

# MUSTANG NEWS!

MINESING CENTRAL PUBLIC SCHOOL

## March 2024 NEWSLETTER

The Character Traits for February are **Humility & Truth**

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Website: <http://min.scdsb.on.ca>

Twitter: @minesingtweets

Instagram: @minesingcentral

### BUS CANCELLATION ZONE—CENTRAL

#### ADMINISTRATIVE TEAM:

PRINCIPAL: Allison Beecroft  
VICE-PRINCIPAL: Jim Dewey  
OFFICE TEAM: Natalie Kopacz & Shannon Priest  
SUPERINTENDENT: Charlene Scime  
TRUSTEE: Liz Grummett



### ADMINISTRATION MESSAGE

Dear Parents and Guardians,

As March rolls in, we are bubbling with excitement as we anticipate the arrival of spring and all the wonderful activities it brings. Here's what's happening at MiNesing Central P.S.

**Build a Better Me Day** At Minesing, we believe in nurturing not only the academic growth of our students but also their social, emotional, and mental well-being. With this in mind, we are thrilled to announce our upcoming "Build a Better Me Day" scheduled for March 6<sup>th</sup>. Our Grade 5 and Grade 8 classes piloted this idea back in the fall with our student nurses from York University facilitating. Now we are ready to launch a school wide event with students from kindergarten to grade 8!

**Purpose of Build a Better Me Day** This special day is dedicated to promoting mental health awareness and well-being, as well as fostering social-emotional learning (SEL) skills among our students. Now more than ever, it's crucial to equip our children with the tools they need to navigate life's challenges and thrive in every aspect of their development.

**Activities and Workshops** Throughout the day, students will engage in a variety of activities and workshops designed to enhance their self-awareness, self-management, social awareness, relationship skills, and responsible decision-making. These may include:

- Mindfulness and relaxation exercises to help students manage stress and anxiety.
- Workshops on effective communication, conflict resolution, perseverance and empathy-building.
- Art and expression activities that encourage self-reflection and creativity.
- Physical activities promoting the connection between physical and mental well-being.
- Discussions and presentations on mental health awareness and the importance of seeking support when needed.

**Parent Involvement** We encourage parents to join us in supporting our students' journey towards holistic well-being. You can participate by:

- Engaging in conversations at home about emotions, mental health, and coping strategies.
- Practicing mindfulness and relaxation techniques together as a family.
- Encouraging open communication and providing a safe space for your child to express their thoughts and feelings.
- Practicing the monthly strategy sent out in the SCDSB's monthly newsletter and in the Minesing Mustang Family Weekly Update (for example "*Just Breathe*," "*Box Breathing*" and "*Tense and Relax*")

**Continued Support** Our commitment to the well-being of our students extends beyond Build a Better Me Day. We will continue to integrate SEL practices and mental wellness strategies into our curriculum and provide resources and support for students, parents, and staff throughout the school year.

**Spring Break** Get ready to kick back, relax, and enjoy some well-deserved time off! Spring Break is just around the corner, starting on March 11th and concluding on March 15th. Whether you're planning a family getaway, a staycation, or simply looking forward to some quality time at home, we hope this break offers rejuvenation and fun for all.

**Reminder: Daylight Saving Time** Don't forget to spring forward! Daylight Saving Time begins on March 10th, so remember to set your clocks one hour ahead before going to bed on March 9th.

As always, thank you for your ongoing support and partnership in your child's education. We wish you a wonderful month filled with joy, laughter, and the beauty of spring.

Warm regards,

Allison Beecroft  
Principal

### SCHOOL COUNCIL MESSAGE

Hello Minesing families,

Spring is just around the corner and council is happily planning a Spring vendor market, a special astronomy family evening and year end celebration - watch for save the dates and details coming soon!

We hope you can join us for the next School Council Meeting in the school library. Come and learn more about our school council initiatives, and upcoming events happening at the school. Hope to see you there!

