



WORSLEY ELEMENTARY SCHOOL

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Mr.C. Kemp, Principal

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MARCH 2018 NEWSLETTER

PRINCIPAL MESSAGE

Dear Worsley Families,

It is hard to believe that we will be welcoming in spring over the next few weeks and have had a nice taste of warmer weather. We have so many wonderful learning opportunities happening here at Worsley and we look forward to all the great opportunities for learning outdoors as the spring weather arrives. Intermediate girls volleyball and boys basketball tournaments happened this past week. February 28th was pink shirt day – we looked great in our Worsley we choose kind t-shirts. Thank you to all who participated in our kindness campaign. Our first ever math break out night was this week. Thank you to the grade 7 volunteers and coordinators for such an engaging, thought provoking night. Please mark April 24th in your calendars for Worsley's well being night. It is sure to be an interactive, informative evening for families. On March 21st Kidz Yoga is hosting a FREE session at Worsley after school. Please see information within this newsletter. March Break is just around the corner; please enjoy a safe & restful week with your families.

CHILD CARE AVAILABLE FOR MARCH BREAK

The Simcoe County District School Board (SCDSB) supports your child care needs by offering full-day child care programs in select schools across Simcoe County on PA Days and school holidays. Over 30 of our schools offer child care programs for children from Junior Kindergarten to 12 years of age, including care over March Break (March 12 to 16). The daily fee is \$34.20 and a fee subsidy may be available to families who qualify. Registration in advance is required. Please contact the child care operator directly to register. More information and contact numbers can be found at www.scdsb.on.ca – click on 'Schools' and then 'Before & After School Care.'

SAFE ARRIVAL AUTOMATED CALLS ON SNOW DAYS



On inclement weather days when buses are cancelled, our system will call the home and cell number of the first parent on file up to a maximum of 3 times per student for all students who are not at school. This includes students who ride the bus and those who walk to school. On these days, the message will ask you to call us back **only if your child should be at school**. It will also ask you to press the #2 to confirm you have received the message. **If you do not press #2, the system will continue to call out.** If we don't

hear from you, we will assume you are aware your child is absent.

STAY HEALTHY THIS SCHOOL YEAR

Colds and Influenza spread easily from person to person. These germs can spread directly from person to person when someone coughs or sneezes, or indirectly when germs land on hard surfaces like door knobs, desks, keyboards, or wet tissues and then are touched by someone. These germs can then enter the body through the eyes, nose or mouth. The most important thing you can do to keep from getting sick and stop the spread of germs to others is wash your hands with soap and warm running water for at least 15 seconds. If your hands are not visibly dirty, you can use alcohol based hand rub hand sanitizer for 15 seconds. Cover coughs and sneezes with a tissue or cough into your sleeve or upper arm and stay home if you are sick. Teach your kids to do the same! For more tips to keep you and your family healthy this school year, contact Health Connection at 1-877-721-7520 or visit the health unit's website at: www.simcoemuskokahealth.org

Information provided by the Simcoe Muskoka District Health Unit

LUNCH PROGRAMS ON SNOW DAYS

On snow days, please be advised that pizza will continue to be sold and delivered as usual but subs will be cancelled and rescheduled for Thursday of that same week.

SPECIAL EDUCATION INFORMATION SESSIONS

The SCDSB is hosting a series of information sessions for parents/guardians to learn about special education in the SCDSB, and how to support students with special education needs.

March 19 Accessing Supports in the Community

April 16 Understanding Alternative/Non-Academic IEP Goals

All sessions take place from 6 to 7 p.m. at the SCDSB Education Centre, located at 1170 Highway 26 in Midhurst. No registration required.

GILBERT CENTRE PROGRAMS FOR LGBTQ2S YOUTH AND FAMILIES

The Gilbert Centre is a community-based, not-for-profit, charitable organization that provides programs and services to serve lesbian, gay, bisexual, transgender individuals and families in Simcoe-Muskoka. Visit the Centre's website at www.gilbertcentre.ca for more information about these programs:

· LGBTQ2S Youth Connection drop-in groups LGBTQ2S Youth Connection is a drop-in and social space for lesbian, gay, bisexual, queer, 2spirit, trans, asexual etc. and questioning youth. Groups are a place for youth to connect with each other and to community. Groups take place in Barrie, Midland and Orillia.

