



September 2016

CASTLEMORE PUBLIC SCHOOL NEWS

Contact Information:

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Email: Castlemore.ps@yrdsb.ca

Fax: 905-887-3849

Website: <http://castlemore.ps.yrdsb.ca/>

Address: 256 Ridgecrest Rd., Markham, ON, L6C 2R5

Principal Gwen Emmerson

Vice-Principal Thang Tran

School Trustee Billy Pang (647) 461-9965

Superintendent of Schools -

- Erik Khilji (905) 940-7800

From the Administrative Team:

Our school year is starting well. It is wonderful to see our students excited about school, getting to know their teachers, and developing friendships.

At our school Welcome Back Assemblies last week, we reviewed some of our school expectations for students with regard to lunchtime and recess, our school and Board code of conduct, and appropriate use of technology at school. As you look through Castlemore's Book of Forms and the YRDSB Guide to the School Year, please discuss these topics with your children.

As a school, we also discussed that success is often dependent on having what is known as a growth mindset about learning. According to researchers, such as Carol Dweck, people with a *growth mindset* are those who believe that smartness increases with hard work, while people with a *fixed mindset* believe that you can learn things but you can't change your basic level of intelligence. When we focus on developing our academic and learning goals with students this year, we will be working with them to foster and develop their belief in a growth mindset.

Some habits of successful people using a growth mindset include:

- Feel comfortable being wrong
- Try seemingly wild ideas
- Be open to different experiences
- Play with ideas without judging them
- Be willing to go against traditional ideas

We look forward to meeting with families and discussing our programming at our Curriculum Evening on October 13th. More information, including timing and a schedule for the classroom presentations will be shared in our October Newsletter and through your child's teacher. We are here to work with you in providing the best school experience for your child.

Gwen Emmerson

Thang Tran

Full Newsletter

Available Online



Once again, we will be providing the full version of our school newsletter online. Please access the newsletter by:

Enter—<http://castlemore.ps.yrdsb.ca/>

Click—News & Events

Select—Newsletters

A paper copy of only the first page and calendar page will be sent home with all students. A full hard-copy version will be available upon request in the office.

SCHOOL COUNCIL

Our first School Council meeting will be held on Thursday, September 29 at 6:30 p.m. in the library. All parents are welcome.



Student Absence - Please call the Office at 905-887-1543 for every student absence and/or late. Leave a message from 4pm-8am or call in person before 8:30 am.





2016

Mon	Tue	Wed	Thu	Fri
	1	2	1	2
5 Labour Day - Holiday	6	7	8 School Assembly	9
	CD1	CD2	CD3	CD4
12	13	14	15	16
CD5	CD1	CD2	CD3	CD4
19	20	21	22 Terry Fox Run 	23
CD5	CD1	CD2	CD3	CD4
26 PA Day - No School	27	28	29 6:30 School Council Meeting	30
	CD5	CD1	CD3	CD4

CD = Cycle Day

Note: First School Council Meeting is
September 29 at 6:30 p.m. – Library



CASTLEMORE STAFF VOICEMAIL

NAME	VM	NAME	VM	NAME	VM
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Addison, Judy	503
Aivaliotis, Rina	511
Amlani, Avni	585
Ball, Jackie	509
Basarke, Gavin	515
Bayon, Jessie (C)	510
Birta, Charlene	516
Burden, Vivian	508
Cheeseman, Mark	546
Christidis, Zoe	549
Colley, Elizabeth	581
Crawford, Kari	560
Cunningham, Laura	568
Daniels, Jill	535
Dyal, Rick	514
Emmerson, Gwen (P)	185
Filippou, Sarah	557
Freeland, Janis	566
Gallaway, Shannon	506
Gerardo, Paz	576
Gosse, Sandra	180
Gryn, Laura	573

Hatt, Jonathan	582
Hay, Sarah	518
Henebury, Adam (C)	510
Hernandez, Sonia	548
Hoover, Krista	565
Hoover-Joy, Leanne	571
Inkster, Rob	558
Jacobson, Jessica	544
Jessa, Sheniz	533
Kalmbach, Melissa	572
Kipfer, Linda	181
Kipfer, Todd	541
Korres, Irene	507
Kwan, Cici	525
Kypreos, Potoula	545
Lee-Dyal, Eunice	504
Lo, Karen	512
Lo, Kelly	502
Lowes, Heather	539
MacKinnon, Nicole	551
Manhas, Sarbjit	530
McLellan, Grant (C)	579

Ng, Judy	190
Nushis, Chris (C)	584
O'Brien, Tammy	569
O'Neil, Caleigh	574
Partsis, Christina	583
Philippou, Joanna	553
Ponce-Tovar, Carlos	554
Richardson, Julie	570
Sciberras, Christina	564
Styles, Karen	540
Suleman, Mehreen	531
Thavarajah, Thava	526
Tran, Thang (VP)	183
Tsang, Carrie	567
Tsomis, Olga	543
Wong, Grace	505

P = Principal
VP = Vice Principal
C = Custodian

SCHOOL COUNCIL 532





ATTENTION SINGERS!



