



BRADFORD DISTRICT HIGH SCHOOL

MARCH 2024 NEWSLETTER



BDHS ADMINISTRATION

Principal: Mr. David Brooks
dbrooks@scdsb.on.ca

VP: Tracey Galbraith
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VP: Teresa Kokkas
Student Surnames G-N
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VP: Delia Evans
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BDHS GUIDANCE

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Ms. Sue Ketcheson
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Mr. Tom Basinger
Guidance - Student Surname O-Z
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Ms. Shannon Dunn
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BDHS STUDENT SUCCESS

Ms. Katie Evans
Student Success Teacher
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Mr. Camara Edwards
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BDHS SPECIAL EDUCATION

Mr. Andrew Lloyd
Grade 9 SERT alloyd@scdsb.on.ca

Ms. Cora-Lea Peltier
Grade 9 & 11 SERT peltier@scdsb.on.ca

Ms. Christina Paton
Grade 12 SERT cpaton@scdsb.on.ca

Bradford District High School
70 Professor Day Drive, Bradford, ON L3Z3B9

(905) 775-2262
<https://bdh.scdsb.on.ca/>

KEY INFORMATION

MARCH 2024 & BEYOND...

- o March 11th – 15th, 2024
 - o **March Break**
- o March 21st, 2024 (5 pm – 7:30 pm)
 - o **Parent-Teacher Interviews**
- o March 28th, 2024 (6 pm – 7 pm)
 - o **BDHS School Council Mtg in library**
- o March 29th, 2024 & April 1st, 2024
 - o **Holiday**
- o April 9th, 2024 & April 10th, 2024
 - o **OSSLT (Literacy Test)**

OUR FULL BDHS SCHOOL CALENDAR CAN BE FOUND ON THE BDHS WEBSITE AT:

<https://bdh.scdsb.on.ca/calendar>

BDHS PARENT-TEACHER INTERVIEWS (LEARNING DIALOGUES)

Thursday, March 21, 2024 (5 pm – 7:30 pm):

Please sign up for In-Person Learning Dialogues (Parent/Guardian/Student/Teacher Interviews) by going to www.schoolinterviews.ca and type in the event code **248ps**.

You will need to know the names of your child's teachers before booking the interview time. Please note: These are in-person meetings and will take place in your student's teacher classroom.



Parent-Teacher Interviews

Bradford District High School

BDHS Staff Contact Information (2023/2024)

Name	Position	Phone Extension	Email
Mr. David Brooks	Principal	41396	dbrooks@scdsb.on.ca
Ms. Tracey Gidycz	Vice Principal	41395	tgidycz@scdsb.on.ca
Ms. Teresa Kalkas	Vice Principal	41393	tkalkas@scdsb.on.ca
Ms. Della Lums	Vice Principal	41397	dellums@scdsb.on.ca

Name	Position	Phone Extension	Email
Mrs. Jane Arthur Mahaffy	Senior Administrator Support/Exec	41392	jmahaffy@scdsb.on.ca
Mrs. Suzanne Jackson	Operations Assistant	41395	sjackson@scdsb.on.ca
Ms. Denise McMartin	Secondary Office Assistant	41390	dmmartin@scdsb.on.ca
Mrs. Marlene Waite	Secondary Office Assistant	41391	mwaite@scdsb.on.ca
Mrs. Jodie Quinlan	Secondary Office Assistant	41391	jquinlan@scdsb.on.ca
Mrs. Laurie Anne Moulton	Secondary Office Assistant	41398	lmoulton@scdsb.on.ca

Name	Position	Phone Extension	Email
Ms. Crystal Benfield	Guidance Counsellor	41390	cbenfield@scdsb.on.ca
Ms. Tam Bainger	Guidance Counsellor	41399	tbainger@scdsb.on.ca
Ms. Shannon Duen	Guidance Counsellor	413827	sduen@scdsb.on.ca
Ms. Sue Ketcheson	Guidance Chair	41361	sketcheson@scdsb.on.ca

