

Marchmont Message - May 2017

May 1, 2017

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May Events

Music Monday	1 st
JHL Assembly	3 rd
Jr. Boys Basketball - Areas	3 rd
Kiwanis	3 rd & 4 th
Arts Night	5 th
Mental Health Walk	5 th
OPP Kids Grad - Gr. 6	9 th
Girstrong	9 th
Jr. Girls Basketball - Areas	11 th
Archery - Gr. 4-8	15 th & 16 th
Immunizations - Gr.7/8	16 th
Track & Field-Gr.4-8	17 th
School Council	17 th
Track & Field-Gr.4-8	17 th
Simcoe Cty Museum - Gr.3	18 th
PD Day	19 th
Victoria Day - Holiday	17 th
EQAO - Gr. 3 & 6	May 23 rd - Jun 5 th
Kandalore - Gr. 8	24 th - 26 th
Wyemarsch - Gr.4 & 7	24 th
Treetop Trekking- Gr. 7	25 th
Growing for Health	25 th
Kindergarten Orientation	30 th

Principal's News

Our students continue to win great praise from our surrounding communities when we travel outside the school setting, demonstrating the many positive character traits. We are at that time of year when many of our classes are learning outside of the school at various destinations. We ask parents to review manners and appropriate behaviour in preparing for the school trips ahead.

The month of May kicks off with Education Week, as well as Mental Health Awareness week. We have numerous events to celebrate that will be noted in this newsletter.

Education/Mental Health Week Events

Arts Night/Outreach

On Thursday, May 4, Marchmont will host an Arts Night Open House, between 5:00-6:30 p.m. Our Community Outreach Leadership Team is asking that visitors to **bring one non-perishable food item per person.** All items will be donated to the Orillia Sharing Place Food Bank. Students' art will be displayed throughout the gym and hallways of the school. Please help us reach our goal of 200 non-perishable food items. Let's Go Marchmont!

Wear Green to help ReTHINK Mental Illness

While society's attitude towards mental illness is improving, many people with mental illness are still stigmatized due to a lack of knowledge and understanding. You can help reduce that stigma by wearing a green ribbon or green to signify that you challenge oppressive beliefs surrounding mental health illnesses. **We are encouraging students and staff to wear green on Friday, May 5 to help promote mental health awareness. We will be enjoying a walk around the school yard to show our support, from 2:10 to 2:20 p.m.** Students are asked to take this time to connect to others, enjoying the outdoors.

A continued reminder to send your children dressed appropriately for this very unpredictable weather. Please make note that our yards can get very muddy at times and also we are at the beginning of blackfly season. A bug shirt/hat is highly recommended!

Finally, our Grade 3 and 6 classes are preparing for this Spring's EQAO provincial testing that occurs between May 25 and June 5. We wish them all good luck!

Music Monday

Launched in 2005 by The Coalition for Music Education, Music Monday is the world's largest single event dedicated to raising awareness for music education. Each year, hundreds of thousands of students, educators, and music makers participate in a simultaneous nationwide concert performance of an original song written by a Canadian artist.

The Music Monday anthem serves as a rally cry for the importance of music in our schools and in our lives. **On May 1st, 2017, hundreds of thousands of participants will join together to sing and play the Anthem across the country in schools, public parks, and communities to celebrate the galvanizing power of music.**

Sing It Together is a collaboration between JUNO award winning, veteran songwriters Marc Jordan and Ian Thomas. Our entire school will be singing this song together to celebrate the joy of music.

Guest Author a Big Hit!

“Change the world, one story at a time.” These words of wisdom were shared by award winning Canadian author, Natasha Deen, during her visit to Marchmont Public School on Friday, April 21, 2017. Ms. Deen captivated the interest of primary and junior students with her engaging story telling. Throughout her presentations, Ms. Deen shared three important messages with our aspiring Marchmont authors. Two of these messages were: everyone has a story or two to tell and always be kind to one another. Also, she encouraged Marchmont students to always try and

do their best. Ms. Deen wanted students to experience and learn from disappointment because disappointment meant that a person had put his/her heart into trying to succeed.

Following the presentation, Ms. Deen answered many fantastic questions asked by her young audience. Students then had an opportunity to order an autographed Natasha Deen novel for their reading enjoyment and personal library.



