



# ELMVALE DISTRICT HIGH SCHOOL

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## December 2020 Newsletter

### EDHS School Hours (Grade 7 and 8)

AM Learning Block	8:50-10:50
Lunch	10:50-11:50
PM Learning Block	11:50-3:25
Dismissal	3:25



### EDHS School Hours (Secondary)

AM Learning Block	8:50-10:50
Lunch	10:50-11:35
PM Learning Block	11:35-1:35
Study Hall	1:35-3:25
Dismissal	3:25

### Important Dates

**December 6th** - National Day of Remembrance and Action on Violence Against Women.

December 18th - Secondary Mid Term Report

December 18th - Last Day of School

January 4th, 2021 - First Day of School

### 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



<https://covid-19.ontario.ca/school-screening/>.

### Food allergies

To ensure a safe environment for all students, please do not send any peanut or nut products to school.



Read ingredients carefully and check with teachers before sending treats for any special occasions.

Please be aware that there may be different allergies in a classroom which might mean other items may not be brought in. Your classroom teacher will make you aware if this is the case.

Many schools implement 'Reduce the Risk' programs to support students with potentially life-threatening food allergies.

Your co-operation is essential and greatly appreciated.

### No Visitor Access

Following the direction from our local health authority, the SMDHU, all SCDSB schools will be closed to parents/guardian and visitors.

Parents/guardians may call the office to receive assistance.



## 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](http://www.simcoecountyschoolbus.ca). Our school is in the **NORTH** zone. When buses are cancelled, schools remain open for student learning, unless otherwise noted. It is always a family decision whether or not it is safe for their child(ren) to leave for school under severe weather conditions. The Consortium 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>



## Elementary (Grade 7-8) 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](mailto:research@scdsb.on.ca).

## High school information events for Grade 8 students

Is your child starting Grade 9 next year? High school information events will happen virtually this winter. Student leaders and staff at the school will give an overview of what's new and what to expect. Different pathways and courses offered will be explained. Visit your school's website for more information.

From the Staff at  
E.D.H.S we want  
to wish you a  
Merry Christmas  
and a safe and  
Happy New Year.



## 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.

## Do you know a student from 15 to 18 years of age who wants to develop skills and explore career opportunities? Youth Job Connection Summer (YJCS) can help!

YJCS includes 20-30 hours of paid (\$13.40 per hour) workshops to help them:

- Identify career options that could 'fit' based on their interests, strengths and abilities
- Understand the pathway that is best for them – education, apprenticeship or work
- Develop their soft skills, such as customer service, leadership and communication
- Manage workplace and employer expectations like a pro

YJCS includes hands-on job experience and exposure to careers and workplaces so that they can:

- Explore career options and gain work experience
- Participate in a paid job placement matching the individual's interests and abilities
- Access financial support for transportation, work clothing and equipment costs, if needed
- Get job-related certification or training

Know someone who might be interested?

Call the Career Centre at 705-725-8990 or email [info@barriecareercentre.com](mailto:info@barriecareercentre.com).

Eligible participants must be 15-18, unemployed, full time student, resident of Ontario and eligible to work in Canada. Youth Job Connection Summer is an Employment Ontario program.



## Register now for Night School (Semester Two) to complete high school, prepare for post-secondary education

Night school offers secondary school credits in a variety of subjects for students completing their Ontario Secondary School Diploma, and for students who are preparing for post-secondary education.

Subjects include math, English, chemistry, biology, physics, social science and history. All night school courses this year are offered virtually using Brightspace/D2L with opportunities for synchronous classes, small groups and one-on-one sessions each evening with the teacher in addition to asynchronous coursework.

Classes are held two nights per week from 6 to 9 p.m. and run given sufficient enrolment.

Learn more at:

[www.thelearningcentres.com](http://www.thelearningcentres.com).



## Stop the Spread – Teens and COVID-19

Locally we have seen cases of COVID-19 rise to levels not seen since the spring. Among teens, we have seen transmission occurring outside of school in social settings. Physical distancing to slow the spread of COVID-19 can be especially hard for teens, who may feel cut off from their friends.

Here is how you can encourage your teen to keep up important behaviours:



**Share information about what is happening** in a calm and factual way to help ease their concerns about the virus. Discuss facts about COVID-19 and correct misinformation when you hear it. Avoid speculation and look up **reliable** sources for updates like the Public Health Agency of Canada and the Simcoe Muskoka District Health Unit.

**Encourage limiting close contacts to those inside your household.** Being in the same class or riding the bus together is not the same as being in a 'social bubble'. At school, many protective measures are in place to limit the spread of COVID-19. If spending time with friends outside of school (on breaks, after school or on weekends) encourage your teen to follow public health recommendations to help reduce the spread of illness.

**Reinforce the basics**, like the importance of frequent hand washing, physical distancing and wearing a mask when maintaining a distance of two metres is not possible, indoors or out.

If you would like to learn more about ways to talk openly with your teenager about COVID-19, call *Health Connection* at 705-721-7520 or 1-877-721-7520, or visit

[www.simcoemuskokahealth.org/Topics/COVID-19/Stop-the-spread](http://www.simcoemuskokahealth.org/Topics/COVID-19/Stop-the-spread)

## 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](http://ymcasm.ca/FAQ). If you are looking for activities to do in the comfort of your home, [YMCAHome.ca](http://YMCAHome.ca) has a variety of free, virtual fitness classes and family-friendly workouts. Be well and stay safe this holiday season!

*Information provided by the YMCA of Simcoe/Muskoka*

Oh, the weather outside is frightful  
But the fire is so delightful  
And since we've no place to go  
Let it snow, let it snow, let it snow



## COVID-19 holiday travel

The Simcoe Muskoka District Health Unit recommends that you only travel outside of your home for essential reasons such as work, school and purchasing necessities. Avoid travelling outside of your community as much as possible, including to attend family gatherings, religious services or events at municipal venues, in order to reduce transmission between geographic areas.

Recommendations for travel may change. Check for updates regularly at <https://travel.gc.ca/covid-19-travel>. For more tips to keep you and your family healthy this holiday season, contact *Health Connection* at 1-877-721-7520 or visit the health unit's website at [www.simcoemuskokahealth.org/Topics/COVID-19](http://www.simcoemuskokahealth.org/Topics/COVID-19).



## Stress: Kids get it too!

Kids have stress, just like us. Stress is a normal part of life, but our bodies are only made to handle it for short amounts of time. Continued stress can cause feelings of pressure, anxiety, and tiredness. It can make it hard for kids to focus in school and can cause them to become sick, get lower grades or make unhealthy choices.

It's easy to mistake signs of stress for bad behaviour in your child. You can help them learn to manage stress by staying calm, showing love and talking openly about their feelings. Encourage them to try calming activities like deep breathing or doing something active. If the stress continues, be sure to talk to your child's family doctor or health care provider.

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](http://www.simcoemuskokahealth.org).

*Information provided by the Simcoe Muskoka District Health Unit*

## Coping with anxiety

Feelings of anxiety can be common among teens, especially right now. 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. Encourage your teen to explore available online and local services.

[Big White Wall](#): 24/7 online mental health support network for individuals 16 years and older.

[Kids Help Phone](#): Children and youth 18 and under who need to talk to someone about their mental health can call Kids Help Phone at 1-800-668-6868, for 24/7 virtual, or text 686868.

[COVID-19 Youth Mental Health Resource Hub](#)

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.

*Information provided by the Simcoe Muskoka District Health Unit*