Jenn Smith-Shuttleworth & Robyn Blanchet  
School Council Co-Chairs

### IMPORTANT DATES:

March 4 – School Wide Wellness Day “Building a Better Me Day”

March 6 – Ramadan begins

March 7 – Bus Safety Presentations (rescheduled)

March 7 – The Big Crunch Event – promoting health, wellness and nutrition

March 8th – World’s Finest Chocolates fundraiser ends

Mar 11-15—March Break

March 22-Earth Hour

March 28—BBQ Fundraiser

March 29—Good Friday Holiday

April 1—Easter Monday Holiday



### DAYS OF AWARENESS

Copy and paste the following link to view the days of awareness for

**MARCH**

[www.scdsb.on.ca/about/equity\\_and\\_inclusion](http://www.scdsb.on.ca/about/equity_and_inclusion)

#### **March Break**

Please note that March 11 to 15 is March Break for all SCDSB students. Please refer to the 2023-24 School Year Calendar on the SCDSB website for more information:

[www.scdsb.on.ca/elementary/planning\\_for\\_school/school\\_year\\_calendar](http://www.scdsb.on.ca/elementary/planning_for_school/school_year_calendar)

### [Subscribe to Kindergarten Connections!](#)

Will your child be turning four in 2024? If so, the SCDSB invites you to Kindergarten Connections! This is a monthly newsletter informing families of everything they need to know about preparing their child for school, as well as registering them for Kindergarten in the SCDSB. To learn more and subscribe, visit the Kindergarten page on the SCDSB website:

[www.scdsb.on.ca/kindergarten](http://www.scdsb.on.ca/kindergarten).

### [Subscribe to Community Connects!](#)

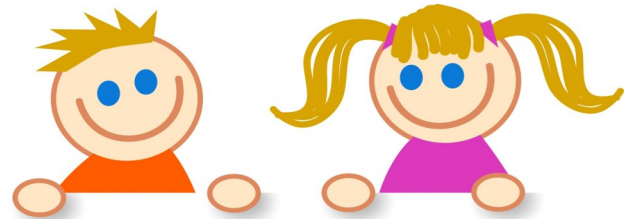
The Simcoe County District School Board (SCDSB) is excited to launch Community Connects, a new bimonthly newsletter for the SCDSB community. Our shared goal with this new tool is to keep our community partners and stakeholders informed while nurturing relationships that are built on accountability, trust, and transparency.

To learn more and subscribe, visit the Community Connects page on the SCDSB website: [https://www.scdsb.on.ca/community/community\\_connects](https://www.scdsb.on.ca/community/community_connects).

Spring

### [Kindergarten Registration for September 2024 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 2024? If so, we invite you to register your child for Kindergarten. To register online or for more information visit: [www.scdsb.on.ca/kindergarten](http://www.scdsb.on.ca/kindergarten).



### [April PA Day](#)

Due to the solar eclipse set to occur in our region, the Simcoe County District School Board has made the decision to move the elementary school PA Day originally scheduled for April 26, 2024 to April 8, 2024.

### [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 **CENTRAL** zone. When buses are cancelled, schools remain open for student learning, unless otherwise noted. School staff are expected to plan for such emergencies in order to transition students who are unable to attend due to inclement weather, to their online platforms (Google Classroom and/or SCDSBhub [Brightspace by D2L]) and continue with academic programming. 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>.

### [EarlyON Child and Family Centres](#)

The foundation for lifelong learning and health is built in the early years. EarlyON Child and Family Centres across Simcoe County offer programs for children prenatal to six years of age and their parents/guardians and caregivers.

They offer access to play- and inquiry-based learning supported by *How Does Learning Happen?* Ontario's pedagogy for the early years, information on child development and developmental screening including Early

Referral Identification Kits (ERIK), parent/guardian education, referrals to community resources, nutrition information, and post-natal resources. Check with your local EarlyON provider: <https://linktr.ee/earlyonsimcoe>.

