



Mundy's Bay Public School

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Chris Harding
Principal

Cara Thatcher
Vice-Principal

From the Principal's Desk:

First term is complete and, hopefully, we are moving towards warmer weather and sunshine! The winter weather doesn't seem to want to disappear for us, so please remember to dress students in clothing appropriate for the conditions outside.

The Intermediate Girls' Volleyball and Boys' Basketball Teams have completed their seasons with great success! Many thanks to our coaches who volunteer their time at lunch and before and after school to offer our students the opportunity to develop their skills and have fun.

We have had a number of occasions recently when we have tried to get in touch with parents or emergency contacts due to injuries, illness or other issues. Unfortunately, we are finding that a number of phone numbers are out of service. If your numbers have changed, please let us know at the school office. In an emergency, we need to be able to get in touch with you.

March Break begins on March 13th. We hope everyone enjoys the holiday and returns with renewed energy for an exciting 2nd term with all it has to offer!

Have a happy, safe and restful March Break!

Chris Harding & Cara Thatcher

**INTEGRITY: WE ACT JUSTLY AND HONOURABLY
IN ALL THAT WE DO**

Around the School

Landscaping rocks on the yard

With the snow starting to disappear, we ask that you remind your children that these are not play structures and are not to be used as such.

Candy Gram Thank You!!!

Thank you to all families who bought Candy Grams to spread love and kindness on February 14th to help raise money for Camp Kitchi. The Grade 4-6 students were very helpful when selling, tracking and handing out Candy Grams!!! Thank you for such a successful fundraiser, Mariners!

Girls Volleyball

Our girls Volleyball team improved in their skill development and team building this year. Our players battled through some tough games with grit and determination and won some close sets. In the end, we placed 12th out of 16 teams and will be playing in Tier 2 tournament which we will be hosting Friday, March 3rd from 12:30 till approximately 4:30. Good luck Mariners!

Popcorn Fundraiser

Attention POPCORN enthusiasts!!!

Our Grade 7/8's will be selling bags of POPCORN beginning after March Break. Bags will be \$2 each and come in a variety of flavours such as Butter&Salt, Dill Pickle, White Cheddar and Sweet & Salty. Money raised will be going toward our year end trip to Leadership Camp. Start collecting your TOONIES for this POPular treat!

Updates From The Office

Parking on Seventh Street

This is a reminder that parking on Seventh Street is allowed only on the side that has the houses on it. Please DO NOT park on the school side of the road. When there are cars parked on either side of the street it makes it very difficult for the buses to get in and out of the bus loop. Please also remember that there is no school related parking in the Bleu Garden parking lot, and to not block neighbours driveways with your car.

Do you have a child born in 2019??

Kindergarten registration for September 2023 is open! Kindergarten is the beginning of a wonderful journey of learning, and we want your child to begin their journey in a SCDSB school! Do you have a child who is turning four in 2023? If so, we invite you to register your child for Kindergarten. To register online or for more information visit: www.scdsb.on.ca/kindergarten.

There is no supervision on the school yard in the morning until 8:50. Please DO NOT send your child to school prior to this time

Math @Home parent series

Fostering a strong school-home partnership is an important part of reinforcing math learning at school and extending the learning beyond the classroom. Families are a child's first educator and help build a strong foundation for future success. The virtual math series outlined below is intended to support a positive attitude towards mathematics, enhance motivation and ultimate success.

The SCDSB math department is pleased to offer three evening virtual sessions for families and caregivers of SCDSB students. These sessions will focus on practical and fun ways to support students with their mathematics learning and engagement at home. The first 200 registrants will receive a path pack of resources to use at home. Participants must pre-register for each of the sessions.

Making Math Connections @Home Wednesday, April 12 7 – 8 p.m. This session will explore where we find numbers, patterns, measures, and shapes in our daily lives. Participants will learn about practical ways to help their child notice and wonder about the math in their world.

Problem Solving @Home

Tuesday, April 25

7 – 8 p.m.

This session will explore how to encourage children to be active thinkers and problem solvers, both in math and around the house. Participants will learn about how solving problems at home can help their children solve problems in math class.

Having Fun with Math Facts @Home

Thursday, May 11

7 – 8 p.m.

This session will explore practical, intentional, and fun ways to practice math facts at home. Participants will leave with ideas, games, and activities to support their child with becoming fluent with their math facts.

