



# FOREST HILL P.S.

Megan Francis  
Principal

16 Doran Road  
Midhurst, ON L9X 1L4  
Safe Arrival 705-721-8300 Ext. 1  
School Website: <http://for.scdsb.on.ca>

Ken Wilson  
Vice-Principal

## BUS CANCELLATION/SCHOOL

Closure: **Central Simcoe**

**April 2023**

### **APRIL DATES**

3<sup>rd</sup> - School Council Meeting @ 7 PM  
3<sup>rd</sup> – First day of Round 3 popcorn  
5<sup>th</sup> – Gr. 7 to Ontario Science Centre  
5<sup>th</sup> & 6<sup>th</sup> – Caribou Contest  
7<sup>th</sup> - Good Friday – No school  
10<sup>th</sup> - Easter Monday – No school  
28<sup>th</sup> – PA Day (No school)

### **... and some future dates**

May 8<sup>th</sup> – Gr. 3 Simcoe County Museum  
May 22<sup>nd</sup> - Victoria Day Holiday  
May 23<sup>rd</sup> & 24<sup>th</sup> – Track & Field  
May 25<sup>th</sup> – Gr. 5 to Sainte-Marie among the Hurons  
May 26<sup>th</sup> – Track & Field rain date  
May 30<sup>th</sup> to June 1<sup>st</sup> – Gr. 8 Trip to Ottawa  
June 1<sup>st</sup> – Kindergarten Orientation 4:00  
June 2<sup>nd</sup> – PA Day (No school)  
June 5<sup>th</sup> – Gr. 6 to Sky Zone  
June 21<sup>st</sup> – Grad Rehearsal  
June 22<sup>nd</sup> – Grade 8 Grad  
June 29<sup>th</sup> – Last day of school  
June 30<sup>th</sup> – PA Day (No school)

### **MESSAGE FROM ADMINISTRATION**

It has been wonderful to see students engaged in active outdoor play and engaging academic activities! Our March Break Wellness Bingo was very well received, and we appreciate the school community's support with our OPHEA healthy schools' initiatives!

We ask for your support to ensure that classroom time is a focused time for learning. If you need to pick up your child(ren) before the end of the day for an appointment, please notify the classroom teacher and the office ahead of time. An email is often the best way to communicate this information. We have noticed lots of families asking for children to be paged to the office towards the end of the day, and this is interrupting precious learning time for other students. Please note that it can take some time to track down students if their class is outside. Your understanding and patience are appreciated.

We are looking forward to an exciting Spring with Welcome to Kindergarten and Graduation events coming up!



### **Character Attribute for the month of April**



**Optimism:** - We maintain a positive attitude and have hope for the future.

More information about character education can be found here:

[www.scdsb.on.ca/about/character\\_education](http://www.scdsb.on.ca/about/character_education)

### **Kindergarten Registration for September 2023 is open!**



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Kindergarten is the beginning of a wonderful journey of learning, and we want your child to begin their journey in a

SCDSB school! Do you have a child who is turning four in 2023? If so, we invite you to register your child for Kindergarten. To register online or for more information visit: [scdsb.on.ca/kindergarten](http://scdsb.on.ca/kindergarten).

### **Yearbook**

It is YEARBOOK sales time again! This year's yearbook will be completed, submitted and ready for delivery by the last week of school in June. Watch for yearbook to be available on School Cash Online by mid-April once the cost is finalized (reminders will be sent in the WAAG). As of last year, the yearbook cost \$22; we anticipate a slight increase for production this year. Get your order in early! Sales will only be available until mid-May!



### **Scholastic Book Fair is Coming!**



Don't forget, our school is hosting a **Scholastic Book Fair** from April 25<sup>th</sup> to May 2nd.

The **Scholastic Book Fair** is a fantastic way to continue to give our students access to the books they want to read. We are so happy that our students can

interact with the Fair at our school and choose their next favourite book!

For parents, family and friends who cannot enter the school, we're excited that you will still be able to shop our **Virtual Book Fair Extension** on our Book Fair dates, and select the books that inspire your readers from the comfort of home.