## APRIL PA DAY (8TH)

Monday, April 8 is a PA Day for elementary SCDSB students. Please refer to the 2023-24 School Year Calendar on the SCDSB website for more information: [www.scdsb.on.ca/elementary/planning\\_for\\_school/school\\_year\\_calendar](http://www.scdsb.on.ca/elementary/planning_for_school/school_year_calendar).

Below is a summary of the activities planned for the April 8 PA Day:

April 8, 2024

Length: Full-day

Topic: Curriculum content, student mental health and well-being, skilled trades and apprenticeships

Host: Simcoe County District School Board

Presenters/Facilitators: Combination of administrator-facilitated and self-directed learning modules planned by central staff

All educators will engage in professional learning with a focus on mental health promotion and literacy planning for students. Educators will learn about Wayfinder, a sequenced guide that offers a variety of mental health lessons and activities organized by grade. Included are core mental health literacy lessons, lessons linked to HPE curriculum, learning activities, and tools to support and consolidate student learning. Professional learning for grades 7 and 8 teachers will include a specific focus on the implementation of the mandatory grade 7 and 8 mental health literacy modules. All educators will also learn about strategies to support students who are dysregulated in the regular classroom.

Kindergarten educators will work collaboratively to use the data from the early reading screener to determine and plan next steps for small group reading instruction. They will also explore the new Kindergarten Math Course of Study instruction and assessment resources and create plans for an upcoming topic of study that is responsive to the needs and interests of their students.

Grade 1 to 3 educators will learn about the revised Social Studies curriculum related to the Truth and Reconciliation Calls to Action and the United Nations Declaration of Indigenous Peoples. They will review the Indigenous Education Department online resources, learn about the Human Library available for all SCDSB teachers, and plan a cross-curricular literacy lesson which embeds the new social studies content. They will also engage in self-directed learning about math content knowledge for teaching planned by the district math team. This learning will focus on strategies for teaching number and algebra.

Grade 4 to 6 educators will analyze and use their classroom reading data to determine and plan next steps for literacy instruction. They will also engage in self-directed math content knowledge for teaching learning planned by the district math team. This learning will focus on strategies for teaching number and algebra.

Grade 7 and 8 educators will learn about each of the SCDSB programs offered to students which may lead to a career in the skilled trades including: OYAP, Co-operative Education, SHSM, SWAC, and Dual Credit. Educators will also engage in case studies on the topic of skilled trades pathways and then discuss in whole group sessions. School administrators will facilitate this centrally planned learning experience. They will also engage in self-directed learning about math content knowledge for teaching planned by the district math team. This learning will focus on strategies for teaching number and algebra.

### Reminder: Safe Arrival system for SCDSB schools – call 1-888-885-8065 to report an absence

This school year, the Simcoe County District School Board (SCDSB) launched a new Safe Arrival system at elementary schools. This system supports us in continuing to improve our home-to-school communication process and streamlines absence reporting. **To report a student absence, call 1-888-885-8065.** Callers will be prompted to identify the school before leaving a message. Parents/guardians should include the student's name, teachers' name, dates, and reason for the absence. When schools do not hear from a parent/guardian, and a student is absent, the school will call home to find out the reason for the absence. If you have questions about the system, please contact the school office.

**\* AFTER YOU PRESS 1 TO ACKNOWLEDGE, YOU MUST STILL CALL SAFE ARRIVAL TO REPORT**

**\*\* Pressing 1 to acknowledge only stops the call from continuing to the next contact.**

### Child care programs available on PA days, holidays, and March Break

Child care programs for children in Kindergarten to Grade 6 are provided by independent, third-party child care operators in some SCDSB schools. To support your child care needs, some operators offer child care on PA days and holidays, including over the March Break (March 11 to 15). Registration in advance is required.

Please contact the child care operator directly to discuss fees and to register. For more information and contact numbers, please visit: [https://www.scdsb.on.ca/elementary/planning\\_for\\_school/childcare\\_before\\_after](https://www.scdsb.on.ca/elementary/planning_for_school/childcare_before_after).

