

# Twin Lakes Secondary School

## Thunderbird News February 2023

Principal: Julie Richardson

Vice-Principals: Michael Fogarty and Katie Prentice

### February PA Day

Please note that Friday, February 3 is a PA Day for secondary SCDSB students. Please refer to the 2022-23 School Year Calendar on the SCDSB website for more information: [www.scdsb.on.ca/elementary/planning\\_for\\_school/school\\_year\\_calendar](http://www.scdsb.on.ca/elementary/planning_for_school/school_year_calendar).

### Twin Turns 50!

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



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

Please stay tuned for more information and details.

### Twin Lakes Sports

Well fall sports are a thing of the past, but we wanted to acknowledge our Senior Boys Volleyball GBSSA Championship Team. Way to go Thunderbirds!

Winter sports are heading into playoffs as we begin second semester. Girls Volleyball and Boys Basketball are looking to continue our quest for SCAA titles. The Twin Lakes Junior Boys Basketball team finished 2nd in league play and the Senior Boys Basketball team finished 1st. Twin is hosting the SCAA Junior Boys semi-final on Friday, February 10th and Senior Boys SCAA final on Wednesday, February 15th here at Twin Lakes.

Girl's Hockey and the Boys and Girls Curling teams will face first round match-ups this coming week. Our Nordic and Alpine racers are looking ahead to a few more races and our Wrestlers are gearing up for their final GB meet as well.

Spring sports will begin in March for most sports with indoor training. Rugby, Girls Soccer, Boys Baseball, Girls Slo-pitch, Track and Field and Co-ed Ultimate Frisbee are all spring activities with try-outs. Tryout information will be provided during morning announcements.

The Athletic Council will be running their annual Volleyball-a-thon to raise funds for Twin Lakes Athletics. 100 participants will serve, bump and volley their way through 24 hours and money raised will help us to improve our facilities. Past donations have helped us to replace our indoor scoreboard, score table, bleachers, glass backboards and outdoor bleachers and signs. If you are interested in attending the Volleyball-a-thon, information will be available soon. The event is April 5-6<sup>th</sup> from 2pm-2pm.

Any questions regarding sport teams can be directed to Mrs. Hendry, Athletic Director.

### Congratulations to our 1<sup>st</sup> Semester Athlete of the Month

- September: Casey Adams (Volleyball) & Ashlyn Bourne (Flag Football)
- October: Georgia Sisson (Basketball) & William Kho (Volleyball)
- November: Sully MacDonald (Volleyball) & Brogan Long (Volleyball/Cross Country Running)
- December: Spencer Corston (Basketball) & Eleanor Waite (Swimming, Nordic Skiing & Volleyball)

### Inclement Weather and Bus Cancellation Information Reminder

All information regarding cancelled buses in Simcoe County is posted on the Simcoe County Student Transportation Consortium (SCSTC)'s bus information website at <https://www.simcoecountyschoolbus.ca/>



Our school is in the **North** zone. When buses are cancelled, schools remain open for student learning, unless otherwise noted. School staff are expected to plan for such emergencies in order to transition students who are unable to attend due to inclement weather, to their online platforms (Google Classroom and/or SCDSBhub [Brightspace by D2L]) and continue with academic programming. **It is always a family decision whether or not it is safe for their child(ren) to leave for school under severe weather conditions.**

The Consortium and bus operators try to make the decision to cancel school buses before 6:00am and make every effort to post announcements before 7:00am. Inclement weather cancellations are effective for the whole day and buses cancelled in the morning will not run at the end of the day. You can follow the Consortium on Twitter [@SCSTC\\_SchoolBus](https://twitter.com/SCSTC_SchoolBus) for bus cancellations and other information.

### Notice to Students and Parents/Guardians of Students Regarding Out-of-Area-Requests

Under Simcoe County District School Board procedures (APM A7000 – School Attendance Areas), it is possible for students to apply for and receive permission to attend an out-of-attendance-area school.

Students will be permitted to continue in attendance as long as there are pupil places available. They may be required to return to their home school or transfer to another school when the capacity of the school they are attending has been reached and space is required for students residing within the designated attendance areas.

An approval may be revoked at any time by the superintendent of education, after consultation with the receiving school principal, for reasons related to the student's behaviour, attendance, actions or inactions. Transportation to and from school is the responsibility of the out-of-attendance-area student and/or parent/guardian.

### School Council

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. 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.

