



Principal's Message

It's hard to believe that September has come and gone and that we are moving into October.

Thank you to the students and staff of Simcoe Street Public School for such a great start to the 2019-20 school year. A variety of school activities, trips and co-curricular sporting events have already taken place. Congratulations to our Cross Country team for consistently working hard and having much success at all of your meets. Congratulations to our Intermediate and Junior Co-ed Soccer teams, at our Area tournaments. Our students were noted by other Area teachers and administrators as displaying amazing sportsmanship as they cheered on and supported other school teams. Way to go!!! You make us proud and you should be proud of yourselves too!

I would also like to thank those parents who have taken the time to introduce themselves to me throughout the past month. I would also like to thank our parents who come out every Tuesday morning to make breakfast for all of our students. Your efforts are appreciated!

The month of October will be a busy one! Please check the monthly calendar online and included, for events and activities. October also provides us with the opportunity to pause and reflect on all that we have been given. As a Principal, I am thankful for the effort, dedication, creativity and skill of our school staff. I am also thankful for the enthusiasm our students are bringing to school each day. Well done Stingers! COUNT US IN!



Principal

Ms. J. Moore

Secretary

Mrs. S. Reeb
905-358-9121

Email

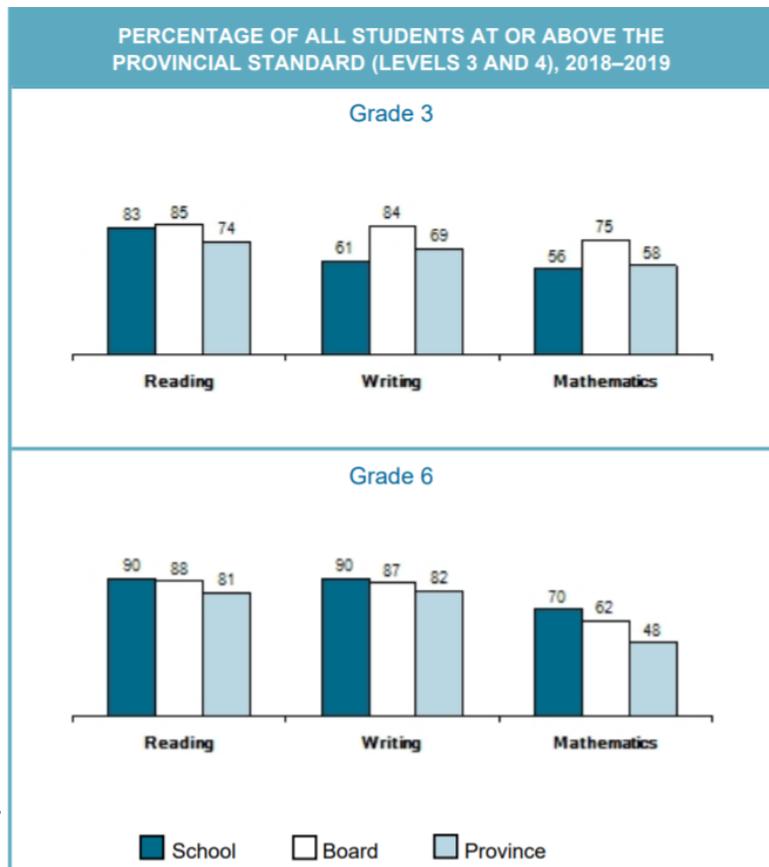
SIM@dsbn.org



Have a Happy Thanksgiving and a Spook-tacular Halloween.

EQAO RESULTS

In late May and early June of each year, the Education Quality and Accountability Office (EQAO) requires Grade 3 and 6 students in Ontario to write an assessment of reading, writing and mathematics. Students achieving levels 3 & 4 are considered to be meeting Provincial Expectations. Results for Simcoe Street are provided in the adjacent graphs, which identify the percentage of students who are at provincial expectation (Level 3) or above provincial expectation (Level 4). The graphs also provide a comparison of how Simcoe Street did in relation to the DSNB average and the Provincial average. Individual results for students will be sent home early in October. If parents have questions regarding the Individual Student Reports please don't hesitate to contact the office. The staff of Simcoe Street are examining our trends in performance and will use their findings to assist in the development of our School Improvement Plan for 2019-20.



A more detailed review of the results will take place at our October School Council Meeting on October 16th.

School Council 2019-2020

Our School Council held its first meeting of the year On September 19th. It was awesome to see our group of parents grow. This year our council includes: Kerri Patterson (Chair), Sara Raekelboom (Co-chair), Emily Pentland (Secretary), Denise Perault, Gail Jokoo, Lesa Pfielsticker, Nancy Hernandez Navairo, Teri Powell, Hailey Bouvier, Shawna Rushton, Krystal White-Sargenfrei, Nadev Saider and Miss Linklater. At the initial meeting we:

- reviewed our School Council mission statement and commitments;
- reviewed our progress with our Chocolate Bar Fundraiser;
- We are in need of more parent volunteers who can help out during our hot dog day and Tuesday breakfasts. If you are interested in helping out at one of these events this year, please contact our office.

