



BRADFORD DISTRICT HIGH SCHOOL

MAY 2023 NEWSLETTER



BDHS ADMINISTRATION

Principal: Mr. David Brooks
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VP: Tracey Galbraith
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VP: Teresa Kokkas
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VP: Karen Quesnel
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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
Guidance - SHSM & MLL Support
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BDHS STUDENT SUCCESS

Ms. Katie Evans
Student Success Teacher
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Mr. Camara Edwards
Graduation Coach for Black Students
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BDHS SPECIAL EDUCATION

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

Ms. Cora-Lea Peltier
Grade 10 & 12 SERT peltier@scdsb.on.ca

Ms. Christina Paton
Grade 11 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

May & beyond...

- **Monday May 22nd, 2023**
 - Victoria Day Holiday
- **Wednesday May 24th, 2023**
 - Mental Health Week Activity Carousel
- **Friday May 26th, 2023**
 - PROM
- **Monday May 29th 2023 - Friday June 9th, 2023**
 - Course Culminating Activities
- **Thursday June 8th, 2023**
 - June School Council Meeting 6pm in BDHS Library

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

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

BDHS SCHOOL COUNCIL 2022/2023

The BDHS School Council is a committee made up of elected parents/guardians, community representatives, staff, and sometimes students that help to provide the community voice and parent/guardian perspective on important school topics such as fundraising plans, field trips and community events. School Council is a good way for parents/guardians to get involved in their child/children's education while playing an important role in the partnership between home and school. Council generally meets monthly (schedule below). These meetings typically average 1-2 hours in length and take place during evening hours.

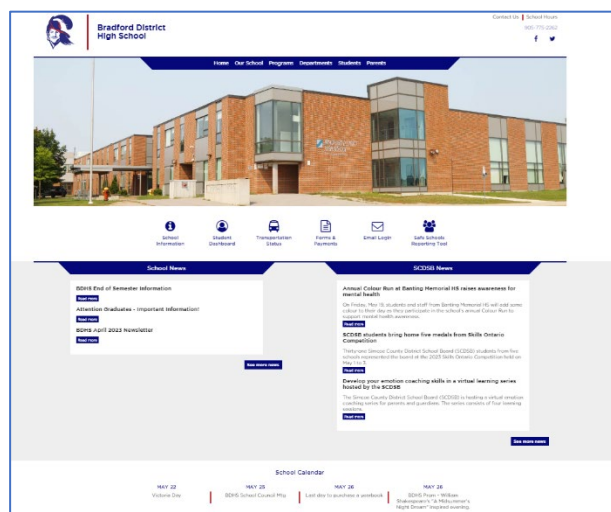
All parents/guardians are welcome to attend any BDHS School Council Meeting. Specific inquiries about our BDHS School Council can be directed to:

- Lynane Ritson (Chair of BDHS School Council)
councilchairbdh@scdsb.on.ca

Next scheduled Meeting:

Thursday May 25th, 2023, 6pm - 7pm in BDHS School Library
More information can be found at:

BDHS NEW SCHOOL WEBSITE:



We are thrilled to announce that we have a new BDHS school website. Over the coming weeks, we will be putting up key information on courses, programs, upcoming events and much more.

Parents/Guardians can already find a complete listing of all staff contact information on our website under 'Our School'.

BDHS GUIDANCE DEPARTMENT

TIMETABLE CHANGE REQUESTS FOR THE 2023/24 SCHOOL YEAR:

It is projected that student timetables will be ready on **Monday, June 12th**. Students will be able to view this timetable in their student portal. Any student needing/wanting a change will sign up using a Microsoft Form that will be sent out that day to all student emails. Students will have until the end of that week (June 16th) to sign up to be seen about a timetable change. Necessary changes will be prioritized, otherwise this opportunity will be first-come-first served, and Guidance counsellors will meet with students in the order in which they signed up. Requested timetable changes will be addressed over 2 weeks, from **June 12th through to Friday, June 23rd**. Students will require *parent approval* to make changes. If students are not in class when Guidance calls them down, they will move onto the next student on the list.

Please bear in mind that not all course requests can be accommodated. **In order to best support timetable change requests, timetable changes need to be addressed now before the end of this school year.**

Guidance will not be accommodating any timetable changes after June 23rd and for at least the first week of school in September.

STUDENT PORTAL: https://www.scdsb.on.ca/student_dashboard

SUMMER SCHOOL

Any students who are interested in taking a course in Summer School can pick up a Request Form in the Guidance office or download it and print it at home.

Forms should be filled in, signed by a parent/guardian, and then submitted to Guidance as soon as possible.

Our school board will be offering Summer School in July only but there are also courses available in other Boards of Education in July and/or August. You can search available courses using the PRISM website included on the front page of the request form.

