

Twin Lakes Secondary School

Thunderbird News April 2023

Principal: Julie Richardson

Vice-Principals: Michael Fogarty and Katie Prentice

Twin Turns 50!

There will be a celebration for the 50th Anniversary of Twin Lakes Secondary School.



On the weekend of April 28 and 29, 2023, activities are being planned.

Please visit our website <https://twi.scdsb.on.ca/> for information and details.

EQAO Literacy Test

The spring session of the OSSLT (Ontario Secondary School Literacy Test) will take place on Wednesday, April 19th, 2023. School staff responsible for the OSSLT will continue to be in contact with students who are scheduled to complete the assessment. These students will be invited to participate in test-preparation practice sessions. Students scheduled to complete the assessment will receive additional information regarding the specific location and necessary accommodations for their assessment via letter home at the end of March & email reminders leading up to the test on Wednesday, April 19th, 2023. If successful, this will count toward satisfying the literacy requirement for the Ontario Secondary School Diploma (OSSD). The normal school day schedule will be unaffected. We believe that students, working with their teachers, parents/guardians and administrators, can be successful on the OSSLT. Information regarding the OSSLT is posted on the EQAO web site at <https://www.eqao.com> and additional review material can be accessed on our website: <http://twi.scdsb.on.ca>.



Bus Evacuation Training

The Simcoe County Student Transportation Consortium (SCSTC), in partnership with our School Bus Operators, will be offering School Bus Evacuation Training to all home-to-school transported students on Monday, April 3, 2023. School bus drivers will be educating students on how to evacuate a school bus safely in an emergency situation. This program is a follow-up to the training provided during School Bus Safety Week in October 2022. This training will occur during regular morning transportation once the bus arrives with the students at the school.



Commencement

A commencement newsletter was distributed to parent and student emails and to grade 12 homerooms in March.



If you did not receive a copy, you can find it posted to our website <https://twi.scdsb.on.ca/> or request a copy from the guidance office. Please note the very important events and timelines as we all prepare for this year's graduation ceremonies.

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.

SCDSB Parent Council Guest Keynote Understanding Teens from the Inside Out: Staying Connected with Your Kids



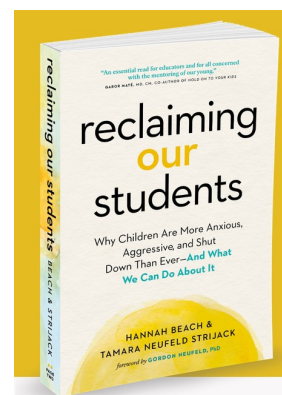
Thursday April 13th from 6:30-8:00pm
Location: Twin Lakes Secondary School

Please complete the following form if you plan on attending: <https://bit.ly/HannahBeachEvent>

Hannah Beach is an award-winning educator, emotional health consultant and keynote speaker, and the co-author of Reclaiming our Students. She speaks about the power of bringing more feeling and human connection into the classroom. She was recognized by the Canadian Human Rights Commission 2017 as one of five featured change-makers in Canada.

ANXIOUS, AGGRESSIVE, AND SHUT-DOWN KIDS: PRACTICAL STRATEGIES FOR CHANGE (1.5 hrs)

Children and youth are more anxious, aggressive, and shut down than ever. Faced with this epidemic of emotional health crisis and behavioural problems, kids are struggling and parents are exhausted. Many of our kids are anxious and glued to their phones, seeking endless distraction and feeling isolated and disconnected. Aggressive outbursts have become common and yet others seem to have stopped talking all together. As parents we are increasingly alarmed. We entice, cajole, bribe, shout, but nothing seems to work. Many of us are scared; will our kids be like this forever? What can we do? Is there a way through? Join Hannah for a warm and conversational workshop exploring practical and inclusive strategies we can use to support our children and youth to thrive. Change is possible!



Music Mural Installation

The Twin Lakes Arts Department, and Arts Council, are proud to announce the completion of their much anticipated music mural. The mural has been mounted in its forever home, and on display for all to see, outside of the music room, 229. The department would like to thank Bella Bacque, Jackie Fahey, Jorja Fahey, Brooke Hodges, Enya Keppo, Faith King, Hailey Mawbey and Alivia Rae, for their dedication and hard work, to make the mural possible. Special thank you goes to Emily Grimaldy, and her mother, Lindsay Rouse, for donating the paint and supplies, and to Mr. Burton for preparing the board. A final and most important thank you goes to Mr. MacDiramid, who provided leadership, mentoring, and endless time and patience, to our student artists, making this a most enjoyable and worthwhile collaboration.



