



Megan Francis  
Principal

# FOREST HILL P.S.

16 Doran Road  
Midhurst, ON L9X 1L4  
Safe Arrival 1-888-885-8065  
School Website: <http://for.scdsb.on.ca>

Ken Wilson  
Vice-Principal

BUS CANCELLATION/SCHOOL  
CLOSURE: **CENTRAL SIMCOE**

**DECEMBER 2023**

### ***Holy Days, Holidays, Days of Observance***

2<sup>nd</sup> – International Day for the Abolition of Slavery  
3<sup>rd</sup> – International Day of Persons with Disabilities  
6<sup>th</sup> – National Day of Remembrance and Action on Violence Against Women  
7<sup>th</sup> – 15<sup>th</sup> – Chanukah/Hanukkah  
8<sup>th</sup> – Awakening Day  
10<sup>th</sup> – Human Rights Day  
13<sup>th</sup> – Birthday of Imam Aga Khan  
21<sup>st</sup> – Yule/Winter Solstice  
24<sup>th</sup> – Christmas Eve  
25<sup>th</sup> – Christmas Day  
26<sup>th</sup> – Jan. 1<sup>st</sup> - Kwanzaa

### **Important December & Future Dates**

Dec. 4<sup>th</sup> to 15<sup>th</sup> – Holiday Giving  
Dec. 15<sup>th</sup> – Last day for Holiday Giving donations  
Jan. 17<sup>th</sup> & 18<sup>th</sup> – Caribou Contest #3  
Feb. 9<sup>th</sup> – Grade 8 Grad Photo Day

### **PA DAYS & HOLIDAYS**

PA: Jan. 26<sup>th</sup>, April 26<sup>th</sup>, June 7<sup>th</sup>, June 28<sup>th</sup>  
Holidays: Dec. 25<sup>th</sup> to Jan. 5<sup>th</sup>, Feb. 19<sup>th</sup>,  
Mar. 11<sup>th</sup> to 15<sup>th</sup>, Mar.29<sup>th</sup>, Apr. 1<sup>st</sup>, May 20<sup>th</sup>

### **PARENT COUNCIL DATES**

February 5<sup>th</sup> - 6:00 Library  
April 8<sup>th</sup> – 6:00 Library

### ***Holy Days and Holidays Calendar 2023-2024***

#### **December:**

3<sup>rd</sup> – Maun Agiyaras  
7<sup>th</sup> – Sanghamitta Day  
8<sup>th</sup> – Bodhi Day/Awakening Day  
13<sup>th</sup> – Birthday of Imam Aga Khan  
18<sup>th</sup> – 26<sup>th</sup> – Chanukah  
21<sup>st</sup> – Yule/Winter Solstice  
24<sup>th</sup> – Christmas Eve  
25<sup>th</sup> – Christmas  
26<sup>th</sup> – Zarathosht-no-diso (FC)  
26<sup>th</sup> – Boxing Day  
26<sup>th</sup> – Kwanzaa

### ***PRINCIPAL'S MESSAGE***

When I look out the window, it's clear that winter is already here!

Some students have been excited to have snow on the ground, which is great for creative building when the temperature is right. We have given numerous reminders about the importance of not throwing snow at school as we don't want to see anyone getting hurt.

Thank you to our families who have been ensuring that sick students stay home. We appreciate this!

Over the break, be sure to make some time to engage in activities that you enjoy. We look forward to seeing you again in the New Year! Stay safe, be well, and happy holidays!

**INCLEMENT WEATHER AND BUS  
CANCELLATION INFORMATION  
REMINDER**

All information regarding cancelled buses in Simcoe County is posted on the Simcoe County Student Transportation Consortium (SCSTC)'s bus information website at [www.simcoecountyschoolbus.ca](http://www.simcoecountyschoolbus.ca). Our school is in the Central Simcoe zone. When buses are cancelled, schools remain open for student learning, unless otherwise noted. School staff are expected to plan for such emergencies to transition students who are unable to attend due to inclement weather, to their online platforms (Google Classroom and/or SCDSBhub [Brightspace by D2L]) and continue with academic programming. It is always a family decision whether it is safe for their child(ren) to leave for school under severe weather conditions.