BDHS STAFF CONTACT INFORMATION

Please be aware that we have updated the contact information for BDHS Staff for semester 2. To find this contact information, please go to the following link on our school website:

[BDHS Staff Contact Information - Bradford District High School \(scdsb.on.ca\)](http://www.scdsb.on.ca)

BDHS PARKING LOT ACCESS:

**WE NEED
YOUR HELP**

Despite recent attempts to better manage the flow of traffic in our parking lots, to ensure the safety of our students and staff, we are still experiencing challenges. **WE NEED YOUR HELP!**

We are asking that all parents/guardians dropping off students/picking up students enter our school grounds via the Professor Day Drive entrance (See Orange Line below). **PLEASE DO NOT ENTER VIA THE BLUE DASHER BLVD entrance.**

KEY POINTS:

- Buses access will drop off and pick up students on the north side of the school, just south of Blue Dasher. This area is marked with a **pink line** on the attached diagram.
- Specialized Transportation Vehicles: These will enter from Professor Day, loop through the parking lot, drop off and pick up on the East side of the school, as shown by the **blue lines** on the diagram.
- **For parents/guardians dropping off or picking up their children by car, please use the area marked with an **orange line** on the diagram.**



Parents please drop
off/pick up students
in this location

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.

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.

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!

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.

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.

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.

REGISTRATION NOW OPEN FOR SUMMER EARNING!

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.

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.

SUMMER EARNING 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.

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.

ATTENDANCE PROCEDURES:

New absence reporting system for SCDSB schools – call 1-888-885-8065 to report an absence:

The Simcoe County District School Board (SCDSB) is implementing a new absence reporting system at secondary schools. This system will support us in continuing to improve our home-to-school communication process and streamline 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 should include the student's name, teachers' name, dates and reason for the absence. . If you have questions about the new system, please contact the school office.

Extended Absences

If you are planning to go on a vacation with your child or planning an extended absence from school (5 days or more), please email your child's vice principal to allow us the opportunity to set up an extended absence for your child. Doing so allows your child to remain in their class and receive a program of study that they can complete while they are absent. However, without notification, a student will be removed from their classes if their absence is greater than 15 consecutive school days.

Please note that a program of study will only be provided for 5 days of absences.

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 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!

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, 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.

Math @Home parent and caregiver series

It's back! The SCDSB math team is pleased to offer virtual sessions for parents and caregivers of SCDSB students. These sessions 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. 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>. If you couldn't attend the previous sessions, visit the Math at Home page on the SCDSB website to view past sessions: www.scdsb.on.ca/MathAtHome.

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

Let's make March a month of digital preparedness!

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 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.

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.

Information provided by YouthReach

SLEEP:

Help your teen get the sleep they need by encouraging:

- A consistent bedtime and wake-time (even on weekends) that allows for at least 8-10 hours of uninterrupted sleep each night.
- A relaxing bedtime routine – showering, music, getting ready for the next day.
- A sleeping space that is cool, dark, and quiet.
- Them to put away technology in the hour before bed as it interferes with natural sleep cycles.
- Them to limit their daily intake of caffeine as it may interfere with the ability to fall asleep.



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.

Information provided by the Simcoe Muskoka District Health Unit

ONLINE LEARNING GRADUATION REQUIREMENTS & OPT-OUT OPTIONS:

Students are required to earn two online learning credits to graduate from secondary school, beginning with every student who entered Grade 9 in the 2020-21 school year. The online learning graduation requirement also applies to adult learners that will be entering the Ontario secondary school system starting in the 2023-24 school year. The graduation requirement is intended to support students in developing familiarity and comfort with learning and working in a fully online environment, as well as developing digital literacy and other important transferable skills that they will need for success after secondary school, including in post-secondary education and the workplace.