All purchases benefit our school and earn **Rewards** that can be redeemed for books and Education Resources for our classrooms and school library.

When it's time to shop, visit our school's **Virtual Book Fair Extension** site using this

link: <https://virtualbookfairs.scholastic.ca/pages/5206082>

Before our Fair begins, click the link to:

- **SAVE it** to your browser
- **WATCH** videos of popular new titles
- **PREVIEW** our Featured Books

Watch for news leading up to our **Scholastic Book Fair!**

Happy Reading!



### **School Climate Survey**

The Simcoe County District School Board (SCDSB) aims to provide a safe, supportive learning environment that supports all students in being successful. During the month of April, all students in Grades 4 to 8 will be asked to complete an anonymous and confidential online Forest Hill School Climate Survey about how they feel about their school. Any participant of a Forest Hill

School Climate Survey will not be asked to provide their name or other identifying information because all surveys are anonymous.

The survey results will provide valuable feedback to staff related to the [SCDSB Strategic Priorities](#) and will help schools to develop and refine their School Action Plans.

Similar to prior SCDSB school climate surveys, the questions cover a range of topics, such as:

- excellence in teaching and learning.
- mental health and well-being.
- equity, diversity and inclusion.
- community; and,
- experiences of school safety and bullying.

The information that is collected will be used to help guide our school in creating and maintaining safe and supportive learning environments for all students. Thank you for your support!

### **Intermediate Girls Volleyball**

A huge shout out to our Intermediate Girls Volleyball team for representing the north at Counties on March 8th! Our team placed 2nd in round robin but unfortunately was eliminated in the ¼ finals to the second place ranked team. Our girls are commended for the amazing encouragement they have for one another on and off the court. Congratulations to Liv, Vienna, Alexis, Rowan, Alora, Kayla, Grace, Tayler, Sara, Addi, Carley, and Claire! WAY TO GO THUNDERBIRDS! Please wash your jersey and return to the coaches.

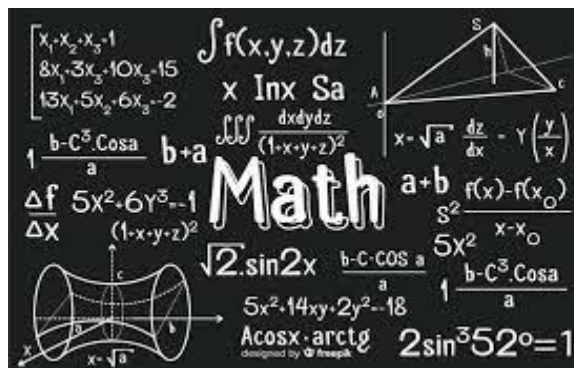


### **Badminton Intramurals**



Ms. Blue is excited to bring back badminton intramurals for grade 6,7 and 8 students. We have over 80 students participating in this exciting activity where partners take on peers from different classes and grades hoping to improve skills, be active, have fun and perhaps rise to the top of the badminton pyramid of play!!!

## **Caribou Math Contest**



The Caribou Math Contest is a world-wide online math contest that is held 6 times in the school year. Contests are offered for Grades 2, 3/4, 5/6, and 7/8. Contests have already been completed in October, November, January, and February.

The top 3 finishers for each group in the January contest were: Grade 2: Luther H., Charlie S, & Reese W. (There was a 3-way tie for first!); Grade 3/4: Johnny Q., Zoe B., Aileigh T.; Grade 5/6: Marcus N., Daniel D., & Elisse Mc.; and Grade 7/8: Ben P., Sachin R., Evan T., & Keele W. (A tie in first and third!)

The top 3 finishers in the February contest were: Grade 2: Ben T., Oliver Mc., Gabriella D., & Kennedy G. (a tie at third); Grade 3/4: Carter S., Zoe B., & Evelyn McI.; Grade 5/6: Julia K., Bennett Y., & Elisse Mc.; Grade 7/8: Loghan Mc., Keele W., Alexis D., & Ben P. (a tie in third).