The Consortium and bus operators try to make the decision to cancel school buses before 6 a.m. and make every effort to post announcements before 7 a.m. Inclement weather cancellations are effective for the whole day and buses cancelled in the morning will not run at the end of the day. You can follow the Consortium on Twitter [@SCSTC\\_SchoolBus](https://twitter.com/SCSTC_SchoolBus) for bus cancellations and other information. You can also subscribe to receive bus delay notifications here: <https://scstc.ca/Subscriptions/Login.aspx>.

**PICKUP AND DROPOFF**

Please ensure, if you are picking up your children from the Kiss N' Ride area, that you do not walk along the sidewalk across the front of the building. With snow and student movement, it becomes very congested for loading buses. Walk along the side of the building, cross in front of the buses and use the new sidewalk along the full length of our property. Alternatively, use the sidewalk at the edge of our Kiss N' Ride driveway. Please do not walk on the road where possible due to dangerous driving conditions.

Continue to honour that students are not to be on school property prior to 8:55 AM and parents are not permitted to pick up FDK students until 3:20 PM.

**SAFE ARRIVAL**



**Please ensure that you call the safe arrival phone line at 1-888-885-8065 if your student(s) is/are absent or will be**

**late.** Make certain that you ring the doorbell to sign your child in/out with the office to ensure your child's whereabouts is communicated clearly! We will be calling contacts for students with an unexplained absence.

Parents are asked to arrange appointments, transportation changes, and materials for drop off before school, as **classes will not be interrupted until the nutritional breaks at 10:50 & 1:10.** This is to protect instructional time. We appreciate your cooperation.

**HOLIDAY CHEER**

Holiday season is upon us. Time to remember those who are not as fortunate as most of us here at Forest Hill. We are once again collecting non-perishable food items, hygiene items and unwrapped toys to be collected for "Barrie Christmas Cheer and The Elmvale Food Bank.



We will begin collecting donations the week of Nov 27th and continue through to Dec 15th. Again, this year we will have a series of "THEME DAYS." Students are encouraged to bring the highlighted item for that day.

- Dec 4 - Soup Day (vegetable and cream of mushroom soups are popular)
- Dec 5 - Canned Food Day
- Dec 6- Breakfast Day (i.e., cereal, oatmeal, pancake mix)
- Dec 7 - Cookie/Crackers Day
- Dec 8 - School Snacks Day
- Dec 11- Hygiene Day (toothbrushes, toothpaste, baby wipes, shampoo, conditioner, deodorant, body wash, etc.)
- Dec 12- Unwrapped Toy Day
- Dec 13 - Boxed Food Day
  
- Dec 14 -Paper Day (e.g., paper towels, toilet paper, Kleenex, etc.)
- Dec 15- Pasta Day

All items must be in the school by Monday, December 18th. Volunteers from the organizations will be coming to Forest Hill that week to pick up the food items.

Please know that students are not being asked to go door-to-door to collect donations from neighbours and/or strangers. We realize that holiday time is approaching, and families will give what they can, within their means. We are so grateful for ANY donations that come our way. Thank you for your generosity in the past and in the future.

### **CARIBOU 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. Forest Hill completed the second round in the third week of November. The top 3 finishers for each level are:

Grade 2: Emma K., Layla B., Mila B., & Kingsley M.

Grade 3/4: Evelyn Mc., Benjamin H., Oliver M., & Hugo R. (tie for 2nd)

Grade 5/6: Sam B., Aileigh T., & Carter S.

Grade 7/8: Alora L., Elliot R., & Oliver R.

The Caribou Cup is the cumulative results 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 2 contests are: Grade 2: Emma K., Layla B., & Mila B.; Grade 3/4: Evelyn Mc., Oliver M., Benjamin H., & Michaela W.; Grade 5/6: Aileigh T., Johnny Q., & Sam B.; and Grade 7/8: Zalan G., Beau B., & Alora L. The next Caribou Contest is January 17 & 18. Good luck, Thunderbirds!

### **TEAM SPORTS**

The Jr. Boys have had a successful start to their season. They enjoyed playing some after-school games and even participated in a mini-tournament. So far, they are standing at 2/3 wins and are



looking forward to playing a couple more exhibition games before Zones Dec. 7th. Keep up the amazing work.

Let's go Thunderbirds!

Mrs. Vyse

Boys' Intermediate basketball tryouts will run through December. All grade 7 and 8 boys are welcome to try out! Basketball open gym will be Friday mornings at 8:15 am in December and January, weather permitting!