### Is your child starting JK or SK in September?

The Simcoe County EarlyON Child and Family Centres are excited to offer in-person and virtual programs that help prepare children and parents for Kindergarten. Parents/guardians and children will have the opportunity to interact together in a variety of school readiness activities.

These programs will look at and discuss: How Does Learning Happen, Self Regulation, Social Skills, and How to Get Ready to Start School. To register for a program in your area visit: [www.earlyonsimcoenorth.ca/GRFK](http://www.earlyonsimcoenorth.ca/GRFK).

### Registration now open for summer eLearning!

The Simcoe County District School Board (SCDSB) is offering summer school courses in July 2024 (elearning) and travel for credit courses in both July and August for current high school students or adult learners who are interested in earning a new credit or upgrading a previous mark. Students can advance online learning skills, earn missed credits or fast-track preparation for graduation or post-secondary in just four weeks. eLearning is fully supported by certified teachers who are available electronically daily.

Summer school program details can be found on the Learning Centres website at:

[https://www.thelearningcentres.com/programs/summer\\_school](https://www.thelearningcentres.com/programs/summer_school).

EDUTravel programs are offered in a variety of destinations including Canada, USA, and Europe. For more information including costs, destinations, credits, and dates of commitment, please visit:

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

### Summer eLearning opportunities for students entering Grade 9!

The Simcoe County District School Board (SCDSB) is offering summer school eLearning courses in July 2024. Current Grade 8 students wishing to reach ahead and earn a credit before high school can now register through their elementary school principal. eLearning is fully supported by certified teachers who are available electronically daily. Available courses include:

CGC1D – Grade 9 Geography

PAF1O – Grade 9 Personal Fitness

CHV2O & GLC2O – Grade 10 Civics and Careers

CHC2P – Grade 10 Applied History

CHC2D – Grade 10 Academic History

Summer school program details can be found on the Learning Centres website at:

[www.thelearningcentres.com/programs/summer\\_school](http://www.thelearningcentres.com/programs/summer_school).



### Collection and use of personal student information

As students progress from elementary school to secondary school, important personal student information which eases each student's transition to secondary school is shared. Sharing this information improves our ability to program effectively to benefit all students. The collection and use of personal student information for such purposes is authorized under the *Education Act*. Please note that all information used for the transition process is limited, secure, and protected at all times. Please contact Charlene Scime, Superintendent of Education, if you would like more information about the transition process at Minesing Central.

## **School climate survey**

During the month of March, all students in Grades 4 to 12 will be asked to complete an anonymous and confidential online SCDSB School Climate Survey about their school experience. Participants will not be asked to provide their name or any other identifying information because all surveys are anonymous.

The survey results will provide valuable feedback to staff related to the SCDSB Strategic Priorities.

Similar to prior SCDSB school climate surveys, the questions cover a range of topics, such as:

- excellence in teaching and learning;
- mental health and well-being;
- diversity, equity, and inclusion;
- community; and,
- experiences of school safety and bullying.

### **Student survey**

A sample version of the student survey is available on the SCDSB website. The online survey is completed while students are at school and takes 15 minutes or less to complete.

We understand that some students in the SCDSB may not be able to complete their school climate survey on their own and may require the help of staff. A modified version of the survey is available for students who require this assistance to complete their survey.

### **Questions?**

School staff will be available to answer any questions or concerns a student may have. Questions about the 2023-24 SCDSB School Climate Survey can also be directed to [schoolclimate@scdsb.on.ca](mailto:schoolclimate@scdsb.on.ca).

The information that is collected will be used to help guide our schools in creating and maintaining safe and supportive learning environments for all students. Thank you for your support!

## **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 information series**

During the 2023-24 school year, the Simcoe County District School Board (SCDSB) is hosting virtual special education outreach sessions to assist parents/guardians in learning more about programs, supports, and ways that we work together to support students with special education needs.

### **Reading strategies**

March 19

6:30 to 7:30 p.m.

