



ALLISTON UNION PUBLIC SCHOOL
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MARCH 2018 NEWSLETTER – Issue #7
Integrity: Doing the right thing, even when no one is watching

STAFF PARKING LOT/KISS & DROP-OFF-PICKUP SAFETY – ACCESS FOR PARENTS

We are asking for the continued support of our school community to increase safety in our staff parking lot. AUPS is a walking school for those that do not use a school bus. In the morning at the kiss and drop-off and pick-up zone, we are asking drivers' not to park and exit their car in this zone. In the afternoon, it is observed that cars are parking in the kiss and drop-off/pick-up zone and parking in 'non-parking' spots which are blocking parked cars of our staff and visitors. To ensure ongoing safety of our school community and the flow of traffic, we are asking that cars park in designated spots only. Thank you for your understanding concerning increased safety in our staff parking lot and drop-off and pick-up zones **for our students / children.**

PARENTS, CAN WE ASK FOR YOUR SUPPORT?

Students & parents are asked to NOT text each other back and forth during the school day. We require that students obtain permission from their teacher(s) before making such calls/texts so we are aware of any concerns/needs/questions. We ask that parents and students trust in us to look out for each individual student's well-being. By going directly to their parents during the school day does not give us the opportunity to problem solve, develop independence, resiliency and coping strategies in your child.

NEIGHBOURS, WE NEED YOUR HELP!

We are noticing a lot of dog droppings on our school yard. If you notice people during the evenings &/or weekends walking their dogs and not cleaning up the droppings, please nicely ask them to refrain from leaving these unwanted "gifts" on the school yard or call the school if you are able to give us a name to call. No dogs (exception – Service Dogs) are allowed on our school property during the school day.

**Have a
Wonderful
March
Break**

March Break
 Monday, Mar
 12 – 16, 2018
 Back to school
 on Monday
 March 19th.



Girlstrong♥



Attention Girls in Grades 3-6!

Girlstrong, a running, empowerment and healthy living program will be starting at Alliston Union Public School this spring! The Girlstrong program will run Tuesdays and Thursdays beginning early May and ending mid June. This year the program will be for girls in grades 3-6. Registration is now over. All girls who registered have been accepted into the program.

<http://girlstrong.ca/wordpress/spring-program/>

Intermediate Boys' Basketball

The team competed in the zone tournament on February 22nd at Boyne River Public School. They won their first three morning games against Boyne River, Adjala and Cookstown to put them in first heading into the afternoon playoffs. We had a strong win against Baxter to put them in the final where we faced Tottenham. The team pulled out another win which advance us to the Areas on Feb 28th.

Intermediate Girls' Volleyball

Congratulations to the intermediate girls' volleyball team who competed in the zone tournament on February 22nd. The girls had a very successful day winning 8 of 10 sets and earning themselves a place at the Area tournament on Feb 28th.



SCENT FREE ENVIRONMENT

This is a reminder to students and parents that we are a scent free environment as there are a number of individuals that have respiratory and allergic reactions to strong perfumes and colognes. We wish to minimize the reactions these individuals experience by not wearing perfumes and colognes to school.

SCHOOL COUNCIL MEETING

The next School Council meeting will take place on Monday, April 9th at 6:00 pm. Please join us! There is no meeting during month of March.

BUS CANCELLATION INFORMATION

This information can be found at www.simcoecountyschoolbus.ca or a bus icon on the home page of the public website at www.scdsb.on.ca or Alliston Union's website at www.alu.scdsb.on.ca.

WINTER DRESS

Please remind students to continue to dress warmly for our early Spring weather. Sometimes the temperature in the morning has been quite comfortable and then has dropped considerably throughout the day. Students need to be prepared for cold weather with extra mitts, socks, gloves, hats, boots and warm coats with secure closures. On the flip side, some days the warm sun creates lots of puddles on our yard which seems to attract curious students. A change of clothes is a good idea. Parents, please remind students of the importance of wearing proper clothing outside for fitness breaks.

HOT LUNCH PROGRAM

Thank you to all of our families who are participating in the Hot Lunch program and appreciate your cooperation in making your purchases online through SchoolCash Online. Please see below the ordering dates for the remainder of the school year. These dates apply to both the pizza and pasta/chicken fingers that are offered at AUPS. We are now trying Boston Pizza pasta and chicken finger lunch.

Orders are now being collected for the term of March 19th to April 20th (5 week period). Orders must be in by March 7th.