The Caribou Cup is the series of ALL the Caribou Contests in one school year. Each student's ranking in the Caribou Cup is determined by their performance in their best 5 out of 6 contests through the school year. The Caribou Cup standings after 4 contests is: Grade 2: Charlie S., Reese W., & Oliver McC.; Grade 3/4: Evelyn McI., Michaela W., Julian Q., & Parker W.; Grade 5/6: Bennett Y., Julia K., Elisse Mc. & Caleb K.; and Grade 7/8: Loghan M., Keele W., Nathan M., & Ben P. There is no contest in March; the next Caribou Contest is April 5 & 6. Good luck, Thunderbirds!

## Popcorn

# Popcorn Sales



POP! POP! POP!

Round 3 popcorn begins on Monday, April 3. If you have ordered for a student in a Kindergarten to Grade 3/4 class, your student will receive the flavour ordered every week, delivered to their classroom at first break. If you have ordered for a student in a Grade 4/5 to Grade 8 class, your student is able to choose their flavour when they come down at break to pick up their order, regardless of what you order on SchoolCash Online. Students who are absent will receive the flavour ordered. Round 3 orders run from April 3 to June 19, 2023 and DO NOT include popcorn for weeks with holiday Mondays (April 10 & May 22). Thank you for your support of the Grade 8 end of year activities.

## March Break Wellness Bingo



Break Wellness BINGO.

Honorable mention to Mme Woods and Mme Gratrix's classes for tying for 2<sup>nd</sup> place. The top class with the highest participation was Mr. Skazin's class. Congratulations to them and enjoy your prize of a BONUS gym period!

## The International Dyslexia Association of Ontario

The International Dyslexia Association of Ontario has numerous resources to support your learners. While their focus is dyslexia, a lot of their supports and resources can be applicable to a variety of different learners, and they offer webinars that discuss various topics. We highly recommend that you check out the

recommendations in the Right to Read Inquiry.

## NEWS FROM SCDSB

### **Keep connected with our school and with the SCDSB**

It's important to get accurate information about what's going on at your school and at the Simcoe County District School Board (SCDSB). Here are some ways to do that:

- Sign up to receive SCDSB media releases by clicking the 'Subscribe' button at [www.scdsb.on.ca](http://www.scdsb.on.ca).
- Follow the SCDSB on Twitter (@SCDSB\_Schools), Facebook (facebook.com/SCDSB) and Instagram (Instagram.com/scdsb).

### **Significant days, holy days, holidays and heritage recognition occurring in April**

2<sup>nd</sup> – World Autism Awareness Day

6<sup>th</sup> to 13<sup>th</sup> – Pesach (Passover)

7<sup>th</sup> – Good Friday

9<sup>th</sup> – Easter

10<sup>th</sup> – Easter Monday

12<sup>th</sup> – International Day of Pink

13<sup>th</sup> – Vaisakhi

17<sup>th</sup> & 18<sup>th</sup> – Holocaust Memorial Day, Yom HaShoah

21<sup>st</sup> – Eid-ul-Fitr

22<sup>nd</sup> – Earth Day

28<sup>th</sup> – Nichiren Foundation Day, Buddhism

### **April PA Day**

Please note that Friday, April 28 is a PA Day for all SCDSB students. Please refer to the 2022-23 School Year Calendar on the SCDSB website for more information: [scdsb.on.ca/elementary/planning\\_for\\_school/school\\_year\\_calendar](http://scdsb.on.ca/elementary/planning_for_school/school_year_calendar)

### **EarlyON Child and Family Centres**

The Simcoe County EarlyON Child and Family Centres have locations throughout Simcoe County. These centres offer a variety of services, including programs that help prepare children and parents/guardians

for kindergarten. Programming will be offered in the spring of 2023. Check with your local EarlyON provider for dates and times. <https://linktr.ee/earlyonsimcoe>

### **Licensed summer school age child care programs**

Child care programs for children in Kindergarten to Grade 6 are provided by independent, third-party child care operators in some SCDSB schools. To support your child care needs, some operators offer child care over the summer holidays. Registration in advance is required. Please contact the child care operator directly to discuss fees and to register. More information and contact numbers can be found at [scdsb.on.ca/elementary/planning\\_for\\_school/childcare\\_are\\_before\\_after](https://scdsb.on.ca/elementary/planning_for_school/childcare_are_before_after).