Our next School Council meeting is October 16th at 9:15 am in the Welcome Room! All parents/guardians are welcome.

Halloween is coming...



At the end of the month Simcoe Street will celebrate Halloween with our annual Halloween Parade. As you prepare for Halloween for school with your child(ren) please remember to avoid costumes that include weapons of any kind or that are overtly violent in nature. We ask that props, such as knives, spears, hooks, etc be left at home. Our annual Halloween parade around the school property will take place on Thursday, October 31st at approximately 1:45 pm. More information on our parade will be sent home closer to Halloween. Please encourage your children to Trick or Treat safely and with a buddy. Come November we ask that you limit the Halloween Treat component of your child's lunch to no more than 1 or 2 pieces a day. Thanks for your cooperation with this!

Ontario Schools Battery Challenge!

Just a reminder that Simcoe Street has joined Ontario Schools Battery Challenge. Please help us reach our goal of 1.36 kg for every student and staff member at Simcoe Street. Please bring in your used batteries and those of your friends! Batteries should be brought in, in a sealed plastic bag.

Our goal is also to keep these used batteries out of the landfills so they won't leach into our food and water systems. For more information, please visit www.rawmaterials.com/ontario-school-recycling-challenge/student/.



Thank you to Mrs. Hoday's Gr. 2/3 class for initiating this campaign!

Keeping our School Safe and Healthy

If you have a child with a Prevalent Medical Condition (Anaphylaxis, Asthma, Diabetes, and/or Epilepsy) we want to make sure we have a current Plan of Care to support your child.

The **Plan of Care form** is a new document that replaces the Emergency Action Plan. All parents of children with Prevalent Medical Conditions are asked to fill out the new Plan of Care and submit to the school.

You can download the forms here dsbn.org/prevalent-medical-conditions.

For more information, please contact our school.

PARENT INVOLVEMENT COMMITTEE

If you are interested in attending the Parent Involvement Committee Conference on **Wed. Nov. 6th**. Please register by visiting www.dsbni.org/pic.

We are planning to car-pool. If you are interested in car-pooling, please let Ms. Moore know by November 5th.

Child-care is provided! Dinner is also provided for attendees and children.

Calling all parents & caregivers

IT'S TIME TO REGISTER!

Join us for an evening of learning & free workshops!
Register online at www.dsbni.org/pic

Wed. November 6, 2019

4:00 to 8:15 pm at Eden High School
535 Lake Street, St. Catharines

Join us for an evening of learning & FREE workshops!

Mark your calendar for the 2019 DSBNI Parent Involvement Conference, at Eden High School in St. Catharines. Join us for an evening of free workshops for parents and caregivers of DSBNI students of all ages. For more information about the event visit www.dsbni.org/pic



Early Bird Draw!

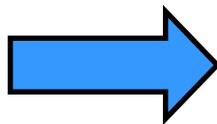
Register before October 2, 2019
and you could WIN \$500 of support
for your School and School Council!

Terry Fox news...

On Friday September 27th, the entire Simcoe School community ran/walked in aid of Cancer research. A huge thank you to the entire staff and the students of Simcoe Street School for their effort. Our students continue to be inspired and motivated by Terry's example of never giving up!

Parent Breakfasts

Please join us on **Wednesday, October 2nd at 8:30 pm** for our first Parent breakfast! Students are welcome to join their parents/guardians in the gym at 9 am for YOGA!



PARENTS & GUARDIANS
of Simcoe St. School:
Join us for each month in the welcome room for

Parent Breakfast! **FREE**

-  **YOGA with your child(ren)!**
Wednesday October 2nd
Yoga at 9:15am
Parents stay for breakfast after
-  **Curriculum 101**
Thursday November 7th
Coffee/Tea 8:30am
Breakfast and session at 9:15am
-  **Seasonal Centerpiece Craft**
Wednesday December 4th
Coffee/Tea 8:30am
Breakfast and craft at 9:15am

Niagara Falls Community Health Centre
SIMCOE STREET SCHOOL
Niagara Region PUBLIC HEALTH

MINDFULNESS....5 SIMPLE WAYS!



