



W.C. LITTLE ELEMENTARY SCHOOL

FEEL THE PRIDE

NEWSLETTER #7

March 2, 2018

Principal: Mr. Scott Young
Telephone: 705-725-7970

<http://wcl.scdsb.on.ca>

Vice Principal
Mrs. L. Aldersey
Safe Arrival: 705-725-7970 ext. 1

Principal's Message:

On February 20, 2018 we welcomed Canadian Olympic Gold Medalist Katie Weatherston. Katie was a member of the Canadian Women's Olympic Hockey Team when they won a gold medal at the 2006 Olympics in Torino, Italy. She spoke to our Grades 4-8 students about goal setting and overcoming obstacles. One of the highlights of the afternoon was being able to view her medals and her Olympic torch. Thank you for visiting us Katie!

I would like to wish all of our families a relaxing and safe March Break from Monday, March 12 to Friday, March 16, 2018. Have fun with this opportunity of spending time together as a family!

Sincerely,

S. Young
Principal

Speeches

W.C. Little Speeches were a great success again this year!

For our school competition, our Junior winners are:

- 1st - Rilyn H.-W. in Gr. 5
- 2nd - Abby C. in Gr. 5
- 3rd - Tyler M. in Gr. 6.

Our Intermediate winners are:

- 1st - Nyla N. in Gr. 7
- 2nd - Aiden S. in Gr. 7
- 3rd - Jessica J. in Gr. 8

Congratulations to all of our finalists! Both Nyla and Rilyn went on to speak at the Area competition where they both placed 1st!!!!!! They competed against 7 different schools! Way to go, Lions!
~ Mrs. Odette, Teacher Librarian

What's Happening at W.C.?

- Mar. 5 - Math Olympics
- Mar. 12-16 March Break
- Mar. 21 - Hot Dog Day
- Mar. 23 - Twin Day
- Mar. 26-29 Dental Screening
- Mar 30 - Good Friday
- April 2 - Easter Monday
- April 6 - Spring Photos



School Council Corner

FOLLOW W.C. Little Elementary Parent Council on Facebook or @WCL_Council on Twitter for updates, news and important reminders!

Council will be hosting some exciting new fundraising activities this spring!! Watch out for the following upcoming fundraisers:

- March 28th to April 16th: **Big Box Cards** - reserve your sample box by March 2nd. This is a really popular new fundraiser that ensures you will always have a beautiful greeting card

on hand when you need one. Show your sample box to friends and family, and don't forget to take it into the lunch room at work☺. We also remind you at this time to please ensure that your child does not go door-to-door selling the Big Box Cards.

- Thursday, May 3rd: **Kidney clothes** - save any used clothing that you want to donate
- Wednesday, May 16th: **Read and Feed** - Enjoy dinner out at McDonald's and a visit to Chapters in support of our school
- Wednesday, May 30th: **Fun Fair** - We are in need of volunteers in many areas of planning and running the Fun Fair. Please contact wclittleesfunfair@gmail.com if you are interested in helping out. We will also be requesting donations for silent auction items, so please let us know if you have something to donate.

We are in need of some more volunteers to assist with our food programs. If you have an hour or two, once a month, or once a week, we would love to have you join our team! Please contact wclparentcouncil@gmail.com to learn more.

Food Order Reminders: If you submit your orders through School Cash Online, please note that we DO NOT need you to send in paper forms. If you are not using School Cash Online, PLEASE SEND EXACT CHANGE, as we cannot provide change.

Our **NEXT MEETING** will be held on Monday, April 9th at 6:30pm in the school library. Please feel welcome to attend!

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.'



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.

Parents Invited to Information Sessions about Special Education

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.

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.

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.

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



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
- 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.

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!

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