Our next meeting is scheduled for Thursday, February 16th at 6:30 p.m. This meeting will be held virtually. If you are interested in attending, please email Principal, Julie Richardson at [jurichardson@scdsb.on.ca](mailto:jurichardson@scdsb.on.ca)



## Cooperative Education & Other Forms of Experiential Learning

We had a very successful semester in Co-op and would like to thank all of our Orillia and area employers who have once again supported our program. Your mentorship means the world to our students. Thank you SO very much to the following businesses for your partnerships:

East Oro Public School	Orillia Steer and Stop	Uptergrove Public School
Thor Motors	Shoppers Drug Mart	Arby's
Paradigm Precision	Huron Machine Services	Georgian Equipment Ltd
Great Clips	Red Truck Auto	ESOX Electric
Dr. Louise Hill Dentistry	Lot 88	Harriett Todd Public School
Auto Stat Heating and Cooling	Dragonfly Room	Regent Park Public School
Orillia Soldiers Memorial Hospital	Sweet Time Bake Shoppe	Orillia Motor Sports
Orillia Museum of Art and History	Ticking Stripe Design	Rama Fire and Rescue
Orillia Hyundai	Comfie Cat Shelter	Marchmont Public School
TLSS Cafe	Lake Country Airways	State and Main
Victoria House	Sun City Automotive	Cangarden Dairy Farm

### **Apprenticeship**

Our Co-op teachers are partnering with Grade 10 Careers classes to share information about Co-op and Apprenticeship. Presentations will continue to occur in all of these classes during Semester 2.

Congratulations to the following students on their Apprenticeship Signings! We are so proud of you.

Cole Waddell – Electrician  
Sara Carrick – General Machinist  
Andrew Little – Residential Low Rise Sheet Metal Installer

Our Co-op teachers invite you to contact the Co-operative Education office (Room 303) at 705-325-1318, Ext. 43212 if you have any questions or want to get involved in the program. We look forward to preparing our next group for the world of work next semester!

## Guidance

### **Semester 2 Timetable Changes**

To request a guidance appointment to discuss semester 2 timetable changes, students must complete the following form: <https://forms.gle/7S1bG7sAWYftv8aaA>

The last day to make timetable changes through guidance is February 17, 2023. Thereafter, administrator approval is required.

### **Course Selections for 2023 - 24**

Guidance Counsellors will be hosting assemblies on February 16 to inform students about their course selections for the 2023-24 school year. During the period from February 17 to March 3, students will be entering their course selections online. All course selections must be submitted by March 3, 2023.

This is the first important step in planning for next year for both the students and the school (*review your status sheet to ensure grad requirements are met!*). Decisions about which courses are offered next year are based on data from student course selections. **Therefore, it is very important that all students along with their parents/guardians complete the course selection process with care and on time. Parents/guardians can proofread choices in the parent portal in March.**

Students and parents/guardians are encouraged to review Twin Lakes' Course Calendar for 2023-24 very carefully with attention to diploma requirements, prerequisites, and future plans. It can be accessed on the school website at: <http://twi.scdsb.on.ca/> and on the guidance Google Classroom.

Any questions should be directed to the guidance counsellor assigned by alphabet: A-I – Mrs. McCullough  
J-M – Ms. Racco  
N-Z – Mrs. Pellarin

### **Grade 12 Potential Graduates**

Every student intending to graduate this year must ensure their name is on the potential graduate list. Please contact your guidance counsellor for more information.

### **Summer school**

Registration for 2023 summer school is done through the guidance office. Information has been emailed to student email accounts and can be found at: <http://www.thelearningcentres.com/high-school-student/summer-school>  
Students are asked to see their guidance counsellor to register.

### **Night school**

Information about 2023-2024 night school opportunities will be posted on this site when available: <http://www.thelearningcentres.com/adult-student/night-school>

Students are asked to see their guidance counsellor to register.

## SCDSB Character Education Program

Our SCDSB Character Education program was developed over 20 years ago. As a school board, we are moving forward to update the SCDSB Character Education program, along with the attributes. The intended implementation date for our new Character Education program will be September 2023. To make this successful, it is imperative that everyone has an opportunity to have a voice. Currently, we are eliciting student voice from our elementary and secondary students and understanding the important partnership with parents/guardians; we are asking if you could take a moment to fill out the below survey.

The survey opens on February 6 and will remain open until February 10: <https://www.surveymonkey.com/r/M2BF38X>

### **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 with autism spectrum disorder**  
February 14-6:30 to 7:30 p.m.

