

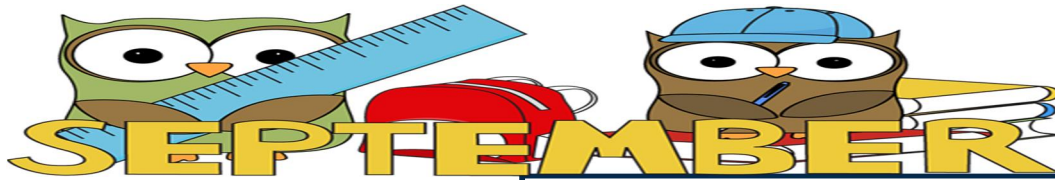
Cougar News

Phone: 705 728-9658

Ms. P. Smith
PRINCIPAL

Safe Arrival
705 728-9658 ext. 1

Mr. K. Stapleton
VICE PRINCIPAL



PARENT ENGAGEMENT MATTERS

Study after study has shown us that student achievement improves when parents play an *active role* in their children's education, and that good schools become even better schools when parents are *involved*.

Get involved. Join our crew of spectacular Cundles Heights Volunteers. Opportunities and details can be found in this Newsletter. You can also contact Cundles office for more information 705-728-9658.

SUBSCRIBE TO RECEIVE SCHOOL NEWS IN YOUR INBOX EACH MONTH

You can receive important school news straight to your inbox.

Cundles Heights monthly newsletter is available for **subscription** online. (We are trying to save on paper and the cost of photocopying each month.)

To have the Cougar News Newsletter delivered to your inbox each month, subscribe free at <http://cun.scdsb.on.ca/subscribe> then add us to your VIP list to ensure our email lands in your inbox, not your junk mail. Visit our website: <http://cun.scdsb.on.ca/> for details.

A digital copy of the Cougar News is also posted on our website each month: cun.scdsb.on.ca under "Newsletters".

Should you wish a hard copy please send a note in your child's agenda and we'll send a copy home each month.



Fundraiser: Fresh From The Farm

Cundles Heights is launching our first fundraiser for the school year. Fresh from the farm; carrots, apples, potatoes, sweet potatoes, and onions. Orders are due on **Sept. 28th to the office** with delivery in November. Order forms have been sent home with each child. More forms can be picked up in office. Help support Cundles and eat healthy while doing it.

Cundles Heights IS ON TWITTER

Stay connected with the most up-to-date news and information by following

@CundlesHeights

Many teachers have also created class

accounts to highlight the great things happening



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

We have made it easy for parents to make their school purchases from the convenience of their own home. Whether it's lunch days, field trips or school wear, we have it online for you! Follow these three steps to get started:

1. Go to simcoecounty.schoolcashonline.com or visit our school website and click on "Pay Fees"
2. Register and add your child to the newly created account. View and purchase items through bank transfer or credit card

It's safe, fast and convenient. If you do not have access to a computer or the internet to access SchoolCash and order lunches etc., please come into the office. We have a computer in the office for parents to access SchoolCash. Contact the office with any questions.

CURRENT SCHOOL ORGANIZATION AND STAFF:

Principal: Paula Smith

Vice Principal: Kevin Stapleton

Office staff: Mrs Boynton

Custodians: Mrs Rumley, Mrs Snooddy, and Mr Camargo

Teacher Librarian: K. Bamford

Kindergarten: N. Forget/P. Kritsimilios, A. Hesch/T. Thomas, and G. St. Amand/S. Lees

Grade 1: A. Cadiuex

Grade 2: S. Teoh

Grade 1/2: S. Hamelin

Grade 2/3: A. O'Hallarn

Grade 3: C. Carson

Grade 4: T. Lau

Grade 4/5: N. Khan

Grade 5: T. Orr

Grade 6: B. Coons

Grade 7/8: L. McDonald (temporary until Sept 25th)