### **Spelling Bee**



Buzz Buzz Buzz! The Spelling Bee is coming back to the Hill in 2024! The date will be Thursday, February 15th. For those who would like to get a head start, both English and French study lists will be coming out early December. Any questions? Don't hesitate to contact Mme Bock at [sbock@scdsb.on.ca](mailto:sbock@scdsb.on.ca).

### **FUNDRAISING**

#### **Basket Auction:**

A huge Thank-you to all our families that donated to the Basket Auction this year.



The baskets were fabulous, and I am happy to announce that the school was able to raise over \$2400! Congratulations to those who bid on and purchased baskets. Thank you to Marion MacGregor, Tracy Tetreault and Meredith Palmer for the hours they spent creating, wrapping and organizing the gorgeous baskets.

I'm happy to announce the winners of our free student draw: Julia K., Jack H., Dawson W-P, Charlie H., Emma D., and Tylen M. Congratulations and enjoy your prizes!

Thanks again,  
Allison Blue

## Mabel's Label's Music Fundraiser



Thank you to all the families who have kept their belongings tagged and returnable while also supporting our Mabel's Label's Fundraising that helps to support ongoing maintenance costs in our music program.

Don't forget! They have more than just clothing labels! Label your water bottle, your backpack, your favourite pen, your favourite cup, your fish tank.... okay, maybe that's a bit extreme. However, truly useful things like pantry labels, garbage bin labels, gift tags, and more can also be found at <https://mabelslabels.ca/en-CA/fundraising/support>. Or search Mabel's Labels and 'support a fundraiser'. Be sure to connect to Forest Hill Public School (Midhurst).

Happy Labelling!

## SCHOOL COUNCIL NEWS

The Forest Hill School Council would like to send out a heartfelt "thank you" to all the hard-working teachers and school staff who have made the first few months of school so successful for our children and school community...

We would like to express our gratitude for all the extra-curricular opportunities offered to our students:

From field trips to learning opportunities, arts, music, dance and sports, Forest Hill has so many ways for students to get involved, connect with others, and learn and grow beyond their academic curriculum.

We know that these opportunities are only possible when caring teachers and staff take time out of their own busy schedules to plan, organize and supervise these amazing activities.

Please join us in thanking our wonderful Forest Hill staff for all that they do to go above and beyond for our students.

Below is a list of some of the clubs and teams that staff have supported since September. Stay tuned for more opportunities in January..."

Student Clubs/Teams	
Athletic council rep	Battle of the Books
Track and Field	Coding Club
Cross Country	Elmvale Fall Fair Trip
Volleyball- Jr. Girls	Caribou Contest (6/year)
Volleyball- Jr. Boys	12 (School) Days of Giving
Volleyball- Int. Girls	Chess
Volleyball- Int. Boys	Eco Team
Basketball- Jr. Girls	Student Advisors
Basketball- Jr. Boys	Lego Club
Basketball- Int. Girls	Guitar
Basketball- Int. Boys	GSA
Flag Football (intermediate mixed)	Spelling Bee
Ice Hockey mixed	Public Speaking Competition
Rugby (intermediate mixed)	Yearbook
Intramural Soccer (Fall)	Lost and found (washing, folding, organizing)
Baseball- Girls	Fundraising events
Baseball- Boys	Talent Show
Intramural Badminton	Student Advisors
Dance Team	PALs (Playground Leaders)

Bethany Brewin and Yvonne Chow  
FHPS Council Chairs 2023-24

## SCDSB NEWS

### Communication to families regarding inclement weather days

*Please note that APM A3020 – Inclement Weather, 3.1.2 states that "parents/guardians are to be reminded, in writing at appropriate times (October and January) each school year, that it is their responsibility to decide whether or not it is safe for their child(ren) to leave for school under severe weather conditions."*

### Inclement weather and bus cancellation information reminder

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(SCSTC)'s bus information website at [www.simcoecountyschoolbus.ca](http://www.simcoecountyschoolbus.ca). Our school is in the Central Simcoe zone. When buses are cancelled, schools remain open for student learning, unless otherwise noted. School staff are expected to plan for such emergencies in order to transition students who are unable to attend due to inclement weather, to their online platforms (Google Classroom and/or SCDSBhub [Brightspace by D2L]) and continue with academic programming. It is always a family decision whether or not it is safe for their child(ren) to leave for school under severe weather conditions.