Opting out

Parents/guardians may choose to opt their children out of the mandatory online learning credits required for graduation. To opt out, a parent/guardian must submit the [Secondary Online Learning Graduation Requirement Opt-out Form](#). Exemption from the online learning graduation requirements may be requested by:

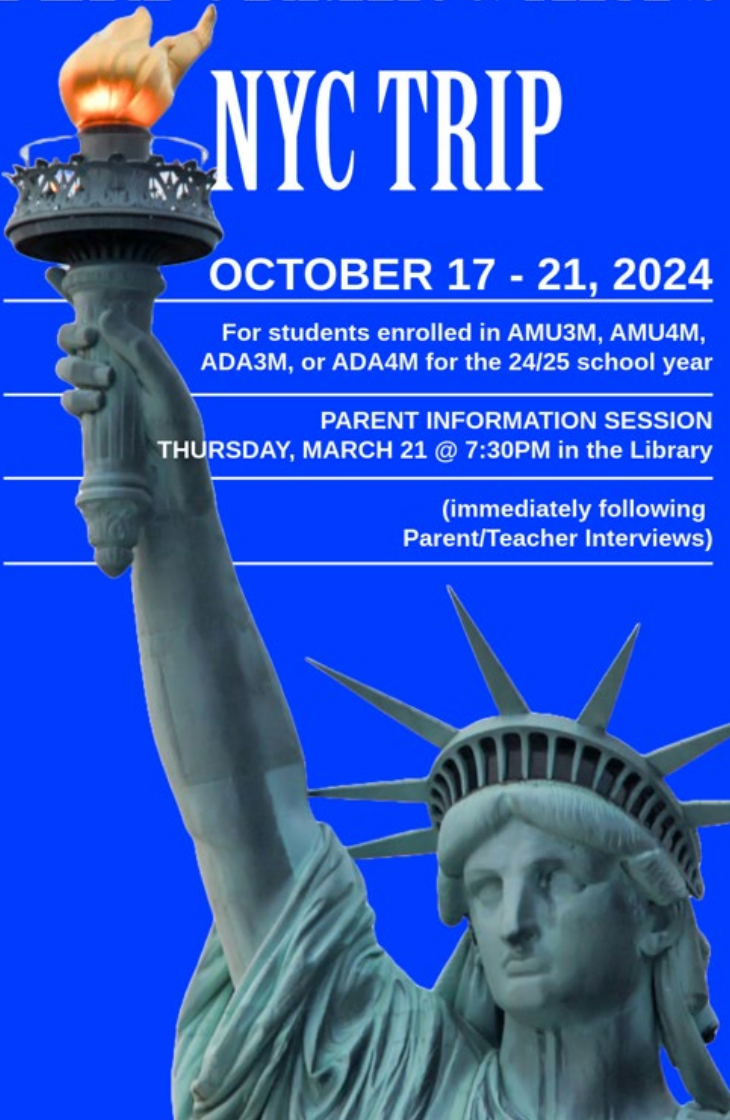
- the parent/guardian of the secondary student
- students who are 18 years of age or older
- students who are 16 or 17 years of age and have withdrawn from parental control

Check with your local school if you have questions regarding the registration or opt-out process.

PARENTS' GUIDE TO ASSESSMENT, EVALUATION AND REPORTING:

Learn to navigate the world of assessment, evaluation, and reporting with this new guide for parents/guardians. Created to support parents'/guardians' understanding of assessment, this guide was designed to effectively empower you to actively engage in your child's educational journey. The guide has been posted to the Simcoe County District School Board's website and can be accessed at https://cdns14.sharpschool.com/UserFiles/Servers/Server_210898/File/Secondary/Parents-Guide-to-Assessment.pdf

BDHS ARTS DEPARTMENT:



PERFORMING ARTS
NYC TRIP

OCTOBER 17 - 21, 2024

For students enrolled in AMU3M, AMU4M, ADA3M, or ADA4M for the 24/25 school year

PARENT INFORMATION SESSION
THURSDAY, MARCH 21 @ 7:30PM in the Library

(immediately following
Parent/Teacher Interviews)

ONTARIO LITERACY TESTS (OSSLT):

The spring writing of the OSSLT will take place on Tuesday April 9 (students with last names starting with A-M), and Wednesday April 10 (students with last names starting with O-Z). The test will take place in the Learning Commons during periods 1-2. Extra time will be provided through the lunch hour as required. Students and their parents will receive an email reminder as well as a slip to be dismissed from their homeroom class the week before the test. They will then go directly to the Learning Commons at 8:00 a.m.

