



NEW LOWELL CENTRAL PUBLIC SCHOOL

5197 County Road 9, New Lowell, Ontario L0M 1N0

Phone 705-424-0991/Fax 424-0012

School Web Site: <http://nlo.scdsb.on.ca/>

Angela Cook, Principal

Jane Anderson, SASE

DECEMBER 2019

CHARACTER TRAIT: **Empathy** – We strive to understand and appreciate the feelings and actions of others.



CALENDAR OF EVENTS

- December 10: Character Recognition Assembly 9:45 a.m.
- December 17: Celebration Concert 2:00 p.m. + 6:30 p.m.
- December 18: Christmas Cheer Pick Up
- January 6: School Begins

PLEASE NOTE:

- ★ That staff supervision is not available for students until 9:15 a.m.
- ★ Ensure that all children are sent with clothing suited for the colder temperatures.
- ★ Listen to the radio (KICX 104.1, CHAY 93.1, ROCK 95 or PEAK 95.1) and/or check the Board website (www.scdsb.on.ca) for bus cancellations.



PRINCIPAL'S DESK

As the holiday season approaches, please remember to take some time for yourselves and to be with family and friends.

The cold weather has arrived, a reminder that hot beverages are not to be brought onto the school bus. From December 2nd until December 18th, we will be collecting hats, mitts, socks, non-perishable food items, new unwrapped toys and toiletries for our Christmas Cheer, items will be donated to local charities and families in need.

Thank you for being a part of the student led conferences, students were excited to share their learning with you. I thank you for all of your support with our dismissal changes, bus time departures and overall the start up to this school year. Classes are all in their homerooms, the grade 3's are excited to be in their portable.

Over the holidays, the construction of a new accessible washroom will begin. This will not be a distraction to student learning as workers will be on site when students are not in the building.

I would like to take this opportunity to wish everyone a safe, healthy and happy holiday and look forward to seeing everyone in the new year.

Ms. Cook

CLOSING OF SCHOOL UNDER CONDITIONS BROUGHT ABOUT BY INCLEMENT WEATHER

The Board has a Bus Icon on the home page of the board website that shows bus information. **New Lowell Central is in the WEST DISTRICT.**

It will be the parent's responsibility to pick up any child who has attended school. The school will remain open unless stated otherwise on the radio or website.

IT'S WINTER: BUS CANCELLATION INFORMATION FOR PARENTS

Winter is here in Simcoe County, and with it comes the possibility of severe weather, challenging winter driving conditions and possible bus and school event cancellations. Please listen to the radio, KICX 104.1, CHAY 93.1, ROCK 95, PEAK 95.1 or check the board website www.scdsb.on.ca to see if busses are cancelled.

All information regarding cancelled buses in Simcoe County is posted on the Simcoe County Student Transportation Consortium's bus information website at www.simcoecountyschoolbus.ca. Our school is in the **WEST ZONE**. When buses are cancelled, schools are still open for student learning, unless otherwise noted. Take note that if busses are not running in the morning they will not be transporting students at the end of the day.

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 between 6 and 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 for bus cancellations and other information. You can also subscribe to receive bus delay notifications here: <https://scstc.ca/Subscriptions>

LOST AND FOUND

Our lost and found items are not being found. Please have your children check the bins before leaving for holidays. Items will be donated to the Helping Hand in Angus over the holidays.

SAFE ARRIVAL AND INCLEMENT WEATHER

The Safe Arrival Program is in place in elementary schools to ensure that children arrive safely at school each day. Please be advised that on days when buses are cancelled due to inclement weather, calls will **not** be made to families whose children ride school transportation. Families of those children who walk to school are asked to report their child's absence to the school if they will not be in attendance. An effort will be made to call families of walking students who are not present, but, on some days, given the number of absent students, this may be not possible.

CELEBRATION CONCERT

New Lowell Central will be presenting a Primary Celebration Concert on Tuesday, December 17, 2019. Performances will be at 2:00 pm. + 6:30 p.m. If the weather does not co-operate and we have a bus cancellation that day, the concert will be moved to Thursday, December 19th.



CHRISTMAS CHEER

We will be starting to collect for our annual Christmas food & toy drive beginning the week of December 2nd. We will collect items right up until December 17th (the night of the holiday concert). Please send in non-perishable food, new toys, hats and mittens. Items can be sent in with your child each day, and will be collected and sorted by some of our kindergarten students. This year, we will be splitting our donations between Christmas Cheer and the Stayner Food Bank. Students will be tracking our donations in the front lobby, and we hope to beat last year's total.



MITTEN TREE

We will be collecting mittens, gloves, scarves, hats and socks – adult and children's sizes – for a mitten tree that we will have set up in our lobby. These items will be donated to a women's shelter.

