



GATOR NEWS

January 2020

goo.scdsb.on.ca

827 9th Line
Innisfil, ON L9S 1A6
goo.scdsb.on.ca

Phone: (705) 436-3600

Safe arrival—PRESS 1

Fax: (705) 436-1868

Michele Walma
Principal

Heather Owen
Vice-Principal

CENTRAL Weather Zone

IMPORTANT DATES:

Jan 15 Grade 8's visit to
Nantyr Shores

Jan 24 PA Day

Jan 28, Dental screening
29, 30 JK, SK Grade 2, 7

Get Bus notifications
right to your cell
phone or email.



Subscribe to receive bus
delay notifications here:

[https://scstc.ca/
Subscriptions](https://scstc.ca/Subscriptions)

GFPS is a SCENT FREE and NUT FREE school

Please remember to wear proper footwear at all times.

From the Desk of Mrs. Owen:

"New year—a new chapter, new verse, or just the same old story? Ultimately we write it. The choice is ours." -Alex Moritt

Happy new year. Did you make any new year's resolutions? What does a new year mean to us? For some of our students it is a chance to start again, to try again, to have another go at working harder, playing harder, make more friends, being kinder. If the first term did not work out exactly as we planned, we have another chance. What might that look like? Here at Goodfellow we strive for academic excellence and a sporting attitude in every game we play. We strive to be friends with everyone we can and at least be kind and civil to those who are not so close. A walk through the halls and classrooms here shows your children excelling in their classes, winning at games and life lessons and most of all lots of posted examples of how we are kind to each other. I am so proud to be the vice-principal of such an amazing group of students and educators. What is my new year's resolution? To be worthy of the very high standards they set: to continue to grow in my knowledge of teaching and leading, to continue to be fitter (some of your kids and I compare daily fitbit steps), to be kinder and more genuine. Have you had a chance to share your own goals with your children? Do you know what their goals are for the new year?

Mrs. Owen
Vice Principal

**Reminder: dogs are not allowed on school property
(unless they are service dogs).**



Attendance on Inclement Weather Days

With the inclement weather approaching, parents please note the following:



If your child is eligible for a bus – please do not call safe arrival – your child will automatically be marked absent due to weather

If you child is a walker – please remember to call safe arrival before 9:20 if your child will be absent or late – please include the reason for the absence

If you receive a safe arrival call, please do not call the school unless you believe your child should be at school. Please note this only applies to inclement weather days.

Thank you for your assistance!

Notes from the Office

- Teach your child good work habits by having them arrive at school on time. **Classes start at 9:20am. Students arriving after 9:20 must sign in at the office.**
- Our school dismissal time is 3:40pm. We appreciate all your efforts in making appointments after school hours.
- **If you need to pick up your child(ren) early, please send a note to their teacher in the morning so that they can make arrangements to have your child in the office.**
- **We kindly ask that you send lunches with your child in the morning.**
- Just a reminder to parents and students, use of personal electronic devices during class time is not permitted, unless the teacher has given permission for use of electronics in the classroom. If you need to reach your child during the school day, please call the office and not the student.
- Please note that WHEELIE shoes are NOT ALLOWED to be worn at school.
- Please note that proper indoor and outdoor shoes must be worn by students at all times.

School Council

Our School Council meetings take place monthly. Everyone is welcome!



If Busses are cancelled:

When the school board cancels busses for our area—**CENTRAL ZONE**- the school is open for students to attend. We ask that you please send your child(ren) to school on these days provided they can travel safely to and from our building. Valuable instruction and learning continue to take place during these inclement weather days.

Please remember to call the safe arrival line if your child is staying home.

Please note that Fun Lunch does not run on inclement weather days, and will be rescheduled to the next available day.

SAFE ARRIVAL CALL—PLEASE NOTE

If you receive the safe arrival call, please call the school back ONLY if your child SHOULD be here.

Inclement weather day absences do not count towards the student absence total.

Reporting Student ABSENCES and LATES

Please remember to call the **Safe Arrival Line BEFORE 9:20 AM** when your child is away or will be late.



705-436-3600, PRESS #1 to leave a message. **Please speak clearly and spell last name for clarification.**

Absences Due To Illness

If your child is away due to prolonged illness, please send a doctor's note to the office so that we can update your child's file accordingly.



Parking Lot

Our parking lot is closed to personal vehicles from **9:00 to 9:20 a.m. and 3:40 to 4:00 p.m. daily.**

Students may continue to walk onto school property using the sidewalks and cross walk.

The two accessibility parking spots will remain open for the public.



School Day Schedule

Supervision Begins	9:05 am
Warning Bell	9:17 am
School Starts	9:20 am
Class Time	9:20-11:00 am
Recess/Snack Time	11:00-11:40 am
Class Time	11:40-1:20 pm
Recess/Lunch	1:20-2:00 pm
Class Time	2:00-3:40 pm
Dismissal:	3:40 pm

SIMCOE COUNTY DISTRICT SCHOOL BOARD NEWS

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. Our school is in the *central* zone. When buses are cancelled, schools remain open for student learning, unless otherwise noted.

