



## THE PHOENIX FLYER – NOVEMBER 2023



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

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

Inclement Weather Zone: South

Principal: Greg Blakeley

Vice Principal: Anne Wright

SASE: Angela Bava

Superintendent: Matthew Webbe

Trustee: Debbie Connors

### NEW SAFE ARRIVAL TELEPHONE NUMBER

**1-888-885-8065**  
To report student absence

### 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 November FCC Families!

We have had a busy and extremely successful start to our school year this year. Many of our extra-curriculars, clubs, teams, student leadership opportunities have started and are well underway. Congratulations to all of our staff and students who participated in Fall Cross Country. FCC did very well with 3 of our students qualifying for the County Meet! We have also increased our hot lunch options and are able to offer hot lunch on all 5 days of our school week, if you choose to participate. Money raised from hot lunches goes directly back into our school through our Fundraising efforts. Our newly elected School Council has been working hard to determine how these funds will be spent this year! Just a reminder that School Council meets every month, watch our school calendar and our Peek at a Week for those dates. Speaking of which, we hope you have found our Weekly Peek at a Week helpful, keeping you updated on important events and dates at FCC.

Congratulations to all students who received a Character Award at our recent assembly and a big thank you to all parents/guardians/caregivers that were able to join us on that day, we love having you in our school. Thank you also to all the families that were able to attend our Meet the Teacher night and for all the positive feedback you shared with us on that night! We look forward to Parent/Teacher/Student conferences coming up in November after our Progress Reports are sent home. If you did not have a chance to sign up for a conference time at our Meet the Teacher night, please reach out to your child's teacher to schedule a time.

Thank you, as always, for being such positive team players in your child's education! "Teamwork makes the dream work!"

Mr. Blakeley & Mrs. Wright

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## From the Office

To report a student's absence or late arrival please call **1-888-885-8065** 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

November 2	Junior Volleyball Tournament
November 6	School Council Meeting - 6:00pm – School Library
November 7	Intermediate Volleyball Tournament
November 9	Report Cards
November 10	Remembrance Day Observance Assembly 9:30am – Families Welcome
November 11	Remembrance Day
November 13-17	BOOK FAIR
November 16	Student lead conferences
November 17	P.A. Day - <b>NO SCHOOL</b> -
November 21	Intermediate Basketball Tournament
November 22	Re-Take Photo 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>



**Fragrance Free Zone**

Please help us to accommodate those who are chemically sensitive to fragrances and other scented products.

**Reminder to all staff, students, and visitors:**

**Fred C. Cook Public School is a scent free environment.**

## 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**



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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.

### November PA Day

Please note that Friday, Nov. 17 is a PA Day for all SCDSB students. Please refer to the 2023-24 School Year Calendar on the SCDSB website for more information:

[www.scdsb.on.ca/elementary/planning\\_for\\_school/school\\_year\\_calendar](http://www.scdsb.on.ca/elementary/planning_for_school/school_year_calendar).

Below is a summary of the activities planned for the Nov. 17 PA Day:

### Elementary

**Length:** Full-day parent/guardian-student-teacher conferences  
**Topic:** Communication to parents/guardians about student progress through parent/guardian-student-teacher conferences  
**Host:** Simcoe County District School Board elementary schools, including Grades 7 and 8 in Grade 7-12 secondary schools

**Presenter(s)/facilitator(s):** Elementary educators

Elementary educators will meet with students and parents/guardians to discuss student progress thus far this school year, including areas of strengths and next steps for improvement.



### Grade 1 French Immersion information

The Simcoe County District School Board (SCDSB) offers French Immersion (FI) at select schools throughout Simcoe County beginning in Grade 1. The goal of the FI program is to enable students to communicate in French with a high level of proficiency, enabling them to function with ease in both French and English. Upon graduation from the program, students will communicate in French with confidence in a wide variety of real-life situations.

