

THE PHOENIX FLYER – April 2023



Fred C. Cook Public School | 20 Fletcher Street, Bradford ON L3Z 1L9
Office Telephone: (905) 775 4821 | Safe Arrival - Dial 1

Website: <http://fcc.scdsb.on.ca>
Twitter: @FredCCookPS

Inclement Weather Zone: South

Principal: Greg Blakeley Vice Principal: Anne Wright SASE: Angela Bava
Superintendent: Dean Maltby Trustee: Debbie Connors

This Month's Character trait is... **OPTIMISM**

"We maintain a positive attitude
and have hope for the future."

More information about Character
Education can be found here:

https://www.scdsb.on.ca/about/character_education

School Hours

Yard Supervision	8:55 AM
Entry Bell	9:10 AM
First Break	10:50-11:30 AM
Second Break	1:10-1:50 PM
Dismissal	3:30 PM

Hello Fred C Cook Families and Caregivers,

We are happy to welcome springtime where one moment snow is falling, and the sun shines next! We look forward to new beginnings, activities, and the renewal that comes with Spring. It will be a busy time as April is Earth Month at FCC. Please read through this newsletter for the learning that will occur and how you may also participate and join in our action to help our planet. April is also a month of many days of significance. We wish everyone happy celebrations.

Mark your calendars for World Wide Earth Day on April 22. At Fred C, will celebrate with assemblies on Apr 21, 2023 (Kindergarten/Primary at 9:30 and Junior/Intermediate at 12:15.) The theme for this years' Earth Day is "Invest in our Planet." We will be completing yard cleanups, preparing pollinator gardens for planting, continuing our anti-idling campaign, and focusing on reducing our consumption of single-use plastics through a waste-free lunch awareness launch. Ask your student(s) about these and other special learning events that will be happening this month.

Looking ahead to May, we are hosting a Family Math Night on May 3rd from 6:00 - 7:30. We will be providing pre-ordered pizza for sale through school cash online. This event will coincide with FCC Education Week celebrations. More details to follow in May's newsletter.

School Council has provided us with the Greeting Card fundraiser for our school community. We would like to thank them for sharing their time and talent to benefit our school. Also, many thanks to all our volunteers for their partnership and collaboration with our staff and students. Our Phoenix Family is amazing!

Here is Yours. Here is Ours. Here is Us. Here is Community.

Ms. Wright

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From the Office

To report a student absence or late arrival please call and leave a message to safe arrival at (905) 775-4821 & Press 1 prior to the start of the school day at 9:10. When a message is left after the entry bell you may receive a call in regard to your student's absence.

To minimize disruptions, we would ask that you ensure to send your child with a lunch, water bottle, snacks, and all necessary belongings each morning. Dropping off items at the school during the middle of the day will not ensure a timely delivery and there is the possibility of a mix-up.

In addition, to minimize disruptions, we ask that students arrive at school in time for the 9:10 AM bell and remain at school until dismissal at 3:30 PM with the exception being unforeseen situations and appointments.



Start time



End time

Subscribe & Follow Fred C. Cook for the latest information and updates at our school

- Our school's website <http://fcc.scdsb.on.ca/> (Click Subscribe at the top of home page to stay up to date)
- Follow us on Twitter for the latest updates and exciting events & news @FredCCookPS



DATES to Remember

Month of April	
April 3	School Council Meeting 6:00-7:30pm
April 3-6	SCDSB Indigenous Education Week @ FCC
April 3-6	FCC Spirit Days – Rainbow Week – Each day wear a different colour of the rainbow Monday – Red/Orange Tuesday- Yellow/Green Wednesday- Blue/Violet Thursday- All the colours of the rainbow
April 7	Holiday Friday – NO SCHOOL
April 10th	Holiday Monday – NO SCHOOL
April 21	Character Assembly
April 28th	P.A. DAY – NO SCHOOL
Significant days, holy days and heritage recognition occurring this month – please see the link to: Holy Days Link Heritage Recognition Link	

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Spirit-Wear

Please see the link for our newly designed **spirit-wear**.

<https://bigleaguegear.ca/collections/fred-c-cook-public-spiritwear>



Communication to families regarding inclement weather days

Please note that APM A3020 – Inclement Weather, 3.1.2 states that “parents/guardians are to be reminded, in writing at appropriate times (October and January) each school year, that it is their responsibility to decide whether or not it is safe for their child(ren) to leave for school under severe weather conditions.”



