rings otherwise they will be asked to sign in late. We would like to emphasize that timeliness and punctuality are important key employment skills

for your child's future. In addition, we do not want them centred out or being a disruption to their classmates when they arrive late.

On behalf of the staff we would like to wish everyone a safe, restful and happy March Break. Whether travelling or just staying close to home we do hope that you and your child(ren) enjoy some fun family time.

Yours in Education,
Ms. Abernethy



CAREER DAY

The staff and students of Mapleview Heights E.S. have been very busy these past weeks, in preparation for their annual Career Day. The full day of presentations and workshops take place on Wednesday March 8th, 2017 for our grade 6 - 8 students. The school will have many different community volunteers from a wide variety of careers coming to talk to students about their professions, and what they had to do to be successful. This popular event builds pathways towards career development.

The day will consist of a keynote speaker, Phil Dallimore, a community pastor, public speaker and community outreach worker. He'll be speaking about the importance of grit and resiliency in developing a mindset to meet future career paths. The students will then participate in a series of workshops that fit their personal interests. Some of the specialists being featured are: t.v. broadcasting, financial planning, fire safety, real estate, automotive mechanics and a wide variety of healthcare professions.

This day is certain to foster student enthusiasm and curiosity about career pathways, while building partnerships with the community in the process. For further information please contact Mrs. Story at (705) 725-7980 ext. 25038.



FUTURE DATES

Mar. 3	P.A. Day
Mar. 7	School Council Meeting 6pm
Mar. 7	Mac's Fuel Up Night Fundraiser
Mar. 8	Career Day
Mar. 9	Future Occupation Spirit Day
Mar. 10	Picture Yourself @ College – gr. 8s
Mar 13-17	MARCH BREAK
Mar. 20-23	Dental Screening (JK, SK, gr. 2 & 8)
Mar. 21	Sock Day for Down Syndrome
Mar. 30	Character Ed Assemblies

FUTURE OCCUPATION SPIRIT DAY

In the spirit of "Career Day", the entire school is invited to dressup on Thursday, March 9th as a career choice (what you'd like to be when you grow up). We look forward to seeing all the creative costumes and ideas.

EVENTS AT EASTVIEW SECONDARY SCHOOL IN APRIL OPEN TO ALL PARENTS



On April 10 at 7 p.m., Eastview Secondary School will host a screening of the film *Screenagers*, a study of growing up in the digital age. Physician

and filmmaker Delaney Ruston created *Screenagers* to probe into the vulnerable corners of family life to explore struggles over social media, video games, academics and internet addiction. This presentation will help parents learn how tech time impacts kids' development and offers solutions on how adults can empower kids to best navigate the digital world.

On April 12 at 7 p.m., the school welcomes financial literacy expert Robin Taub, the author of the best-seller, *A Parent's Guide to Raising Money-Smart Kids*. Her presentation will cover why it's important to teach kids about money, as well as the challenge of being a good financial role model. She will explain how to address money-related topics with young kids, pre-teens, teenagers and emerging adults.

All parents/guardians are welcome to attend the above events. For more information, please contact Eastview Secondary School at 705-728-1321. The school is located at 421 Grove St. E. in Barrie.

SCDSB MEDIA FEST: What does Being a Great Canadian Look Like?

Students are invited to submit an entry for the 2017 SCDSB Media Fest. This media festival is open to all Simcoe County District School Board students and can include images, audio and video. For more information, visit www.scdsbmediafest.com. The submission deadline is April 3.

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 March 3, 2017. Please note: Group availability will be determined by registration numbers.

KINDERGARTEN REGISTRATION

Do you (or someone you know) have a child who was born in 2013? If so, it's time to register them for Kindergarten in the SCDSB for the 2017-2018 school year! Required registration documents include birthdate documentation, proof of address and record of immunization. Visit www.scdsb.on.ca/kindergarten for more information.



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. 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 contact Paula Murphy, Superintendent of Education for this area, if you would like more information about the transition process at Mapleview Heights E.S.

MARCH IS NUTRITION MONTH

Tips for Packing Healthy School Lunch

A school lunch should give children the energy and nutrients they need to be ready to learn, be more alert and perform better at school. When planning lunches keep these tips in mind:

- include one serving from at least three of the four food groups from Canada's Food Guide
 - rather than buying pre-made lunch kits, make your own healthy "lunch kit" with divided containers and small 'bite-sized' cheese cubes, left over chicken chunks, veggie sticks or fruit slices
 - get your kids to eat more veggies! Send cucumber coins, zucchini sticks and pepper strips with dip
 - fill whole wheat or multi grain wrap/pits/tortilla shells with your child's favourite foods such as hummus and grated carrot or sliced turkey with mustard
 - water is the healthiest choice to quench thirst
- Looking for more information to help keep you and your family healthy? Call Health Connection at 705-721-7520 or 1-877-721-5720 to speak with a public health nurse or visit the health unit's website at

www.simcoemuskokahealth.org.

Information provided by the Simcoe Muskoka District Health Unit

GET OUTSIDE TO PLAY ON MARCH BREAK

Active play does more than help kids to achieve the 60 minutes of physical activity they need every day, it supports their development in many ways – especially when the play is outdoors, self-directed and fun. This allows kids to test boundaries and problem-solve, develop social skills and resolve conflict, and learn to control their emotions and behaviour. Active play outdoors in the fresh air and nature also helps to improve mood and lower stress. Support your child to play outside with friends in the neighbourhood and at your local park as much as possible.

Information provided by the Simcoe Muskoka District Health Unit



FEEL LIKE YOUR TEEN IS ALWAYS ON?



Ever consider how all those minutes your teen spends sitting using electronic devices, watching TV or even playing video games add up every day? By replacing some of their screen time with physical activity, you will be helping them to become healthier, reduce stress and be more

likely to feel happier and more confident. Here are some ideas to suggest to your teen:

- organize a pick-up game of baseball, ball hockey or basketball
- check out a local nature trail with friends
- try something new like disc golf!

Set a goal to limit screen time to less than two hours each day.

Information provided by the Simcoe Muskoka District Health Unit

NUTRITION MONTH

MARCH