The SCSTC 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 for bus cancellations and other information. **You can also subscribe to receive bus delay notifications here: [https://scstc.ca/](https://scstc.ca/Subscriptions)**

Subscriptions.

For school event cancellations in case of inclement weather, follow our school's Twitter account at [@GoodfellowPS](https://twitter.com/GoodfellowPS) or listen to your local radio station for event cancellation information.



High school information nights coming to a school near you!

Is your child starting Grade 9 next year? High school information nights happen this fall and winter. This event gives an overview of what's new, what to expect, as well as a chance to check out the school and ask questions. Attend our local high school information night to find out what's offered:

Nantyr Shores Secondary School 1146 Anna Maria Ave., Innisfil, ON, L9S 4X5

Wednesday, January 15, 2020 at 7:00 PM – 8:30 PM EST

Check out the full schedule of info nights and more information at www.scdsb.on.ca/secondary/planning_for_high_school.



School playgrounds 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.



Kindergarten registration opens this month

Do you (or someone you know) have a child who is turning four in 2020? If so, it's almost time to register them for Kindergarten in the SCDSB! Beginning Jan. 27, 2020, Simcoe County's public schools will register children for Kindergarten for the 2020-21 school year. Parents/guardians can begin the Kindergarten registration process on the SCDSB website any time after January 1 - just visit www.scdsb.on.ca and select 'Community Apps'. Visit www.scdsb.on.ca/elementary/planning_for_school/kindergarten for more information.



Keeping SCDSB school communities informed on labour updates

In August 2019, provincial and local contracts for all education workers in the province of Ontario expired. In the Simcoe County District School Board (SCDSB), this means that all our unionized groups are at different stages of contract negotiations at the provincial and local level. The SCDSB will continue to monitor the situation and provide updates on the status of negotiations and our schools whenever possible.

Labour updates are issued on the SCDSB website (www.scdsb.on.ca/about/labour_updates), Facebook (www.facebook.com/SCDSB), Twitter (@SCDSB_Schools) and on the labour updates information line at 1-877-728-1187.

How to stop the spread of germs to help us all 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 or keyboards, and then are touched by someone else. 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! Wash with soap and warm running water for at least 15 seconds (or try singing "row row row your boat"). If your hands are not visibly dirty, you can use alcohol-based hand rub (hand sanitizer) for 15 seconds. You can also get your flu shot, cover your mouth when you cough and sneeze 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.



Physical activity can make the holidays less stressful

For many, the holiday season can be a source of great physical and mental stress. Planning family gatherings, attending work parties, buying gifts, staying up late and eating unhealthy foods can all contribute to increased anxiety, stress and fatigue. Did you know that being physically active is one of the single best ways we can naturally reduce stress? Here are three reasons why you should consider staying active this holiday season:

1. Physical activity boosts your mood – The relationship between the mind and the body is very strong. Physical activity releases endorphins in your body, making you feel calm, less anxious and happier. Providing yourself and your kids with a small amount of relaxation or 'time-out' every day – even just 15 minutes – can also improve your health dramatically. Try taking a yoga class, or even a 10-minute walk can do the trick!
2. Physical activity helps you sleep – Physical activity leads to better sleep and better sleep leads to less stress. Research shows that people who get regular physical activity fall asleep faster, sleep longer and get higher quality sleep. Being well-rested helps us cope with stress and gives us more energy to tackle whatever life throws our way!
3. Physical activity reduces your stress hormone – physical activity decreases the amount of cortisol (the body's stress hormone) circulating in our bloodstream. When we get stressed out, our cortisol levels spike. Exercise is a great way to help lower them.

The YMCA of Simcoe/Muskoka offers many opportunities to stay active this holiday season. Open gym, family swim, yoga, and our popular Y kids drop-in program provide great opportunities to be active with your family. For more information about programs offered at your local YMCA, please visit www.ymcaofsimcoemuskoka.ca.
Information provided by the YMCA of Simcoe/Muskoka



Coping with anxiety

Feelings of anxiety can be common among teens. Sometimes normally happy teens will become anxious or fearful about something for a day or two but will return to normal without any need for help from their parents. However, some teens experience more intense and frequent feelings of anxiety that prevent them from participating in normal everyday life. Creating a positive family environment, encouraging regular school attendance and helping your teen understand and discover ways to cope with their anxiety can help.

If you would like to learn more about monitoring and understanding your teenager's emotions and behaviours, ways to talk openly with your teenager and encouraging your teenager to practice their coping skills, call Health Connection at 705-721-7520 or 1-877-721-7520 and talk to a public health nurse about Triple P Positive Parenting Program or visit www.triplepontario.ca/en/home.aspx.

Information provided by the Simcoe Muskoka District Health Unit.