Grade 8: A. Hazlewood

Learning Centre: A. Majovsky **Social Skills :** A. Robitaille

SERTS: B. Coulter, J. Germaine, D. Gould-Kenwell and M. Noorfgraaf

Planning Time: E. Numbers and L. Hoover

Indigenous Student Advisor: A. Melnyk

FSL: J. Francoeur **Child and Youth Worker:** K. Bradley (Tues and Thurs)

Educational Assistants: S. Scott, J. Foster-Kalte, L. Drury, J. Maw, V. Young, T. Mino, A. Cudia, A. Bohman, J. Land, J. Roy, M. McGilvery, and K. Marshall

SCHOOL COUNCIL: TIME TO GET INVOLVED!

Parents and guardians play the first and most important role in their children's education, and are key partners in building a quality education system. School councils play a vital role in the education system in Ontario. They provide a form through which parents and community members can contribute to improving student achievement and school performance. We need you to get involved. **Cundles Heights first school council meeting for the 2018-2019 school year will be Monday October 1st at 6:30 in the school library. See you there!**

PEANUTS/TREE NUTS

Many children and adults have allergies. Some have allergies that are life-threatening: an allergy so severe that even touching or inhaling a trace amount can trigger a life-threatening reaction.

We ask Cundles Heights families to please pay careful attention to the ingredient list on packages, and avoid sending food to school where the ingredient list states "contains peanut or peanut products" or "may contain trace(s) of peanut or peanut products". In addition, if your child eats nut products in the morning before coming to school please be sure face and hands are washed and teeth are brushed thoroughly.

Thank you for your cooperation!

NO NUTS



PLEASE

GIVE BACK TO YOUR SCHOOL COMMUNITY!

Volunteers are an important part of what makes Cundles Heights a great place to learn and grow. We value and appreciate the support of our volunteers. There are many opportunities available including school council, the lunch program, reading help, field trip supervisors, assisting in the classroom or library, even volunteering to help coordinate our volunteers! If you're interested in giving the gift of your time to our school, please contact our office 705-728-9658 (or drop by any-time). There will also be an opportunity to sign up for specific volunteer positions at Meet the Teacher Night.

Here are some of our popular volunteer opportunities:

- Lunch Program volunteers
- Popcorn helpers
- Reading with students
- Classroom helpers
- Library helpers
- Fundraising Project Coordinators
- Club Coordinators (want to run a club? Let us know!)
- Breakfast Club or Lunch Room

Opportunities to Volunteer abound. Let us know your interest area.

Everyone who volunteers in a school must have a criminal record check (Vulnerable Sector Screening), and forms are available in the office.



Cundles Heights PS has been adopted Online by Chapters! Here's how you can help. [Visit adoptaschool.indigo.ca](http://adoptaschool.indigo.ca):

Online Donation: For every \$20.00 you donate to our school online, the Love of Reading Foundation will donate an additional \$10.00.

Tell a Story, Give a Story: Every time you post a story to our Adopt a School profile, the Love of Reading Foundation will donate one book in support of our school library, up to 20 books!

Adopt a School Story Contest: "Heart" one of our school's stories! The five most-loved stories in each province will be entered in a random draw for a chance to win a \$2,500 Indigo eGiftcard to purchase books for their adopted school. The remaining four top "hearted" schools in each province will win a \$500 Indigo eGiftcard to purchase books! Please note that 100% of all online donations directed to our school will go towards supporting our students and school library! Please remember, we receive online donations only. In-store donations will not go to our school. Our school is going to receive every dollar raised to support our library and a 30% discount off books when we shop at Indigo, Chapters and Coles using program donations.

Please visit adoptaschool.indigo.ca from September 15 to October 7 to show your support for our library! I look forward to surprising the staff and children at Cundles Heights with all the new library books this year!

Never stop doing little things for others. Sometimes those little things occupy the biggest part of their hearts.