Growing for Health Event

GROWING FOR HEALTH EVENT is scheduled at Marchmont P.S. for **Thursday, May 25th-3:30-5:30**. Save the date and join us outside! We will learn about Indigenous plants, help prepare our current gardens, and take part in other forms of healthy living.

Come celebrate our new school Medicine Garden, participate in a Storywalk or join in on an outdoor Yoga class. More detailed information to come home next week.

Good Morning, Sports Fans! This is a JHL Update.

These were the immortal words spoken by “THE VOICE” of the Junior Hockey League, “THE GREAT” Cameron Crate on the morning announcements. Boys and girls played their hearts out from January until early April, firmly establishing our league as ‘the fasted game on parquet flooring’ worldwide!

It’s official. We have ourselves a winner! Congratulations to the Montreal Canadiens for their stunning victory over the heavily favoured New York Rangers in front of a stunned hometown crowd at Madison Square Gardens, New York. Final score: Habs 4, Rangers 3. Let’s all rise and respectfully applaud coaches ‘Fast’ Eddy Green and ‘Bowlin’ Nolin Derstroff for the coaching leadership and expertise.

Congratulations to Canadiens captain and future JHL Hall of Famer Karley ‘Special K’ Eckstein, goalie and assistant captain, ‘Mad’ Max McKay, assistant captain, Liam ‘Carpe Diem’ Askew, the veterans, ‘Good Golly’ Ava-Holly Elliot and Charlotte ‘The Web’ Green, and who could not forget the contributions of rookie sensations Mason ‘Die Hard’ Bard, Toby ‘The Moxymen’ Moczgodan, Vaughn ‘The Phenomenon’ Plue and offensive superstar, Evan ‘Ring-a-Ding-Ding’ King!

If you are in the Marchmont and tri-county area on **Wednesday, May 3 @ 11:45 a.m.**, please feel free to attend what some are calling ‘the must see’ awards assembly of all time! As we say here at ‘Hockey Central’: **DON’T DARE MISS IT! AND ONLY...ON PAY PER VIEW!**

Yearbook Orders & Media Forms

Buy your copy of the 2016 - 2017 Marchmont Yearbook! It is filled with photos and memories of a fantastic school year! Each copy is \$15.00. **All yearbooks orders are due by Friday May 12th.** No late orders will be accepted due to plant processing deadlines. Thank you for your co-operation.

Last week, media permission forms were sent home with some families to inquire about their child’s picture being included in the yearbook. **Please return these forms by Thursday May 4th.** Thank you for your assistance.

**ORDER
YOUR
2016-17
YEARBOOK**

Primary Intermural

Thank you to our Grade 7 and 8 Intermural Leaders for organizing and running two sessions of indoor games for our Primary Students. The children had a wonderful time spending recess playing games.

Girlstrong

Tuesday, May 9th is the start of our Girlstrong program here at Marchmont. The girls will meet at 3:40 at the gym. Please ensure your child comes prepared with the appropriate running shoes, clothes and water bottle. We ask that all students be picked up at 5:00 p.m. at the front door of the school. We are looking forward to another season with the girls ... running, sharing and empowering!



Welcome to Kindergarten Orientation Session, May 30

This spring, we are hosting an orientation session to welcome new Kindergarten students and their parents to our school. Come experience what life is like in Kindergarten! Explore areas of the program, meet Kindergarten educators and have the chance to ask questions. Our school's session takes place on **May 30, 2017 at 5:30 p.m.**

We look forward to welcoming you! For more information, visit www.scdsb.on.ca, click on 'Programs,' 'Kindergarten' and then 'Kindergarten Orientation.'

School start dates for September 2017 are as follows:

- Senior Kindergarten (Year 2) students will begin school on Tues. Sept. 5.
- Junior Kindergarten (Year 1) students will begin school on Thurs. Sept. 7.

Other Events

Register now for summer school

A new selection of summer school credit courses is available this July through in-person classes and eLearning. New this year are full credit grade 9 and 10 courses at Bear Creek Secondary School in Barrie. The in-person courses at Bear Creek will run July 4 to 28 from 9 a.m. - 3:30 p.m. Limited school bus transportation is provided from all areas of Simcoe County. Details can be found on the Learning Centres website:

www.thelearningcentres.com. Students can also get information from the school or from any of the SCDSB's Learning Centres. Online registration for current SCDSB students is available through the student portal. eLearning registration is supported through high school Guidance Offices. Non-SCDSB students can register using the forms on the website.