Students who have questions or would like extra support in preparing for the test can speak to our teacher-librarians. A practice test is also available at:

<https://www.eqao.com/>

2024 BDHS PROM:

Prom is fast approaching! This year's Prom is on June 14, 2024 and is being held at The Club at Bond Head.

Tickets will be \$110/each and go on sale from April 22 - May 6th. Tickets must be purchased through SchoolCash Online.

In an effort to ensure that all Grade 12 BDHS students have an opportunity to purchase tickets, sales will be limited to only those students.

Depending on numbers, an additional week of sales will be opened from May 12-18th to allow Grade 12 BDHS students to purchase a ticket for a guest who may be in another grade or from outside the school.

In order to purchase a ticket, students MUST have a Student Activity Card and have completed their 40 hours of community service.

If you have any questions or concerns, please reach out to Ms. McPherson, the Staff Prom Coordinator at smcpherson@scdsb.on.ca



2023/2024 BDHS GRADUATION INFORMATION:



Where: Innisfil Recreation Centre

When: Thursday, June 27th, 2024

Time: 7:00 pm

Additional Information: Graduates may purchase their Graduation Package on School Cash Online starting Friday, March 8, 2024. The package is \$50 and includes the student's gown, cap, stole and 3 tickets (Graduates do not need a ticket for themselves).

If you have any questions please contact Vice Principal Teresa Kokkas

tkokkas@scdsb.on.ca

STUDENTS ARE INVITED TO JOIN THE ONTARIO COLLEGES – SKILLED TRADES PANEL:

Interested in learning more about the Skilled Trades? Join our Ontario College panel event at Bradford DHS on **Tuesday, April 2nd, 8:30-10:00 am**, in the Learning Commons.

Topics that will be discussed:

What's an apprenticeship? How do I explore the Skilled Trades? Hear from our partners at Centennial, George Brown, Georgian, Humber, and Sheridan College.

If you would like to attend this event please reach out to Mrs. Dunn in guidance: sldunn@scdsb.on.ca



CANADA & WORLD STUDIES – INTERNATIONAL TRIP:

Come Join Us! Europe 2025

The Canadian & World Studies Department at Bradford District High School is thrilled to bring students an exciting, educational opportunity. BDHS is offering a unique opportunity to travel and experience learning in a different way. We have organized an interactive, international field trip to commemorate the 80th Anniversary of the Liberation of the Netherlands in Europe. Students will travel to sites in Poland, Czechia, Germany and the Netherlands. The trip will run **April 26 through to May 6, 2025**.

If you would like more information, please come out to our Parent Night on **March 19, 2024 at 6:00pm**. The meeting will be held in BDHS' Learning Commons:

Please email Ms. Lane at mlane@scdsb.on.ca if you have questions



FUTURE ACES ACTIVITIES:

To commemorate Women's History Month, Future Aces held a Cookie Grams fundraiser to raise funds for *My Sister's Place* Women's Shelter. Future Aces would like to thank the BDHS community for their continued support.



BDHS ATHLETICS:

Athletic Update: The winter sports season is quickly wrapping up. We had enormous success with teams this season.

Special shout out to the Swimming Team, 5 members have qualified for OFSAA. OFSAA Swimming takes place March 5 to 6 in Toronto.

Another shout out to the Senior Boys Basketball team who have defended their GBSSA championship for the 3rd straight year to qualify for OFSAA. OFSAA basketball takes place March 4 to 6 in Stoney Creek.

