



Coldwater Public School Moonstone Elementary School



K. Hayden/R. Bowman
Principal

APRIL 2018

K. Kadlec
Vice-Principal

Dear Parents/Guardians,

March has been a very busy month and there have been many exciting events taking place at Moonstone and Coldwater!

A number of our students participated well in various team sports, and successfully represented our schools.

So many great things are taking place at Coldwater and Moonstone because of the amazing support of our staff, school council, students and parent community.

Thank you to all of you for giving your time to support our student learning.

Mr. R. Bowman
(Acting Principal)

School bus evacuation training takes place April 3 to 6



The Simcoe County Student Transportation Consortium (SCSTC), in partnership with school bus operators, is offering school bus evacuation training to all home-to-school transported students the week of April 3 to 6. During this week, school bus drivers will educate students on how to evacuate a school bus safely in an emergency. The SCSTC would like to remind all drivers to be extra cautious near school buses and in school bus loading and unloading zones. For more information or if you have questions, visit main.simcoecountyschoolbus.ca/.

Parents invited to information session about special education

The SCDSB is hosting a series of information sessions for parents/guardians to learn about special education in the SCDSB, and how to support students with special education needs. The last session takes place this month:

April 16
Understanding Alternative/Non-Academic IEP Goals

The event takes place from 6 to 7 p.m. at the SCDSB Education Centre, located at 1170 Highway 26 in Midhurst.

No registration required.

Please turn off your car while you wait

A reminder to please turn your engine off when dropping off or picking up your child from school. Idling cars release exhaust that is harmful to the environment, our health and the health of our students. It's good to get into the habit of turning your car off any time you're stopped and in park for more than 60 seconds. Thank you for doing your part to keep our kids and our environment healthy! For more information to keep you and your family healthy, visit www.simcoemuskokahealth.org or call Health Connection at 705-721-7520 or 1-877-721-7520.



Stress: Our kids get it too!

Kids have stress, just like us. Stress is a normal part of life, but our bodies are only made to handle it for short amounts of time. Continued stress can cause feelings of pressure, anxiety and tiredness. It can make it hard for kids to focus in school and can cause them to become sick, get lower grades or make unhealthy choices. It's easy to mistake signs of stress for bad behaviour in your child. You can help them learn to manage stress by staying calm, showing love and talking openly about their feelings. Encourage them to try calming activities like deep breathing or doing something active. If the stress continues, be sure talk to your child's family doctor or health care provider. To speak with a public health nurse, contact Health Connection at 705-721-7520 or 1-877-721-7520 or visit the health unit website for more information at www.simcoemuskokahealth.org.

Information provided by the Simcoe Muskoka District Health Unit

Identifying school-sponsored trips



All field trip information will be sent home on school and/or Simcoe County District School Board letterhead. This is the best way for parents/guardians to identify supervised and approved trips. There may have been times when community or external groups have organized trips that have been mistaken for school-sponsored field trips. Parents would be notified of individual circumstances if the school is aware that an external trip is being planned. When in doubt about any trip ask questions of the organizers, including "Who is sponsoring or in charge of this trip?", "Who will be supervising?" and "What are their qualifications?" You can also contact the school if you have any questions about a trip you see advertised that you think may not be school-sanctioned.

YMCA Healthy Kids Day taking place on April 29

YMCAs across Canada are celebrating Healthy Kids Day on Sun. April 29. It's a national day dedicated to improving the health and well-being of kids. The YMCA of Simcoe/Muskoka is happy to host this FREE event for everyone in the community, offering fun and healthy activities for the entire family to enjoy. Across Canada, most children do not meet the recommended 60 minutes of daily physical activity.

Rising rates of obesity and related chronic disease tell us that getting kids active should be a top priority for parents, schools, and all Canadians. With summer just around the corner, here are some practical tips on how to keep your kids active and healthy:

Rather than heading out on a walk or jog solo, invite your kids to hop on their bicycles, skateboards and scooters and head out with you. You will come back energized and connected knowing that you've set a great example and spent quality time together. Everyone wins!

Many communities have free or low-cost youth activities or programs at facilities such as pools, playgrounds, parks, sporting fields, community centres and the YMCA! Ask your child's teacher, contact your local municipality, search online or contact your local YMCA for upcoming events.

Depending on the distance and safety factor, consider letting your children walk to school, the library, their friend's house or any other place you would normally drive them to. Some kids may be inspired by tracking their steps with a pedometer. Pedometers are relatively inexpensive and many libraries have them available on loan!

Join the YMCA of Simcoe/Muskoka on Healthy Kids Day and learn about healthy habits, connect with other parents and get the whole family active together under one roof. For schedules of activities and more information, please contact the YMCA in your community:

www.ymcaofsimcoemuskoka.ca.

Information provided by the YMCA of Simcoe/Muskoka