**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 [www.scdsb.on.ca/elementary/special\\_education/special\\_education\\_outreach\\_sessions](http://www.scdsb.on.ca/elementary/special_education/special_education_outreach_sessions).

## **Black History Month**

The Simcoe County District School Board (SCDSB) recognizes and celebrates Black History Month every February. The SCDSB is committed to improving equity of access and opportunity for Black students, staff, and parents/guardians, and to creating a safe and caring learning environment that promotes the human rights of staff, students, and parent/guardians. The initiatives undertaken by the SCDSB have been embedded in teaching and learning at all school levels, and centrally, for Black History Month and throughout the year. Follow the SCDSB on social media to see how schools are recognizing Black History Month.

## **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 remaining sessions include:

February 9, 2023 Guide to Attuned Limit Setting  
March 2, 2023 Emotional Regulation for Kids and Adults  
April 27, 2023 The Biology of Stress

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](http://www.pineriverinstitute.com)

## **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](http://www.scdsb.on.ca)
- Follow the SCDSB on Twitter (@SCDSB\_Schools), Facebook ([facebook.com/SCDSB](https://facebook.com/SCDSB)) and Instagram ([instagram.com/scdsb](https://instagram.com/scdsb)).
- Follow TLSS on Twitter (@TwinLakes\_S.S.)
- Follow Guidance on Twitter (@TLSSguidance)





## SCDSB Anti-sex Trafficking Protocol and Resources for Parents/Guardians

In 2021-22, the Ministry of Education directed Ontario school boards to develop an anti-sex trafficking protocol that was tailored to the needs of their community. The Simcoe County District School Board (SCDSB) has developed a protocol and relevant training and resources for staff, students and parents/guardians. The focus of the SCDSB's protocol and resources is to protect students and empower school communities to play a key role in fighting sex trafficking and keeping children and youth safe from sexual exploitation.

More information, including a link to the SCDSB Anti-Sex Trafficking Protocol and associated resources, is available on the SCDSB website: [www.scdsb.on.ca/elementary/safe\\_schools/anti-sex\\_trafficking\\_protocol](http://www.scdsb.on.ca/elementary/safe_schools/anti-sex_trafficking_protocol).

### Character attribute for the month of February Inclusiveness:

We include everyone in what we do and value their contributions.

More information about character education can be found here: [www.scdsb.on.ca/about/character\\_education](http://www.scdsb.on.ca/about/character_education)



### 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/high-school-student/summer-school>.

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

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](http://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](https://www.scdsb.on.ca/about/equity_and_inclusion/heritage_recognition)



## Exercising Together Can Make Your Family Stronger and Healthier

Families that exercise together get stronger in more ways than one. Getting your daily dose of exercise not only helps to prevent health risks, it builds strong muscles and bones, develops positive body image, supports mental health, and strengthens the family bond. With so many great reasons to get moving, why aren't Canadians doing it more often? One of the most common barriers reported is time. This is also one of the biggest roadblocks to spending quality time together as a family. With Family Day just around the corner, why not plan a weekend of activities that gets the whole family out and moving! Here are some tips to help make family fitness fun for everyone.

### Put family first

Make the focus of family fitness about family time. Use this time to connect with one another, share stories, discuss interests, check in on the day, or just make each other laugh. Quality family time is important, no matter your age!

### Take classes together

Ask your local health and fitness centre about classes offered to parents and kids, or family-oriented drop in programs. Centres like the YMCA often have open family swim times for family members of all ages to enjoy. If your little one is too young to swim in the pool, look for child-minding or parent and tot programs.

### Plan outdoor activities

Set aside one day every weekend to do something active as a family such as sledding, skating, or hiking. Making physical activity part of your routine will set your family up for healthy habits now and in the future. Don't forget to splurge on some healthy snacks after a good workout!

### Surround your family with active people

Healthy habits can be contagious! Surround your family with active people who enjoy healthy lifestyles and you'll be more likely to make those same choices. Group classes or drop-in programs are a great way to meet new people that share your passion for fitness.

### Spend quality time together this Family Day weekend

The YMCA is a great place to have fun with the whole family while building healthy habits of physical fitness and well-being. With activities like open family gym and open family swim, family members of all ages can be healthy and active together. To find your local YMCA and view Family Day weekend activities, visit [www.ymcaofsimcoemuskoka.ca/schedules](http://www.ymcaofsimcoemuskoka.ca/schedules).

*Information provided by the YMCA of Simcoe/Muskoka*

