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May 2021 Newsletter

The first full week in May (May 3-9) is annually recognized as Children's Mental Health Week and Mental Health Week in Ontario. Throughout this week, the SCDSB would like to continue to bring awareness to the importance of student, staff and community mental health by focusing on resources and activities that promote positive mental health for all - students, staff and school communities. You can find Mental Health and Wellness supports and resources here: [SCDSB Well-Being and Mental Health](#).



MENTAL HEALTH WEEK

Join us for **#SCDSBMentalHealthWeek!** Share your photos using #SCDSBMentalHealthWeek and the theme of each day to celebrate and bring awareness to child, youth and adult mental health.

<p>MAY 3 #MindfulMonday</p> <p>How do you create calm and practice being more present in your daily activities?</p>  <p><i>Engaging in mindfulness allows for improved focus, attention and emotion regulation.</i></p>	<p>MAY 4 #TakeAWalkTuesday</p> <p>Where are your feet taking you today?</p>  <p><i>Engaging in physical activity helps with focus, maintaining attention and regulating emotion. "Walking in someone else's shoes" can help to build empathy, understanding and compassion towards others.</i></p>	<p>MAY 5 #WeBelongWednesday</p> <p>How do you foster connection and inclusion with others?</p>  <p><i>Taking the time for relationship building, connection, understanding and inclusion of everyone fosters belonging, positive sense of self, feeling secure and valued.</i></p>	<p>MAY 6 #ThinkingThursday</p> <p>What are you grateful for today?</p>  <p><i>Intentionally noticing and sharing appreciation for positive elements in a day supports healthy relationships and optimism. Being grateful supports patience when life is more difficult.</i></p>	<p>MAY 7 #PayItForwardFriday</p> <p>How are you engaging in a random act of kindness today?</p>  <p><i>Noticing and reinforcing kindness helps to build empathy and compassion and contributes to a positive sense of self and belonging.</i></p>
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#ShareTheGood

#CMHW2021

#ShineGreen

#KidsCantWait

#GetReal

On Wednesday May 5, New Path invites everyone in Simcoe County to [Shine Green for Children's Mental Health and wear green](#). The colour green is used to celebrate child and youth mental health as it represents hope, growth, and transformation. New Path is inviting everyone to:

- wear green and share a picture or picture collage of staff and/or students wearing green; and

- share tips for mental wellness by [using the Bubbles for Mental Health](#). The bubbles for mental health can also be used to begin conversations.

Schools, students and families are invited to hang the finished bubbles in their windows and share their pictures on social media using the hashtag #CMHW2021 #shinegreen #kidscantwait and tagging New Path @NewPathYFS

Thank you to our whole school community for your support during these challenging times. School Mental Health Ontario has many resources to support well-being during this time. Please check them out here: [School Mental Health Ontario](#), review the [SCDSB's Well-being and Mental Health webpage](#) or reach out to us at the school.

All the best,
The Hillsdale Huskies Staff and Principal Duncan

Upcoming Events

Date	Event
Monthly Character Trait 	The May Character trait is Respect. Respect: we treat ourselves, others and the environment with consideration and dignity. More information about Character Education can be found here: www.scdsb.on.ca/about/character_edu
May 3 - 9	Mental Health Week
May 3 - 9	Education Week
May 1	Principal's Day
May 3	Music Monday
May 4	May the 4 th (Star Wars Day)
May 5	Wear green today for Shine Green for Children's Mental Health . For more information: https://www.newpath.ca/cmhw2021
May 9	Mother's Day
May 10	Virtual School Council Meeting
May 15	International Day of Families
May 19	Kindergarten Orientation: 5:30 - 6:30pm
Monday, May 24	Holiday - Victoria Day
May 30 - June 5	National AccessAbility Week

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!

Register now for before and after school programs for September 2021

Register your child(ren) now for the before and after school program at our school for the 2021-22 school year. Your child's space in the program for September 2021 will be considered a priority if completed registration forms have been submitted to the child care operator by June 30, 2021. Please contact the Midland YMCA at (705) 718-7140.