Choir will be starting again at Castlemore! If your child loves to sing, then there is a TREBLE TONE TIGERS CHOIR right for them!



JUNIOR SINGERS – Choir for students in grades 1-4



SENIOR CHOIR – Choir for grade 5-8

Any student interested in joining one of the choirs should listen to announcements carefully. Rehearsals will start next week!



Calling All Cross Country Runners



It's cross country time again and all students from grades 4-8 are invited to sign-up and join Castlemore's Cross Country Team. Practices will begin the week of September 12th and our Area meet will be on Thursday, September 29th.

Let's have fun and get fit together!
Mrs Hoover-Joy and Mr Kipfer



The Terry Fox Run for Cancer Research



Support our Terry Fox Run/Walk Fundraiser for Cancer Research



We are planning our annual Terry Fox Run/Walk for Thursday, September 22th (rain date September 23). Primary and Junior classes will have their run/walk in the morning and Intermediate students will run in the afternoon on school property in a similar format to a cross country meet. We are encouraging all students to bring in \$2 to support cancer research. Parents are welcome to come and cheer us on!

School Council



We believe strongly that parental involvement in the school life of their children increases their chances of success at school. One way to become involved is to serve on the School Advisory Council.

**Our first meeting will be held in the school library on
Thursday, September 29, 2016
6:30—8:30pm.**

We hope that you will be able to join us and get involved; and look forward to seeing you there. Please note that childcare will be provided. If you plan on attending and bringing your children kindly let Sandra Gosse know by calling 905-887-1543 x180 or sandra.gosse@yrdsb.ca

Trustee's 2016-17 Welcome Message



Billy Pang

As we start another school year, we are very pleased to welcome all of our new and returning families. I hope you all enjoyed the hot summer months and are looking forward to the start of school.

There is a lot to look forward to in the months ahead and many ways for families to engage with their child's learning. There is a strong connection between parent and family engagement and student achievement and well-being, and I hope that you will find opportunities to get involved.

In the coming year, trustees will continue to focus on the priorities that we set out in our [Multi-Year Plan](#): student achievement and well-being; the delivery of effective and sustainable educational programs; and the responsible stewardship of Board resources.

We know that partnerships with parents and families are essential to achieving these goals. However you choose to get involved, know that you are making a difference to your child's learning.

I wish you all the best for the upcoming school year.

STUDENT ENTRY & EXIT IMPORTANT INFORMATION FOR PARENTS

At 8:25 AM, the first bell rings indicating entry. School dismisses at 3:00 p.m.
Students are to line-up and enter as follows:



Kindergarten	Inside their respective fenced play areas outside their classroom
Door B	Students from the following classes enter/exit at the doors near the kiss & ride area: Mrs. Daniels, Mr. Basarke, Mrs. Kypreos, Mrs. Lo, Mrs. Jussawalla
Door C	Students from the following classes enter/exit through the doors near the portables on the north/west side of the school: Mrs. Kwan, Ms. Addison, Mrs. Gallaway, Mrs. Gryn, Mrs. Crawford, Mrs. Hoover-Joy, Mrs. Sciberras
Door D	Students from the following classes enter/exit through the doors by the bike racks at the north/east corner of the school: Mr. Dyal, Mr. Thavarajah, Mr. Cheeseman, Mrs. Styles, Mr. Kipfer
Door E	Students from the following classes enter/exit through the doors near the new addition on the west side of the school: Mrs. Cunningham/Mrs. Kalmbach, Mrs. Suleman, Mrs. Hoover, Ms. Jessa, Mrs. Filippou

The same entry and exit procedures are in effect for morning and lunch recesses.

At the end of the day, parents are asked to please pick up your child from their appropriate entry/dismissal door on time (see above). For the safety of all, parents/guardians are respectfully asked not to wait inside



Punctuality is Important!

Punctuality is a life-skill that is valued by school, employers in the work-force and society. The bell rings at 8:25 a.m. at Castlemore P.S. Students are expected to be in class by the beginning of opening exercises.

Supervision outside begins at 8:15 a.m.