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### **High school information events for Grade 8 students**

Is your child starting Grade 9 next year? High school information events will take place in person this winter! Student leaders and staff at the school will give an overview of what's new and what to expect. Learn about courses offered, as well as information about teams and clubs. Please visit the SCDSB website at [www.scdsb.on.ca/secondary/planning\\_for\\_high\\_school](http://www.scdsb.on.ca/secondary/planning_for_high_school) to find details on your high school's info night, and contact the school directly for more information.

### **Grade 1 French Immersion information**

The Simcoe County District School Board (SCDSB) offers French Immersion (FI) at select schools throughout Simcoe County beginning in Grade 1. The goal of the FI program is to enable students to communicate in French with a high level of proficiency, enabling them to function with ease in both French and English. Upon graduation from the program, students will communicate in French with confidence in a wide variety of real-life situations.

**The SCDSB board-wide electronic applications for the Grade 1 FI program for all sites will open Friday, Dec. 1 at 9 a.m. and close at 4 p.m. on Friday, Dec. 15.** Entry into the FI program is determined through a digitally randomized lottery system. To learn more, visit the SCDSB website: <https://www.scdsb.on.ca/cms/One.aspx?portalId=210982&pageId=12587752>.

### **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.

These webinars are specifically planned for parents/guardians and other caregivers during this school year.

Jan. 11, 2024	Sleep hygiene
Feb. 8, 2024	Self regulation for kids
Feb. 22, 2024	Self regulation for teens
March 28, 2024	Building parents' resiliency
April 18, 2024	Vaping, weed, and alcohol

We hope you save these dates in your calendar and join us for these learning opportunities. 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).

### **Parents' Guide to Assessment, Evaluation and Reporting**

Learn to navigate the world of assessment, evaluation, and reporting with this new guide for parents/guardians. Created to support parents'/guardians' understanding of assessment, this guide was designed to effectively empower you to actively engage in your child's educational journey. The guide has been posted to the Simcoe County District School Board's website and can be accessed at <https://tinyurl.com/2urcm2tm>.

### **Subscribe to Community Connects!**

The Simcoe County District School Board (SCDSB) is excited to launch Community Connects, a new bimonthly newsletter for the SCDSB community. Our shared goal with this new tool is to keep our community partners and stakeholders informed while nurturing relationships that are built on accountability, trust, and transparency.

To learn more and subscribe, visit the Community Connects page on the SCDSB website: [https://www.scdsb.on.ca/community/community\\_connects](https://www.scdsb.on.ca/community/community_connects).

### **Subscribe to Kindergarten Connections!**

Will your child be turning four in 2024? If so, the SCDSB invites you to Kindergarten Connections! This is a monthly e-newsletter informing families of everything they need to know about preparing their child for school, as well as registering them for Kindergarten in the SCDSB. To learn more and subscribe, visit the Kindergarten page on the SCDSB website: [www.scdsb.on.ca/elementary/planning\\_for\\_school/kindergarten](http://www.scdsb.on.ca/elementary/planning_for_school/kindergarten).

### **EarlyON Child and Family Centres** The foundation for lifelong learning and

health is built in the early years. EarlyON Child and Family Centres across Simcoe County offer programs for children prenatal to six years of age and their parents/guardians and caregivers. They offer access to play- and inquiry-based learning supported by *How Does Learning Happen?* Ontario's pedagogy for the early years, information on child development and developmental screening including Early Referral Identification Kits (ERIKs), parent/guardian education, referrals to community resources, nutrition information, and post-natal resources. Check with your local EarlyON provider: <https://linktr.ee/earlyonsimcoe>.

### **How is your infant, toddler, or preschool child developing?**

Is your child meeting their milestones? Age-appropriate speech and language skills are critical to your child's ability to read, write, and be successful in school as well as to their ability to engage with their peers. Free services are available to support you with your child's development. Preschool speech and language programs are located across the County of Simcoe. Call 705-739-5696 or 1-800-675-1979 to complete a developmental screen. The earlier we work together the better!

### **Licensed Winter Break 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 on PA days and holidays including over the Winter Break. 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 by visiting: [www.scdsb.on.ca/elementary/planning\\_for\\_school/childcare\\_before\\_after](http://www.scdsb.on.ca/elementary/planning_for_school/childcare_before_after).

