



Clearview Meadows Elementary School

Bus zone: West

12 Locke Ave.
Stayner, Ontario

www.cle.scdsb.on.ca

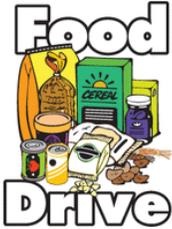
<https://twitter.com/CMESWolfPack>

Jacqueline Linton
Principal

December 2019
Character Trait: Empathy

Sue Moxam
Principal's Assistant

Our Commitment to Feeding the Hungry



This year our school is collecting for "12 Days of Christmas" between December 2 – 17) for the Stayner Food Bank. Please see the flyer on the back of our December calendar. After speaking with a volunteer coordinator we were shocked, but motivated by the statistics shared with us about the need in our own

community. Please continue to support our local Food Bank during the month of December.

Stocking Up for the New Year



By this time of year our students are beginning to need new school supplies such as markers, glue sticks and pencils, pens and lined paper.

There is nothing better than returning to school in January with new school supplies. Please check with your child to learn what items he/she needs. It makes the school day go much better when a child has his/her special tools to complete the work.

Bookfair a Success!

Thank you to all who supported our bookfair. We raised just over \$2,800 which will be used to purchase books and resources for our Library.

Pediculosis – Head Lice Checks

Remember to keep checking regularly. Also, please remember to notify the school if your child does have lice or pin worms so that we can be proactive in sending notifications home. We appreciate your support in our effort to minimize the impact in our school.



Safe Arrival System



We ask all parents to contact us when their child(ren) will be late or absent from school. When we don't hear from a parent/guardian, and a student is absent, our automated message centre will

contact you to inform you of your child's absence. Lates and absences impact the learning of your child. Students who are late or absent more than 15 times will experience this impact and may or may not continue to experience successes at school. Being at school does make a difference. We monitor attendance

closely. A written note is required in the office if a student is absent for 3 days or more. **We do not accept text messages and students that need to leave early must use the office phone to call an adult.**

We no longer have an email account for safe arrival. Please leave a message on the school's main number regarding a student's absence. This line is available 24/7 for messages.

Student Pick Up Arrangements

If an emergency arises and you need to change your child's pick up routine, contact the office before 2:00 pm. This is to allow enough time to make sure your child is aware of the change.



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:

Dec 6 National Day of Remembrance and Action on Violence Against Women

Bus Cancellation Information



Although fall is still here, winter is just around the corner in Simcoe County. With it comes the possibility of severe inclement weather conditions, challenging winter driving conditions and, as a result, possible bus and school event cancellations.

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, please remember that schools are still open (unless otherwise noted) for student learning.

The Consortium, in conjunction with bus operators, will make the decision to cancel school buses before 6 a.m. and as such, will make every effort to post announcements between 6 and 7 a.m. Parents should also note that inclement weather cancellations are effective for the whole day and buses cancelled in the morning will not run at the end of the day.

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.triplepontario.ca/en/home.aspx.

Information provided by the Simcoe Muskoka District Health Unit.

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