Days of awareness and recognition taking place in January

Throughout the year, there are many awareness days that focus on different causes and recognition. The Simcoe County District School Board has developed a list of these days as a guide for schools. Schools may participate in recognizing some or all of these days in various ways. This list is not exhaustive. Following are the days of awareness and recognition that the SCDSB will recognize during the month of January:

Jan. 27	Family Literacy Day
Jan. 27	International Holocaust Remembrance Day
Jan. 29	Bell Let's Talk Day

Host families needed for international students

Our partner in providing homestay to the SCDSB's international students, Canada Homestay Network (CHN), is recruiting host families to welcome international students into their homes.

Host families help international students realize lifelong dreams, and benefit from a unique experience with another culture. As a host, you also receive an allowance to offset expenses.

[Learn about a current homestay family here](#) or get more details about the program on [the Canada Homestay Network website](#).



School's in for summer at the SCDSB

Are you and your child planning their courses for next school year? Looking for a way to create flexibility in their timetable and earn a credit? Consider summer school!

Each year, the SCDSB offers a variety of summer programs to over 2,000 students. Summer school options include open, college and university level courses from Grades 9 to 12. Courses are offered in-person or online. Interested students can also travel and earn credits with the summer EduTravel program.

Summer school program details can be found on the Learning Centres website at www.learningcentres.com.

Current SCDSB students should speak to their guidance counsellor for information and to register. Registration opens at the end of January!



Register now for Night School (Semester Two) to complete high school, prepare for post-secondary education

Night school at the Barrie Learning Centre offers secondary school credits in a variety of subjects for students completing their Ontario Secondary School Diploma, and for students who are preparing for post-secondary education. Subjects include math, English, chemistry, biology, physics, social science and history. All night school courses are offered face-to-face, two nights per week, and run given sufficient enrolment. Learn more and register at: www.thelearningcentres.com.



Canadian Blood Services needs your help!

During the winter months, hectic schedules and snowy weather often result in a decrease in the number of blood donations. Canadian Blood Services (and all those in need of donations) want to remind you to be part of Canada's lifeline this holiday season and give the gift of life. You can book online at www.blood.ca. Look for a clinic in your area!

Information provided by Canadian Blood Services



Is homework stressing you out?

Throughout the year, your child may have homework or need to spend time studying at home. You can help make homework time less stressful. First, let your child relax with a healthy snack when they get home from school. Ask if they have homework, what kind and how long they think it will take to finish. It's a good idea to set a regular time each day and decide on a specific place to do homework. Your child might need help for a couple minutes to get started.

Looking for more parenting support? Speak with a public health nurse by calling 705-721-7520 or 1-877-721-7520 or visit the health unit website at www.simcoemuskokahealth.org.



Questions about your child's health?

Health Connection offers free, confidential health information from nurses and health inspectors on:

- How your child is growing, parenting tips, fast and healthy meals, safe food and water, common illnesses, keeping kids safe, fun family activities
- Health unit programs such as vaccinations and dental care
- Community resources for parenting, mental health, addictions, quitting smoking or financial help

Contact Health Connection at 1-705-721-7520 or 1-877-721-7520 Monday to Friday, 8:30 a.m. to 4:30 p.m., or www.simcoemuskokahealth.org. If English is not your first language, we have a telephone interpretation service.

Information provided by the Simcoe Muskoka District Health Unit



New year, new goals for the entire family!

The beginning of a new year is the perfect time to start thinking about setting new goals. Bringing the whole family together for a new year goal-setting session not only provides an opportunity to discuss the importance of exercise and a healthy diet with your children – it also gives you the chance to brainstorm on working towards a shared goal.

Getting kids active should be a priority for all Canadians. According to [ParticipACTION's 2018 Report Card](#), only 35 per cent of Canadian children and youth aged five to 17 reach the recommended 60 minutes of physical activity each day. The report also shows that 51 per cent of young Canadians are engaging in significantly more screen time than they should be, sometimes up to four-six hours per day! Here are some small steps to set your family up for success in the new year:

Play together. Spend time outside playing together as often as possible, regardless of the weather. Go skating, skiing, build a snow fort or go tobogganing – fun for the whole family!

Join a family-friendly gym. Find a place that provides opportunities for the entire family to be physically active together or offers childcare and after-school programs.

Pencil it in. Add physical activity or play time to the calendar, with the same commitment as other important meetings. Schedule an evening family walk or a fitness class – seeing it on the calendar will help motivate your family to stay on track.

Set goals. Pick a charity run or walk that your family will support, like [YMCA Move to Give](#). Sign up, train as a family and participate in it together. It's a great way to exercise together and give back to your community!

Getting healthy has never been easier!

The YMCA offers a variety of family programs – from open gym and swim to children and youth programming, adult fitness classes and childminding. It's a place where families can have fun and get active together. For more information about YMCA programs, please visit www.ymcaofsimcoemuskoka.ca.

Information provided by the YMCA of Simcoe/Muskoka

