



HILLSDALE ELEMENTARY SCHOOL

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Principal: Ms. Marci Duncan

## February 2021 Newsletter

Dear Parents, Families and Caregivers,

We want to thank everyone for doing their best during these challenging times. To support our well-being, the SCDSB, in partnership with the SCDSB Parent Involvement Committee (PIC), invites members of our community to join us for **Feelin' Good February**. This weekly virtual workshop series is available free to families of SCDSB students.

Participants will have the opportunity to connect with SCDSB staff and community partners to learn how they can foster positive mental health and well-being for themselves and others.



Offered each Thursday in February from 6 to 7 p.m., the sessions will focus on well-being, digital citizenship and online safety, yoga and music. Read the detailed session descriptions below, then mark your calendar and get ready to log in via Zoom each Thursday in February. Join SCDSB for Feelin' Good February, a virtual workshop series held each Thursday in February (6-7 p.m.). Session topics include:

- Self-care for parents/guardians (Feb. 4)
- Digital citizenship and Internet safety (Feb. 11)
- Family yoga (Feb. 18)
- Family music (Feb. 25)

For more information and the Zoom link: [bit.ly/2YnXQ1R](https://bit.ly/2YnXQ1R)

All the best,

The Hillsdale Huskies Staff and Principal Duncan

## Upcoming Events

Date	Event
Monthly Character Trait 	The February Character trait is Inclusiveness.  <b>Inclusiveness - we include everyone in what we do and value their contributions.</b> More information about Character Education can be found here: <a href="http://www.scdsb.on.ca/about/character_edu">www.scdsb.on.ca/about/character_edu</a>
February	Black History Month
February 1	Virtual School Council Meeting. Please call the school for the Zoom link. The Zoom link will be emailed to current members of council. All parents, guardians and caregivers are welcome to attend.
February 2	Groundhog Day Read: <a href="#">CBC Kids - All about Groundhog Day</a>
February 3	World Read Aloud Day Try this reading challenge: <a href="https://www.scholastic.com/worldreadaloudday/">https://www.scholastic.com/worldreadaloudday/</a>
February 15	Family Day
February 15	National Flag of Canada Day - <a href="#">Activities</a>
February 16	Report Cards come home
February 17	National Random Acts of Kindness Day
February 24	Pink Shirt Day - wear pink today

### Stay Connected with Us!

Stay updated on information regarding the 2020-21 school year on the SCDSB's website and social media.

For ongoing updates and information, please continue to visit the COVID-19 page on the [SCDSB website](#), or follow SCDSB on social media (Twitter: [@SCDSB\\_Schools](#) or Facebook: <https://www.facebook.com/SCDSB>).

Follow Hillsdale Elementary School on [Facebook](#) or [Twitter](#) and see our website <http://hid.scdsb.on.ca/> for more information on school events and happenings!

## Kindergarten registration for September 2021 is open!

Kindergarten is the beginning of a wonderful journey of learning, and we want your child to begin their journey in a SCDSB school! Do you have a child who is turning four in 2021? If so, we invite you to register your child for Kindergarten. To register online or for more information visit:

[www.scdsb.on.ca/elementary/planning\\_for\\_school/kindergarten](http://www.scdsb.on.ca/elementary/planning_for_school/kindergarten).

## High school information events for Grade 8 students

Is your child starting Grade 9 next year? High school information events will happen virtually this winter. Student leaders and staff at the school will give an overview of what's new and what to expect. Different pathways and courses offered will be explained. Visit your school's website for more information.

## Keep connected with our school and with the SCDSB

It's important to get accurate information about what's going on at your school and at the Simcoe County District School Board (SCDSB). Here are some ways to do that:

Subscribe to our school's website by visiting the 'What's New' section at <http://hid.scdsb.on.ca/>. You can sign up to receive emails about school news updates and information during emergency situations. It's easy to subscribe – visit our website and click the 'Subscribe' link at the very top of the page. Provide your email and click 'Subscribe'; a message will be sent to your inbox with a link to click to confirm that you want to subscribe. You can unsubscribe at any time using the link at the bottom of each email.

Sign up to receive SCDSB media releases by clicking the 'Subscribe' button at [www.scdsb.on.ca](http://www.scdsb.on.ca).