Make an appointment with your Guidance Counsellor if you have any additional questions. You can also visit our website for more information:

https://bdh.scdsb.on.ca/departments/Guidance/Home/summer_school_2023

COMMUNITY SERVICE HOURS

This is a reminder to all students and parents that the Ministry of Education has provided flexible ways for students to obtain their 40 hours of community involvement, including:

- helping an elderly relative with an errand
- assisting a sibling with homework
- household chores
- up to a maximum of 10 hours from paid employment with proof of a paystub.

All students are strongly encouraged to take advantage of this opportunity to satisfy the diploma requirement to graduate.

**** Some grade 12s still have to complete/submit their hours and they are asked to submit those to the Guidance office asap. A reminder - students will NOT be able to graduate or without having their 40 hours completed!**

BDHS AMBASSADORS

Bradford District High School will be starting a new program for next year called BDHS Ambassadors. This is a leadership program where students will have the opportunity to volunteer to help run activities and events in the school. There will be an application process put into place in May and June, and current grade 9-11 students will be invited to apply.

We are excited about the opportunity for our amazing students to be active in fostering a positive and engaged atmosphere at BDHS. Encourage your students to listen for announcements and to follow their Grade Google Classrooms for more information in the coming days

SCHOOL CASH ONLINE

Parents/Guardians are requested to access their School Cash Online accounts and complete the Permissions/Acknowledgements/Computing Technology Agreement forms that are available in each student's named tab within your School Cash Online accounts. There is no cost to add the permission form to your 'cart,' and we remind you to ensure you 'check-out' your cart to successfully submit the completed form to the school. Please complete these forms as soon as possible.

***School Cash Online is the avenue to purchase for all needs and events at your child's school such as: Student Activity Card, Sports Fees, Trips, Semi Formal, Dances, Grad Gown and so much more.**

<https://simcoecounty.schoolcashionline.com/>

STANDARD ACKNOWLEDGMENT AND PERMISSION FORM/STUDENT INFORMATION COMPUTING TECHNOLOGY APPROPRIATE USE AGREEMENT 2022-2023

The 2022-2023 Standard Acknowledgment and Permission Form and Student Information Computing Technology Appropriate Use Agreement are required forms for all Simcoe County District School Board (SCDSB) students.

The forms have been made available electronically through School **Cash Online**. School **Cash Online** is our preferred method for forms. If you are unable to submit these forms electronically, please contact the office for paper copies.

BDHS MENTAL HEALTH COMMITTEE

Mental Health Awareness Week 2023

BDHS is here to support wellbeing:

If your teen's feelings are overwhelming, persistent, and impacting school and relationships, it's important to seek support. Please speak to any BDHS staff who can help refer to School-based social work services. It's free, voluntary and confidential.

With summer approaching you may be wondering about other community agencies that your teen could access during the summer months.

Try this!

Find some form of physical activity that you enjoy, try something new, and mix it up from time to time to keep it fun!

Check out these FREE classes from the YMCA that will keep you moving! From strength-training to cardio and more. There is something for everyone!

<https://www.ymcahome.ca/fitness>

Did you Know?

Physical activity is good for your Mental Health! Physical activity can help improve mood, sleep and decrease stress and anxiety. It can include walking, going for a bike ride, or doing some yardwork. And it doesn't need to take much time! Every little bit of movement can help our overall

Here are two fantastic options:

New Path: <https://newpath.ca/quick-access-child-and-youth-mental-health-clinic/>

CMHA: <https://cmha-yr.on.ca/get-support/mobyss-12-to-25/>

SETTLEMENT WORKERS IN SCHOOLS (SWIS PROGRAM)

The Settlement Worker in Schools (SWIS) program can provide service for new Canadian children and youth throughout all local schools in the County of Simcoe. The main objective of the program is to assist the child, youth and family to integrate into their school and community. The SWIS worker will:

- Help students and their families adjust to the new school system and community
- Organize group information sessions, workshops and support cultural awareness activities
- Help in translation during Parent-Teacher Interviews where possible
- Support families to join parent councils and other similar activities at the school
- Continue to provide support to students and families throughout the school summer break

Contact: Jennifer Hickling (SWIS Program Coordinator)

Phone: 705-796-0738 Email: jennifer.hickling@sm.ymca.ca

Email: swis@sm.ymca.ca

<https://ymcaofsimcoemuskoka.ca/swis/>

WHAT'S GOING ON AT BDHS:

LETTER WRITING CAMPAIGN:

The Future Aces ran a very successful "Letters to Seniors" campaign where students from all grades were invited to participate by writing letters to seniors for the Elden Retirement home here in Bradford. Altogether, 75 letters were written and many students also created beautiful pictures. We were advised that seniors in retirement homes that don't receive a lot of visitors suffer with loneliness and we wanted to reach out to our community and remind them that we care about them and that we are thinking about them.

MODEL UNITED NATIONS

On May 5th Bradford High sent two teams to participate in the Simcoe County District School Board Model United Nations Competition at the board office. Representing over 20 countries, students discussed and debated current issues in today's society. A lot of time and hard work went into preparing for this event and students represented Bradford District High School proudly. A job well done!