1) Think about someone else's pain and how you might help

When you're going through a hard time, it can feel all-consuming, and even hurtful, that the rest of the world is just skipping along as always while your reality has been turned upside down. Yet when things are going well, we can be strangely oblivious that someone else might be experiencing the same kind of difficulty we've known. Is there someone in your sphere right now who is struggling? Consider what it might be like for this person to go home after work, cope with the holidays, or face some scary or challenging appointment. Is there anything you can do to help? Maybe it's hands-on support—an offer to drive, to shop, to babysit. Perhaps it's emotional—a note letting them know you care, a small bouquet from your garden, a call to check in. Could you also hold them in your thoughts, silently wishing for their well-being?

2) Pause before responding in a conversation

Being a [mindful listener](#) means tuning in to the other person instead of just mentally prepping for your own commentary. But it can be difficult to do, especially if you're not used to it. Practice this awareness-building technique in your next conversations: Before you respond to what someone has said, pause and check in with yourself. Notice your body position, your energy, any urges in your mind. Take a breath. Now, what might you add to the conversation?

3) Stop and tune in to the environment around you

The next time you're out walking your dog, taking your lunch break, or checking the mail, just for a minute, stop—and listen. Ceasing physical motion is often just enough to momentarily slow the ever-whirling mind-train, allowing your environment to come alive, like waves rolling toward shore. Wind, birdsong, city noises, construction, kids on a school playground: Let the sounds fill the sonic field of your attention. Soon enough your idle mind will come back online. But for those few delicious moments, you get to be a spectator to the whole shebang.

4) Walk or bike rather than drive

Do you ever get into your car, start it up, and arrive at your destination 20 minutes later with no recollection of the drive? Cars encourage us to disengage from our surroundings—we close the doors and are effectively cocooned in our own little sound-proof world until we get out again. It's harder to turn inward [when walking](#) or riding a bike. Instead, you're out there in the world, exposed to the elements, your attention drawn outward.

5) Let a manager know you received great service

It's so easy to be a [critic](#). (Um, Yelp much?) But do you shout from the rooftop when you have good customer service? When someone goes out of their way to be helpful, kind, and super-efficient at their job, it's like a balm for the bumps and scrapes of daily living. Telling a supervisor not only gives deserved credit to the employee, it lets the business know what it's doing right. Really, it takes so little effort to give a compliment, but the message can go far.

This article also appeared in the [June 2018](#) issue of *Mindful* magazine.

Yard Supervision

Supervision before school, begins at 8:35 a.m. Buses usually begin to arrive about 8:40 a.m. Parents/Guardians are asked **NOT to drop off their children prior to 8:35 a.m.** as there is no supervision on the playground until that time. Parents will be contacted by the office if children are left at the school prior to the supervised time. End of the day dismissal is at 3:15 p.m. and parents are asked to be prompt in picking up their children. **We do not have teacher supervision on the yard after school, past 3:30 pm. Students are expected to go home after school.**



Remind Me App— Stay informed!

In our busy lives, events can sometimes be overlooked. Sign up for the **free Remind App** and receive text or email reminders about school events. To sign up, **text @simcoestr** to the number **(289) 812-5099** or download the free Remind App and register with class code **simcoestr**.

This form of communication is one-way. You will not be able to respond back. The purpose of the text is to provide you another way to stay informed.

Community Crew— Lunch Angels Program

We are pleased to announce that the Lunch Angels Program has commenced once again at Simcoe Street. Every week the Lunch Angel volunteers deliver lunches to students in our region. Students from our school will be benefiting from this **FREE** lunch program every Thursday.

The lunches consist of a sandwich, fruit, vegetable and granola bar. There are sandwich choice options. Allergies and dietary restrictions are honoured.

The program will run all school year!! If you need an application form for your child(ren), please contact our office.

We are grateful to have the support of this program in our school!

Niagara Community Health Centre— AGM

Congratulations to Simcoe Street School on receiving the first ever Community Partnership Award from the Niagara Falls Community Health Centre! Thank you to all of our students and families who came out to support this special event and who enjoyed the Block Party!!



Free Dental Screening

Free Dental Screening Coming to Your School

A Public Health registered dental hygienist is scheduled to visit your school October 30th to provide dental screening to students in JK, SK, grades 2, 4 and 7 as required under the Health Protection and Promotion Act.

During this time the registered dental hygienist will perform a quick visual inspection of each child's teeth to determine his/her dental needs. Parents will be contacted if their child requires immediate dental care. The Healthy Smiles Ontario program may financially assist children who do not have access to required dental care.

Please contact the Public Health dental program if:

- 1. You wish to exclude your child from dental screening**
- 2. Your child is not in one of the targeted grades and you would like him/her to participate**

In addition to dental screening, JK and SK students have an opportunity to receive an optional free fluoride varnish application if they have returned a signed consent form.

Call the Dental Health Line at 905-688-8248 or 1-888-505-6074 ext. 7399 or email dental@niagararegion.ca.