### **Supporting students with Autism Spectrum Disorder (ASD)**

April 16

6:30 to 7:30 p.m.

### **Every day mental health strategies**

May 14

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: [www.scdsb.on.ca/elementary/special\\_education/special\\_education\\_outreach\\_sessions](http://www.scdsb.on.ca/elementary/special_education/special_education_outreach_sessions).





## **Math @Home parent and caregiver series**

It's back! The SCDSB math team is pleased to offer three virtual sessions for parents and caregivers of SCDSB students. These sessions will focus on practical and fun ways to support children with their mathematics learning and engagement at home. The first 200 registrants will receive a Math @Home kit of resources to use at home. Participants must pre-register for each of the sessions.

### **Games to support your child's math learning @Home**

Thursday, April 4, 2024, 7 to 8 p.m.

This session is for parents, caregivers, and their children. Playing games at home is a great way to support child(ren)'s math development. In this session, several games will be explored, and participants will have the opportunity to try the games with their children during the session. The guided portion of the session will be 45 minutes in length followed by 15 additional minutes for further game play or to ask questions of our math facilitators. Bring your child(ren) and your math kit to this session!

Participants must pre-register for the sessions they wish to attend. Registered participants will receive a kit of hands-on resources that will be sent to the school indicated on the registration form. Use this link to register: <https://bit.ly/24MathAtHome>.

## **Looking for ways to support your child in learning math? Check out the SCDSB's new Math at Home resource!**

The Simcoe County District School Board (SCDSB) is committed to supporting students in understanding and doing mathematics. The SCDSB has developed the Math at Home resource, a compilation of family-friendly, accessible, and engaging math resources and tools designed to engage families in supporting their children's learning.

The Math at Home page on the SCDSB website, available at [www.scdsb.on.ca/MathAtHome](http://www.scdsb.on.ca/MathAtHome), includes a variety of math games, number talks, problem solving opportunities, and practice tasks for students from pre-Kindergarten to Grade 10. Families will learn about how to support the development of positive math mindsets in their children and discover activities with connections to math in the world. The resource also includes a variety of print and digital resources for students and their families.

## **ONGOING FUNDRAISERS AT MINESING CENTRAL**

**MABEL'S LABELS** [campaigns.mabelslabels.com](http://campaigns.mabelslabels.com) **choose Minesing**

**CHICKEN ON THE RUN** [www.chickenontherun.ca](http://www.chickenontherun.ca) **—use code MUSTANGS24**

**SCHOOL SPIRIT WEAR** <https://simcoecountydistrictschoolboard.entripyshops.com/>

**Lunch Box—hot lunch programs**    **\*Monday—Pasta**    **\*Tuesday- Pizza**    **\*Wednesday—Subs**

**We thank you for your continuing support in our fundraising efforts.**

## **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.

There are eight webinars specifically planned for parents/guardians and other caregivers during this school year. The remaining webinars are:

March 28, 2024    Building parents' resiliency  
April 18, 2024    Vaping, weed, and alcohol



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](http://www.pineriverinstitute.com).

## **Engaging in literacy during March Break**

Local libraries offer many fun and engaging activities for families during March Break. Visit [www.simcoe.ca/lists/locations/libraries.aspx](http://www.simcoe.ca/lists/locations/libraries.aspx) for a list of libraries in Simcoe County. You will find a link to access each library's website to view their upcoming events. The Barrie Public Library is offering a puppet show at their downtown location. Make sure to check out what your local library has to offer during March Break!

## **March cyber awareness topic: backup your data**

Why does backing up your data matter? Data loss can happen unexpectedly due to various reasons: hardware failure, accidental deletion, or even cyber threats. By regularly backing up your data, you create a safety net that allows you to recover important files and memories.

Access the ECNO cyber awareness tip sheet to stay informed about this month's topic and explore additional resources: [https://ecno.org/wp-content/uploads/2023/09/ECNO-CAM-Calendar-23-Aug3023\\_BackupData.pdf](https://ecno.org/wp-content/uploads/2023/09/ECNO-CAM-Calendar-23-Aug3023_BackupData.pdf)

Let's make March a month of digital preparedness!