### **Programs available through the SCDSB's Adult and Continuing Education Learning Centres**

The Simcoe County District School Board's Adult and Continuing Education department offers a variety of programming including

day school, night school, summer school, correspondence, and co-op. Courses may be online, hybrid, or in-person and are based on sufficient enrollment. For current high school students, we offer travel for credit, summer school, and night school programs. For adults, we offer credit courses towards completion of an Ontario Secondary School Diploma (OSSD) including credits granted for prior learning and experiences (PLAR). In support of many of the adult learners in our communities, we also offer non-credit classes in English as a second language (ESL) and literacy and essential skills (LES) both of which can support learners towards paths of employment, continued education, and citizenship. Please visit us at [www.thelearningcentres.com](http://www.thelearningcentres.com) to learn more.

### **School playground structures are closed for the winter**

Every winter, school playground structures are closed. Students are made aware of this during school hours through announcements and staff reminders during breaks. This may not be well known throughout the community, despite signs indicating that playground structures are a winter hazard and are closed. The Canadian Standards Association regulations make recommendations for the depth of ground cover required to minimize injuries (e.g., sand, pea gravel or wood chips). These surfaces cannot be maintained when the ground freezes. Injuries from falling would be more significant on frozen ground. We strongly recommend that you do not allow your children to play on any structures while the ground is frozen.

### **Mental health strategy of the month - Emotion Charades**

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 *Emotion Charades*. This practice helps students practice expressing emotions with their whole body and recognize body language and facial expressions in others. To practice *Emotion Charades* at home, on slips of paper, write or draw different feelings depending on the age of your child. For instance, happy, sad, angry, scared, worried, sleepy, frustrated, etc. Place the papers in a bowl/container. Then:

- Decide who will go first. Have that person pick a piece of paper from the bowl.
- Have them read the feeling to themselves, or, if needed, help your child read the feeling.
- Now they will act out the feeling without words while the other players try to guess what it is.
- Once someone gets the right answer, it's the next person's turn to pick a piece of paper and act out the feeling.

This is a fun activity that everyone in the family can play!

*Emotion Charades* link to School Mental Health Ontario parent sheet: <https://smho-smso.ca/online-resources/easy-and-fun-mental-health-activities-for-home/>

Find more information to support your child's mental health here: <https://smho-smso.ca/parents-and-caregivers/>

Emotion Charades:

Elementary - [https://smho-smso.ca/emhc/identification-and-management-of-](https://smho-smso.ca/emhc/identification-and-management-of-emotions/recognizing/emotion-charades/)

[emotions/recognizing/emotion-charades/](https://smho-smso.ca/emhcsecondary/identification-and-management-of-emotions/recognizing/emotional-awareness/)  
Secondary - [https://smho-smso.ca/emhcsecondary/identification-and-management-of-](https://smho-smso.ca/emhcsecondary/identification-and-management-of-emotions/recognizing/emotional-awareness/)

Follow the Mental Health and Well-being social media accounts (@SCDSB\_MHWP) to see how well-being is being supported in our schools.

### **Math @Home parent and caregiver series**

It's back! The SCDSB math team is pleased to offer three virtual sessions for parents and caregivers of SCDSB students. These sessions will focus on practical and fun ways to support children with their mathematics learning and engagement at home. The first 200 registrants will receive a Math @Home kit of resources to use at home. Participants must pre-register for each of the sessions.

### **Exploring the new SCDSB family math resources**

Tuesday, Feb. 6, 2024, 7 to 8 p.m.  
This session is for parents and caregivers. Join members of the SCDSB math team for a guided exploration of the new SCDSB family math resources. Participants will have the opportunity to explore the resources that are available to support their child's math learning at home. The guided portion of the session will be 45 minutes in length. During the final 15 minutes, the math team will be available to answer questions about the resources available.

### **Tips for engaging in math conversations with your child @Home**

Wednesday, Feb. 28, 2024, 7 to 8 p.m.  
This session is for parents and caregivers and will explore opportunities to discuss math with their child(ren) at home. Participants will learn about how events such as shopping, preparing food, engaging in a building project, or going for a walk can be used as a starting point for math conversations, and will receive prompts to get the discussion rolling. The guided portion of the session will be 45 minutes in length. During the final 15 minutes, the math team will be available to answer questions about the session.

### **Games to support your child's math learning @Home**

Thursday, April 4, 2024, 7 to 8 p.m.  
This session is for parents, caregivers, and their children. Playing games at home is a great way to support child(ren)'s math development. In this session, several games will be explored, and participants will have the opportunity to try the games with their children during the session. The guided portion of the session will be 45 minutes in length followed by 15 additional minutes for further game play or to ask questions of our math facilitators. Bring your child(ren) and your math kit to this session!

