



Ferndale Woods Elementary School Newsletter December 2020

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Principal's News

Thank you to all of the families who participated in our virtual parent conferences last month. When parents are engaged in their children's learning, everyone benefits! We had a fun-filled Ferndale House indoor and outdoor activities day last month. More school community spirit events will be taking place throughout the year. The character trait for this month is Empathy and our Ferndale families are encouraged to show empathy to community members during this holiday season.

We wish you all a very safe and happy holiday season!

Best regards, K. Jessop & O. Disu



Upcoming Events

Dec 10th - McMillans Delivery.
Dec 11th - Sprit Day - Pyjamas Day
Jan 4th - School Council Meeting
Dec 21 - Jan 1st - Holidays
Jan 29 - PA Day

House Colours

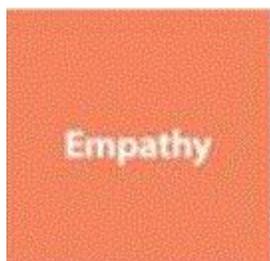
PJ Spirit Day is on December 11th. Students are encouraged to wear their coziest pajamas and earn points for their House Colour.

Ferndale House Colours		
Black	Red	Blue
Yellow	Green	Purple
Orange	White	Pink

Daily School Schedule

9:10 - 10:00 Period 1
10:00 - 10:50 Period 2
10:50 - 11:30 Nutrition/Recess
11:30 - 12:20 Period 3
12:20 - 1:10 Period 4
1:10 - 1:50 Nutrition/Recess
1:50 - 2:40 Period 5
2:40 - 3:30 Period 6

Character attribute for the month of December



Empathy - we strive to understand and appreciate the feelings and actions of others.

More information about character education can be found here:
www.scdsb.on.ca/about/character_education.

Elementary (Grade JK-8) Learn@Home and in-person learning

Families will be receiving a survey regarding learning modes (in person and Learn@Home) during the week of Dec. 7-11. If you do not receive your survey by Tuesday, Dec. 8, please contact research@scdsb.on.ca.

School playground structures 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.

MacMillans Fundraiser



MacMillans order deliveries will take place on **December 10th** from 2:30 - 5pm. Please make arrangements to pick up orders that night as we do not have the facilities to keep orders overnight. Thank you for your support!

News from the Kindergarten Team



The colder weather has arrived. Please ensure that your child has appropriate clothing for their day at school; this may include splash pants, extra mitts or gloves and a hat.

Many classes have additional outdoor learning time during their day as well as their recess. Please ensure your child is properly dressed for the weather.

Also, given the weather and the possibility of accidents please remember to send in an extra set of clothing for your child to have at school as well as indoor shoes. Thank you if you have already sent in shoes and extra clothing.

COVID-19 self-assessment



All students and staff will be expected to self-screen prior to attending school each day, using a self-assessment tool provided by the SMDHU. Students or staff with symptoms must stay home from school. To access the COVID-19 self-assessment tool, please visit the [SMDHU website](#).

Inclement weather and 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 central zone.

When buses are cancelled, schools remain open for student learning, as in previous years. It is always a family decision whether or not it is safe for your child(ren) to leave for school under severe weather conditions. This year, please note that students who are unable to attend school due to bus cancellations will be able to access learning materials on the digital learning platform assigned by their teacher, either Desire2Learn (D2L) or Google Classroom. Students in the Learn@Home program will continue with regular programming as scheduled.

The SCSTC 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>

High School Information events for Grade 8 students



Is your child starting Grade 9 next year? High school information events will happen virtually this winter. Student leaders and staff at the school will give an overview of what's new and what to expect. Different pathways and courses offered will be explained. Visit your school's website for more information.

Grade 1 French Immersion information



The Simcoe County District School Board (SCDSB) offers French Immersion (FI) at select schools throughout Simcoe County beginning in Grade 1. The goal of the FI program is to enable students to communicate in French with a high level of proficiency, enabling them to function with ease in both French and English. Upon graduation from the program, students will communicate in French with confidence in a wide variety of real-life situations.

Historically, in-person Grade 1 FI Family Information Nights are held annually in advance of the application process for the following school year. This year, due to restrictions to large-group public gatherings, in-person Family Information Nights will not be held. In lieu of this, an [information page on the board's public website](#) has been created to allow families the ability to access and learn about the program and the application process.

The online Grade 1 FI application form will be available from 9 a.m. on Tuesday, Dec. 1, 2020 until 4 p.m. on Friday, Dec. 18, 2020. In Grade 1, enrollment in the FI Program is limited to a maximum of two classes of 20 students per class at each host site for the FI program. The electronic applications will be processed in the order determined by a digitally randomized lottery system.