## **Foster families needed in your community!**

Children in our community need you! We have an urgent need for foster homes in Simcoe Muskoka. We are looking for diverse foster care providers who understand children's needs. Our needs are diverse and range from babies to teens. Open your home to a child/youth and receive training, support, and between \$85 and \$155 per child and per day. Do you know anyone who may be interested? Visit <https://familyconnexions.ca/fosterconnexions/> to inquire, apply, and for more information. You may also call 705-726-6587 ext. 4.

*Information provided by Simcoe Muskoka Family Connexions.*



## **New Grade 7/8 Mental Health Literacy Modules support student mental health and well-being**

As of January 2024, the Ministry of Education introduced a series of three modules per grade to support the existing mental health literacy expectations within the grades 7 and 8 Health and Physical Education curriculum. This series of three, 40-minute modules per grade will be delivered by educators to support the existing mental health literacy expectations within the Health and Physical Education curriculum. They're not new learning – they offer ways to enhance the delivery of the existing curriculum and focus on mental health literacy.

This learning will help equip students with inclusive, culturally responsive, evidence-informed knowledge, skills, and strategies to support their mental health and well-being. They align with and support the work we do in the Simcoe County District School Board to support student mental health.

The modules were informed by extensive consultation with parents/guardians, students, cultural, and community organizations.

There are important reasons to bring these modules into the classroom:

Students want to learn more about mental health at school (<https://smho-smso.ca/online-resources/hearnowon-2021-student-voices-on-mental-health-final-report/>).

- This learning helps students develop skills that support positive mental health.
- Mental health learning supports learning in all other areas.
- This learning can encourage conversations and help students in need reach support.

As caring adults in the lives of young people, we want students to be well!

Feel free to watch the introductory video that provides more information: <https://vimeo.com/857720241/3877843c8c?share=copy>.

## **YouthReach**

Every child should have the opportunity to participate in programs such as dance, music, and sports – but we know not all families can afford the registration fees. YouthReach is a Simcoe County based charity that helps provide kids with the opportunity to get involved in the programs they want to participate in. For more information and to apply visit: [www.youthreach.ca](http://www.youthreach.ca).

*Information provided by YouthReach*

## Sleep



Help your child get a good night's sleep by:

- ✦ Setting a consistent bedtime and wake-time for your child (even on weekends). Children aged 5 -13 need at least 9-11 hours of uninterrupted sleep each night.
  - ✦ Encouraging your child to establish a relaxing bedtime routine that includes reading, taking a bath, or listening to music.
  - ✦ Setting up a sleeping space with your child that is cool, dark, and quiet.
  - ✦ Keeping technology out of your child's bedroom – it interferes with natural sleep cycles.
  - ✦ Discouraging caffeinated products, as they may interfere with your child's ability to fall asleep.
- Being a role model by making sleep a priority in your own life!

Looking for more information? Call Health Connection at 705-721-7520 or 1-877-721-5720 to speak with a public health nurse or visit [www.simcoemuskokahealth.org](http://www.simcoemuskokahealth.org).

*Information provided by the Simcoe Muskoka District Health Unit*

## Mental health promotion strategy of the month - *Tense and Relax*

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

This month's strategy is *Tense and Relax*. This strategy helps children and youth develop the skills to notice how their body feels when they are tense and relaxed, and to learn how to relieve tensions and to self-regulate.

To practice *Tense and Relax* at home, together with your child, model this relaxation practice and work your way down your bodies, slowly tensing and relaxing each of your muscles. Discuss with them how each area of their body feels before the exercise, and then discuss how it feels afterwards. Have your child get comfortable; this exercise can be done when standing, sitting, or lying down. Children can be encouraged to: bring their shoulders up to their ears, hold for a count of 3, slowly relax for a count of 3, and repeat; push their arms down towards to floor, hold for a count of 3, slowly relax for a count of 3 and repeat, squeeze their hands into fists, hold for a count of 3, slowly relax for a count of 3 and repeat; squeeze their stomach in as if trying to fit between a fence, hold for a count of 3, slowly relax for a count of 3 and repeat; push their feet down to the floor, hold for a count of 3, slowly relax for a count of 3 and repeat.