Students must enter using their grade designated doors (not the front doors) when the first bell goes at 8:25. Help your child start each school day ready to learn!

Several strategies will be used to help students who are repeatedly late for school.

Parents will be contacted and we'll work together on a plan to support timely arrival.

Severe cases will be referred to the York Region District School Board's Attendance and Counselling Services.

RESEARCH HAS SHOWN THAT REGULAR SCHOOL ATTENDANCE IS IMPORTANT FOR ACADEMIC SUCCESS.

**PLEASE PLAN FAMILY VACATIONS DURING SCHOOL VACATION TIMES.
THANK YOU FOR YOUR SUPPORT!**

SAFE ARRIVAL PROGRAM . . . Where is your child?

Through a directive from the Ministry of Education and Training, all School Boards are to implement a safe arrival program in their schools. The York Region District School Board works very closely with the York Regional Police to ensure the safety of our students.

The safe arrival program at Castlemore P.S. depends on parents/guardians notifying the office in the event of their child's late arrival or absence. All parents and guardians are reminded to please call the school **(905) 887-1543** and leave a message if their child is going to be absent or late. Please leave your child's name, teacher's name and the reason for the absence.

If a student is not in school and the school office has not received notification from the parents, the school will take the following steps:

如果学生不在学校，学校办公室还没有收到通知，学校将采取以下行动

Step One: Call the student's home. If there is no answer, the school will:

第一： 致电学生家，如果没有人听，学校就会：

Step Two: Call the parents at work or cell. If there is no response, the school will:

第二： 致电父母的办公室或手机。如果没有人听，学就会：

Step Three: Call the emergency contact person. If the contact person cannot be reached and/or does not know where the student is then:

第三： 致电紧急联系人。 如果没有人听或不知道学生在哪里，学就会：

Step Four: The school will notify the York Regional Police that a child is missing.

Please remember to call the school if your child will be late or absent. You may be interested to know that the secretary often spends over an hour daily following up on the numerous unreported absences. Each year, we contact York Regional Police to assist in finding a 'missing child'. In each case, the child is usually found with his/her parent. Please help by being conscientious about notifying the school when your child is going to be absent.