DENTAL SCREENING PROGRAM

The Simcoe Muskoka District Health Unit Oral Health team will be at our school on Thursday, January 23rd, 2020 to conduct dental screenings. A dental screening is a quick look in the mouth using a sterilized too mirror. Don't forget to look for the information letter from the health unit, which will be coming home with your child.

LIBRARY

BOOK FAIR

Congratulations New Lowell. Due to your generous support, our latest book fair raised just over \$1000 in new resources for our school. Thank you so much everyone for your support.

LIBRARY LENDING

Just a reminder that primary book lending will be finished on Friday, December 13th, for the year. Students are encouraged to return all books to the library. Regular lending will continue in January when we return from Christmas holidays. Regular lending for Junior and Intermediate students will continue over Christmas, however, Ms. Hartley asks that you do not take your library books on vacation with you.

SPEECHES

Junior and Intermediate students are invited to participate in our Speeches competition that will be held in January/February. Classes will be having students who are interested in participating in the competition complete speeches in early January. They will compete in class first and the winners will be coming to the gym in late January early February where they will compete to earn the right to move on to the Legion/Lions competition. Best of luck to all the students who wish to participate.

INTERMEDIATE BOYS' VOLLEYBALL

Ms. Davies and Ms. Hartley wish to congratulate all of the boys who participated on the Intermediate Boys' Volleyball team for a great season. It was a pleasure to watch all of your growth and improvement over the season. Well done Chargers! Team members include...

Captain	Brady Reynolds
Captain	Nathan Elliott
	Michael Artuso
	Sam Elliott
	Cameron Stephenson
	Jacob Armstrong
	Jacob Wilkinson
	Brady King
	Jack Walsh
	Chase MacCan

UPDATE YOUR CHILD'S IMMUNIZATION RECORD

The Simcoe Muskoka District Health Unit is required to keep up-to-date immunization records for all students who attend elementary or secondary school in the County of Simcoe and the District of Muskoka. Parents are responsible for reporting immunizations to the health unit each time their child receives a vaccine from their health care provider. The immunizations that the health unit requires records for include: diphtheria, tetanus, polio, measles, mumps, rubella, meningococcal, pertussis and varicella (chickenpox) for those born in 2010 or later.

It's easy to update your child's immunization status. Go to www.smdhu.org/immsonline to update your child's record or call Health Connection at 705-721-7520 or 1-877-721-7520 (toll free).

HIGH SCHOOL INFORMATION NIGHTS COMING TO A SCHOOL NEAR YOU!

Is your child starting Grade 9 next year? High school information nights happen this fall and winter. This event gives an overview of what's new, what to expect, as well as a chance to check out the school and ask questions. Attend our local high school information night to find out what's offered: *Stayner Collegiate Institute – January 15, 2020 6:30 – 8:00 p.m.* - *Nottawasaga Pines S.S. – February 19, 6:00 – 8:00 p.m.* Check out the full schedule of info nights and more information at www.scdsb.on.ca/secondary/planning_for_high_school.

DAYS OF AWARENESS AND RECOGNITION TAKING PLACE IN DECEMBER

Throughout the year, there are many awareness days that focus on different causes and recognition. The Simcoe County District School Board has developed a list of these days as a guide for schools. Schools may participate in recognizing some or all of these days in various ways. This list is not exhaustive. Following are the days of awareness and recognition that the SCDSB will recognize during the month of December:

December 6: National Day of Remembrance and Action on Violence Against Women

SCHOOL PLAYGROUNDS ARE CLOSED FOR THE WINTER

Every winter, school playground structures are closed. Students are made aware of this during school hours through announcements and staff reminders during breaks. This may not be well known throughout the community, despite signs indicating that playground structures are a winter hazard and are closed. The Canadian Standards Association regulations make recommendations for the depth of ground cover required to minimize injuries (e.g. sand, pea gravel or wood chips). These surfaces cannot be maintained when the ground freezes. Injuries from falling would be more significant on frozen ground. We strongly recommend that you do not allow your children to play on any structures while the ground is frozen.

HOW TO STOP THE SPREAD OF GERMS TO HELP US ALL STAY HEALTHY THIS SCHOOL YEAR

Colds and influenza spread easily from person to person. These germs can spread directly from person to person when someone coughs or sneezes, or indirectly when germs land on hard surfaces like door knobs, desks or keyboards, and then are touched by someone else. These germs can then enter the body through the eyes, nose or mouth.

The most important thing you can do to keep from getting sick and stop the spread of germs to others is wash your hands! Wash with soap and warm running water for at least 15 seconds (or try singing "row, row, row your boat"). If your hands are not visibly dirty, you can use alcohol-based hand rub (hand sanitizer) for 15 seconds. You can also get your flu shot, cover your mouth when you cough and sneeze and stay home if you are sick. Teach your kids to do the same!

