

## THE PHOENIX FLYER – March 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... **INTEGRITY**

"We act justly and honourably in all that we do."

More information about Character  
Education can be found here:

[https://www.scdsb.on.ca/about/character\\_education](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

Happy March Fred C families!

With Term 1 officially behind us we look forward to a productive and rewarding Term 2! We speak with students weekly about setting goals and working hard to achieve them. If you haven't already, this might be a good time to sit down with your child(ren) and talk about what academic and personal goals they have for themselves for the rest of the year.

As Spring approaches, so do many exciting opportunities. I know School Council is working hard on some upcoming events that we'll be excited to share with you when the planning is complete. As a school, we also have many BIG initiatives coming for Education Week and through the Eco Squad. Teachers are busy planning some upcoming field trips in addition to their regular planning of school-based activities.

I'm thrilled to hear about some of our athletic teams and how well they are representing Fred C. at some local tournaments. We also have some non-athletic teams that are working hard to represent as well. All in all, a lot to be proud of and a lot to celebrate. Let's keep the momentum going!

Greg Blakeley

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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 March	
March 8th	<b>Grade 8 &amp; SK GRAD PHOTOS</b>
March 8th	International Women's Day
March 10th	Bring On Spring – wear your favorite colours
March 13th-17th	----- MARCH BREAK----- NO SCHOOL
March 22 <sup>nd</sup>	World Water Day “The Big Gulp.” Everyone at Fred C Cook will come together to take a synchronized drink of fantastic Fred C Cook tap water from either reusable bottles, glasses, or mugs.
March 24th	Fred C. Cook Earth Hour At our school, we will be turning off sources of energy consumption during the last block of the day.
Significant days, holy days and heritage recognition occurring this month – please see the link to: <a href="#">Holy Days Link</a> <a href="#">Heritage Recognition Link</a>	

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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](http://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](http://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](http://www.simcoecountyschoolbus.ca) and clicking the dropdown for the area you live in.

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### **“The Big Gulp” Part II Wednesday March 22 (World Water Day)**

In recognition of World Water Day, the EcoSquad will be organizing a whole school water appreciation event, “The Big Gulp.” Everyone at Fred C Cook will come together to take a synchronized drink of fantastic Fred C Cook tap water from either reusable bottles, glasses, or mugs. This event is to raise awareness in our school community about drinking water, access to safe and healthy water, and the importance of eliminating single use plastic waste. Please send your student (s) to school with one of the reusable containers listed above.



### **Fred C Cook Earth Hour March 24th**

Switch off the lights and make noise for the Earth Hour movement!!

We love this planet and everything that lives upon it. From changing individual behaviour, to legislation, Earth Hour has achieved massive environmental impact - but as accelerating climate change and staggering biodiversity loss threaten our planet, we need to spark never-before-had conversations on the loss of nature and the need to protect it.

At our school, we will be turning off sources of energy consumption during the last block of the day. Please consider participating with your family and friends for global Earth Hour March 25, 2023 from 8:30 - 9:30 pm.

### **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.

**Ms. Hollingsworth / Ms. Seaton's Kindergarten class with Mr. Dixon's Grade 5 Class  
together made and delivered beautiful Valentine's Day cards**



### **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](http://www.scdsb.on.ca/kindergarten).



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### **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 March Break 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 child care on PA days and holidays including over the March Break (March 13 to 17). 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 [www.scdsb.on.ca/elementary/planning\\_for\\_school/childcare\\_before\\_after](http://www.scdsb.on.ca/elementary/planning_for_school/childcare_before_after).

### **SCDSB eBook library - SORA**

Did you know that the SCDSB has a digital eBook library available for all students from K-12? Students may access books using either the SORA app on a tablet or visiting <https://soraapp.com/welcome/login/202712> on the desktop version. They simply use their school Google login and password to access the library. Picture books, beginner chapter books, graphic novels, magazines, young adult novels, audio books; there is something for every student. Students may use the search function to select a specific book or browse through one of the many curated collections. Happy reading!



### **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 remaining sessions include:

March 2, 2023	Emotional Regulation for Kids and Adults
April 27, 2023	The Biology of Stress

We hope you save these dates in your calendar and join us for these learning opportunities. For more information and to register, please visit the SCDSB website: <https://bit.ly/3iGaC74>.

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](http://www.pineriverinstitute.com).

### **Registration now open for summer eLearning!**

The Simcoe County District School Board (SCDSB) is offering summer school courses in July 2023 for current high school students or adult learners who are interested in earning a new credit or upgrading a previous mark. Students can advance online learning skills, earn missed credits, or fast-track preparation for graduation or post-secondary in just four weeks. eLearning is fully supported by certified teachers who are available electronically daily.

Summer school program details can be found on the Learning Centres website at [thelearningcentres.com/high-school-student/summer-school](http://thelearningcentres.com/high-school-student/summer-school).

### **#ITSTARTS week in the SCDSB**

The County of Simcoe has once again proclaimed March as #ITSTARTS month. The Simcoe County District School Board will be championing the #ITSTARTS campaign from March 6 to 10. This campaign promotes inclusion, acceptance, and equity within the vibrant, diverse, and growing communities that make up Simcoe County. For more information, visit: [www.simcoe.ca/dpt/ccs/lip/itstarts](http://www.simcoe.ca/dpt/ccs/lip/itstarts).

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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 [www.scdsb.on.ca/elementary/special\\_education/special\\_education\\_outreach\\_sessions](http://www.scdsb.on.ca/elementary/special_education/special_education_outreach_sessions).



#### **Just breathe coping strategy**

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

This month's strategy is deep breathing. Parents/guardians should practice deep breathing with their children to help them develop a deeper mind/body connection, self-regulation, awareness of emotions, and build resiliency. To practice deep breathing at home, have your child 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 place their hands flat on their stomach. Ask your child to breathe in deeply through their nose, filling the belly with breath. Point out how hands move out. Encourage them to hold their breath for a few seconds, then slowly breathe out through the mouth to feel the stomach contract and hands move in. Repeat 5-6 times.

Parents/guardians should practice deep belly breathing at home any time their child seems stressed or upset. Watch a deep breathing video here: [https://www.youtube.com/watch?v=le2TO\\_MNFxE&t=3s](https://www.youtube.com/watch?v=le2TO_MNFxE&t=3s).

Follow along the Mental Health and Well-being social media accounts (@SCDSB\_MHWP) to see how well-being is being supported in our schools.



### **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 path 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. Registered participants will receive a pack of hands-on resources that will be sent to the school indicated on their registration form.

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

# 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