InspirationBoost.com



Eye See...Eye Learn program offers free glasses for Junior Kindergarten students

The *Eye See...Eye Learn* program provides comprehensive eye exams by local optometrists to Junior Kindergarten (JK) students. The eye exams are covered under the Ontario Health Insurance Plan (OHIP) when parents show their child's health card. There is no out-of-pocket cost for the eye exam and if the child requires a pair of glasses, they will receive them free of charge courtesy of a participating optometrist. For more information, visit www.eyeseeeyelearn.ca.

Ideas for packing healthy school lunches

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 multigrain wrap/pita/tortilla shells with your child's favourite foods such as hummus and grated carrot or sliced turkey with honey mustard.

Don't have them drink their fruit - send water instead.

For more information to keep you and your family healthy, visit www.simcoemuskokahealth.org or call *Health Connection* at 705-721-7520 or 1-877-721-7520.



Stressful mornings sound familiar? Here's how to get organized and out the door on time

Try these tips to help get the whole family out the door on time:

Plan ahead: pack lunches and pick out clothes the night before.

Go to bed at a reasonable hour so you wake up rested and ready for the day.

Wake up and get yourself ready, before your child.

Keep the TV and electronics off. These can be disruptive first thing in the morning.

Give clear instructions and be realistic about what your child can do for themselves. Praise them when they do something well to help them learn new skills.

Finally, remember to have patience. Your child learns from watching you! In time your child will learn to plan ahead, be organized, and develop patience too. For more tips, visit www.simcoemuskokahealth.org or www.triplep-parenting.ca

LEADERSHIP TEAM MESSAGE

Welcome back everyone to a brand new school year at Cundles Heights — and what an amazing year it will be! We are so excited about our year and look forward to meeting and working with all of our families, especially those new to our school community.

We would also like to welcome back our staff and extend a special welcome to the many new students attending our school for the first time in junior kindergarten or who have moved into our area over the summer.

We have a lot planned for students this year in the way of learning, sports, clubs, activities, and events. We encourage our students to find ways to get connected and engaged in student life at Cundles. We believe that every student is unique and capable. Our belief is that with mindfulness, hard work, GRIT, a growth mindset, and support will come success. At Cundles we strive for excellence in collaboration, critical thinking and creativity. Focused, intentional instruction around literacy and numeracy, knowing students strengths and needs and promoting increased student well being, learning, and achievement will continue to be a priority. We believe all students can learn and achieve success and we are committed to working closely with students, parents, and the community to make it happen.

The first few weeks of September is a time when we often need to do some adjustments in school and class organization. At this time, please remember that all class placements are tentative and subject to change based on enrolment. With potential new registrations, and students moving over the summer there are times when it may be necessary to shuffle not only students, but teachers as well. We appreciate your patience and understanding over the next couple of weeks.

We look forward to working with all members of our school community this year. Please feel free to contact us throughout the year should you have any questions or feedback. We value open communication to ensure that all our community members feel valued.

Together, we can make a difference!

P. Smith and K. Stapleton

Before and After School daycare ages JK/Sk – 12 years old at Cundles Heights through York Profession Child Care. For information please call 705-737-5430 or pick up a brochure in the office at Cundles Heights.

If you are not willing to learn, no one can help you.
If you are determined to learn, no one can stop you.

GIFTED SCREENING

Parents of a student in Grades 3 to 8 who wish the school to consider their child for gifted screening are asked to contact **Ms Smith** at the school by **September 25th**.

SCHOOL CLEANLINESS

First, a big THANK YOU to our Custodians: Mrs. Rumley and Mrs. Snoodly for their hard work during the summer months. Cundles Heights looks great! We appreciate all their hard work!

We ask that all students respect our school, and the hard work of our Custodians. Students can show their respect by wearing indoor shoes, placing backpacks neatly on their hooks, putting outdoor shoes neatly against the wall, and picking up after themselves. Let's all work together to help keep Cundles sparkling!


