

Parent eBulletin – Bringing School Home Fall 2009 edition



The Simcoe County District School Board produces this regular e-bulletin to help parents support children on their journey of lifelong learning. We know positive connections between home and school support student achievement. In each edition you'll find practical tips and strategies to help your child achieve success in those important years of learning from Kindergarten to Grade 12.

Bringing School Home is available through the Simcoe County District School Board website (www.scdsb.on.ca). As well, parents, guardians and other interested members of our school communities may **subscribe** through our website and have the bulletin e-mailed directly to their e-mail accounts (readers may also unsubscribe at any time). Please send your comments and feedback to: webadmin@scdsb.on.ca.

Welcome back! School bells have heralded another successful year in education!

To help make your child's school year a positive one, be informed and involved. We hope that you find the following SCDSB information helpful in planning the 2009-2010 school year.

What does the Ministry of Education recommend for back to school?



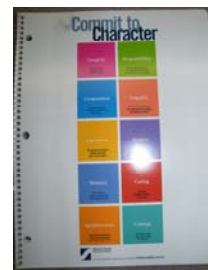
Some tips from the Ministry of Education's 'Parents' Back to School Guide' (the guide can be found at: <http://www.edu.gov.on.ca/eng/parents/backtoschool.pdf>):

- Lay the ground rules for your children for after-school activities, chores, homework and Internet use.
- Set up a quiet, well-lit place with a good work surface for your child to do homework; encourage a regular homework time and discourage distractions.
- Encourage learning at home by keeping your child engaged in learning. For example, read to your younger child every day; just 20 minutes a day can make a difference. Get older children interested in reading by encouraging them to

read for pleasure at home.

Where do I find out about important upcoming dates, the code of conduct, bus transportation, and other SCDSB information items?

The SCDSB Student Agenda insert is a convenient printable summary of information for 2009-2010. The insert includes school year calendar dates; details about assessment, evaluation and reporting; the Code of Conduct; Character Education Information; inclement weather procedures (including the [new inclement weather zone information](#)); and other helpful topics. To access this document in PDF format from the SCDSB website, please click on the following link: <http://scdsb.on.ca/parents-corner/general-notices/>.



Be sure to visit the SCDSB website (www.scdsb.on.ca) often for upcoming events and information. Schools also maintain their own individual websites – these sites are linked from the 'School Directories' pages at: <http://scdsb.on.ca/schools/school-directory-elementary/> (Elementary schools) and

<http://scdsb.on.ca/schools/school-directory-secondary/> (Secondary schools). Schools also produce regular newsletters that are sent home.

How can I connect with the SCDSB Director of Education?

A new feature on the SCDSB public website for 2009-2010 is our Director's Blog. Kathryn Wallace, the new Director of Education, will use the blog to share her thoughts and ideas about education and invite readers' feedback. To visit the Director's Blog, click on: <http://scdsb.on.ca/about-us/directors-blog/>

How can I help protect my child from the H1N1 Flu virus?

As we have all heard, health officials are predicting another wave of the H1N1 flu virus. To reduce the spread of this flu, the Simcoe County District School Board has put into place a number of procedures, outlined in a newsletter that was sent home in early September. To access this newsletter, visit the 'Pandemic Planning' section of the SCDSB website at: <http://scdsb.on.ca/parents-corner/safe-schools/pandemic-planning/>.

Please visit the Simcoe Muskoka District Health Unit website for ongoing updates as to the status of the situation: <http://www.simcoemuskokahealth.org/Promos/HumanSwineFlu.aspx>. The Health Unit also has a list of Q & As for Parents:

<http://www.simcoemuskokahealth.org/Promos/HumanSwineFlu/SchoolsandStudents/QAFamilieswithSchoolageChildren.aspx>

How can I encourage my child to eat healthy foods at school? Do you have tips for packing healthy lunches and snacks?

- Involve children in grocery shopping and making lunches. Even little ones can help portion snacks or assemble sandwiches, and everyone will be more likely to enjoy meals they helped prepare.
- Round up your family's lunch bags, thermoses, napkins and supplies and put them all in one cupboard. Having everything in one place can help save time in the long run.
- Try packing lunches the night before or first thing in the morning, when you're less rushed.
- Be sure to include ice packs or insulated thermoses as appropriate to ensure food safety.

Visit <http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/index-eng.php> to download your copy of Canada's Food Guide. This website also allows you to personalize Guides for each family member.



A Reminder about Peanuts and Allergies: Sabrina's Law

An Act to Protect Anaphylactic Pupils: Sabrina's Law came into effect on January 1, 2006. This law requires all school boards to have policies and procedures which address anaphylaxis in schools. "Anaphylaxis" refers to a severe allergic reaction which, if not treated, can be fatal. Since peanuts are a common trigger for people prone to anaphylactic reactions, we ask that students do not bring peanut butter or products

with peanuts listed in the ingredients onto school property. Please call your child's school if you require more information.

We invite you to visit www.scdsb.on.ca often for news, facts, school information, Board highlights, and hundreds of other pages about Simcoe County's public education system. This month we are featuring our **2009-2010 School Year Calendars**, which contain valuable information about professional activity (PA) days and school holidays: <http://www.scdsb.on.ca/schools/school-calendars/>.

Our Internet surfing this month leads to three useful resources from the Government of Ontario:

For tips on helping your elementary school child with reading, writing and math, as well as tips on homework, visit: www.ontario.ca/abc123. **For information on secondary school learning to prepare children for graduation and beyond**, visit: www.ontario.ca/studentsuccess.

For parents who are new to Ontario, newcomers' guides for elementary and secondary school can be found at: www.settlement.org/site/ED/elementary.asp and www.settlement.org/site/ED/secondary.asp. These guides are available in 19 languages. The Simcoe County District School Board operates a **Newcomer Welcome Centre**, which provides services to support families new to Canada and to the SCDSB. For more information, visit: <http://scdsb.on.ca/schools/newcomer-welcome-centre/> or contact the Centre at (705) 725-8360, ext. 310.

Back to School: A Healthy Start contains tips on packing healthy school lunches, starting a walking school bus, and other resources:

http://www.healthyontario.com/FeatureDetails.aspx?feature_id=4072

Next Issue

If you have any ideas or suggestions for the winter (December) issue of *Bringing School Home*, please e-mail webadmin@scdsb.on.ca. We welcome your input!

Quote of the month

"Education is not filling a pail but the lighting of a fire." - *William Butler Yeats*

About the SCDSB

The Simcoe County District School Board is deeply committed to ensuring all learners have the opportunity to realize their dreams within a vibrant and successful public education system. We are very proud of our 50,000 students who are learning and achieving in more than 100 schools and seven adult learning centres throughout our urban and rural communities. Working with school communities, our dedicated and skilled staff members provide quality programs to help students develop lifelong learning skills in safe, caring environments. Our schools are located in the Huronia and Georgian Bay regions of south-central Ontario.