



Marchmont Public School

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March 2016 Newsletter

IMPORTANT DATES

- March 1st – Boys' Basketball Area Tournament
- March 2nd – Girls' Volleyball Area Tournament
- March 3rd – Kindergarten Story Walk @ 5 p.m.
- March 4th – Grades 6-8 Cross-Country Skiing @ Hardwood Hills
- March 7th – Chess Area Tournament
- March 7th – Hewitt's Market Fundraiser Orders Due
- March 10th – Great Moose Adventures visiting Grades 1-3 @ Marchmont
- March 11th – March Break Dance
- March 14th to 18th – March Break
- March 21st to 24th – Hewitt's Orders Pick up (at the store)
- March 25th – Good Friday
- March 28th – Easter Monday
- March 31st – Character Assembly for Honesty & Sports Sweater/Jersey Day

WANTED: OLD LEGO

We would like to start a Lego Club for our Grade 1, 2 and 3 students here at Marchmont. However, we are need of a lot of Lego to make this happen! So, if you are looking to clean out some of your old Lego pieces that your children no longer use, we would gladly take them off your hands. We would ask that all Lego donations be dropped off here at the school by the end of March.



GIRLSTRONG is a six week empowerment, running, and healthy living program for girls in grades 3-8. GIRLSTRONG will be offered once again this year at Marchmont. It runs afterschool twice weekly beginning the week of May 9th and running through until June 15. The culminating event is a wonderful 3KM Celebration Run at Tudhope Park in Orillia. If your daughter is in grades 3-8, she will arrive home with an information letter this Friday and is encouraged to join us this season. Registration forms will be due back with a strict deadline of March 24th. If you are a girl and can commit to two after school sessions a week, come run and have fun- join GIRLSTRONG!

Boys' Intramural Volleyball

Miss Shultz (student teacher) & Mrs. Kennedy will be running boys intramural volleyball sessions from March 3 to 11.

Keeping Healthy During Cold & Flu Season

Like a cold, influenza will cause coughing and runny nose, but symptoms also include headaches, high fever, weakness, body aches and extreme fatigue – and it can last for many more days than a common cold. For vulnerable people, such as young children, the elderly and people with compromised immune systems, it can weaken the body, allowing secondary infections such as pneumonia. To help prevent getting the flu and prevent it from spreading, take the following precautions:

- Wash your hands often with warm soapy water, especially after coughing and sneezing, before eating, and after using the washroom
- Take good care of yourself by eating healthy foods, getting plenty of sleep and staying active
- Consider getting a flu shot at your local pharmacy (where available)

For more information, visit the Health Unit's website at: <http://www.simcoemuskokahealth.org/Topics/Immunization/flu/stayinghealthy.aspx>.

New Safe Schools tool to report bullying, drug use or vandalism

The SCDSB has developed a new online Safe Schools Reporting Tool, which is available on our school website homepage, <http://mar.scdsb.on.ca>, as a Quick Access button. Students and parents can use this tool to submit a report online if they witness a student engaged in inappropriate behaviour such as bullying, drug use or vandalism. Students are still encouraged to speak to a trusted adult at school or home if they have any concerns. This form isn't a substitute for having a discussion with your teacher or principal. Student safety and well-being is always our top priority. For more information please contact the school or visit <http://scdsb.on.ca/ReportAnIncident>.

Ensure your child's immunization record is up to date

All families are required to provide the Simcoe Muskoka District Health Unit (SMDHU) with a record of their child's immunization information. This is required by law under the Immunization of School Pupils Act (ISPA). The SMDHU can suspend students whose immunization records are not up to date.

You can update your child's immunization record in one of the following ways:

- Online at: www.simcoemuskokahealth.org/immsonline
- Fax: 705-726-3962
- Call: 705-721-7520 or 1-877-721-7520 ext. 8807. The health unit hours of operation are Monday to Friday from 8:30 a.m. to 4:30 p.m.

Student Film Festival - Students invited to submit films by April 13

The SCDSB is holding its first-ever student Film Festival. Students from Kindergarten to Grade 12 are asked to submit short videos around the theme "What does belonging look like?" by April 13. Visit www.scdsbfilmfest.blogspot.ca/ for more information and to submit your film! Artists and their families will be invited to view the Film Festival submissions on the evening of May 17 at the SCDSB Education Centre.

Reminder: Safe Arrival on bus cancellations days

With the recent inclement weather days that have taken place over the past few weeks, we wanted to take a moment to remind you of a couple of processes with our Safe Arrival phone system:

- On days when buses are cancelled due to inclement weather, calls are NOT made to families whose children ride school transportation.
- Families of walking students should call the school if their children are not attending on an inclement weather day.

Pay for field trips, lunch days, etc. with SchoolCash Online

The SchoolCash Online program is available at our school. Parents have the option to pay online for lunch days and other items. Parents who sign up will receive a notification when a new item becomes available for purchase. Items are personalized to each student. Parents use a secure online account to make payments, and can either make a one-time payment for each item as it occurs, or load money to carry a balance in the online account to make payments in the future. To create an online account, go to <https://simcoecounty.schoolcashionline.com/>. Please contact the school office with any questions.

Message from the Simcoe Muskoka District Health Unit: Building resiliency

Every child needs skills and supportive people in their lives to help them deal with life's challenges. Resilience is the ability to adapt to life's difficulties and be able to move forward with hope and optimism. Here are some tips on how to raise resilient children:

- Treat them with warmth, care and sensitivity
- Expose them to a wide variety of learning environments
- Talk about how family members feel
- Help them manage difficult emotions
- Let them know they are loved and appreciated
- Teach them to have more positive thoughts about themselves
- Encourage positive peer relationships
- Teach them to be flexible, how to make decisions, solve problems, set appropriate goals and work to attain them

7 street proofing tips to keep kids safe

With warmer weather on the way and more of our students walking and biking to school soon, we'd like to remind parents to review safety tips with their kids:

- If your child walks to school or to the bus stop, try to arrange a walking buddy or group.
- If your child walks to school, make sure they go along main routes that are well-travelled, rather than taking shortcuts through deserted areas.
- Develop a "what if" game for your child to get them thinking about how they would respond if they felt threatened or afraid.
- Know who your child plays with and where they go. This includes keeping a list of their friend's addresses and phone numbers.
- Do not leave your child in unsupervised locations, such as cars, parks, public washrooms, arenas, malls and plazas, etc.
- Teach your children where and how to get help. Go with them on their regularly travelled routes and identify safe places to go for help.
- Teach your child to talk to you immediately when someone does anything that makes them feel strange or uncomfortable. Listen when your child is trying to tell you about something that bothers them and provide them with support and understanding.

Reminder: School playground safety in the spring

The sun will eventually start 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 by the school principal or designate 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 annually 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!