



Coldwater Public School Moonstone Elementary School



K. Hayden/R. Bowman
Principal

MARCH 2018

K. Kadlec
Vice-Principal

Dear Parents/ Guardians,

February has been another busy month! Volleyball and Basketball teams are in progress and I would like to thank Mr. Sponagle, Mrs. Allen, Ms. St. Amant and Mr. Tillmanns for their time coaching these sports!

Our movie night “ Ferdinand” was a big success and I would like to thank all the parent volunteers who helped that night especially Julia Lialiuk who organized the evening!

March Break will be upon us soon, I wish you all a very relaxing and safe March Break!

Mr. Bowman

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, keyboards, or wet tissues and then are touched by someone.

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 with soap and warm running water for at least 15 seconds.

If your hands are not visibly dirty, you can use alcohol based hand rub hand sanitizer for 15 seconds. Cover coughs and sneezes with a tissue or cough into your sleeve or upper arm 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

Child care programming available for March Break



The Simcoe County District School Board (SCDSB) supports your child care needs by offering full-day child care programs in select schools across Simcoe County on PA Days and school holidays.

Over 30 of our schools offer child care programs for children from Junior Kindergarten to 12 years of age, including care over March Break (March 12 to 16). The daily fee is \$34.20 and a fee subsidy may be available to families who qualify.

Registration in advance is required. Please contact the child care operator directly to register. More information and contact numbers can be found at www.scdsb.on.ca – click on ‘Schools’ and then ‘Before & After School Care.’

Now accepting Kindergarten registrations

Do you or someone you know have a child who was born in 2014? If so, it’s time to register them for Kindergarten! Elementary schools are now registering children for Kindergarten for the 2018-19 school year. Required registration documents include birthdate documentation, proof of address and immunization records. Visit www.scdsb.on.ca/kindergarten for more information.

Packing a healthy school lunch

A school lunch should give children the energy and nutrients they need to be ready to learn, be more alert and perform better at school. When planning lunches keep these tips in mind:

- include one serving from at least three of the four food groups from Canada's Food Guide
 - rather than buying pre-made lunch kits, make your own healthy lunch kit with divided containers and small, bite-sized cheese cubes, cooked chicken chunks, veggie sticks or fruit slices
 - get your kids to eat more veggies - send cucumber coins, zucchini sticks and pepper strips with dip
 - fill whole wheat or multigrain wrap/pits/tortilla shells with your child's favourite foods such as hummus and grated carrot or sliced turkey with honey mustard
- don't have them drink their fruit...send water instead
- Looking for more information to help keep you and your family healthy? Call Health Connection at 705-721-7520 or 1-877-721-5720 to speak with a public health nurse or visit the health unit's website at www.simcoemuskokahealth.org.

Get active and energized this March Break



March Break is the perfect opportunity to get your kids off their screens and moving! Children are spending less time being active and only seven per cent of Canadian kids get enough exercise. Health Canada recommends children and youth get 60 minutes of physical activity every day. Getting our daily dose of exercise not only helps to prevent health risks, it builds strong muscles and bones, develops positive body image and supports mental health. Here are ideas to get you and your kids moving this March Break:

- Get outside and enjoy some fresh air as you explore your local trails, parks and toboggan hills, or build a snowman!
- Make a splash at a local community pool like the YMCA of Simcoe/Muskoka. Day passes are available for families to take advantage of recreational swimming. For older kids, March Break is the perfect time to enrol in aquatic leadership programs such as Bronze Medalion or National Lifeguard training.

Train as a family by signing up for the YMCA's *Move to Give* fundraising event, happening on April 7. Challenge the whole family to start training for a 5K run, indoor cycling or a triathlon and continue training together until the event. It will keep the entire family focused on a goal and it's all for a great cause – supporting your community! For more information, visit www.movetogive.ca.

Skating is a great sport for all ages – it's low impact and helps improve coordination and balance. Check your local public arenas for family skate times.

March Break is a great time to create healthy daily habits for your children and the entire family. The YMCA of Simcoe/Muskoka offers many opportunities to get fit as a family over the March Break. For more information, visit your local YMCA or www.ymcaofsimcoemuskoka.ca.

Information provided by the YMCA of Simcoe/Muskoka

Grade 8 Successful Transition Student Profile (STSP)

“As students progress from elementary school to secondary school, important personal student information is shared which eases each student's transition to secondary school.

Sharing this information also improves our ability to program effectively to benefit all students. Select student information will be shared at different times as appropriate. The collection and use of personal student information for such purposes is authorized under Sections 170, 171, 190 Part X and Part XIII, of the Education Act.

Please note that all information used for the transition process is limited, secure and protected at all times. Please contact Doug Paul, Superintendent of Education for this area, if you would like more information about the transition process at Coldwater/Moonstone.