· Parenting LGBTQ Youth sessions These free sessions, 'Parenting LGBTQ Youth,' are offered in April, May and June in Alliston, Barrie, Collingwood and Orillia. Dinner is provided. To reserve your spot, contact Jake at jakef@gilbertcentre.ca or 705-722-6778 ext. 107.

PAYMENT FOR ORDERS, FIELD TRIP AND EVENTS

When sending in payment with order forms and permission forms, or cash for pizza on Friday, please send in the requested amount as we are unable to make change and send it home. Please consider paying for your children's events using our online paying system School Cash Online. Thank you for helping to support all the great student programs at Worsley!



NEW PATH

New Path now offers Child and Youth Mental Health Walk-In Clinics in five office locations throughout Simcoe County: Alliston, Barrie, Bradford, Collingwood and Orillia. The Walk-In Clinic provides a single session to children, youth and families who require support for emotional, relationship or behavioural challenges. The Walk-In Clinic can be accessed by children, youth and families as often as they require support. Children, youth and families can self-refer by attending one of the walk-in clinic locations across the county. Dates and times of the clinics are posted on the New Path website (www.newpath.ca). For more information, contact New Path's Central Intake Department at 705-725-7656 or from the 905 area code in Simcoe County by calling 1-866-566-7656.

KINDERGARTEN REGISTRATION

Is your child turning four this year? It's time to register for Kindergarten

Our school is now registering children for Kindergarten for the 2018-19 school year.



Required registration

documents include birthdate documentation, proof of address and record of immunization. Visit

www.scdsb.on.ca/kindergarten for more information.

YOUTH LOOKING FOR A JOB OR WORK EXPERIENCE

Do you know a youth, aged 15-29, who is looking for a job or to gain work experience? The Career Centre can help. Services include paid employment training, support with job searches and more, at no cost. Meet with an Employment Consultant today, or visit the Career Centre website at www.barriecareercentre.com for more information, including hours of operation. The Career Centre is operated by the Simcoe County District School Board. This Employment Ontario service is funded in part by the Government of Canada and the Government of Ontario.

KIDZ YOGA

Upward Dog is hosting a FREE Yoga session for Worsley students in grades 1-5 on Wednesday, March 21 from 3:30-4:30 in Worsley's gym. Please fill out the waiver that is attached to this newsletter and send in no later than Friday, March 23 to secure your child's spot.

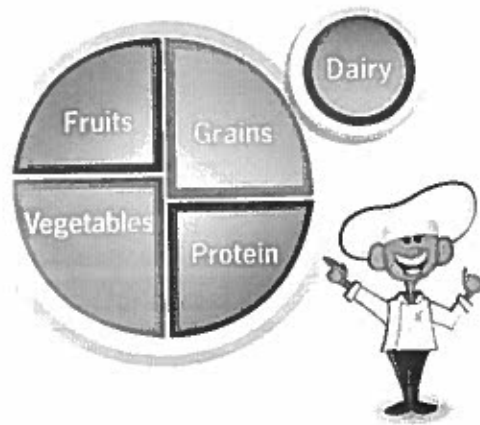
Wasaga Beach Minor Baseball

The Wasaga Beach Minor Baseball Association will be holding registrations for the upcoming 2018 Baseball Season at the Real Canadian Super Store in Wasaga Beach from 12:00pm to 3:00pm on the following dates:

Saturday, March 3rd, 2018

Saturday, March 24th, 2018 – FINAL REGISTRATION DATE

Wasaga Beach Minor Baseball is open to all children 3-17 years of age. Please bring your child's health card with you to registration. Teams are filling up fast so don't wait to register!! For more information about registration fees please visit us at www.wasagabeachbaseball.ca



March is Nutrition Month – Tips for packing a healthy school lunch

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 multi grain wrap/pits/tortilla shells with your child's favourite foods such as hummus and grated carrot or sliced turkey with mustard
- don't have them drink their fruit...water is the healthiest choice to quench thirst

Looking for more information to help keep you and your family healthy? Call Health Connection at 705-721-7520 or 1-877-721-5720 to speak with a public health nurse or visit the health unit's website at www.simcoemuskokahealth.org.