Inclement weather and bus cancellation information reminder

All information regarding cancelled buses in Simcoe County is posted on the Simcoe County Student Transportation Consortium (SCSTC)'s bus information website at www.simcoecountyschoolbus.ca. Our school is in the **South zone**. When buses are cancelled, schools remain open for student learning, unless otherwise noted. School staff are expected to plan for such emergencies in order to transition students who are unable to attend due to inclement weather, to their online platforms (Google Classroom and/or SCDSBhub [Brightspace by D2L]) and continue with academic programming. It is always a family decision whether or not it is safe for their child(ren) to leave for school under severe weather conditions.

The Consortium and bus operators try to make the decision to cancel school buses before 6 a.m. and make every effort to post announcements before 7 a.m. Inclement weather cancellations are effective for the whole day and buses cancelled in the morning will not run at the end of the day. You can follow the Consortium on Twitter [@SCSTC_SchoolBus](https://twitter.com/SCSTC_SchoolBus) for bus cancellations and other information. You can also subscribe to receive bus delay notifications here:

<https://scstc.ca/Subscriptions/Login.aspx>.



School bus transportation information available from the SCSTC

In order to receive delay and cancellation notifications, families can check the Simcoe County Student Transportation Consortium (SCSTC) website at www.simcoecountyschoolbus.ca or download the 'BusPlanner Delays' app from the Apple or Android app stores to receive delay notifications to their devices. Users would need to select Simcoe County STC as the transportation authority. The app will need to be forced closed, but you will be able to select your student(s) routes or school to receive delays.

The app will send a general notice for any cancellation in Simcoe County. You only need to know which 'zone' you're in, so you would know which one to look out for in the app. You can find your student's zone by visiting the School Bus Status page at www.simcoecountyschoolbus.ca and clicking the dropdown for the area you live in.

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Fred C OPHEA Healthy School Certification 2022 2023

Fred C is pleased to be registered and participating in the Ontario Physical and Health Education Association (OPHEA) Healthy Schools Certification Program. We have many initiatives, programs, and projects to support the health and wellbeing of our school community as part of this program. Please stay tuned for updates and information on our progress over the next few months.

Grade 7 & 8 Leaving School Property for Lunch Privilege – 3 Strikes and You're In!

Dear Families,

To assist students in working towards their personal responsibility and respect goals, we are implementing a policy where students who are late returning from lunch will be given 3 reminders and then they will lose the privilege of having permission to leave school property for the remainder of the school year. When students are late, it interrupts the learning of themselves, their classes, and causes unnecessary impact on our school routines. This message will be shared with students and families in our future messaging this year, so everyone is aware and considerate of their responsibilities to our school community. Thank you.

International Day of Pink - April 12, 2023

The International Day of Pink is a Canadian anti-bullying event held annually on the second Wednesday of April. The day started when David Shepherd and Travis Price saw a student being bullied in their high school in Nova Scotia and supported the student by getting everyone at school to wear pink in support of him. The initiative inspired youth at Jer's Vision who founded The International Day of Pink, an effort to support their peers internationally with resources and ways to make their schools safer. Please wear pink on April 12 to show our commitment to anti-bullying at our school and in our community.



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FCC Earth Day - April 21, 2023

Earth Day is celebrated annually on April 22nd (we will be celebrating on April 21 at Fred CC.) This day is a great chance to refocus our attention and take action for the environment.

For Earth Day, we will be engaging in learning, projects, and actions around environmental issues that are important to our community.

Please join us for our **Character Education Assemblies April 21** :

Kindergarten/Primary	9:30
Junior/Intermediate	12:15



Waste-Free Lunch Initiative

FCC is committed to reducing our school's waste and negative impact on our environment. As one action towards this goal, we are encouraging everyone to bring waste-free lunches.

A waste free lunch may include reusable food and drink containers, washable cutlery, and cloth napkins instead of prepackaged foods, single use plastic baggies, juice boxes/pouches, paper napkins, aluminum foil, and disposable utensils. When we go waste free, we are helping reduce the environmental impacts caused from unnecessary transport, production, and disposal of packaging products. Come on FCC and join in to take action by tackling the first of the "3 R's" by reducing the amount of waste generated at our school!



FAMILY MATH NIGHT

SCHOOL

Fred C Cook

DATE

May 3rd

TIME

6:00 - 7:30

YOU ARE INVITED!