Please note that the host sites for FI may change during your child's time in the program, and your child may need to move schools. This may also include splitting the program between two different sites.

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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Are you looking for extra mathematics support for your Grade 6 to 10 student?

[TVO Mathify](#) offers FREE one-on-one online Grade 6-10 math tutoring to students enrolled in Ontario's publicly-funded English-language schools. Features include an interactive whiteboard as well as voice and text chat to make it easy to upload a math question and figure it out with the support of a math tutor, at a time that works for you.

TVO Mathify is like a personalized math coach to support students' learning at home. Sign-up, login and connect with an Ontario certified teacher of your choice. It is anonymous and secure, and can be used from a phone, tablet or computer. Math tutors are available from 9 a.m. to 9 p.m. ET Monday to Friday and 3:30 to 9 p.m. ET Sunday.

What students are saying about TVO Mathify:

"I really liked my tutor. She helped a lot. Also I love the whiteboard, and all the tools you can use to solve your problems." – Grade 7 student, Halton District School Board

"The tutor was very calm even though I initially had no clue what I was doing. I would absolutely recommend this site to anyone that needs help with their math." – Grade 10 student, Peel District School Board

Get active Together

When you're active with your kids, it sends them an important message about healthy living. Get out for a walk, play outside or do a [family workout](#) from the comfort of your home. It's always more fun to exercise with a buddy! Looking for ways to keep your children active and healthy while in a remote learning environment? YGym offers free virtual physical activities from YMCA certified fitness instructors for children of varying ages and abilities. Visit [YMCAHome.ca/YGym](https://www.ymcahome.ca/YGym) for free virtual physical activities for children and youth, anywhere, anytime! *Information provided by the YMCA of Simcoe/Muskoka*

Physical activity can make the holidays less stressful

For many, the holiday season can be a source of great physical and mental stress, and this year is no exception with the added pressures of the pandemic. Balancing finances, purchasing gifts, finding new ways to celebrate and connect while staying safe, eating unhealthy foods and staying up late 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:

- **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 [virtual yoga class](#); even a 10-minute walk can do the trick!
- **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!
- **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, both in-person and virtually. Our health and fitness centres in Innisfil and Collingwood are open and ready to safely welcome you and your family. With registered activities like open gym, family swim and our popular Y Kids program, the Y offers plenty of great opportunities to be active with your family in a safe environment. For more information on booking a visit to your YMCA, visit ymcasm.ca/FAQ. If you are looking for activities to do in the comfort of your home, YMCAHome.ca has a variety of free, virtual fitness classes and family-friendly workouts. Be well and stay safe this holiday season!

Information provided by the YMCA of Simcoe/Muskoka

COVID-19 holiday travel

The Simcoe Muskoka District Health Unit recommends that you only travel outside of your home for essential reasons such as work, school and purchasing necessities. Avoid travelling outside of your community as much as possible, including to attend family gatherings, religious services or events at municipal venues, in order to reduce transmission between geographic areas.

Recommendations for travel may change. Check for updates regularly at <https://travel.gc.ca/covid-19-travel>.

For more tips to keep you and your family healthy this holiday season, contact *Health Connection* at 1-877-721-7520 or visit the health unit's website at www.simcoemuskokahealth.org/Topics/COVID-19.

Information provided by the Simcoe Muskoka District Health Unit

Stress: Kids get it too!

Kids have stress, just like us. Stress is a normal part of life, but our bodies are only made to handle it for short amounts of time. Continued stress can cause feelings of pressure, anxiety, and tiredness. It can make it hard for kids to focus in school and can cause them to become sick, get lower grades or make unhealthy choices.

It's easy to mistake signs of stress for bad behaviour in your child. You can help them learn to manage stress by staying calm, showing love and talking openly about their feelings. Encourage them to try calming activities like deep breathing or doing something active. If the stress continues, be sure talk to your child's family doctor or health care provider.

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

Coping with anxiety

Feelings of anxiety can be common among teens, especially right now. 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. Encourage your teen to explore available online and local services.

Big White Wall : 24/7 online mental health support network for individuals 16 years and older.

Kids Help Phone: Children and youth 18 and under who need to talk to someone about their mental health can call Kids Help Phone at 1-800-668-6868, for 24/7 virtual, or text 686868.

COVID-19 Youth Mental Health Resource Hub

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.

Information provided by the Simcoe Muskoka District Health Unit