The Badminton Team will be starting their competitions in March which carry through to end of April.

Spring Sport sign up will be starting end of March / Early April, listen to announcements or follow us on Social Media for updates.





SIMCOE MUSKOKA DISTRICT HEALTH UNIT:

Please find attached an important message from the Simcoe Muskoka District Health Unit".



Do you know your child's measles immunization status?

For many families March Break is a time to connect with family and friends. Whether you are staying home, planning a family outing or travelling, the Simcoe Muskoka District Health Unit encourages all families to know their children's immunization status.

With recent measles cases across the province, the health unit is encouraging families to review their child's immunization records and ensure they are up to date for their age. Students in Ontario are required to have 2 doses of a measles, mumps, rubella vaccine (MMR) by the age of six years.

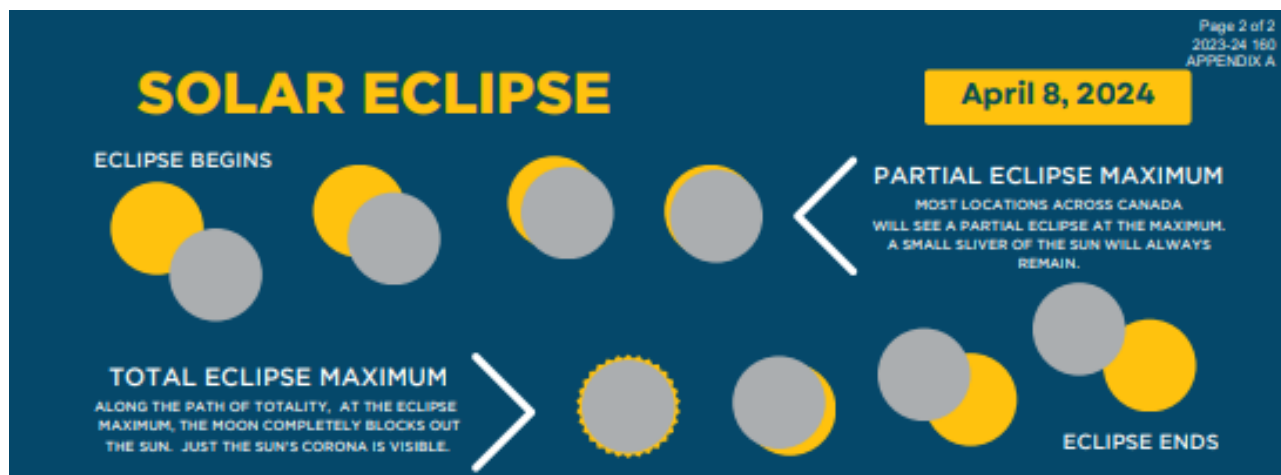
Please reach out to your health care provider to review your child's immunization record or book an appointment if required.

If you do not have a health care provider, please call Health Connection at 1-888-721-7520 to discuss your child's immunization record or [book an appointment](#) at one of the health unit's MMR vaccination clinics.

Additional information can always be found on Simcoe Muskoka District Health Unit [website](#).

SOLAR ECLIPSE: APRIL 8TH, 2024:

The Simcoe County District School Board (SCDSB) intends to use the upcoming solar eclipse event happening on Monday, April 8, 2024 as an opportunity to educate students. The SCDSB has developed a solar eclipse safety information sheet so that families can discuss with their child(ren). Access the information on the SCDSB website WWW.SCDSB.ON.CA



1 WHAT'S HAPPENING?

This eclipse is a total eclipse. At its maximum, the Moon completely blocks out the Sun. This only happens in the path of the Moon's shadow, called the **path of totality**. Everywhere except this path will see a partial eclipse (like in Simcoe County) in which a sliver of the Sun will remain visible.