KEEP CALM AND CLEAN UP YOUR MESS

Bikes, Scooters, and Skateboards

Students are reminded that while you may ride bikes, scooters, and skateboards to school you may not ride them on school property. We also remind students that wearing helmets is a must.



Updated criminal background checks required for volunteers

We appreciate the commitment of all who volunteer at our school. In an effort to ensure the safety and well-being of our students, and in accordance with the Education Act, the SCDSB requires a complete and up-to-date Criminal Background Check Vulnerable Sector Screening (CBC-VSS) for all volunteers across the system. If you are a current, approved volunteer and your CBC-VSS is more than five years old, you will be receiving a notification this month indicating that you are required to submit a new CBC-VSS. If you wish to continue as a SCDSB volunteer, please complete the following steps:

1. Contact the school principal to obtain a CBC-VSS request letter.
2. Bring your CBC-VSS request letter to your local police detachment.

Submit your original and complete CBC-VSS to the school office for review by Oct. 31, 2018.

If you are an approved volunteer at Cundles and your CBC-VSS is less than five years old you will be receiving a letter for the school by the end of Sept. with a code allowing you to electronically do an online declaration. (If you do not have internet at home you are welcome to use our guest computer in the office.)

If you are a current SCDSB employee volunteering in the system, you are required to submit an updated CBC-VSS to the school where you will be volunteering. If you have completed a CBC-VSS within the past six months of the start of the school year for another organization, you may submit that original CBC-VSS for review. If you have questions, please contact the school.



*Sept. 25th Meet the Teacher Night—Fruit Tree Planting Ceremony at 5:00 front of school and Pizza from 5-5:45, class visits 5:45-6:15

*Sept. 27th Terry Fox Run

*Fresh From the Farm orders due on Sept.28th

*Fun lunch orders due Sept. 30th Pizza, Milk, Pasta. Going forward Fun lunch orders will be due on the 22nd of the month. So November orders will be due online on **Oct. 22nd.**

Procedures help keep our school safe

The safety and well-being of students is our top priority. We have a number of procedures in place to keep our school safe. You can help your child understand and feel safe by:

- talking to them about the situations below
 - reminding them that emergencies are rare
- telling them it's important to follow staff instructions in these situations
- Parents should talk about the following emergency drills with their children:
- **Shelter in place** is used when there is an environmental or weather-related situation, like a chemical spill outside the building, or a major storm. Activities continue inside the school. Students and staff are not allowed to leave the building. The ventilation system may be shut off.
 - A **hold and secure** is used when there is a situation in the community, not related to the school, like a bank robbery nearby. Activities continue, but all exterior doors are locked. No one is allowed to enter or exit the school.

A **lockdown** is used when there is a major incident or a threat of violence related to the school. Students and staff move to secure areas, away from doors and windows. Interior doors are locked, lights are shut off and blinds are drawn. Students and staff remain quiet. We practice lockdown drills at least two times per year. In the unlikely event of an actual lockdown situation, police ask that parents do not go to the school. Information will be communicated through the school board social media sites (www.facebook.com/SCDSB and www.twitter.com/SCDSB_Schools) and website (www.scdsb.on.ca), through local police and local media.

- All schools have **evacuation plans** in case of gas leaks, bomb threats or fire incidents that would require everyone to leave the school. We hold drills to practice our evacuation plan. In a real evacuation, students and staff may go to the evacuation site, depending on the situation. Parents will be informed about pick-up procedures by the school, school board and local media.
- Elementary school main doors are locked during the school day. Visitors must use the **intercom system** to enter the building. **Staff may not be available to answer the door immediately, please be patient.** All visitors, including school volunteers, are required to **sign in** at the school office and wear **visitor identification**.
- Staff and volunteers must complete a **criminal record check** before having contact with students.
- We ask parents to contact us when their child will be absent from school as part of our **Safe Arrival** program. When we don't hear from a parent/guardian and a student is absent, we will call home to find out the reason for the absence. At least two staff members in every school are trained in **first aid and CPR**. All SCDSB schools **have Automated External Defibrillators (AEDs)**.

