

Newsletter May 2017

Are you looking for work?

The Simcoe County District School Board's Career Centre is ready to help at no cost to you. The Career Centre has experienced, professional employment consultants available to help job searchers prepare for and find work. Visit the Career Centre for resources, including the use of computers, internet, printer, fax, information sessions, job board and online postings. No appointment necessary and the Centre is open Monday 9 a.m. to 6 p.m.; Tuesday to Friday 9 a.m. to 4:30 p.m. For more information on the services available, visit barriecareercentre.com or call 705-725-8990. This Employment Ontario service is funded in part by the Government of Canada and the Government of Ontario.

Register now for summer school

A new selection of summer school credit courses is available this July through in-person classes and eLearning. New this year are full credit grade 9 and 10 courses at Bear Creek Secondary School in Barrie. The in-person courses at Bear Creek will run July 4 to 28 from 9 a.m. - 3:30 p.m. Limited school bus transportation is provided from all areas of Simcoe County. Details can be found on the Learning Centres website: www.thelearningcentres.com. Students can also get information from the school or from any of the SCDSB's Learning Centres. Online registration for current SCDSB students is available through the student portal. eLearning registration is supported through high school Guidance Offices. Non-SCDSB students can register using the forms on the website.

Summer childcare available at select SCDSB schools

In partnership with community child care operators, we are pleased to support your child care needs, offering full-day child care programs for children (aged JK to 12 years) in select schools across Simcoe County this summer. Registration in advance is required. Please contact the child care operator directly to register. A fee subsidy may be available to families who qualify. For more information, please contact the Midland YMCA. For the full listing of childcare centres in the SCDSB, visit www.scdsb.on.ca and click on 'Schools' and then 'Before & After School Care.'

Shine green for Mental Health Week, May 1 to 7

The Canadian Mental Health Association invites us to wear green during Mental Health Week. Be sure to share online with the hashtag #GETLOUD. Going green for mental health is a simple way for all of us to recognize that we must make mental health a priority. Visit www.greenformentalhealth.ca for more information.

Let's walk/roll/bike to and from school!

Research tells us that children want to walk and bike to school! Children know that using active transportation to and from school is part of a healthy lifestyle, it's good for the environment and it makes them feel happier. A recent Ontario study indicated that a whopping 42% of children are driven to school, and 93% percent of children and youth are not meeting Canadian Physical Activity Guidelines. Did you know that distances up to 5km are travelled more quickly door-to-door by bicycle than by car?

Active school travel is the use of any form of travel that is self-propelled for the trip to and from school. Active & Safe Routes to School mobilizes children with initiatives such as Walking/Cycling School Buses, Walking/Wheeling on Wednesdays or Walk/Wheel Once a Week, and walking buddies. Using active transportation for the school journey is one of the easiest ways for students to get regular daily physical activity. Learn more at www.saferoutestoschool.ca/.

Now that the weather is warming up, including active transport to and from school in your day is easier!

Stay safe in the sun

It only takes one bad sunburn in childhood to increase the risk of developing skin cancer later in life. As the weather gets warmer, follow these sun safety tips to keep you and your family safe:

- use a broad spectrum sunscreen with SPF 15 or higher and SPF 15 lip balm
- apply sunscreen 20-30 minutes before going outside (even on cloudy days) and always follow the label instructions
- apply sunscreen to any exposed areas of skin – nose, ears, back of neck, tops of feet, etc.
- reapply sunscreen every 2-3 hours and after sweating or swimming
- wear loose, long sleeved shirts and pants, a large-brimmed hat and sunglasses
- if possible, avoid being in the sun between 11 a.m. and 4 p.m.
- when you're outside, look for shade

For more sun safety tips, visit www.simcoemuskokahealth.org or call Health Connection at 705-721-7520 or 1-877-721-7520 to speak with a public health nurse.

Information provided by the Simcoe Muskoka District Health Unit

Immunization reminder

By law, all students need to have an up-to-date immunization record on file at the health unit. Since starting Kindergarten, your child may have received new immunizations. A reminder – you must send your child's updated immunization records to the Simcoe Muskoka District Health Unit for:

- Tetanus, Diphtheria, Polio, and Pertussis
- Measles, Mumps, and Rubella
- Two-doses of a Chickenpox (Varicella) containing vaccine

If your child will not be getting these vaccines, you will need to give the health unit a valid exemption (medical or affidavit). If the health unit does not have an updated record, students could be temporarily suspended from school. Follow these steps to help us:

1. Check your child's yellow immunization card
2. Contact your health care provider to obtain records, or to get missing vaccinations
3. Share the complete record with us at www.smdhu.org/immsonline or fax the record to the health unit at 705-726-3962

Questions? Contact Health Connection at 705-721-7520 or toll-free at 1-877-721-7520.

Information provided by the Simcoe Muskoka District Health Unit

Summer camp can be an important part of your child's growth and development

To many people, summer camp for kids might appear like nothing more than fun and games. However, a study conducted by the University of Waterloo supports what camp directors have been saying for decades – camp is a setting for positive youth development where invaluable life skills are acquired and nurtured. Youth development experts agree that children need a variety of experiences in their lives to help them grow into healthy adolescents and adults. Here are five critical life skills that are fostered at summer camp:

- 1. Getting along with others** – Talk to any camp alumni and you'll likely hear how some of their most meaningful friendships and lessons on how to get along with others came from camp.
- 2. Overcoming challenges** – According to the ParticipACTION Report Card, over-supervising kids or keeping them indoors to ensure they are safe limits their opportunities for physical activity. Camp provides a safe environment, allowing children to freely learn how to overcome challenges and develop and grow their capabilities.
- 3. Getting active** – A recent Statistics Canada study found that only seven per cent of youth aged six to 19 got the recommended hour a day of exercise they need. Summer camp is a great way for kids to stay active all summer and ensure they are surrounded with great role models and supportive friends.
- 4. Unplugging** – We know that when children are connected with their environment, they are healthier and happier. Summer camp provides kids with the opportunity to “unplug” and help them build social skills while enjoying all the activities of the great outdoors.
- 5. Leadership** – When it comes to developing strong leaders, camp provides both implicit and explicit training including morals, ethics, problem solving, teamwork and life skills.

To learn more about the YMCA of Simcoe/Muskoka summer camps, visit www.ymcasummerncamp.ca.

Information provided by the YMCA of Simcoe/Muskoka (www.ymcaofsimcoemuskoka.ca)