Athletes of the Month for February

Congratulations to Erik Vurma for Nordic Skiing and Blythe Wieclawek for Swimming for being chosen as our Athletes of the Month for February.

Erik Vurma was GB Sr. Boy Open champion, and was key player in the Sr. Boys team placing 2nd overall at GB's. At OFSAA, he was a great team leader, helping to wax skis, encouraging good warm ups, and leading pre skis. In the individual distance race, he placed 6th overall out of 126 athletes, 5th in the open category. He was a major contributor in the Sr. Boys team winning the bronze in the distance and relay sprint races respectively. Erik regularly attended practices where he would demonstrate technique and help others to improve their technique.

After two weeks of exhausting and intense training with the Swim Ontario team in February, Blythe Wieclawek travelled directly from Florida to Toronto and then to Windsor, the night before OFSAA to compete with highly ranked Ontario swimmers in the 13-19 open swimming category. Not only did she swim her way to one silver medal but TWO in the same day. The following day, she made her way to the Scarborough PAN AM pool to compete in the Ontario Swimming Championships. Next up for this Thunderbird is The Bell Canadian Swimming OLYMPIC Trials. Blythe knows no end to hard work and determination in and outside of the pool.

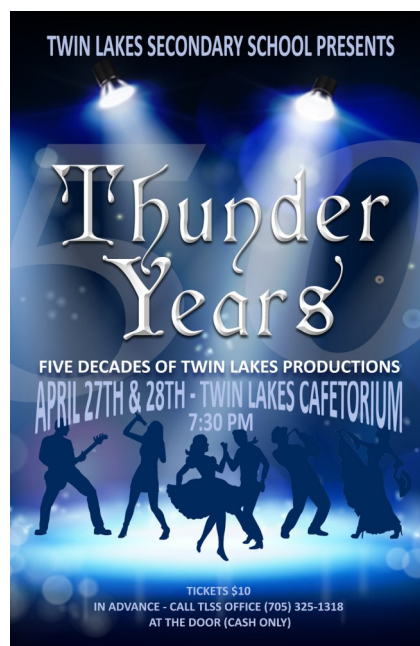
Thunder Years Five Decades of Twin Lakes Productions

Twin Lakes Secondary School is proud to present the musical production **THUNDER YEARS - FIVE DECADES OF TWIN LAKES PRODUCTIONS** on Thursday, April 27 and Friday, April 28 at 7:30pm in our very own cafetorium. This show is a celebration of the past 50 years of musical and stage productions, and features students from grades 9-12 both on the stage and behind the scenes. Students are hard at work on this collaboration of time and talent and can't wait to share this tribute to the theatrical achievements of TLSS throughout the years!

Tickets for **THUNDER YEARS** are \$10 and are available in advance by calling or visiting the TLSS office. Limited remaining tickets will also be available at the door (cash only).

Students will have the opportunity to see **THUNDER YEARS** on Wednesday April 26 as a buy-in matinee. Stay tuned to the announcements for information on how to purchase a student matinee ticket.

This is a special once-in-a-lifetime production that you won't want to miss!



Dangers of Vaping

Last year during the *Student Climate Survey*, students identified vaping as an area of concern. The Twin Lakes Mental Health & Wellness Committee recognizes that students are experimenting, and sometimes regularly using, vaping as a tool without understanding some of the consequences associated with it. To help create awareness within the school about the dangers of vaping, the Simcoe Muskoka District Health Unit was invited to support a **NotAnExperiment** Blitz during lunch on Wednesday, March 29th.

During this blitz, the SMDHU shared available data and provided resources to encourage students not to start vaping, and tools to support those individuals who are choosing to vape with how to quit.

Please find the online **NotAnExperiment** resource below for your consideration in speaking with your student about vaping.

[PARENTS - Not An Experiment](#)

[Parent-and-Caregiver-Resource-10-22.pdf \(notanexperiment.ca\)](#)



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 <https://fosterconnexions.ca/> to learn more or call the foster recruitment line at 705-734-6777.