Summer childcare available at select SCDSB schools

In partnership with community child care operators, we are pleased to support your child care needs, offering full-day child care programs for children (aged JK to 12 years) in select schools across Simcoe County this summer. Registration in advance is required. Please contact the child care operator directly to register. A fee subsidy may be available to families who qualify. For the full listing of childcare centres in the SCDSB, visit www.scdsb.on.ca and click on 'Schools' and then 'Before & After School Care.'

Shine green for Mental Health Week, May 1 to 7

The Canadian Mental Health Association invites us to wear green during Mental Health Week. Be sure to share online with the hashtag #GETLOUD. Going green for mental health is a simple way for all of us to recognize that we must make mental health a priority. Visit www.greenformentalhealth.ca for more information.

Other Events - continued

Stay safe in the sun

It only takes one bad sunburn in childhood to increase the risk of developing skin cancer later in life. As the weather gets warmer, follow these sun safety tips to keep you and your family safe:

- use a broad spectrum sunscreen with SPF 15 or higher and SPF 15 lip balm
- apply sunscreen 20-30 minutes before going outside (even on cloudy days) and always follow the label instructions
- apply sunscreen to any exposed areas of skin – nose, ears, back of neck, tops of feet, etc.
- reapply sunscreen every 2-3 hours and after sweating or swimming
- wear loose, long sleeved shirts and pants, a large-brimmed hat and sunglasses
- if possible, avoid being in the sun between 11 a.m. and 4 p.m.
- when you're outside, look for shade

For more sun safety tips, visit www.simcoemuskokahealth.org or call Health Connection at 705-721-7520 or 1-877-721-7520 to speak with a public health nurse.

Information provided by the Simcoe Muskoka District Health Unit

Immunization reminder

By law, all students need to have an up-to-date immunization record on file at the health unit. Since starting Kindergarten, your child may have received new immunizations. A reminder – you must send your child's updated immunization records to the Simcoe Muskoka District Health Unit for:

- Tetanus, Diphtheria, Polio, and Pertussis
- Measles, Mumps, and Rubella
- Two-doses of a Chickenpox (Varicella) containing vaccine

If your child will not be getting these vaccines, you will need to give the health unit a valid exemption (medical or affidavit). If the health unit does not have an updated record, students could be temporarily suspended from school. Follow these steps to help us:

1. Check your child's yellow immunization card
2. Contact your health care provider to obtain records, or to get missing vaccinations
3. Share the complete record with us at www.smdhu.org/immsonline or fax the record to the health unit at 705-726-3962

Questions? Contact Health Connection at 705-721-7520 or toll-free at 1-877-721-7520.

Information provided by the Simcoe Muskoka District Health Unit

Summer camp can be an important part of your child's growth and development

To many people, summer camp for kids might appear like nothing more than fun and games. However, a study conducted by the University of Waterloo supports what camp directors have been saying for decades – camp is a setting for positive youth development where invaluable life skills are acquired and nurtured. Youth development experts agree that children need a variety of experiences in their lives to help them grow into healthy adolescents and adults. Here are five critical life skills that are fostered at summer camp:

1. **Getting along with others** – Talk to any camp alumni and you'll likely hear how some of their most meaningful friendships and lessons on how to get along with others came from camp.
2. **Overcoming challenges** – According to the ParticipACTION Report Card, over-supervising kids or keeping them indoors to ensure they are safe limits their opportunities for physical activity. Camp provides a safe environment, allowing children to freely learn how to overcome challenges and develop and grow their capabilities.
3. **Getting active** – A recent Statistics Canada study found that only seven per cent of youth aged six to 19 got the recommended hour a day of exercise they need. Summer camp is a great way for kids to stay active all summer and ensure they are surrounded with great role models and supportive friends.
4. **Unplugging** – We know that when children are connected with their environment, they are healthier and happier. Summer camp provides kids with the opportunity to "unplug" and help them build social skills while enjoying all the activities of the great outdoors.
5. **Leadership** – When it comes to developing strong leaders, camp provides both implicit and explicit training including morals, ethics, problem solving, teamwork and life skills.

To learn more about the YMCA of Simcoe/Muskoka summer camps, visit www.ymcasummerncamp.ca.

Information provided by the YMCA of Simcoe/Muskoka (www.ymcaofsimcoemuskoka.ca)