Visit [www.youtube.com/watch?v=J4mQm0hux1Q&t=1s](https://www.youtube.com/watch?v=J4mQm0hux1Q&t=1s) to watch a video that guides you through a *Tense and Relax* muscle relaxation exercise.

See our elementary (<https://smho-smso.ca/online-resources/sel-posters/>) and secondary (<https://smho-smso.ca/online-resources/sel-posters-for-secondary/>) social-emotional learning poster series for a tense and relax classroom poster than can be used at home.

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



# SPRINGWATER LIBRARY



## Springwater Library - Minesing Branch

### Storytime in the Library



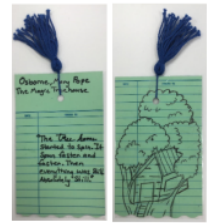
**Elmvale Branch:**  
**Tuesdays at 10:30am**  
**Midhurst Branch:**  
**Wednesdays at 10:30am**

Join Miss Amanda for storytime in the library!  
We will be singing songs, reading stories and having fun! At the end of each storytime families will be given a craft kit to take home with them!  
Drop in! No Registration required! Free!

### Card Catalogue Bookmarks



The Library will be offering a fun drop-in craft at both its Elmvale and Midhurst locations. Participants will make their own Heart shaped Suncatcher. This program will be available as long as supplies last. Starting Friday March 22nd at the Midhurst Branch. This is a drop in program, no registration required.



### Weekly Drop-in Games



Monthly

Cost: Free!



Come on in after school to play some games with friends and family **every Tuesday from 3pm-5pm** at Minesing Branch. The library will provide the games or you can bring your own! All ages are welcome to join the fun! This is a drop in program, no registration required.

### Online E-books and Audiobooks

Visit the CloudLibrary app or Website and log in with your card number and pin to get access to FREE E-Books and Audiobooks online!



### March Break 2024!

!!New! Online Registration! Sign up through our website from the comfort of home!!

Our schedule of events is as follows:

#### Tuesday March 12th:

##### Taylor Swift Dance Party!

Elmvale Branch. Time: 11am-12pm for ages 5-8. Time: 12:30pm-1:30pm for ages 9-11. Cost: \$5 per person. Registration Required.

##### Dinosaur Small World Craft!

Midhurst Branch. Time: 1pm-3pm. Cost: \$5 per craft. Registration Required.

#### Wednesday March 13th:

##### Take and Make Craft!

Handprint Cactus craft. Kits will be available as long as supplies last. FREE!

#### Thursday March 14th: (Minesing Branch Hours will be 10am - 7pm this week)

##### Make a Mug Day!

All Branches. Time: 11am-1pm. Cost: \$5 per mug. Registration Required.

#### Friday March 15th:

##### Magic Show with Gary Austin!

Elmvale Arena. Time: 10:30am-11:30am. Cost: \$2 per person attending. Babies under 1 are Free. Registration Required.

##### Percy Jackson Trivia!

Elmvale Branch. Time: 2:30pm. Teams of 2 or more people. Prizes! Costumes are welcome! Cost: \$5 per person. Registration Required.



### ESL Conversation Club

Come and join us weekly for a conversation group that will be working on English language basics. All are welcome! Meet new people, increase your fluency and vocabulary.

Mondays 1pm at the Elmvale Branch.



### Minesing Branch Hours

**Tuesday - 10am - 5pm**  
**Thursday - 1pm - 7pm**



### Springwater Public Library

2347 Ronald Road

Minesing, Ontario L0L 1Y0 | 705-722-6440

<http://www.springwater.library.on.ca>