For more tips to keep you and your family healthy this school year, contact *Health Connection* at 1-877-721-7520 or visit the health unit's website at www.simcoemuskokahealth.org.

Information provided by the Simcoe Muskoka District Health Unit.

DITCH DIGITAL DEVICES AND PLUG INTO PLAY

This winter, swap screen time for play time together. Children need play to learn, grow and be healthy. Unstructured child-led activities, or 'free play', make a world of difference. There are many ways to play together as a family:

- Get outdoors by taking a winter hike, making a snowman, or building a snow fort
- Make your own musical instruments and move to the music
- Play hopscotch, tag or hide and seek
- Play dress up together
- Set up an obstacle course using couch cushions for your child to navigate

Encourage your children to lead the way and experience fun from their perspective!

For more tips to keep you and your family healthy this school year, contact *Health Connection* at 1-877-721-7520 or visit the health unit's website at www.simcoemuskokahealth.org.
Information provided by the Simcoe Muskoka District Health Unit.

COPING WITH ANXIETY

Feelings of anxiety can be common among teens. Sometimes normally happy teens will become anxious or fearful about something for a day or two but will return to normal without any need for help from their parents. However, some teens experience more intense and frequent feelings of anxiety that prevent them from participating in normal everyday life.

Creating a positive family environment, encouraging regular school attendance and helping your teen understand and discover ways to cope with their anxiety can help.

If you would like to learn more about monitoring and understanding your teenager's emotions and behaviours, ways to talk openly with your teenager and encouraging your teenager to practice their coping skills, call Health Connection at 705-721-7520 or 1-877-721-7520 and talk to a public health nurse about Triple P Positive Parenting Program or visit www.triplep.org.ca/en/home.aspx.

Information provided by the Simcoe Muskoka District Health Unit.

SILENT AUCTION

The Silent Auction was held on November 21 and raised \$1,275.00. This is going to Playground/Natural Play Space and Athletics.

SPAGHETTI DINNER AND LUNCH

The spaghetti dinner was held on November 21 along with a spaghetti lunch for the students on November 27th. Total raised was \$532.69. This amount is going to Playground/Natural Play Space and Athletics.

2019 – 2020 YEARBOOK

The yearbook will go on sale on cash online, January 1, 2020 for just \$20.00. They will be available to purchase until May 31st, 2020. This year's book will consist of 52 colour pages and a custom yearbook cover. You will find hundreds of snapshots from throughout the year, including spirit days, grade 8 grad and SK grad, special events, sports and so much more. Make sure you get your orders in, you don't want to miss out on an amazing yearbook! If you have any questions, please contact Mrs. Haufe at thaufe@scdsb.on.ca.

PHYSICAL ACTIVITY CAN MAKE THE HOLIDAYS LESS STRESSFUL

For many, the holiday season can be a source of great physical and mental stress. Planning family gatherings, attending work parties, buying gifts, staying up late and eating unhealthy foods can all contribute to increased anxiety, stress and fatigue. Did you know that being physically active is one of the single best ways we can naturally reduce stress? Here are three reasons why you should consider staying active this holiday season:

1. Physical activity boosts your mood – The relationship between the mind and the body is very strong. Physical activity releases endorphins in your body, making you feel calm, less anxious and happier. Providing yourself and your kids with a small amount of relaxation or 'time-out' every day – even just 15 minutes – can also improve your health dramatically. Try taking a yoga class, or even a 10-minute walk can do the trick!
2. Physical activity helps you sleep – Physical activity leads to better sleep and better sleep leads to less stress. Research shows that people who get regular physical activity fall asleep faster, sleep longer and get higher quality sleep. Being well-rested helps us cope with stress and gives us more energy to tackle whatever life throws our way!
3. Physical activity reduces your stress hormone – physical activity decreases the amount of cortisol (the body's stress hormone) circulating in our bloodstream. When we get stressed out, our cortisol levels spike. Exercise is a great way to help lower them.

The YMCA of Simcoe/Muskoka offers many opportunities to stay active this holiday season. Open gym, family swim, yoga, and our popular Y kids drop-in program provide great opportunities to be active with your family. For more information about programs offered at your local YMCA, please visit www.ymcaofsimcoemuskoka.ca.

Information provided by the YMCA of Simcoe/Muskoka

Please check the SCDSB web site at www.scdsb.on.ca for news and events from the Board.



DECEMBER 2019

Monday	Tuesday	Wednesday	Thursday	Friday
2 Hot Lunch	3 Popcorn	4	5	6 1 Pizza + Milk
9 Hot Lunch	10 3 Character Recognition Assembly – 9:45 Popcorn	11 4	12 5	13 1 Pizza + Milk
16 Hot Lunch	17 3 Celebration Concert – 2:00 p.m. Popcorn	18 4 Christmas Cheer Pick up	19 5	20 1 Pizza + Milk