Grade 1 FI family information nights are held annually in advance of the application process for the following school year. This year, FI family information nights will be held in-person throughout the month of November at the respective FI school locations. The designated Grade 1 FI site for our school is **Harvest Hills Public School**. The information night for this school will be at **Harvest Hills Public School on Tuesday, November 14, 6:00-8:00pm. 400 Crossland Blvd. Bradford, ON L3Z 0G8**

**The SCDSB board-wide electronic applications for the Grade 1 FI program for all sites will open Friday, Dec. 1 at 9 a.m. and close at 4 p.m. on Friday, Dec. 15.** Entry into the FI program is determined through a digitally randomized lottery system.

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### **EcoSquad GOOS Paper Project**



GOOS paper is paper that has been used on one side but is still blank and usable on the other side. At FCC we have established bin collections and storage of GOOS paper. By placing GOOS paper bins throughout our school, we are encouraging staff and students to use both sides of their paper before it is recycled. This simple act will help to reduce pollution and the creation of solid waste, all while protecting forests. We encourage all families to designate a bin and join us in this action at home. Ask your student (s) to talk about this and other EcoSquad initiatives with you!

During the month of November, our EcoSquad will be conducting an initial Waste Audit to discover how much waste our school is producing so we can start reducing. A waste audit is the process of collecting and measuring different types of waste that are being generated at our school including garbage, recycling, and organics. The data collected during a waste audit can then provide important information for further EcoSquad environmental actions and learning.

In addition to this, Fred C will take part in a School Energy Exploration. We use energy every day - whether to heat our school or see when lights are turned on. In fact, energy use is such a common part of the school day, it can be easy to forget that we care constantly about consuming energy (and \$\$.) Exploring our energy consumption is a great way for us to think about ways we can conserve. We will use this information to calculate our school's carbon footprint.

We are very grateful to be welcoming representatives from Alectra Energy on November 1<sup>st</sup> for a school-wide assembly on energy conservation. Please be sure to discuss this at home with your child for tips and fun facts.

### **Treaties Recognition Week: Nov 5-10, 2023**

Treaties Recognition Week is recognized annually during the first week of November and is meant to honour the treaties agreed to between Indigenous Nations and Ontario over the last 250 years. Understanding the spirit and intent of treaty relationships is important for building new relationships of mutual respect and benefit between Indigenous and non-Indigenous peoples.

### **Bully Awareness Week: Nov 13-17, 2023.**

Bully Awareness Week is aimed at sending a clear and positive message that bullying is neither acceptable, nor inevitable, in our schools and communities.

During this week, we will be learning, and reflecting, on our own behaviour, and setting positive examples to create kinder communities. This is the responsibility of everyone at Fred C. We all need to reach out and support one another. Together, we can be the change we want to see.



### **Online learning graduation requirement and opt out options**

Students are required to earn two online learning credits to graduate from secondary school, beginning with every student who entered Grade 9 in the 2020-21 school year. The online learning graduation requirement also applies to adult learners that will be entering the Ontario secondary school system starting in the 2023-24 school year. The graduation requirement is intended to support students in developing familiarity and comfort with learning and working in a fully online environment, as well as developing digital literacy and other important transferable skills that they will need for success after secondary school, including in post-secondary education and the workplace.

#### **Opting out**

Parents/guardians may choose to opt their children out of the mandatory online learning credits required for graduation. To opt out, a parent/guardian must submit the [Secondary Online Learning Graduation Requirement Opt-out Form](#). Exemption from the online learning graduation requirements may be requested by:

- the parent/guardian of the secondary student
- students who are 18 years of age or older
- students who are 16 or 17 years of age and have withdrawn from parental control

Check with your local school if you have questions regarding the registration or opt-out process.

### **Parents' Guide to Assessment, Evaluation and Reporting**

Learn to navigate the world of assessment, evaluation, and reporting with this new guide for parents/guardians. Created to support parents'/guardians' understanding of assessment, this guide was designed to effectively empower you to actively engage in your child's educational journey. The guide has been posted to the Simcoe County District School Board's website and can be accessed at <https://tinyurl.com/2urcm2tm>.