Information provided by the Simcoe Muskoka District Health Unit



GET ACTIVE AND ENERGIZED THIS MARCH BREAK

March Break is the perfect opportunity to get your kids off their screens and moving! Children are spending less time being active and only seven per cent of Canadian kids get enough exercise. Health Canada recommends children and youth get 60 minutes of physical activity every day. Getting our daily dose of exercise not only helps to prevent health risks, it builds strong muscles and bones, develops positive body image and supports mental health. Here are ideas to get you and your kids moving this March Break:

- Get outside and enjoy some fresh air as you explore your local trails, parks and toboggan hills, or build a snowman!
- Make a splash at a local community pool like the YMCA of Simcoe/Muskoka. Day passes are available for families to take advantage of recreational swimming. For older kids, March Break is the perfect time to enroll in aquatic leadership programs such as Bronze Medallion or National Lifeguard training.
- Train as a family by signing up for the YMCA's Move to Give fundraising event, happening on April 7. Challenge the whole family to start training for a 5K run, indoor cycling or a triathlon and continue training together until the event. It will keep the entire family focused on a goal and it's all for a great cause – supporting your community! For more information, visit www.movetogive.ca.
- Skating is a great sport for all ages – it's low impact and helps improve coordination and balance. Check your local public arenas for family skate times.

March Break is a great time to create healthy daily habits for your children and the entire family. The YMCA of Simcoe/Muskoka offers many opportunities to get fit as a family over the March Break. For more information, visit your local YMCA or www.ymcaofsimcoemuskoka.ca.

Information provided by the YMCA of Simcoe/Muskoka

YOGA - CLASS WAIVER FORM



REGISTRANT DETAILS:

Name: _____

Address: _____

City: _____ Prov: _____ Postal Code: _____

Email: _____

EMERGENCY CONTACT: _____

EMERGENCY CONTACT PHONE NUMBER: _____

Have you practiced yoga before? YES/NO (Please circle) If YES, for how long? _____

Limitations/Injuries: _____

Do you have numbness/pain in (circle all that apply): neck shoulders elbows hands wrists hips lower back upper back knees feet other (please note): _____

Waiver

If at any time during the class, you feel discomfort or strain, gently come out of the posture. You may rest at any time during the class. It is important in yoga that you listen to your body, and respect its limits on any given day.

I, the undersigned, understand that yoga is not a substitute for medical attention, examination, diagnosis, or treatment. I should consult a physician prior to beginning any activity program, including yoga. I recognize that it is my responsibility to notify my teacher of any serious illness or injury before every yoga class. I will not perform any postures to the extent of strain or pain. I accept that neither the instructor, nor the hosting facility, is liable for any injury, or damages, to person or property, resulting from the taking of the class. **Those under 18 years of age must have this form signed by a parent or guardian.**


Name (Print) Signature Date

Parent/Guardian Signature Date

****Please note, all of the information on this form is kept confidential. 1**

REMEMBER SAFE ARRIVAL

MARCH 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 DAY 3 Dental Screening	2 PIZZA DAY DAY 4 Character Ed. Assembly	3
4	5 DAY 5 Area Chess Tourney Gr.1 Lions Flag Presentation	6 SUB DAY DAY 1 Area Chess Tourney Snow Date County Int. Tourney; Girls VBall Boys BBall	7 DAY 2	8 DAY 3 County Int. Tourney Snow Date; Girls VBall Boys BBall	9 PIZZA DAY DAY 4	10
11	12	13 <i>Elephant Thoughts</i>	14	15	16	17 
MARCH BREAK - ENJOY AND BE SAFE!!						
18	19 DAY 5	20 SUB DAY DAY 1	21 DAY 2 F.I. Play in Library Gr.2 @1:40 YOGA For Kidz Free in Gym 3:30- 4:30pm	22 DAY 3 F.I. Play in Library Gr.3 @1:40	23 PIZZA DAY DAY 4 F.I. Play in Library Gr.4 @1:40	24
25	26 DAY 5	27 SUB DAY DAY 1 School Council 6:30pm	28 PIZZA DAY DAY 2 County Chess Tourney @ Board Office	29 DAY 3 Dance-A-Thon	30 Good Friday <i>(no school)</i>	31