When parents are at school during a drill or emergency event, they must follow direction from school staff, police, fire and/or emergency personnel. Parents may not have immediate access to their children during drills or emergencies. They may need to wait until the situation is resolved and school staff and/or emergency personnel release students into parent care.

It's important for you to know we'll always take whatever precautions are necessary to keep our school and students safe.

Don't stress! Back to school mental health tips

It's the start of a new school year and students need to get back into the swing of things! While a new school year can be exciting, it can also cause stress and anxiety. The Canadian Mental Health Association (CMHA) suggests maintaining positive mental health during this seasonal shift with the following strategies:

- Take care of your body – mental and physical health are fundamentally linked. Make sure to get enough sleep, drink water, eat well and exercise.
- Build resiliency – resiliency means coping well with problems, stress, and other difficult situations. Set aside time to think about the resiliency tools available to you and your child, such as structured problem-solving skills or resources that can help out during difficult situations.

Reach out for support – offering love, acceptance and sense of safety is important but so is providing resources outside of the home to support our youth in times of crisis. Some useful resources include New Path, YMCA of Simcoe/Muskoka, CMHA, Simcoe Muskoka Family Connexions, and the Kids Help Phone.

To learn more about the YMCA of Simcoe/Muskoka community youth programs and support, visit www.ymcaofsimcoemuskoka.ca.

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

Student dress code

Students are expected to respect the guidelines when dressing for school. Our school is a safe space. We work to be equitable and inclusive, and understand that students may choose to express themselves through their clothing choices. Student clothing cannot pose a safety concern or conceal identity. Exceptions are granted to students who wear head coverings or other garments/objects for the purposes of religious observance, medical or sensory needs, or other reasons protected by the Ontario Human Rights Code.

The SCDSB dress code is available in the student agenda and online at www.scdsb.on.ca. If you have questions about the dress code, you can contact the principal or the SCDSB Equity and Inclusion Education Team at 705-728-7570.



Simcoe Community Services' Grandparent System support groups

The Grandparent System Support Program (GSSP) was established in response to the increased needs and unique challenges experienced by grandparents with the sole responsibility of raising their grandchildren. Support Groups are available now in Barrie, Bradford, Orillia and Midland with plans for support groups in local communities across Simcoe County. Support groups provide a safe and confidential environment where grandparents can create relationships with others who understand and have lived experiences in similar situations. Grandparents can build on skills, resource share and network to build a community of support. For more information about the support group, meeting dates/times or if you have questions about the GSSP, contact gssp@simcoecommunityservices.ca or 705-726-9082 x2321. Childminding and transportation assistance may be available.

Student Accident Insurance Information 2018-2019

Student injuries at school, during school events, and extra-curricular activities (athletics, clubs, and out-of-province/out-of-country trips) are not covered by the board or its insurance company. While every precaution is taken to provide a safe learning environment, accidents can and do happen. The SCDSB has selected the Insure my Kids program through Old Republic Canada as an option for students/parents/guardians to consider. This insurance offers a variety of plans and benefits at reasonable annual prices. Coverage can be purchased online at www.insuremykids.com. Participation in extra-curricular activities (athletics, clubs) or out-of-province/out-of-country trips requires the purchase of this insurance, or other extended health and dental coverage. Student accident insurance packages will be sent home with students.

PEDICULOSIS (HEAD LICE) CHECKS

Parents/guardians are requested to check their child(ren)'s head(s) on a weekly basis for head lice. At school we do our best to keep you informed of outbreaks of head lice reported to us by parents. However, it is the responsibility of each parent/guardian to monitor this situation and inform the school of an outbreak. Such reports will remain confidential, but general notification will be sent home to affected classes of students. Thank you so much for your cooperation in this matter.

Lice Checklist
If you've got 'em
-- get rid of them.

