

Stayner Collegiate Institute

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SPARTANS SPEAK

October 9, 2020

Welcome Back Spartans – 2020-21

Hello Spartan Family,

I am very pleased to welcome you and your child(ren) to the Stayner Collegiate Institute 2020-2021 school year. This has been a very unique school opening. Staff and students have been working hard to prepare for learning during the midst of a global pandemic. I am especially proud of the cooperation and determination our students have demonstrated through this challenging time. On the first day back at school, during opening exercises and announcements, I asked the students to do three things;

Always do your best

Be kind

Be adaptable

Our students have taken these three principles to heart. They have co-operated with regard to all the new protocols and structures that have been implemented from social distancing, to our new schedule, to hand hygiene, to wearing a face mask. We are all very proud of their efforts.

You are receiving our newsletter and I ask that you pay close attention to this and all communications that come from the school or the school board. We, both at the school and the school board level, have had to implement many changes and these changes continue to occur as our local health department continues to advise us surrounding protocols to maintain and promote safety. For that reason, school-parent communication is essential.

Please do not hesitate to reach out to myself or other school staff if you have any questions or concerns.

Go Spartans!

Mark Keating, Principal

COVID-19 Daily Self Assessment Tool

All students and staff are 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/self-assessment/>.

Coming Events

Oct 12	Thanksgiving (School closed)
Oct 15	Gr 9-12 Mid Quad 1 Report Card
Oct 22	Gr 9-12 Virtual Parent/Teacher/Student Interviews
Oct 23	PA Day (all grades)
Oct 26	Virtual School Council meeting
Nov 1	Daylight Savings Time
Nov 11	Remembrance Day
Nov 12	Gr 7-8 Report Card
Nov 13	Gr 9-12 Quad 2 Begins
Week of Nov 16	Gr 7-8 Virtual Parent/Teacher/Student Interviews
Nov 19	Gr 9-12 Final Quad 1 Report Cards
Nov 20	PA Day (all grades)
Dec 18	Gr 9-12 Mid Quad 2 Report Card
Dec 21- Jan 1	Winter Break (School closed)
Jan 15	University Applications Due
Jan 29	PA Day (Gr 7-8 only)
Feb 1	College Application 'Equal Consideration Due Date'
Feb 3	PA Day (Gr 9-12 only)
Feb 4	Gr 9-12 Quad 3 Begins

Safety measures in schools

We want to assure you that the health and well-being of our students and staff remains our top priority. We are in regular contact with our local health authority, the Simcoe Muskoka District Health Unit (SMDHU), and we continue to take their direction on all matters related to COVID-19. Please visit the [COVID 19 Return to School page](#) on the SMDHU website for additional information.

The following health and safety measures have been implemented in our schools.

Masking:

- Students from Grade 4 through 12 are required to wear masks.
- Students from Kindergarten through Grade 3 will not be required to wear masks, although it is encouraged.
- Staff are required to wear masks.

Enhanced Health and Safety Protocols:

- Hand sanitizer is provided in each classroom for student and teacher use.
- Students have received training on proper hand hygiene including instructions on hand washing and sanitizing.

Enhanced Cleaning:

- Cleaning and disinfecting of frequently touched surfaces and shared resources such as doorknobs, light switches, toilets, and faucet handles occur at least twice a day.
- Buses are sanitized twice daily with frequent cleaning of high-touch surfaces.

Physical Distancing:

- Directional arrows and signage have been installed in schools to support physical distancing measures.
- Schools have designated entry and exit doors and staggered entry and exit times.
- Plexiglass guards has been installed in school offices.

No Visitor Access

Following the direction from our local health authority, the SMDHU, all SCDSB schools are closed to parents/guardians and visitors. Parents/guardians may call our main office at 705-428-2639 to receive assistance. Our main office phone number is posted on the doors of the school.

Instructions For When Children Become Sick At School

Parents/guardians are asked to provide multiple contacts who will be available to pick up their child(ren) in the event that they become ill while at school. Children who become ill while at school will not be able to travel on a bus home for the protection of the other riders.

HAVE YOU MET SORA?

Our digital ebook/audiobook collection contains over 4,000 titles waiting to be checked out by our SCDSB students. Students simply download the app, use their SCDSB login and start reading for free on their phone or tablet. The collection can be accessed at: meet.soraapp.com.

IMPORTANT LINKS

[COVID-19 Daily Self Assessment Tool](#)

[SchoolCash Online](#)

[Parent Portal](#)

[What's Happening At SCI](#)

[Subscribe to our SCI website and stay up to date!!](#)

[Report Bullying, Drug Use or Vandalism](#)

[We post our Announcements to Facebook & Twitter every day!](#)

[SCDSB 2020-21 School Year Calendar](#)

[Subscribe To All SCDSB Media Releases](#)

[SCI Wellness Warriors](#)

[Simcoe Muskoka District Health Unit](#)

[Educate Yourself About Covid-19 In Our Area](#)

[Ontario Universities Fair](#)

[Teen Vaping Linked to More Health Risks](#)

[Covid Tension? It Might be Time for Couples Counseling](#)

[Teens and Video Games: Addiction or Connection?](#)

[Podcasts That Challenge & Inspire](#)



School Wellness Newsletter: Peace in the Present

Is the fear of the future or regrets of the past taking over your mind? Practicing mindfulness is a way to find peace in the present and reduce anxious thoughts and feelings. This newsletter will focus on the skill of mindfulness to help you feel more present.

Try this app!

Headspace will teach you mindful meditation and guide you through it. This app can help you feel more focused and grounded.



Mindfulness

Mindfulness is the art of being present in the moment. Not multi-tasking. Just being here. Now. Paying attention to things that are only happening in this moment and not judging them. Noticing things as they are. This breath I am taking. Watching this breeze in the trees. Smelling these flowers. Noticing what all our senses are taking in from the world around us.

Only being here and now.



Wondering what possible benefits there could be to a regular mindfulness practice? Well, research shows that it can reduce depression, anxiety and chronic pain. It can also improve our focus, ability to manage our emotions and reduce our stress.

5

ways to practice mindfulness

Complete a body-scan, letting go of every bit of tension from your head to your toes

Pick out 3 things you can hear right now

Focus on your breathing- breathing in for 5 seconds and out for 5. Repeat 10 times

Get lost in the flow of music or movement

When your mind wanders, acknowledge the thought and let it go.

School Mental Health Support for Students

As a SCDSB student, you have access to mental health support at school. If you are seeking mental health support at school and would like to meet with your School Social Worker or one of our community partners, please speak with your Guidance Counsellor, SERT, Student Success Teacher or Vice Principle. You can also visit www.scdsb.on.ca for mental health and well-being resources.

Simple visualization

Watch this short video from School Mental Health Ontario to learn more about how Guided Visualization can help teach you how to practice mindfulness.