### **Join us! A learning series for parents/guardians with Pine River Institute**

Mental health and well-being continues to be a key strategic priority within the SCDSB. We are pleased to continue our partnership with the Centre for Family Initiatives at Pine River Institute (CFI@PRI) to provide several curated learning sessions focused on student mental health and well-being to SCDSB families, staff and within the SCDSB's broader school communities.

There are five webinars in the learning series specifically planned for parents, guardians, and other caregivers during this school year. The final session, 'The Biology of Stress', is April 27.

We hope you join us for this learning opportunity. For more information and to register, please visit the SCDSB website: <https://bit.ly/3jGaC74>.

Pine River Institute is a live-in treatment centre and outdoor leadership experience for youth aged 13 to 19 struggling with addictive behaviours and often other mental health issues. Combining therapy with a fully-accredited education program, PRI reinforces the healthy life skills required for a successful future. CFI@PRI extends PRI's knowledge, experience and evidence-informed treatment approach to families and care providers in the community to

support youth mental wellness and prevent the need for more intensive interventions. Learn more about PRI by visiting their website at [www.pineriverinstitute.com](http://www.pineriverinstitute.com).

### **Join the SCDSB's Parent Involvement Committee for 'Safe connections: navigating a digital world'**

On April 25, the Simcoe County District School Board's (SCDSB) Parent Involvement Committee (PIC) is hosting a virtual learning session for parents/guardians. *Safe connections: navigating a digital world* is a virtual event focused on digital mindfulness and well-being, and Internet safety.

This virtual event will run from 6 to 8:30 p.m. via Zoom. Presenters include:

- Chris Vollum, CMV SocialMedia
- Sergeant Aaron C. Arnett, Ontario Provincial Police
- Abby Zantingh, Imani's Place

Participants are asked to register in advance: <https://bit.ly/40tEg22>. Information to access the session will be shared via email with individuals who have pre-registered.

The PIC is a county-wide advisory committee made up of parents/guardians and community representatives from across Simcoe County. The committee works with SCDSB staff and trustees to support student success through parent/guardian engagement. Visit [scdsb.on.ca/elementary/parent/parent\\_involvement\\_committee](https://scdsb.on.ca/elementary/parent/parent_involvement_committee) for more information on the PIC.

### **Interested in learning more about the ways that the SCDSB supports students with special education needs and their families? Join us for a virtual special education outreach series**

In 2023, the Simcoe County District School Board (SCDSB) is hosting virtual special education outreach sessions to assist parents/caregivers in learning more about programs, supports and ways that we work together to support students with special education needs. The remaining sessions include:

**Supporting students as they transition into school, from one school to another, and from school upon graduation**

April 20

6:30 to 7:30 p.m.

**Working with families to create safe and supportive environments for children who have experienced trauma**

May 9

6:30 to 7:30 p.m.

Participants are asked to register in advance. Information to access the sessions will be shared via email with individuals who have pre-registered. Learn more about each session and how to register on the SCDSB website at [scdsb.on.ca/elementary/special\\_education/special\\_education\\_outreach\\_sessions](https://scdsb.on.ca/elementary/special_education/special_education_outreach_sessions).

**Math @Home parent series**

Fostering a strong school-home partnership is an important part of reinforcing math learning at school and extending the learning beyond the classroom. Families are a child's first educator and help build a strong foundation for future success. The virtual math series outlined below is intended to support a positive attitude towards mathematics, enhance motivation and ultimate success.

The SCDSB math department is pleased to offer three evening virtual sessions for families and caregivers of SCDSB students. These sessions will focus on practical and fun ways to support students with their mathematics learning and engagement at home. The first 200 registrants will receive a math pack of resources to use at home. Participants must pre-register for each of the sessions.

