

Twin Lakes Secondary School

Thunderbird News March 2023

Principal: Julie Richardson

Vice-Principals: Michael Fogarty and Katie Prentice

Parent/Guardian/Teacher Interview Night

Will be held on Thursday, March 23rd from 5:30 p.m. until 7:30 p.m. Stay tuned for information regarding scheduling an "in-person" interview with a teacher!

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 stay tuned for more information and details.

EQAO Literacy Test

The spring session of the OSSLT (Ontario Secondary School Literacy Test) will take place on 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 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>.



March Break

Please note that March 13 to 17 is March Break for all SCDSB students. Please refer to the 2022-2023 School Year Calendar on the SCDSB website for more information: www.scdsb.on.ca/elementary/planning_for_school/school_year_calendar.



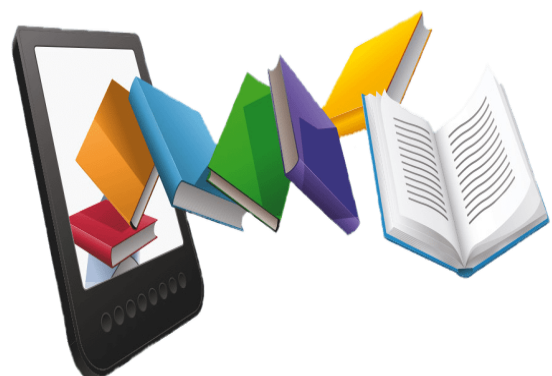
GUIDANCE

This is a quick reminder that 2023-2024 course selections for next year are due on March 3, 2023. Students requiring changes after this date must see their guidance counsellor *before the end of March*. More details about the process, including summer school and night school options, can be found in the February 2023 newsletter.



SCDSB eBook Library - SORA

Did you know that the SCDSB has a digital eBook library available for all students from K-12? Students may access books using either the SORA app on a tablet or visiting <https://soraapp.com/welcome/login/202712> on the desktop version. They simply use their school Google login and password to access the library. Picture books, beginner chapter books, graphic novels, magazines, young adult novels, audio books; there is something for every student. Students may use the search function to select a specific book or browse through one of the many curated collections. Happy reading!



Character Attribute for the Month of March



Integrity: we act justly and honourably in all that we do.

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

TLSS Thunderbird Sports

Twin Lakes is finishing up one of their best winter sport seasons on record with numerous teams and individuals qualifying for the Ontario finals (OFSAA).

Our Sr. Girls Volleyball team ousted St. Joes from Barrie to claim the GB title and advance to OFSAA for the first time! The Lady T-Birds will represent our school March 6-8th in St. Catharines. Good Luck!

We had four wrestlers qualify for OFSAA as well. Trent Sweet is the GB Champion in his weight class and the others qualified finishing either second or third in their categories. OFSAA Wrestling is in Ottawa March 6-8th. Good luck to all of the athletes.

Our Nordic Skiers took to the podium already at their OFSAA event in Peterborough in February. Thirteen skiers qualified for OFSAA Nordic Skiing and had their best showing ever. Two individual podiums in Sr. Boys—4th and 5th, and two individual podiums in Sr. Girls -2nd and 3rd. The Sr. Boys team took the bronze medal in the individual distance races and in the relay race. The Sr Girls team was 5th in the distance races and 7th in the relay. Combined, the Sr. Girls and Sr. Boys were 4th in the province. Way to go, Twin!

OFSAA swimming sees three Twin Lake's swimmers competing in their respective events. Elle Waite, Blythe and Adair Wieclawek.

Girls Hockey advanced to the SCAA finals for the first time but came up short against a talented GBDSS squad.

Boys Curling has had a stellar season going undefeated in league play and advancing to the GB tournament where they lost a nailbiter in the semi-finals.

Our Badminton team is just beginning their season and we wish them luck in their tournaments and qualifiers coming up.

Spring sports are starting and will ramp-up after March Break with tryouts and practices taking place in the gym. Spring sports include: Co-ed Ultimate Frisbee, Track and Field, Mountain Biking, Junior Boys Golf, Co-ed Volleyball, Girls Slo-pitch, Boys Baseball, Junior Boys Rugby, Girls Soccer, and Girls Rugby. Information regarding practice times will be on the announcements. If you require any further information, please talk to our Athletic Director, Mrs. Hendry.