JUMP2MATH

It's All Fun and Games, then they learn Math Night
Join us for Life-size games and Giant mats the whole family can play.

Hop, Skip and Jump to better Math Skills with
Life-size games and Giant Math mats



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Ms. Stockall / Ms. Pugh's Kindergarten class made beautiful, melted snowmen and mismatched socks for Down Syndrome Awareness Day.



Kindergarten registration for September 2023 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 2023? If so, we invite you to register your child for Kindergarten. To register online or for more information visit: www.scdsb.on.ca/kindergarten.



Early learning and childcare

The Simcoe County EarlyON Child and Family Centres are excited to offer programs that help prepare children and parents for Kindergarten. Programming will be offered in the spring of 2023. For more information and to find your local EarlyON provider, visit: <https://linktr.ee/earlyonsimcoe>.

How is your infant, toddler, or preschool child developing?

Is your child meeting their milestones? Age-appropriate speech and language skills are critical to your child's ability to read, write and be successful in school as well as to their ability to engage with their peers. Free services are available to support you with your child's development. Preschool speech and language programs are located across the County of Simcoe. Call (705) 739-5696 or 1-800-675-1979 to complete a developmental screen. The earlier we work together, the better!

Licensed summer school age childcare programs

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

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Join us! A learning series for parents/guardians with Pine River Institute

Mental health and well-being continues to be a key strategic priority within the SCDSB. We are pleased to continue our partnership with the *Centre for Family Initiatives at Pine River Institute* (CFI@PRI) to provide several curated learning sessions focused on student mental health and well-being to SCDSB families, staff and within the SCDSB's broader school communities.

There are five webinars in the learning series specifically planned for parents, guardians, and other caregivers during this school year. The final session, **'The Biology of Stress'**, is **April 27**.

We hope you join us for this learning opportunity. For more information and to register, please visit the SCDSB website: <https://bit.ly/3jGaC74>.

Pine River Institute is a live-in treatment centre and outdoor leadership experience for youth aged 13 to 19 struggling with addictive behaviours and often other mental health issues. Combining therapy with a fully accredited education program, PRI reinforces the healthy life skills required for a successful future. CFI@PRI extends PRI's knowledge, experience and evidence-informed treatment approach to families and care providers in the community to support youth mental wellness and prevent the need for more intensive interventions. Learn more about PRI by visiting their website at www.pineriverinstitute.com.



Join the SCDSB's Parent Involvement Committee for 'Safe connections: navigating a digital world.'

On April 25, the Simcoe County District School Board's (SCDSB) Parent Involvement Committee (PIC) is hosting a virtual learning session for parents/guardians. *Safe connections: navigating a digital world* is a virtual event focused on digital mindfulness and well-being, and Internet safety.

This virtual event will run from 6 to 8:30 p.m. via Zoom. Presenters include:

- Chris Vollum, CMV SocialMedia
- Sergeant Aaron C. Arnett, Ontario Provincial Police
- Abby Zantingh, Imani's Place

Participants are asked to register in advance: <https://bit.ly/40tEg22>. Information to access the session will be shared via email with individuals who have pre-registered.

The PIC is a county-wide advisory committee made up of parents/guardians and community representatives from across Simcoe County. The committee works with SCDSB staff and trustees to support student success through parent/guardian engagement. Visit scdsb.on.ca/elementary/parent/parent_involvement_committee for more information on the PIC.

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Interested in learning more about the ways that the SCDSB supports students with special education needs and their families? Join us for a virtual special education outreach series

In 2023, the Simcoe County District School Board (SCDSB) is hosting virtual special education outreach sessions to assist parents/caregivers in learning more about programs, supports and ways that we work together to support students with special education needs. The remaining sessions include:

Supporting students as they transition into school, from one school to another, and from school upon graduation

April 20

6:30 to 7:30 p.m.

Working with families to create safe and supportive environments for children who have experienced trauma

May 9

6:30 to 7:30 p.m.

Participants are asked to register in advance. Information to access the sessions will be shared via email with individuals who have pre-registered. Learn more about each session and how to register on the SCDSB website at

scdsb.on.ca/elementary/special_education/special_education_outreach_sessions.

Tense and relax coping strategy

Well-being is a Strategic Priority in the Simcoe County District School Board, and our mental health and well-being department provides monthly strategies to support student and family well-being.

