



BRADFORD DISTRICT HIGH SCHOOL

APRIL 2023 NEWSLETTER



BDHS ADMINISTRATION

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

VP: Tracey Galbraith
Student Surnames A-F
tgalbraith@scdsb.on.ca

VP: Teresa Kokkas
Student Surnames G-N
tkokkas@scdsb.on.ca

VP: Karen Quesnel
Student Surnames O-Z
kquesnel@scdsb.on.ca

BDHS GUIDANCE

Ms. Crystal Benjafield
Guidance-Student Surnames A-F
cbenjafield@scdsb.on.ca

Ms. Sue Ketcheson
Guidance-Student Surname G-N
sketcheson@scdsb.on.ca

Mr. Tom Basinger
Guidance - Student Surname O-Z
tbasinger@scdsb.on.ca

Ms. Shannon Dunn
Guidance - SHSM & MLL Support
sldunn@scdsb.on.ca

BDHS STUDENT SUCCESS

Ms. Katie Evans
Student Success Teacher
kevans@scdsb.on.ca

Mr. Camara Edwards
Graduation Coach for Black Students
caedwards@scdsb.on.ca

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

APRIL & beyond...

- **Thursday April 27th, 2023 (6pm – 7pm)**
 - BDHS School Council Meeting
- **Friday April 28th, 2023**
 - PA Day – Elementary & Secondary
- **Monday May 1st – Monday May 7^h**
 - Mental Health Week
- **Thursday May 4th, 2023 – 7pm**
 - BDHS Arts Night
- **Friday May 5th, 2023**
 - Mid-Term Report Cards Distributed
- **Monday May 22nd, 2023**
 - Victoria Day Holiday

BDHS SCHOOL COUNCIL UPCOMING MEETING:

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 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 April 27th, 2023, 6pm - 7pm in BDHS School Library**