Participants must pre-register for the sessions they wish to attend. Registered participants will receive a pack of hands-on resources that will be sent to the school indicated on their registration form. Use this link to register: <https://bit.ly/23MathAtHome>

Math games at home

Playing math games at home is a great way to reinforce math concepts that students learn at school. The YouTube channel MMMathMania has a large number of videos of math games that can be played using paper, dice, and/or playing cards. Check out the channel at: www.youtube.com/@mmmathmaniamathgamesmore3985 or search MMMathMania on YouTube

SCDSB eBook library - SORA

Did you know that the SCDSB has a digital eBook library available for all students from K-12? Students may access books using either the SORA app on a tablet or visiting <https://soraapp.com/welcome/login/202712> on the desktop version. They simply use their school Google login and password to access the library. Picture books, beginner chapter books, graphic novels, magazines, young adult novels, audio books; there is something for every student. Students may use the search function to select a specific book or browse through one of the many curated collections. Happy reading!

Just Breathe Coping Strategy

Well-being is a Strategic Priority in the Simcoe County District School Board, and our well-being department provides monthly strategies to support student and family well-being.

This month's strategy is deep breathing. Parents/guardians should practice deep breathing with their children to help them develop a deeper mind/body connection, self-regulation, awareness of emotions, and build resiliency. To practice deep breathing at home, have your child get comfortable by either standing or sitting. Encourage them to keep their back straight, and shoulders and head relaxed. If they're comfortable, ask them to close their eyes. Have your child place their hands flat on their stomach. Ask your child to breathe in deeply through their nose, filling the belly with breath. Point out how hands move out. Encourage them to hold their breath for a few seconds, then slowly breathe out through the mouth to feel the stomach contract and hands move in. Repeat 5-6 times.

Parents/guardians should practice deep belly breathing at home any time their child seems stressed or upset. Watch a deep breathing video here:

https://www.youtube.com/watch?v=le2TO_MNFxE&t=3s.

Follow along the Mental Health and Well-being social media accounts (@SCDSB_MHWP) to see how well-being is being supported in our schools.

#ITSTARTS week in the SCDSB

The County of Simcoe has once again proclaimed March as #ITSTARTS month. The Simcoe County District School Board will be championing the #ITSTARTS campaign from March 6 to 10. This campaign promotes inclusion, acceptance, and equity within the vibrant, diverse, and growing communities that make up Simcoe County. For more information, visit: www.simcoe.ca/dpt/ccs/lip/itstarts.

Interested in learning more about the ways that the SCDSB supports students with special education needs and their families? Join us for a virtual special education outreach series. In 2023, the Simcoe County District School Board (SCDSB) is hosting virtual special education outreach sessions to assist parents/caregivers in learning more about programs, supports and ways that we work together to support students with special education needs. The remaining sessions include: Supporting students as they transition into school, from one school to another, and from school upon graduation April 20 6:30 to 7:30 p.m.

Working with families to create safe and supportive environments for children who have experienced trauma May 9 6:30 to 7:30 p.m.

Participants are asked to register in advance. Information to access the sessions will be shared via email with individuals who have pre-registered. Learn more about each session and how to register on the SCDSB website at

www.scdsb.on.ca/elementary/special_education/special_education_outreach_sessions.

Join us! A learning series for parents/guardians with Pine River Institute Mental health and well-being continues to be a key strategic priority within the SCDSB. We are pleased to continue our partnership with the Centre for Family Initiatives at Pine River Institute (CFI@PRI) to provide several curated learning sessions focused on student mental health and well-being to SCDSB families, staff and within the SCDSB's broader school communities. There are five webinars in the learning series specifically planned for parents, guardians, and other caregivers during this school year. The remaining sessions include:

March 2, 2023 Emotional Regulation for Kids and Adults

April 27, 2023 The Biology of Stress

We hope you save these dates in your calendar and join us for these learning opportunities. For more information and to register, please visit the SCDSB website: <https://bit.ly/3jGaC74>.

Pine River Institute is a live-in treatment centre and outdoor leadership experience for youth aged 13 to 19 struggling with addictive behaviours and often other mental health issues. Combining therapy with a fully-accredited education program, PRI reinforces the healthy life skills required for a successful future. CFI@PRI extends PRI's knowledge, experience and evidence-informed treatment approach to families and care providers in the community to support youth mental wellness and prevent the need for more intensive interventions. Learn more about PRI by visiting their website at www.pineriverinstitute.com.