

Codrington News

Peter McLean—Principal

February 2018

A Message From the Office

Welcome to March! It's hard to believe from our perspective the first two months of the New Year have come and gone. In one more week we will be welcoming the March Break! Now that we're into March, I am looking forward to less snow. With the weather changes that will no doubt come our way, please take a moment to ensure that your child still dresses appropriately for whatever the weather brings us. Every year at this time the Lost and Found starts to pile up with clothing that no one seems to own! I found a coat there last week that had an identification label inside the coat and I took it directly to that student. Labeling works!!!!

Peter McLean

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 enrol 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.

Now accepting Kindergarten registrations

Do you or someone you know have a child who was born in 2014? If so, it's time to register them for Kindergarten! Elementary schools are now registering children for Kindergarten for the 2018-19 school year. Required registration documents include birthdate documentation, proof of address and immunization records. Visit www.scdsb.on.ca/kindergarten for more information.

School Council

- **School Movie Night-** Come join us **Thursday, March 29th at 6pm** for the feature movie Nomeo and Juliet. Bring a blanket and we will supply the popcorn and water!
- **Nicholyn Farms Fundraiser** will kick off **Monday, April 9-** keep an eye out for order forms coming home with your student.
- **Wendy's Night** - Come join us **Wednesday, April 11th from 4:30- 7pm** for a fun and easy meal at Wendy's on Bayfield St. Codrington staff will be helping to serve and the school receives a percentage of all sales (drive thru and dine-in).

****CHANGE OF DATE****

Our Fun Fair date has been changed to **Friday June 8th from 3:30-7pm.**

Please save the {new} date!

We have started accepting donations for our silent auction table which is a big part of our annual Fun Fair. If you own a business or know of someone who would be willing to support our school community by donating a service or an item for our table please contact Virginia Cooper: vhmcooper@gmail.com to arrange pick up.

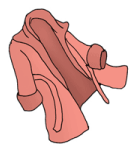
As always, many thanks for your on-going support with our Alternate Fundraising Plan and for supporting our Pizza Night last month, which raised \$200.00

Please join us for our next meeting on **Monday April 9th at 6:30 pm.**

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.simcoemuskoahealth.org.

Lost and Found



The lost and found has been spread out on a table in the hall. Please encourage your children to go and have a look if there are items you're missing.... It will be taken to Value Village after March Break.

Dates to Remember

- March 9th—Olympic Day—all day outside
- March 12th-16th—March Break
- March 29th—Family Movie Night
- March 30th Good Friday—No School
- April 2nd—Easter Monday—No School



Child care programming 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.'

Hello Codrington Families,

"Whoa! We're half-way there..." yes, we are half-way through our Forest of Reading Program. Some eager readers have already reached their goal and have extended their reading to other categories. Many students are already eligible to vote in their categories and we don't vote until April!! The best part, however, is seeing the amazing projects that show students' rich learning when they are 'deep sea diving' into their books. They are making connections, asking questions, finding symbolism and deeply analyzing these texts. WOW! Keep on reading, Codrington!

Mme Knapp

New Path offering child and youth mental health walk-in clinics

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.

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, cooked 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/pits/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

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.