STUDENT TARDINESS

A number of students are continuing to arrive late in the morning for the start of school. A number of these students are missing the lesson in literacy or numeracy and are then left to catch up on their own. This loss of learning will be reflected in their level of academic achievement and satisfaction with school. For those families that this effects, please ensure that your child(ren) get enough sleep each night, that they prepare their lunches and pack their school bags the night before, and consistently ensure your child(ren) wake up with a enough preparation and travel time to get to school on time. Arriving late for kindergarten is also very disruptive for the other children in the class as well as your own child. Please help us help your children.

Pay for field trips, lunch days, etc. with SchoolCash Online

The SchoolCash Online program is available at our school. Parents have the option to pay online for lunch days and other items. Parents who sign up will receive a notification when a new item becomes available for purchase. Items are personalized to each student. Parents use a secure online account to make payments, and can either make a one-time payment for each item as it occurs, or load money to carry a balance in the online account to make payments in the future. To create an online account, go to <https://simcoecounty.schoolcashionline.com/>. Please contact the school office with any questions.

DENTAL PREVENTIVE SERVICES – offered free

The Preventive Services Stream of Healthy Smiles Ontario (HSO-PSO), through the Simcoe Muskoka District Health Unit, offers Sealants, Fluoride, and Teeth Cleaning.

Please check your child's backpack or agenda for the HSO-PSO application.

PARENTS, if you qualify, complete, sign/date and return the HSO-PSO application form PLUS the consent form. Return the completed application to the Health Unit by mail (postage paid envelope was attached) or fax.

These services will be completed at a school clinic after March 2018, pending a sufficient response to hold the preventive services clinic at the school.

Should you have any questions, or require further information, please call 705-721-7520, ext. 8804, or toll free 1-877-721-7520. **THANK-YOU!**

Grade 8 Date Reminders

- High school information night gives an overview of what's new, what to expect, as well as a chance to check out the school and ask questions. Find out what's offered at Banting Memorial High School on Thurs, February 8th at 7:00 pm. Please note correct time.
- Camp Tawingo Parent Info meeting – Wed., March 7th at 6:00 pm at Alliston Union P.S.
- Graduation photos – Thur, March 29th beginning soon after 9:00 am
- Camp Tawingo year end trip booked for June 6th to 8th
- Grade 8 Graduation – date has been changed from original plan. Grade 8 graduation at Alliston Union P.S. will be Tues, June 26th.



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.



Parents invited to information sessions 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.

March 19

Accessing Supports in the Community

April 16

Understanding Alternative/Non-Academic IEP Goals

All sessions take place from 6 to 7 p.m. at the SCDSB Education Centre, located at 1170 Highway 26 in Midhurst. No registration required.

New Path offering child and youth mental health walk-in clinics

New Path now offers Child and Youth Mental Health Walk-In Clinics in five office locations throughout Simcoe County: Alliston, Barrie, Bradford, Collingwood and Orillia. The Walk-In Clinic provides a single session to children, youth and families who require support for emotional, relationship or behavioural challenges. The Walk-In Clinic can be accessed by children, youth and families as often as they require support. Children, youth and families can self-refer by attending one of the walk-in clinic locations across the county. Dates and times of the clinics are posted on the New Path website (www.newpath.ca). For more information, contact New Path's Central Intake Department at 705-725-7656 or from the 905 area code in Simcoe County by calling 1-866-566-7656.

Gilbert Centre programs for LGBTQ2S youth and families

The Gilbert Centre is a community-based, not-for-profit, charitable organization that provides programs and services to serve lesbian, gay, bisexual, transgender individuals and families in Simcoe-Muskoka. Visit the Centre's website at www.gilbertcentre.ca for more information about these programs:

- **LGBTQ2S Youth Connection drop-in groups**

LGBTQ2S Youth Connection is a drop-in and social space for lesbian, gay, bisexual, queer, 2spirit, trans, asexual etc. and questioning youth. Groups are a place for youth to connect with each other and to community. Groups take place in Barrie, Midland and Orillia.

- **Parenting LGBTQ Youth sessions**

These free sessions, 'Parenting LGBTQ Youth,' are offered in April, May and June in Alliston, Barrie, Collingwood and Orillia. Dinner is provided. To reserve your spot, contact Jake at jakef@gilbertcentre.ca or 705-722-6778 ext. 107.

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

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.

Information provided by the Simcoe Muskoka District Health Unit

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 Medallion 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

MARCH 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2
5	6 Int Boys' Basketball Int. Girls' Volleyball Chess	7 6:00pm: Gr 8 Camp Tawingo Parent Info meeting	8 Gr 5 Dictionary presentations Gr 7 LePapillon Restaurant, Toronto	9



MARCH BREAK - enjoy

19	20	21 Gr 1-McLaren Art (in class)	22	23
26	27	28	29 Gr 8 Grad Photos Yearbook orders due	30