**Making Math Connections @Home**

Wednesday, April 12

7 – 8 p.m.

This session will explore where we find numbers, patterns, measures, and shapes in our daily lives. Participants will learn about practical ways to help their child notice and wonder about the math in their world.

**Problem Solving @Home**

Tuesday, April 25

7 – 8 p.m.

This session will explore how to encourage children to be active thinkers and problem solvers, both in math and around the house. Participants will learn about how solving problems at home can help their children solve problems in math class.

**Having Fun with Math Facts @Home**

Thursday, May 11

7 – 8 p.m.

This session will explore practical, intentional, and fun ways to practice math facts at home. Participants will leave with ideas, games, and activities to support their child with becoming fluent with their math facts.

Participants must pre-register for the sessions they wish to attend. Participants who register before March 24 will receive their math pack of resources in time for the first session on April 12. Those who register after March 24 will still receive a math pack of resources but may not receive them in time for the first session.

Use this link to register:

<https://bit.ly/23MathAtHome>

**The science of reading and structured literacy**

The science of reading is a body of research that focuses on how students learn to read, what parts of the brain are utilized when learning to read, and what skills are ultimately required to be successful readers. Structured literacy is how educators take the knowledge gathered through research and apply it. There are five key components that make up an effective literacy program. Students need explicit instruction and repeated opportunities for practice with phonemic awareness, phonics, fluency, vocabulary, and comprehension. Visit the following link to support your child's reading at home:

<https://bit.ly/LiteracyHomeSupport>

**Tense and relax coping strategy**

Well-being is a Strategic Priority in the Simcoe County District School Board, and our mental health and well-being department provides monthly strategies to support student and family well-being.

This month's strategy is tense and relax. Parents/guardians can guide their child/youth through a tense and relax muscle relaxation exercise to help them notice whether they feel tense or relaxed in a particular area and understand how their body feels when they are tense and relaxed. This helps children/youth to learn to soothe their body and mind, and assists with regulating emotions during times of stress.

To practice tense and relax at home, have your child/youth get comfortable by either standing or sitting. Encourage them to keep their back straight, and shoulders and head relaxed. If they're comfortable, ask them to close their eyes. Have your child/youth intentionally tense and relax isolated body parts and be aware of how they feel when they tense their muscles and when they relax them. Children can be encouraged to: bring their shoulders up to their ears, hold for a count of 3, and relax; squeeze their hands into fists, hold for a count of 3, and relax; squeeze their stomach in as if fitting between a fence, hold for a count of 3, and relax; and, pushing their feet down to the ground, hold for a count of 3, and relax. Repeat the actions a few times and discuss how these body parts felt before, during, and after the exercise.

Parents/guardians can practice tense and relax at home any time with their child/youth to help them learn how to relieve tensions. Click on the following link to watch a guided video of tense and relax together:

<https://www.youtube.com/watch?v=J4mQm0hux1Q&t=1s>.

Follow along the SCDSB's mental health and well-being social media accounts (@SCDSB\_MHWP) to see how well-being is being supported in our schools.

### **Significant need for foster caregivers in our community**

There is a significant need for foster caregivers in our local community. When a child or youth is brought into temporary foster care and placed outside of their community there is a loss of family, friends, schoolmates, teachers, and everything that is familiar to them. The increase in the

number of foster homes across the communities in Simcoe Muskoka allows children and youth to remain connected to what is important to them.

Foster families are regular families wanting to give back to their community. When a family faces hardship and challenges, they need a community to support them and their children. In many situations, foster care can provide vital support that enables parents to address issues that are putting their children's safety and well-being at risk. Keeping children connected to their family, community, and extended supports is crucial. Foster caregivers provide a caring home that encourages a child or youth's growth, development, and well-being. If you're interested in becoming a foster caregiver in our community, please visit the foster recruitment website at [www.fosterconnexions.ca](http://www.fosterconnexions.ca) to learn more or call the foster recruitment line at 705-734-6777.

*Information provided by Simcoe Muskoka Family Connexions*

### **CATCH UP WITH JANKOWSKI**

Happiness is a state of mind.