More information can be found at: https://bdh.scdsb.on.ca/parents/school_council

BDHS GUIDANCE DEPARTMENT

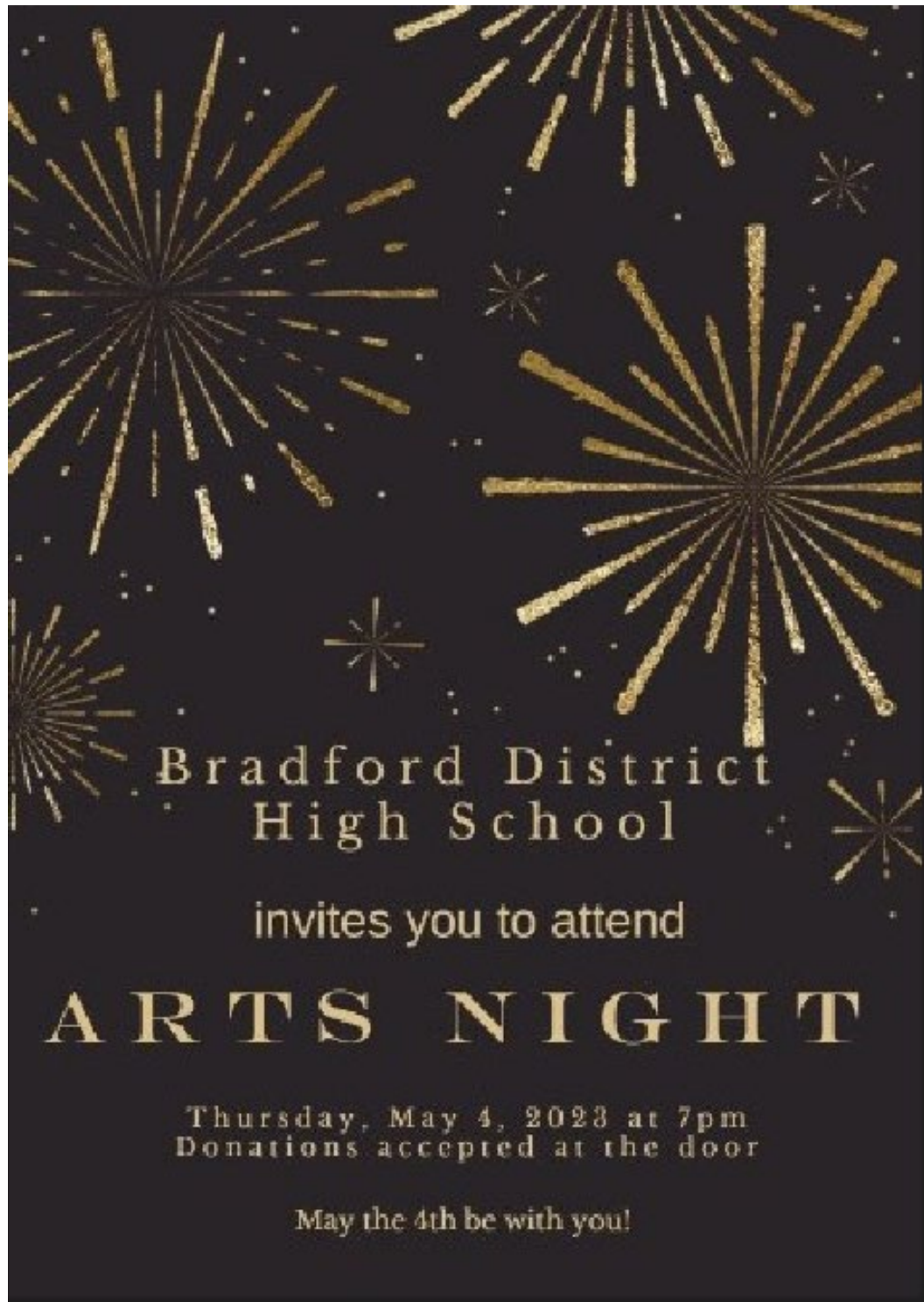
Community Service Hours

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. The deadline to submit community service hours for graduating Grade 12 students is April 28, 2023. If you have questions, please see your Guidance Counsellor.

BDHS ARTS NIGHT



Bradford District
High School

invites you to attend

ARTS NIGHT

Thursday, May 4, 2023 at 7pm
Donations accepted at the door

May the 4th be with you!

BDHS COMMENCEMENT:

Commencement is fast approaching! It will take place on **June 29th at 7 pm at the Innisfil Recreation Centre**, 7315 Yonge St, Innisfil, ON L9S 2M6

Graduation packages should be purchased on SchoolCash Online. The package is \$45 and includes the gown, cap, portfolio for diploma and 3 tickets. Students do not need a ticket for themselves. If you do not need 3 tickets, you may be reimbursed \$5.00 per ticket. There will be an opportunity in June to purchase one or two more tickets on SchoolCash Online. This will be announced and an email will go out to all families.

A reminder to all grade 12 students, that they must have submit their community volunteer hours by the middle of May in order to earn and receive their diploma.

We look forward to celebrating with our graduates soon!

BDHS LUNCHTIME MATH HELP IN ROOM 234:

The BDHS Math Department is excited to announce the opening of a Math Help Room every day at lunch. If any student requires assistance in Math, can come to Room 234 during any lunch period and get help from one of our math teachers. All students who have a question about their math work are encouraged to use the Math Help Room 234 to find the help they need.

BDHS ATHLETICS UPDATE:

Sports Update: The badminton team is in full swing of competitions during the month of April. The team has had many success up to now and are hoping to have strong matches at the GBSSA finals in late April.



Spring Sports - BDHS will be running the following spring sports / teams: Boys Baseball, Girls Soccer, Junior Golf, Junior Tennis, Girls SloPitch, Ultimate Frisbee and Track and Field. Spring sports competitions start up in May.

Follow us on Instagram @bucsathletics for sports updates. Let's Go BUCS!!

BDHS PARKING LOT SAFETY:

The safety of the students here at BDHS is our highest priority. In saying this, we would like to kindly remind all parents and/or guardians who drop off and pick up students, to be mindful that the main entrance to the parking lot can become very congested and loading and unloading in the bus loading area is not permitted. If you can utilize the back entrance and parking lot, this would help reduce traffic congestion at the side of the school. We thank you for your cooperation in this matter.

FROM THE BDHS LEARNING COMMONS

Ontario Library Association Forest of Reading

"The Forest of Reading® is Canada's largest recreational reading program! This initiative offers ten reading programs to encourage a love of reading in people of all ages. The Forest helps celebrate Canadian books, publishers, authors and illustrators. More than 270,000 readers participate annually from their school and/or public library. All Canadians are invited to participate via their local public library, school library, or individually.

The Forest of Reading Award Programs are where children and young adults pick the winner! Readers choose a program that they would like to be a part of, usually based on their age or grade, and simply begin reading! They can read all ten of the titles, or pick and choose to read only the ones they are interested in. Participants are encouraged to read at least five of the ten titles to be eligible to vote in April. This program aims to encourage a genuine and life-long love of reading among readers of all ages." (<https://forestofreading.com/about-the-forest/>)

BDHS participates in the White Pine Forest of Reading program. Students with questions, or who are interested in participating, should stop in to see our Teacher-Librarians, Ms. Faria and Ms. Sparks.

APRIL PA DAY

Please note that Friday, April 28 is a PA Day for all SCDSB students. Please refer to the 2022-23 School Year Calendar on the SCDSB website for more information: scdsb.on.ca/elementary/planning_for_school/school_year_calendar.

FEEDBACK, RECOVERY AND 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.

JOIN US! A LEARNING SERIES FOR PARENTS/GUARDIANS WITH PINE RIVER INSTITUTE

Mental health and well-being continues to be a key strategic priority within the SCDSB. We are pleased to continue our partnership with the Centre for Family Initiatives at Pine River Institute (CFI@PRI) to provide several curated learning sessions focused on student mental health and well-being to SCDSB families, staff and within the SCDSB's broader school communities.

There are five webinars in the learning series specifically planned for parents, guardians, and other caregivers during this school year. The final session, 'The Biology of Stress', is April 27.

We hope you join us for this learning opportunity. 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.