### **Subscribe to Kindergarten Connections!**

Will your child be turning four in 2024? If so, the SCDSB invites you to Kindergarten Connections! This is a monthly e-newsletter informing families of everything they need to know about preparing their child for school, as well as registering them for Kindergarten in the SCDSB. To learn more and subscribe, visit the Kindergarten page on the SCDSB website: [www.scdsb.on.ca/elementary/planning\\_for\\_school/kindergarten](http://www.scdsb.on.ca/elementary/planning_for_school/kindergarten).

### **EarlyON Child and Family Centres**

The foundation for lifelong learning and health is built in the early years. EarlyON Child and Family Centres across Simcoe County offer programs for children prenatal to six years of age and their parents/guardians and caregivers. They offer access to play- and inquiry-based learning supported by *How Does Learning Happen?* Ontario's pedagogy for the early years, information on child development and developmental screening including Early Referral Identification Kits (ERIKs), parent/guardian education, referrals to community resources, nutrition information, and post-natal resources. Check with your local EarlyON provider: <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 Winter Break school-age child care programs

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 on PA days and holidays including over the Winter Break. 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 by visiting: [www.scdsb.on.ca/elementary/planning\\_for\\_school/childcare\\_before\\_after](http://www.scdsb.on.ca/elementary/planning_for_school/childcare_before_after).

### 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.

There are eight webinars specifically planned for parents/guardians and other caregivers during this school year.

Nov. 9, 2023	Understanding and managing screen time, part two - social media edition
Nov. 30, 2023	Helping parents align
Jan. 11, 2024	Sleep hygiene
Feb. 8, 2024	Self regulation for kids
Feb. 22, 2024	Self regulation for teens
March 28, 2024	Building parents' resiliency
April 18, 2024	Vaping, weed, and alcohol

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

**High school information events for Grade 8 students**

Is your child starting Grade 9 next year? High school information events will take place in-person this winter! Student leaders and staff at the school will give an overview of what's new and what to expect. Learn about courses offered, as well as information about teams and clubs. Please visit the SCDSB website at [www.scdsb.on.ca/secondary/planning\\_for\\_high\\_school](http://www.scdsb.on.ca/secondary/planning_for_high_school) to find details on your high school's info night, and contact the school directly for more information.

# GRADE 8 FAMILIES

**You're Invited To:**

**BRADFORD  
DISTRICT HIGH  
SCHOOL**



**PARENT/GUARDIAN  
& STUDENT  
TRADES NIGHT  
NOVEMBER 28<sup>th</sup>,  
2023**

Introduction to Trades: 5pm – 5:45pm

Keynote Speaker: 5:45pm – 6:30pm

Information Booths/Classroom Visits

6:30pm – 7:30pm





### Looking for Employment? Join Our Team!

Curious about what employment opportunities are available at the Simcoe County District School Board (SCDSB)? The SCDSB is hosting several job fairs throughout Simcoe County during the month of November; come by and speak with one of our representatives at any of the following events!

#### **YMCA of Simcoe Muskoka Employment Services (Midland)**

Thursday, Nov. 2, 2023

9 a.m. to 4 p.m.

[Job Seekers | YMCA of Simcoe/Muskoka \(ymcaofsimcoemuskoka.ca\)](https://ymcaofsimcoemuskoka.ca)

#### **TRACKS Employment & Resource Service (Collingwood)**

Thursday, Nov. 9, 2023

11 a.m. to 6 p.m.

[TRACKS Employment Services - One-stop resource centre for Employment Ontario Services | Located in Collingwood and serving Georgian Triangle communities of Clearview, Wasaga Beach, and Town of the Blue Mountains](#)

#### **FOCUS Employment Services (Alliston)**

Tuesday, Nov. 14, 2023

3:30 to 6:30 p.m.

[Job Seekers - FOCUS Community Development Corporation \(focuscdc.on.ca\)](https://focuscdc.on.ca)

#### **Agilec Employment Services (Orillia)**

Wednesday, Nov. 22, 2023

12 to 5 p.m.

