

# OAKLEY PARK PUBLIC SCHOOL

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H. Cameron Armstrong, Principal

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## OAKLEY PARK COMMUNITY WEEKLY UPDATE Week of October 8<sup>th</sup> 2018

Happy Thanksgiving!

Thank you to all of our families that were able to make it to our Oakley Park Open House this past week! I know all of our teaching staff were happy to meet many families and show off their classroom space. Our School Council helped to make the night a success with our school council table and the Pizza-Q. Thank you! School clothing (Raider Wear) was available for sale and order, and can still be ordered through SchoolCashOnline until October 25<sup>th</sup>. Our chocolate fundraiser also continues to go well for our new sound system in the gym. Cases of nut-free chocolates or chocolate almonds can be purchased at the school or through SchoolCashOnline throughout October until sold out.

Congratulations to all of our cross-country runners on their hard work and excellent finishes at the Sunnidale Park run this week. Our runners next race is on Wednesday at Sunnidale Park. Come cheer us on!

School Council had their first meeting of the school year on Tuesday night and elections were held for new council positions including:

- Co-Chairs: Rachel Orth and Robyn Smith
- Breakfast Club Co-ordinators: Jennifer Fry-Armstrong and Jessica Pettey
- Fundraising Co-ordinator: Amanda Campbell
- School lunch Co-ordinators: Sheri Doyle and Jessica Pettey
- Recording Secretary: Sheri Doyle
- Treasurer: Erline Wong-Sing; and
- School Council Newsletter: Robyn Smith

Welcome to our new and returning members. School Council always has room for more members – bring your talents and contributions next month: Tuesday November 6<sup>th</sup> at 6pm.

The week ahead:

<b>Monday October 8<sup>th</sup></b> Thanksgiving Monday – NO SCHOOL
<b>Tuesday October 9<sup>th</sup> – DAY FIVE</b>
<b>Wednesday October 10<sup>th</sup> – DAY ONE</b> Pita orders due Cross country running – Sunnidale Park (all day)
<b>Thursday October 11<sup>th</sup> – DAY TWO</b> Pasta lunch day

## Friday October 12<sup>th</sup> – DAY THREE

Pizza day

### **Some Upcoming Dates to Remember:**

October 17<sup>th</sup>: Sub lunch orders due  
October 18<sup>th</sup>: Pita lunch day  
October 19<sup>th</sup>: Pizza day  
October 22<sup>nd</sup>: PA Day – NO SCHOOL FOR STUDENTS  
October 23<sup>rd</sup>: Vaccinations for Grade 7 students  
October 25<sup>th</sup>: Sub lunch day; Raider Wear orders due  
October 26<sup>th</sup>: Pizza day

### **School Updates:**

Are you interested in learning more about Self-Regulation? Self-Reg is a powerful method for understanding stress and managing our energy flow in order to promote self-regulation.

The practice of Shanker Self-Reg<sup>®</sup> helps people understand and respond to others (and themselves) by considering self-regulation across five interrelated domains: biological, emotion, cognitive, social, and prosocial using The Shanker Method<sup>®</sup>:

1. Reframe the behavior.
2. Recognize the stressors (across the five domains).
3. Reduce the stress.
4. Reflect: enhance stress awareness.
5. Respond: develop personalized strategies to promote resilience and restoration.

Shanker Self-Reg<sup>®</sup> is a valuable and accessible tool for children, youth, and adults as well as people who care about and work with them. <https://self-reg.ca/self-reg/>

Starting in October, we will be holding free after-school workshops for caregivers of students at Oakley Park. This 5-week course will be led by the SCDSB Principal of Well-being, using Stuart Shanker's Self-Reg course to focus on your well-being and your child's well-being too! For more information, call the school.

### **SCDSB Updates:**

#### **School Council members invited to *Connections* event on Oct. 23**

School council members are invited to join us at Connections, the Simcoe County District School Board's (SCDSB) school council development and networking event.

When: Tues. Oct. 23, 4 to 7 p.m.

Where: SCDSB Education Centre, 1170 Hwy. 26, Midhurst

Participants can gather tips and important information to help you in your role on school council, contribute to group discussions, browse booths and enjoy snacks from our approved vendors, and network with fellow school council and Parent Involvement Committee members. This year, we welcome Jacqui Strachan, Communications Director, People for Education, who will discuss fundraising and equity within a school council. Register at [www.scdsb.on.ca/connections](http://www.scdsb.on.ca/connections). Register by Oct. 16 for your chance to win a \$500 parent engagement grant for your school. The winner(s) will be drawn at the event. You must be in

attendance to win the prize.

**It's time to update your child's immunization record** *(for elementary and secondary schools)*

The Simcoe Muskoka District Health Unit is required to keep up to date immunization records for all students who attend elementary or secondary school in the County of Simcoe and the District of Muskoka. Parents are responsible for reporting immunizations to the health unit each time their child receives a vaccine from their health care provider. It's easy to update your child's immunization status. Go to [www.smdhu.org/immsonline](http://www.smdhu.org/immsonline) to update your child's record, or call Health Connection at 705-721-7520 or 1-877-721-7520 (toll free).

*Information provided by the Simcoe Muskoka District Health Unit*

**October is International Walk to School Month** *(for elementary and secondary schools)*

Get in on the fun and be part of this worldwide event! Encourage your child or teen to walk or cycle to and from school if you live close by and team up with others to make the trip more fun. If you usually drive your child to school, try getting them to walk part of the way. If your child takes the bus, walking to and from the bus stop is a great way to add physical activity minutes into the day. Walking or cycling allows kids to enjoy the outdoors and get their recommended 60 minutes of physical activity each day. Learn more:

<http://ontarioactiveschooltravel.ca/international-walk-to-school-month/>.

*Information provided by the Simcoe Muskoka District Health Unit*

**Well-being:**

**Student Well-Being - Positive Feelings**

My name is Rebekah Smith, I am a Child and Youth Worker at Oakley Park for this school year. Each week I will attach a game or an activity that you can play together as a family. This activity will be "All About Imagination." How the game is played is you use two dice. The person whose birthday is closest to today's date goes first. When you roll a number you read the question out loud to the family. You answer the question and pass the dice/ dice to the person on your right. This game will help promote communication and a relationship with your child. It can even be a series of questions you ask when driving in the car or out for a walk.

1. If I could be a cartoon character, I would be...
2. If I could be an animal, I would be...
3. If I could have any superpower, I would choose...
4. If I could invent a new ice cream flavor, it would be...
5. If I could trade places with anyone for a day, it would be...
6. If I could play any musical instrument, it would be...
7. If I could be the teacher for the day, I would...
8. If I have 1 million dollars, I would...
9. If I could go anywhere in the world, I would go to...
10. If I lived in the future...



**Oakley Park Public School**

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