This month's strategy is tense and relax. Parents/guardians can guide their child/youth through a tense and relax muscle relaxation exercise to help them notice whether they feel tense or relaxed in a particular area and understand how their body feels when they are tense and relaxed. This helps children/youth to learn to sooth their body and mind, and assists with regulating emotions during times of stress.

To practice tense and relax at home, have your child/youth get comfortable by either standing or sitting. Encourage them to keep their back straight, and shoulders and head relaxed. If they're comfortable, ask them to close their eyes. Have your child/youth intentionally tense and relax isolated body parts and be aware of how they feel when they tense their muscles and when they relax them. Children can be encouraged to: bring their shoulders up to their ears, hold for a count of 3, and relax; squeeze their hands into fists, hold for a count of 3, and relax; squeeze their stomach in as if fitting between a fence, hold for a count of 3, and relax; and, pushing their feet down to the ground, hold for a count of 3, and relax. Repeat the actions a few times and discuss how these body parts felt before, during, and after the exercise.

Parents/guardians can practice tense and relax at home any time with their child/youth to help them learn how to relieve tensions. Click on the following link to watch a guided video of tense and relax together:

<https://www.youtube.com/watch?v=J4mQm0hux1Q&t=1s>.

Follow along the SCDSB's mental health and well-being social media accounts (@SCDSB_MHWP) to see how well-being is being supported in our schools.

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Math @Home parent series

Fostering a strong school-home partnership is an important part of reinforcing math learning at school and extending the learning beyond the classroom. Families are a child's first educator and help build a strong foundation for future success. The virtual math series outlined below is intended to support a positive attitude towards mathematics, enhance motivation and ultimate success.

The SCDSB math department is pleased to offer three evening virtual sessions for families and caregivers of SCDSB students. These sessions will focus on practical and fun ways to support students with their mathematics learning and engagement at home. The first 200 registrants will receive a math pack of resources to use at home. Participants must pre-register for each of the sessions.

Making Math Connections @Home

Wednesday, April 12

7 – 8 p.m.

This session will explore where we find numbers, patterns, measures, and shapes in our daily lives. Participants will learn about practical ways to help their child notice and wonder about the math in their world.

Problem Solving @Home

Tuesday, April 25

7 – 8 p.m.

This session will explore how to encourage children to be active thinkers and problem solvers, both in math and around the house. Participants will learn about how solving problems at home can help their children solve problems in math class.

Having Fun with Math Facts @Home

Thursday, May 11

7 – 8 p.m.

This session will explore practical, intentional, and fun ways to practice math facts at home. Participants will leave with ideas, games, and activities to support their child with becoming fluent with their math facts.

Participants must pre-register for the sessions they wish to attend. Participants who register before March 24 will receive their math pack of resources in time for the first session on April 12. Those who register after March 24 will still receive a math pack of resources but may not receive them in time for the first session.

Use this link to register: <https://bit.ly/23MathAtHome>

The science of reading and structured literacy

The science of reading is a body of research that focuses on how students learn to read, what parts of the brain are utilized when learning to read, and what skills are ultimately required to be successful readers. Structured literacy is how educators take the knowledge gathered through research and apply it. There are five key components that make up an effective literacy program. Students need explicit instruction and repeated opportunities for practice with phonemic awareness, phonics, fluency, vocabulary, and comprehension. Visit the following link to support your child's reading at home:

<https://bit.ly/LiteracyHomeSupport>





Significant need for foster caregivers in our community

There is a significant need for foster caregivers in our local community. When a child or youth is brought into temporary foster care and placed outside of their community there is a loss of family, friends, schoolmates, teachers, and everything that is familiar to them. The increase in the number of foster homes across the communities in Simcoe Muskoka allows children and youth to remain connected to what is important to them.

Foster families are regular families wanting to give back to their community. When a family faces hardship and challenges, they need a community to support them and their children. In many situations, foster care can provide vital support that enables parents to address issues that are putting their children's safety and well-being at risk. Keeping children connected to their family, community, and extended supports is crucial. Foster caregivers provide a caring home that encourages a child or youth's growth, development, and well-being. If you're interested in becoming a foster caregiver in our community, please visit the foster recruitment website at www.fosterconnexions.ca to learn more or call the foster recruitment line at 705-734-6777.

Information provided by Simcoe Muskoka Family Connexions