Register now for summer child care

Child care programs for children in Kindergarten to Grade 6 are provided by independent, third-party child care operators in some SCDSB schools. To support your child care needs, some operators offer child care over the summer holidays. Registration in advance is required. Please contact the child care operator directly to discuss fees and to register. More information and contact numbers can be found at https://scdsb.on.ca/elementary/planning_for_school/childcare_before_after.

Mental Health Week is May 3 to 9

Join us for #SCDSBMentalHealthWeek! The first full week in May (May 3-9) is annually recognized as Children's Mental Health Week and Mental Health Week in Ontario. Throughout this week, the SCDSB would like to continue to bring awareness to the importance of student, staff and community mental health by focusing on resources and activities that promote positive mental health for all students, staff and school communities. Learn more: <https://bit.ly/2QdibGR>

Character Attribute for the month of May

Respect - we treat ourselves, others and the environment with consideration and dignity. More information about Character Education can be found here: www.scdsb.on.ca/about/character_education

Simcoe Muskoka Skilled Trades Expo takes place virtually throughout May

The SCDSB's Ontario Youth Apprenticeship Program (OYAP) and community partners are hosting the Simcoe Muskoka Skilled Trades Exposition throughout the month of May. This year, the Expo has taken the form of a Local and Loud Scavenger Hunt featuring Made in Simcoe County careers and companies.

Visit <https://workinsimcoecounty.ca/virtual-skilled-trades-expo> to see how well you know our local skilled trades and apprenticeship partners around Simcoe County. For more information, please email emclachlin@scdsb.on.ca.

Math is everywhere! Find it together!

Are you looking for ways to develop your child's math understanding while learning from home? Check out this parent guide for practical tips and activities that you can do together!

The Ministry of Education's, Doing Mathematics with Your Child - A Parent Guide, is a fantastic resource that provides activities and prompts in support of the major concepts explored in the mathematics curriculum. While this resource references the 2005 mathematics curriculum, the activities and tasks found within are still very relevant and meaningful to their current learning.

The activities in this resource promote and support critical thinking, problem solving, reasoning ability and the ability to communicate mathematically. These processes are the foundation of mathematics instruction in Ontario schools. Explore these skills as you engage your child in the activities suggested in the parent guide which can be viewed here: <https://bit.ly/3txWxeK>.

You are an important partner in your child's mathematics education. There are so many ways to engage your child in thinking and talking about mathematics around the house and in your community! Some activities to check out:

- Adding and Subtracting Made Fun - Games to play with household items to practice various adding and subtracting strategies: <https://bit.ly/2QwUOaR>
- Measurement Matters - Once your child understands how the metric system is organized and how the units relate to one another, conversions will be a snap: <https://bit.ly/3anlu3A>
- Comparing Things Around the Home - By comparing items around the home, your child can begin to understand some basic principles of measurement: <https://bit.ly/3szh01g>

Get active outdoors

With the warmer weather fast approaching, many of us are anxious to spend more time outdoors, especially children. Research suggests that spending time outdoors has a positive effect on our mental health and well-being. A simple trip outdoors can do wonders for relieving anxiety, stress and depression. Children connected with nature tend to be healthier, happier, sleep better and display better focus and creativity.

If you're looking for some mood-boosting outdoor activities to do with your family, here are some fun ideas to get out and enjoy the great outdoors:

Organize a nature scavenger hunt

A great way to get the whole family outdoors is to organize a nature scavenger hunt. Make a list of nature items found in your yard, neighbourhood or on a trail nearby, and head out to see what you can find! Not only is this activity fun, it gets everyone up and moving.

Create an outdoor obstacle course

Obstacle courses are a great way to engage children in physical activity and create a fun competition. Set up a course in your yard using toys, pillows, water bottles or anything you have at home. The fastest one through the obstacles wins! You could even start a relay for an added challenge!

Take your family workout outdoors

When you are active with your kids, it sends them an important message about healthy living. Try leading your family in a group workout outdoors. If you are looking for ideas and inspiration for family-friendly workouts, visit www.ymcahome.ca where you can find activities for all ages and fitness levels. Once you learn the basic movements of the workout, gather your family outside and exercise together. It's always more fun to exercise with a buddy!

Information provided by the YMCA of Simcoe Muskoka