Athletes of the Month for January

Congratulations to Danielle Irwin for Nordic Skiing and Gracie Yakeley for Volleyball.

Danielle Irwin is new to the sport of nordic skiing this year and has learned to skate ski. She started racing at the Novice level and has progressed to senior girls level which is an increase in distance and difficulty. Danielle is enthusiastic and super supportive and positive with her teammates. She is a welcome addition to the Nordic team this year.

Gracie Yakeley is the captain and a starting left-side for the senior girls' volleyball team. Gracie is a superb leader on and off the court. She plays with a high degree of expertise and is always striving to improve her game play. She encourages her teammates in games and at practice and offers helpful tips to improve her team's playing abilities. Our Lady Thunderbirds fly higher with Gracie on the court!

Best of luck to our winter teams as they head into play-offs. GO TWIN!!!



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 thelearningcentres.com/high-school-student/summer-school.

#ITSTARTS week in the SCDSB

The County of Simcoe has once again proclaimed March as #ITSTARTS month. The Simcoe County District School Board will be championing the #ITSTARTS campaign from March 6 to 10. This campaign promotes inclusion, acceptance, and equity within the vibrant, diverse, and growing communities that make up Simcoe County. For more information, visit: www.simcoe.ca/dpt/ccs/lip/itstarts.

Youth Job Connection Summer Program

Do you know students that are between 15 to 18 years of age and looking to get involved in the labour market? Youth Job Connection Summer (YJCS) can connect them to the possibilities!

YJCS includes 20 – 30 hours of paid (\$14.10 per hour) workshops to help them:

- Identify career options that could 'fit' based on their interests, strengths and abilities
- Understand the pathway that is best for them – education, apprenticeship or work
- Develop their soft skills (e.g., customer service, leadership, communication)
- Manage workplace and employer expectations like a pro

YJCS includes hands-on job experience and exposure to careers and workplaces so that they can:

- Explore career options and gain work experience
- Participate in a paid job placement matching the individual's interests and abilities
- Access financial support for transportation, work clothing, and equipment costs (as needed) Get job-related certification or training

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:

April 20-6:30 to 7:30 p.m.-Supporting students as they transition into school, from one school to another, and from school upon graduation

May 9-6:30 to 7:30 p.m.-Working with families to create safe and supportive environments for children who have experienced trauma

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.

Just Breathe 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 deep breathing. Parents/guardians should practice deep breathing with their children to help them develop a deeper mind/body connection, self-regulation, awareness of emotions, and build resiliency. To practice deep breathing at home, have your child 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 place their hands flat on their stomach. Ask your child to breathe in deeply through their nose, filling the belly with breath. Point out how hands move out. Encourage them to hold their breath for a few seconds, then slowly breathe out through the mouth to feel the stomach contract and hands move in. Repeat 5-6 times.

Parents/guardians should practice deep belly breathing at home any time their child seems stressed or upset. Watch a deep breathing video here: https://www.youtube.com/watch?v=le2TO_MNFxE&t=3s.

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

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:

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.

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)



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

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



2-20	Bahá'í Fast Bahá'í
4	Sikh New Year Sikhism
6	Memorial of Shan-tao/ Zendo Daishi Buddhism
6-7	Purim Judaism
7	Holi Hinduism
7	Mid-Sha'ban Islam
20	Festival of Higan-e Buddhism
20	Ostara/Mabon/Lady Day/ Spring Equinox (may be observed March 19-22) Wicca
21	Naw Ruz (New Year) Bahá'í
21	Eid-e-Navroz Islam
21	Navroze (New Year) (FC) Zoroastrianism
22-31	Chaitra/Chithirai (New Year) Hinduism
22	Hindu New Year Hinduism
22	Vasant Navratri begins Hinduism
23	Ramadan (fasting month) Islam
25-27	Hola Mohalla Sikhism
26	Khordad Sal (FC) Zoroastrianism
30	Rama Navami Hinduism

Today
-IS THE DAY-
to learn
-SOMETHING-
New