FEEDBACK, RECOVERY & IMPROVEMENT DAYS

At the end of each semester, all secondary schools will run feedback, recovery, and improvement days for students. Culminating assessments such as portfolios, essays, examinations, and interviews will take place during instructional days and will be returned to students with feedback.

The last day of regular instruction for students in semester two is Friday, June 23. The period from Monday, June 26 to Wednesday, June 28 is reserved for students to receive feedback from an assessment, to rescue or recover a credit, or to improve on an area of missed expectations. Teachers and support staff will communicate with students who will benefit most from attending this opportunity; however, all students will be invited to attend. There will be no new instruction these days. Feedback, recovery, and improvement days are an opportunity for students to work closely with their teacher if they require feedback, credit recovery, or an opportunity to improve on an area of missed expectations.

Registration now open for summer eLearning!

The Simcoe County District School Board (SCDSB) is offering summer school courses in July 2023 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 <http://thelearningcentres.com>.

REGISTRATION NOW OPEN FOR SUMMER ELEARNING!

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 session is:

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 scdsb.on.ca/elementary/special-education/special-education-outreach-sessions.

Did you know that the SCDSB's Learning Centre offers an accredited personal support worker (PSW) program? Individuals interested in a career in healthcare can earn 7.5 credits towards their Ontario Secondary School Diploma and a PSW certificate upon completion of the program!

Applications are now open online for PSW programs beginning in September 2023 in Barrie, North Simcoe (Midland), and Orillia. To apply, visit thelearningcentres.com and watch the mandatory virtual information session video. This video includes important information about the PSW program and the application process. Applicants will also be required to complete an online PSW Literacy Assessment. Register for the assessment using the 'Assessment Registration Form'.

Registration for September 2023 closes July 7 at 12 p.m. Have questions or need more information? Contact the Learning Centres at psw@scdsb.on.ca.

Complete your diploma and get a head start on your career in healthcare in the SCDSB's PSW program!

ADULT ENGLISH AS A SECOND LANGUAGE PROGRAM

Looking to improve your English skills? Join our Adult English as a Second Language Program (ESL) classes to improve your listening and speaking skills through class discussions and presentations. Develop your English skills to advance in your current job or open the door to new employment opportunities. Learn more about your local community and explore Canadian culture and history. Adult ESL classes are offered year-round with a continuous intake.

To register for the program, please contact the Barrie Learning Centre at 705-725-8360 ext. 45151, or email ganderson@scdsb.on.ca.

**Please note all students starting ESL for the first time must be assessed prior to starting the class. Fees apply for visitors to Canada and work/study permit holders.*

READING WITH SORA

Sora is the SCDSB's digital ebook library which is available to all students from K-12. Each year, Sora has a collection of diverse ebooks and audiobooks (juvenile to young adult) curated into a collection called Sora Sweet Reads. From May 15 until Aug. 28, students may access these books using either the Sora app or by using the desktop version: <https://soraapp.com/welcome/login/202712>. The best part of this collection is that each title is simultaneous use, meaning that there are unlimited copies available so there are no holds on the titles! Simply use your school Google login and password to access the library. We hope that this collection will encourage students to stay engaged in reading even when the weather gets warmer. Happy reading!

FOUR FINGER AFFIRMATIONS 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 four finger affirmations. Parents/guardians can guide their child to think positively in the face of stress or challenges by using affirmations to promote confidence, a growth mindset, self-regulation, and resiliency. To practice four finger affirmations at home, work with your child to generate four words that make them feel calm and confident. For example, "I am loved today" or "breathe, listen, smile, love." Explain that each word will match a finger on their hand. Have them say the words (affirmation) aloud or in their head and connect each finger with their thumb. Tell your child they can repeat this as many times as they like, to themselves or out loud.

Consider practicing four finger affirmations at home with your child at a time of day that will be most helpful for them. Find more easy and fun mental health activities to do at home here: <https://smho-smso.ca/online-resources/easy-and-fun-mental-health-activities-for-home/>.

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

REPORTING IMMUNIZATIONS

Parents/guardians are responsible for reporting their child's immunizations to public health to keep records up-to-date per standards of the Immunization of School Pupils Act (ISPA) (ontario.ca/laws/regulation/900645) and the Child Care and Early Years Act (ontario.ca/laws/regulation/150137#BK46). Please note, health care providers in Ontario do not automatically report immunizations to their local public health unit. Reporting and viewing immunizations is easy and can be done online.

To book a clinic appointment to receive a vaccine, visit: www.simcoemuskokahealth.org/Topics/Immunization/Clinics-and-Programs/Routine-Immunization-Clinics. For more information or questions, you can call Health Connection at 705-721-7520, or toll-free at 1-877-721-7520.

Information provided by the Simcoe Muskoka District Health Unit