Participants must pre-register for the sessions they wish to attend. Registered participants will receive a kit of hands-on resources that will be sent to the school indicated on the registration form. Use this link to register:

<https://bit.ly/24MathAtHome>.

### **Head lice treatment and prevention**

Anyone can get head lice. Having head lice does not mean a person is unclean or lives in a dirty home. While they are a nuisance,

head lice do not spread disease or cause illness. Head lice spreads easily, especially where people are in close contact and are very common among school-aged children or children in childcare.

Head lice spreads through direct hair-to-hair contact or indirectly by sharing hats, combs, hairbrushes, and headphones. To help prevent the spread of head lice, it's important to educate students about avoiding head-to-head contact and discourage sharing combs, hairbrushes, tuques, hats, or hair accessories.

Parents/guardians, caregivers, and families can visit

<https://www.simcoemuskokahealth.org/Topics/PP2B/RaisingChildren/YourGrowingChild/HeadLice> for more information about head lice treatment and prevention. Or call Health Connection at 1-877-721-7520 to speak to a public health nurse.

*Information provided by the Simcoe Muskoka District Health Unit*

### **Is bedtime stressing you out?**

Kids need 10-12 hours of sleep every night but sometimes getting them to bed can be challenging. You can help create a regular sleep schedule for your child by setting a clear bedtime and sticking to the same time every night. Start getting ready an hour before bed; turn off the TV, computers, and phones. Spend quality time talking or reading stories to help them unwind. Agree on how many you'll read before you start! Keep their room dark, cool, and quiet – nightlight is fine. Remember, making sure your child gets enough rest will help improve their mood, behaviour, and ability to learn.

For more bedtime tips, contact Health Connection at 705-721-7520 or 1-877-721-7520 to speak with a public health nurse. Visit [www.simcoemuskokahealth.org](http://www.simcoemuskokahealth.org) for more information.

*Information provided by the Simcoe Muskoka District Health Unit*

**Did you know it's illegal to vape or smoke *anywhere* on school property, inside the school or outside within 20m of school property, 24 hours a**



### **day, 365 days a year?**

The law applies to everyone on school property, students, staff, and visitors. It also means it is illegal to vape or smoke on school athletic fields during afterhours activities or vape or smoke in school washrooms. There is a fine of \$305 for vaping or smoking on school property.

*But why do youth vape at school?* Vapes contain nicotine, which is a highly addictive drug. Nicotine addiction is extremely powerful, develops quickly, and youth may not realize they are addicted. Once addicted, they need nicotine regularly or they will experience withdrawal, making it hard to get through the school day. Help them take back control – there are supports to help youth quit! Talk to your child about vaping, they listen more than you think. Learn more at [NotAnExperiment.ca/parents](http://NotAnExperiment.ca/parents).

*Information provided by the Simcoe Muskoka District Health Unit*

### **Simcoe Muskoka Family Connexions is seeking compassionate and skilled professionals with specialized experience to apply to become foster care providers**

The goal of this program is to meet the needs of youth through a therapeutically supported parenting approach within a structured environment, where they are supported and guided by a multi-disciplinary treatment team. The youth will remain, or become connected to, their

family/kin/community whenever possible. Treatment services will be individualized based on the needs of the youth, and the knowledge of those who know the youth best in collaboration with community partners. This will allow youth to reside in a family-based setting and remain in their home community of Simcoe Muskoka, staying connected to important relationships and supports that may already be in place.

The homes approved under this strategy are designed to create clinically informed care plans that will support the youth directly, in addition to the continued support of their care providers. Youth will be supported by a multi-disciplinary team and will be available to implement and design parenting and support to address the needs of the youth.

Compensation packages will be offered to experienced foster care providers, as well as clinical support to both care providers and youth.

If you or someone you know is looking for more information or would like to apply, contact Simcoe Muskoka Family Connexions by email at [bruna.figliuzzi@familyconnexions.ca](mailto:bruna.figliuzzi@familyconnexions.ca) or call [705-716.4664](tel:705-716-4664).

*Information provided by Simcoe Muskoka Family Connexions*

**CATCH UP WITH JANKOWSKI**

The days have started turning colder, and it's the season for comfort foods and hot soups!



<https://sallysbakingaddiction.com/lightened-creamy-chicken-noodle-soup/#tasty-recipes-73990>