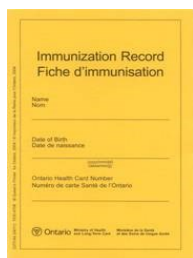
Information provided by Simcoe Muskoka Family Connexions

Immunization Records

SMDHU recently held an Immunization catch up clinic at the school. If you missed the clinic and still need immunizations, you can [book an appointment at a SMDHU Office Immunization Clinic](#).

Additional immunization info can be found on the SMDHU website at the following links:

- [secondary school immunizations](#)
- [general immunization info](#)
- [immunization schedule and Q & A's](#)
- [immunization fact sheets](#)



The publicly funded vaccines provided in grade 7 are:

- [Hepatitis B \(HB\) Engerix®, Recombivax®](#)
- [Human Papillomavirus \(HPV\) Gardasil®9](#)
- [Meningococcal Conjugate ACYW \(Menactra®, Menveo™, Nimenrix™\)](#)
- [Request an Immunization Record](#)

To speak with a nurse, please call SMDHU Health Connection phone line at 1-877-721-7520, Monday through Friday 8:30 a.m. to 4:30 p.m.

Keep Connected With Our School and with the SCDSB

It's important to get accurate information about what's going on at your school and at the Simcoe County District School Board (SCDSB). Here are some ways to do that:

- Subscribe to our school's website by visiting the 'What's New' section at <http://twiscdsb.on.ca>. You can sign up to receive emails about school news updates and information during emergency situations. It's easy to subscribe – visit our website and click the 'Subscribe' link at the very top of the page. Provide your email and click 'Subscribe'; a message will be sent to your inbox with a link to click to confirm that you want to subscribe. You can unsubscribe at any time using the link at the bottom of each email.
- Sign up to receive SCDSB media releases by clicking the 'Subscribe' button at www.scdsb.on.ca
- Follow the SCDSB on Twitter (@SCDSB_Schools), Facebook (facebook.com/SCDSB) and Instagram (instagram.com/scdsb).
- Follow TLSS on Twitter (@TwinLakes_S.S.)
- Follow Guidance on Twitter (@TLSSguidance)



Character Attribute for the Month of April

Optimism - we maintain a positive attitude and have hope for the future.

More information about character education can be found here: www.scdsb.on.ca/about/character_education



Athletics

Spring Sports are starting now. Listen for announcements so you don't miss out.

- Track and Field
- Girls Soccer
- Girls Rugby
- Girls Slo-pitch
- Boys Baseball
- Ultimate Frisbee
- Jr Boys Golf
- Mountain Biking



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 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.



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 Thursday, 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.

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.

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.



LESS STRESS

Significant Days, Holy Days, Holidays and Heritage Recognition Occurring in the Month of April

For information regarding holy days and holidays, visit the SCDSB website here:

www.scdsb.on.ca/about/equity_and_inclusion/holy_days_and_holidays_calendar

For more information on heritage days, visit the SCDSB website here:

https://www.scdsb.on.ca/about/equity_and_inclusion/heritage_recognition



- 4 Mahavir Jayanti (Birthday)**
Jainism
- 6-8 Theravāda New Year**
Buddhism
- 6-13 Pesach (Passover)**
Judaism
- 7 Good Friday**
Christianity
- 8 Farvardegan (FC)**
Zoroastrianism
- 9 Easter**
Christianity
- 10 Easter Monday**
Christianity
- 13 Vaisakhi**
Sikhism
- 14 Good Friday (J)**
Christianity
- 14 Vaisakhi/Baisakhi**
Hinduism
- 16 Easter (J)**
Christianity
- 17 Easter Monday (J)**
Christianity
- 17-18 Yom HaShoah**
Judaism
- 18 Lailat-ul-Qadr**
Islam
- 21 First Day of Ridvan**
Bahá'í
- 21 Jumma-tul-Wida**
Islam
- 21 Eid-ul-Fitr**
Islam
- 23 Zarathosht-no-diso (QC)**
Zoroastrianism
- 28 Nichiren Foundation Day**
Buddhism
- 29 Ninth Day of Ridvan**
Bahá'í