Follow the SCDSB on Twitter (@SCDSB\_Schools), Facebook (facebook.com/SCDSB) and Instagram (instagram.com/scdsb). Follow Hillsdale Elementary School on [Facebook](#) or [Twitter](#) and see our website <http://hid.scdsb.on.ca/> for more information on school events and happenings!

## Days of awareness and recognition taking place in February

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 February:

<b>Feb. 2</b>	Groundhog Day
<b>Feb. 15</b>	National Flag Day of Canada
<b>Feb. 17</b>	National Random Acts of Kindness Day
<b>Feb. 24</b>	Pink Shirt Day

## Triple P courses for parents of children from birth to 12 years

Because parents all have different needs, Triple P has many different ways to get positive parenting help. From one-off seminars to ongoing courses, you choose what is best for you and your family. It's about giving you just the right amount of help you need – enough, but not too much!

For a list of upcoming virtual sessions, please visit: [www.triplep-parenting.ca/ont-en/find-help/find-a-session/](http://www.triplep-parenting.ca/ont-en/find-help/find-a-session/)

## Support your child with math with these Learn@Home tips

Looking for ways to support your child with math while they are learning from home? Try these simple tips to help your child develop their understanding and skills as a mathematician.

**Have manipulatives on hand** - Small objects like LEGO, bread tags, beans and coins make great manipulatives for counting, patterning and problem solving.

**Provide scratch paper or white board** - Drawing a picture or model can help students represent their thinking and make sense of a problem. If they are feeling stuck, visualizing and drawing it out can help!

**Ask questions** - When students are having difficulty with a problem, we want to help. Try using questions to support their thinking, rather than showing them the solution. Asking questions like *What can you do next? Do you see any patterns? What can you draw to help you solve? Can you solve it another way? What do you know and what do you need to find out?* These questions will help your child develop their own ideas and build their understanding.

**Find math everywhere and talk about it** - Whether you are headed out for a walk, baking or working on a building project, talk about the math involved. Estimation is a fundamental math skill we use daily and can easily be practiced at home. Ask questions like *How many steps do you think it'll take to get to the stop sign?* or *How many teaspoons will we need if we double this recipe?*

**Have fun** - Math can be challenging, and challenges are fun! It's important to support children with maintaining a positive mindset about math, even when it's a challenge!

## How to support your child's mental health during COVID-19

During these challenging times, you may be worried about your child(ren)'s mental health and well-being. You may notice that they are anxious or unsettled and perhaps have told you that they are worried about someone in the family getting the virus. They may be confused about why usual activities are disrupted or may be disappointed to miss something that they were looking forward to. All of these things are very natural at this uncertain time.

Check out these resources at School Mental Health Ontario:

[Parents and Families - COVID-19 - School Mental Health Ontario \(smho-smso.ca\)](https://www.smho-smso.ca/)

You can also visit the SCDSB mental health and well-being resource page:

[Mental Health and Well-being Resources - Simcoe County District School Board \(scdsb.on.ca\)](https://www.scdsb.on.ca/)

### Tips to keep kids active

One of the most important things you can do for your child's physical and mental health during this time is to keep them active. Here are three easy tips to help your kids stay healthy and active while learning from home:

**Take movement breaks** – Sitting for an extended period can be a challenge for children. It is important to take breaks when you can and to get up and move around. This will not only encourage physical activity throughout the day but will help refresh their mind and improve their focus.

**Follow a schedule** – Having a set schedule will make it easier to stay on track and creates a routine for children to follow. For older children, consider setting alarms. Add physical activity, like a [virtual gym class](#), to the schedule to ensure your child takes the time to get active.

**Get active together** - When you're active with your kids, it sends them an important message about healthy living. Get out for a walk, play outside or do a [family workout](#) from the comfort of your home. It's always more fun to exercise with a buddy!

Looking for resources to keep your children active? YGym offers free virtual physical activities from YMCA certified fitness instructors for children of varying ages and abilities. Visit [YMCAHome.ca/YGym](#) for free virtual activities for children and youth, anywhere, anytime! Activities are also available in French at [YMCAchezvous.com/GymY](#).

*Information provided by the YMCA of Simcoe/Muskoka*