2 WHEN WILL IT HAPPEN?

From beginning to end, the eclipse will be visible for about 2.5 hours. At eclipse maximum, the sky will darken. In Simcoe County, only a sliver of the Sun will remain. This will only last for a few minutes!

3 HOW RARE IS THIS EVENT?

Very! The next total eclipse will occur in 2044 - but you will need to travel to the arctic or western Canada to see it. The next total eclipse traveling through Ontario will be in 2106. That's 72 years from now! How old will your students be when that happens?

TIMEFRAME FOR BARRIE

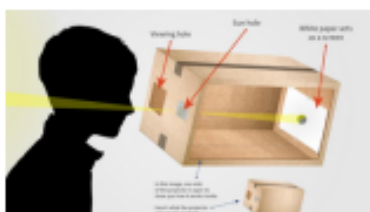
Partial Eclipse Begins	2:05pm
Maximum Eclipse	3:19pm
Partial Eclipse Ends	4:31pm

4 SAFETY & EYE PROTECTION

Never look at the sun with the unaided eye, including during an eclipse! Light from the Sun will injure your eyes and could damage your eyesight forever. Not even sunglasses are sufficient in protecting your eyes.

5 EDUCATIONAL RESOURCES

Resources to help you educate students can be found on the SCDSB StaffWeb. Go to the Teaching and Learning Page, then select Elementary or Secondary Science under 'Resources'.



Make a solar eclipse projector with your class for indirect viewing!

DID YOU KNOW IT'S ILLEGAL TO VAPE OR SMOKE ANYWHERE ON SCHOOL PROPERTY, INSIDE THE SCHOOL OR OUTSIDE WITHIN 20M OF SCHOOL PROPERTY, 24 HOURS A DAY, 365 DAYS A YEAR?

The law applies to everyone on school property, students, staff, and visitors. It also means it is illegal to vape or smoke on school athletic fields during afterhours activities or vape or smoke in school washrooms. There is a fine of \$305 for vaping or smoking on school property.

But why do youth vape at school? Vapes contain nicotine, which is a highly addictive drug. Nicotine addiction is extremely powerful, develops quickly, and youth may not realize they are addicted. Once addicted, they need nicotine regularly or they will experience withdrawal, making it hard to get through the school day. Help them take back control – there are supports to help youth quit! Talk to your child about vaping, they listen more than you think. Learn more at NotAnExperiment.ca/parents. Information provided by the Simcoe Muskoka District Health Unit

BDHS “NOT AN EXPERIMENT”

This month BDHS staff and students have engaged in some intensive learning about the dangers of the tobacco industry and vaping. Staff received a presentation from the Simcoe Muskoka District Health Unit, and grade 9 students participated in an escape-style activity called “Not An Experiment”. Lots of learning has been had.

We will continue with messaging being delivered through announcements and posters throughout the building to reinforce key facts and information and deliver this messaging to all students.



NOT AN EXPERIMENT

Did you know vapes can contain more nicotine than a whole pack of cigarettes?

This makes vapes **very** addictive. Making matters worse, the developing youth brain gets addicted to nicotine faster with less exposure compared to adults. Nicotine changes how the youth brain develops, affecting memory and concentration and reducing impulse control. It can also cause behavioural problems. Not only that, but youth addicted to nicotine are more likely to start smoking cigarettes and may be more likely to develop addictions to other drugs.

If your kid is vaping, they may think they're in control of their vaping, but addiction can take them off guard.

Help them take back control – there are supports to help youth quit!

Talk to your child about vaping, they listen more than you think! Learn more at NotAnExperiment.ca/parents



Did you know vaping is not just harmless water vapour?

It is an aerosol that contains a mixture of particles and chemicals, none of which belong in the lungs or body. Vaping has long-term health effects, including heart disease and severe lung damage, similar to that caused by smoking. The chemical formaldehyde, which is known to cause cancer is produced when vaping. The high levels of nicotine in vapes can lead to nicotine addiction, which changes brain development, affects memory, concentration, and impulse control, and even causes behavioural problems.

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