JOIN THE SCDSB'S PARENT INVOLVEMENT COMMITTEE FOR 'SAFE CONNECTIONS: NAVIGATING A DIGITAL WORLD'

On April 25, the Simcoe County District School Board's (SCDSB) Parent Involvement Committee (PIC) is hosting a virtual learning session for parents/guardians. *Safe connections: navigating a digital world* is a virtual event focused on digital mindfulness and well-being, and Internet safety.

This virtual event will run from 6 to 8:30 p.m. via Zoom. Presenters include:

- Chris Vollum, CMV SocialMedia
- Sergeant Aaron C. Arnett, Ontario Provincial Police
- Abby Zantingh, Imani's Place

Participants are asked to register in advance: <https://bit.ly/40tEg22>. Information to access the session will be shared via email with individuals who have pre-registered.

The PIC is a county-wide advisory committee made up of parents/guardians and community representatives from across Simcoe County. The committee works with SCDSB staff and trustees to support student success through parent/guardian engagement. Visit scdsb.on.ca/elementary/parent/parent_involvement_committee for more information on the PIC.

INTERESTED IN LEARNING MORE ABOUT THE WAYS THAT THE SCDSB SUPPORTS STUDENTS WITH SPECIAL EDUCATION NEEDS AND THEIR FAMILIES? JOIN US FOR A VIRTUAL SPECIAL EDUCATION OUTREACH SERIES

In 2023, the Simcoe County District School Board (SCDSB) is hosting virtual special education outreach sessions to assist parents/caregivers in learning more about programs, supports and ways that we work together to support students with special education needs. The remaining sessions include:

Supporting students as they transition into school, from one school to another, and from school upon graduation

April 20

6:30 to 7:30 p.m.

Working with families to create safe and supportive environments for children who have experienced trauma

May 9

6:30 to 7:30 p.m.

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

MATH @HOME PARENT SERIES

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

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

Problem Solving @Home

Tuesday, April 25

7 – 8 p.m.

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

Having Fun with Math Facts @Home

Thursday, May 11

7 – 8 p.m.

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

Participants must pre-register for the sessions they wish to attend. Participants who register before March 24 will receive their math pack of resources in time for the first session on April 12. Those who register after March 24 will still receive a math pack of resources, but may not receive them in time for the first session.

Use this link to register: <https://bit.ly/23MathAtHome>

The science of reading and structured literacy

The science of reading is a body of research that focuses on how students learn to read, what parts of the brain are utilized when learning to read, and what skills are ultimately required to be successful readers. Structured literacy is how educators take the knowledge gathered through research and apply it. There are five key components that make up an effective literacy program. Students need explicit instruction and repeated opportunities for practice with phonemic awareness, phonics, fluency, vocabulary, and comprehension. Visit the following link to support your child's reading at home: <https://bit.ly/LiteracyHomeSupport>

Tense and relax coping strategy

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. Parents/guardians can guide their child/youth through a tense and relax muscle relaxation exercise to help them notice whether they feel tense or relaxed in a particular area and understand how their body feels when they are tense and relaxed. This helps children/youth to learn to sooth their body and mind, and assists with regulating emotions during times of stress.

To practice tense and relax at home, have your child/youth get comfortable by either standing or sitting. Encourage them to keep their back straight, and shoulders and head relaxed. If they're comfortable, ask them to close their eyes. Have your child/youth intentionally tense and relax isolated body parts and be aware of how they feel when they tense their muscles and when they relax them. Children can be encouraged to: bring their shoulders up to their ears, hold for a count of 3, and relax; squeeze their hands into fists, hold for a count of 3, and relax; squeeze their stomach in as if fitting between a fence, hold for a count of 3, and relax; and, pushing their feet down to the ground, hold for a count of 3, and relax. Repeat the actions a few times and discuss how these body parts felt before, during, and after the exercise.

Parents/guardians can practice tense and relax at home any time with their child/youth to help them learn how to relieve tensions. Click on the following link to watch a guided video of tense and relax together:

<https://www.youtube.com/watch?v=J4mQm0hux1Q&t=1s>.

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

**SIGNIFICANT NEED FOR FOSTER CAREGIVERS IN OUR COMMUNITY **

There is a significant need for foster caregivers in our local community. When a child or youth is brought into temporary foster care and placed outside of their community there is a loss of family, friends, schoolmates, teachers, and everything that is familiar to them. The increase in the number of foster homes across the communities in Simcoe Muskoka allows children and youth to remain connected to what is important to them.

Foster families are regular families wanting to give back to their community. When a family faces hardship and challenges, they need a community to support them and their children. In many situations, foster care can provide vital support that enables parents to address issues that are putting their children`s safety and well-being at risk. Keeping children connected to their family, community, and extended supports is crucial. Foster caregivers provide a caring home that encourages a child or youth`s growth, development, and well-being. If you`re interested in becoming a foster caregiver in our community, please visit the foster recruitment website at www.fosterconnexions.ca to learn more or call the foster recruitment line at 705-734-6777.

Information provided by Simcoe Muskoka Family Connex