



Clearview Meadows Elementary School

Bus zone: West

12 Locke Ave.
Stayner, Ontario

www.cle.scdsb.on.ca

December 2020

<https://twitter.com/CMESwolfpack>

Sara Jo Ottewell
Principal

Character Trait: Empathy

Kelly Cox
Vice-Principal

IMPORTANT DATES

December 4 – Spirit Day - Wacky Christmas Sweater
December 7 – 11 SCDSB Learn@Home and in-person learning Online Survey
December 11 – Spirit Day - Dress Festive
December 18 – Spirit Day - PJ Day
December 21 – January 1 - Holiday Break

Character attribute for the month of December

Empathy - we strive to understand and appreciate the feelings and actions of others.
More information about character education can be found here: www.scdsb.on.ca/about/character_education.

COVID-19 self-assessment

All students and staff will be expected to self-screen prior to attending school each day, using a self-assessment tool provided by the SMDHU. Students or staff with symptoms must stay home from school. To access the COVID-19 self-assessment tool, please visit the SMDHU website.

Elementary (Grade JK-8) Learn@Home and in-person learning

Families will be receiving a survey regarding learning modes (in person and Learn@Home) during the week of Dec. 7-11. If you do not receive your survey by Tuesday, Dec. 8, please contact research@scdsb.on.ca.

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
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Inclement weather and bus cancellation information reminder

All information regarding cancelled buses in Simcoe County is posted on the Simcoe County Student Transportation Consortium (SCSTC)'s bus information website at www.simcoecountyschoolbus.ca. Our school is in the **West** zone.

When buses are cancelled, schools remain open for student learning, as in previous years. It is always a family decision whether or not it is safe for your child(ren) to leave for school under severe weather conditions.

This year, please note that students who are unable to attend school due to bus cancellations will be able to access learning materials on the digital learning platform assigned by their teacher, either Desire2Learn (D2L) or Google Classroom.

Students in the Learn@Home program will continue with regular programming as scheduled.

The SCSTC and bus operators try to make the decision to cancel school buses before 6 a.m. and make every effort to post announcements before 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](https://twitter.com/SCSTC_SchoolBus) for bus cancellations and other information. You can also subscribe to receive bus delay notifications here: <https://scstc.ca/Subscriptions/Login.aspx>

Grade 1 French Immersion information

The Simcoe County District School Board (SCDSB) offers French Immersion (FI) at select schools throughout Simcoe County beginning in Grade 1. The goal of the FI program is to enable students to communicate in French with a high level of proficiency, enabling them to function with ease in both French and English. Upon graduation from the program, students will communicate in French with confidence in a wide variety of real-life situations.

Historically, in-person Grade 1 FI Family Information Nights are held annually in advance of the application process for the following school year. This year, due to restrictions to large-group public gatherings, in-person Family Information Nights will not be held. In lieu of this, an [information page on the board's public website](#) has been created to allow families the ability to access and learn about the program and the application process.

The online Grade 1 FI application form will be available from 9 a.m. on Tuesday, Dec. 1, 2020 until 4 p.m. on Friday, Dec. 18, 2020. In Grade 1, enrollment in the FI program is limited to a maximum of two classes of 20 students per class at each host site for the FI program. The electronic applications will be processed in the order determined by a digitally randomized lottery system.

Please note that the host sites for FI may change during your child's time in the program, and your child may need to move schools. This may also include splitting the program between two different sites.

Are you looking for extra mathematics support for your Grade 6 to 10 student?

[TVO Mathify](#) offers FREE one-on-one online Grade 6-10 math tutoring to students enrolled in Ontario's publicly-funded English-language schools. Features include an interactive whiteboard as well as voice and text chat to make it easy to upload a math question and figure it out with the support of a math tutor, at a time that works for you.

TVO Mathify is like a personalized math coach to support students' learning at home. Sign-up, login and connect with an Ontario certified teacher of your choice. It is anonymous and secure, and can be used from a phone, tablet or computer. Math tutors are available from 9 a.m. to 9 p.m. ET Monday to Friday and 3:30 to 9 p.m. ET Sunday.

What students are saying about TVO Mathify:

"I really liked my tutor. She helped a lot. Also I love the whiteboard, and all the tools you can use to solve your problems."
– Grade 7 student, Halton District School Board

"The tutor was very calm even though I initially had no clue what I was doing. I would absolutely recommend this site to anyone that needs help with their math." – Grade 10 student, Peel District School Board

Physical activity can make the holidays less stressful

For many, the holiday season can be a source of great physical and mental stress, and this year is no exception with the added pressures of the pandemic. Balancing finances, purchasing gifts, finding new ways to celebrate and connect while staying safe, eating unhealthy foods and staying up late 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:

- **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 [virtual yoga class](#); even a 10-minute walk can do the trick!
- **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!
- **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, both in-person and virtually. Our health and fitness centres in Innisfil and Collingwood are open and ready to safely welcome you and your family. With registered activities like open gym, family swim and our popular Y Kids program, the Y offers plenty of great opportunities to be active with your family in a safe environment. For more information on booking a visit to your YMCA, visit [ymcasm.ca/FAQ](#). If you are looking for activities to do in the comfort of your home, [YMCAHome.ca](#) has a variety of free, virtual fitness classes and family-friendly workouts. Be well and stay safe this holiday season!