[Employment Services - Agilec](#)

For more information about employment opportunities at the SCDSB, visit: [www.scdsb.on.ca/joinourteam](https://www.scdsb.on.ca/joinourteam).

#### **Nov. 28 is Eat Well to Excel Day in Simcoe County**

Eat Well to Excel is a Simcoe County non-profit community partnership that supports our school's student nutrition program. The funding provided by Eat Well to Excel allows us to supply students with access to healthy snacks during the school day.

The pandemic and increasing food costs have caused a significant financial strain on many families in our region and new data shows that 1 in 3 kids in Canada are at risk of going to school hungry. Kids that are hungry struggle to retain knowledge and keep focused throughout the day. They are also at an increased risk of experiencing poor mental health and a compromised immune system. With your support we can maintain and hopefully improve our program to provide a consistent supply of healthy food to our students.

You can make a donation by visiting [eatwelltoexcel.ca](https://eatwelltoexcel.ca). You can either support the county-wide program or direct your donation to our school. Please include our school name in the comment box to ensure the donation goes directly to our program. A tax receipt will be emailed to you.

For more information about Eat Well to Excel visit [eatwelltoexcel.ca](https://eatwelltoexcel.ca).

### **Knowledgehook math tool**

Knowledgehook is a digital math assessment and practice tool that has been purchased for all K-10 SCDSB classrooms. This tool is accessible to students at home so that they can practice math skills, either assigned by their teacher or on their own. Ask your child about how they use Knowledgehook in class and learn more at: [www.knowledgehook.com](http://www.knowledgehook.com).



### **Supporting oral language development at home**

Within the revised language curriculum, there is a focus on supporting students to acquire the knowledge and skills relating to the foundations of language. Oral and non-verbal communication are foundational components of language skills. Over the years, students develop their listening and speaking abilities using a variety of strategies and skills, including word choice and syntax, to become effective communicators.

Here are some ways you can support oral language development at home:

- Engage your child in conversations about things that interest them
- Talk to your child and listen responsively
- Ask and answer questions
- Share oral stories
- Read aloud to your child
- Talk about the books you read together
- Singing and playing together

### **Mental health promotion strategy of the month**

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 *Let It Go*. This practice helps students focus their attention, calm feelings of anxiety,

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and manage stress. To practice *Let It Go* at home, have your child/youth sit comfortably and take a deep breath. Share the following exercise with your child/youth:

- Use your fingers to gently massage the top of your head
- Still in massaging motion, bring your fingers to your forehead, eyebrows, temples, around your eyes, cheeks, and jaw
- If you notice tension anywhere – let it go
- Finally, massage each of your ears and end by gently pulling your earlobes

Keep in mind to take your time with each area, especially where you hold the most tension.

Practicing *Let It Go* can be done any time of the day or at regular times, such as at mealtime or before bed. You may try this technique on your hands using a massaging motion to focus on each finger, thumb, and palm. Consider doing *Let It Go* with your child/youth to model the strategy.

Visit the links below for *Let It Go* posters from School Mental Health Ontario:

Elementary - <https://smho-smso.ca/wp-content/uploads/2020/01/SEL-Posters-Let-It-Go.pdf>

Secondary - <https://smho-smso.ca/wp-content/uploads/2020/04/SEL-Posters-Secondary-Let-It-Go.pdf>

Find more easy and fun mental health activities to do at home visit: <https://smho-smso.ca/online-resources/easy-and-fun-mental-health-activities-for-home/>

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

### **Dental screening and services for kids ages 0-17**

Good dental health is an important part of your child's general health. The Simcoe Muskoka District Health Unit's Oral Health Community Program offers free dental screenings in daycares, schools, and health unit offices for children and youth aged 0 - 17 years. Dental screening can identify and inform families that their child has a dental concern.

Health unit staff can also help children/youth and their families access free preventive services and treatment through the Healthy Smiles Ontario (HSO) Program. For more information regarding these services visit: [www.simcoemuskokahealth.org/Topics/Dental](http://www.simcoemuskokahealth.org/Topics/Dental).

*Information provided by the Simcoe Muskoka District Health Unit*