第四： 学校会通知 约克区警方有儿童失踪。

如果你的孩子会迟到或缺席，请记得致电学校。

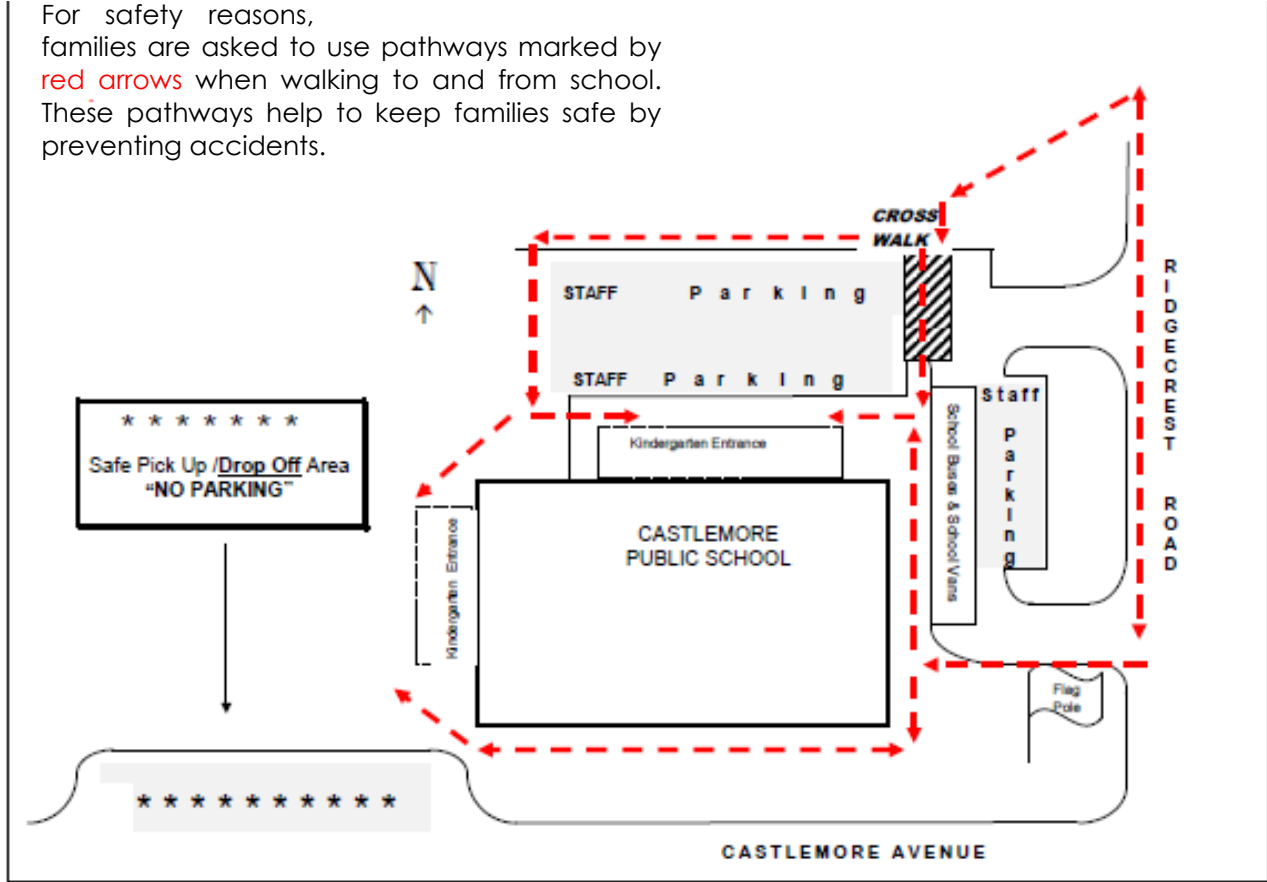
每天我们学校的书记往往花费超过一个小时跟进缺席的学生。

每一年，我们联系约克区警方协助寻找失踪的孩子。 以每个案例，孩子通常发现与他/她的父母在一起。

感谢您的合作

Castlemore P.S. - Safe Walking Paths

For safety reasons, families are asked to use pathways marked by **red arrows** when walking to and from school. These pathways help to keep families safe by preventing accidents.



REMINDER - Bussing

Only eligible **JK-Grade 3** students may ride the school bus.

Check www.schoolbuscity.com for clarification of eligibility.

Temporary rider passes are no longer issued. If your child is planning to go to the home of a bus student after school, arrangements for transportation must be made between the parent/guardians of the students.

Thank you for your cooperation.



[Castlemore Needs A Crossing Guard](#)



Help



NOTE:

**Effective Immediately . . .Castlemore P.S.
Students Need a Crossing Guard.**

**Daily Hours: 8:10 - 8:40 a.m. and
2:50 - 3:20 p.m.**

**This is a paid position. Please talk to the office staff
if you are interested.**



SCHOOL SAFETY

Our Kiss & Ride program has proven to provide a much safer access to the school for our students and to establish greater control over movement of vehicles on school property. Parents are reminded that the parking lots at the north and east sides of the school (front of the school) are reserved for School and Day Care Program staff. As well, school buses and vans need to have easy access at all times.

When dropping off your child (ren) in the Kiss & Ride on the south side of the school, parents are reminded to proceed to the end of the designated area where a staff member will be there to assist students to exit vehicles safely. **Please do not leave your car unattended as the City of Markham will be monitoring and may issue tickets.**

If you are dropping off and/or picking up your children at the end of the day, **please meet them outside the school** at the door that has been assigned to them for entry and exit by their classroom teacher.

Operation ABC - Always Be Careful

York Region Police have launched a campaign to promote safety in and around school zones. In school vicinities, motorists must be cautious and pay extra attention. We all need to do our part to ensure children know the proper safety rules. Drivers in school zones are required to:

- Reduce Speed
- Be ready to stop at all times
- Wait for children to complete their crossing before proceeding
- Obey crossing guards
- Be patient and careful at all times
- Obey all parking signs
- Have children exit the vehicle from the passenger side

Pedestrians should:

- Stop before stepping onto the roadway
- Look and listen for traffic in all directions
- Walk carefully and watch for turning motorists
- Cross the street adjacent to our school with the crossing guard

When driving children to school:

- Stop for school buses and be aware of children running in front of or behind buses
- Park away from the school and walk your child onto school property
- Do not park in a No Parking Zone
- Arrive early to avoid traffic congestion
- Obey all crossing guards and safety officials



Our students need to learn independence and are quite capable of getting their belongings in order before going home. Parents are encouraged to discuss with their child (ren) where they will meet. Upon dismissal, students **MUST** meet parents/ guardians/caregivers/older siblings at their assigned exit door. Front doors should only be used for students who are taking the bus at the end of the day. If you need to pick up your child (ren) during school hours, please report to the main office to sign them out and we will call your child from class. To ensure school safety, please do not go directly to classrooms. All visitors to the school must report to the school office.

Walk your Child to School

In keeping with our school plan and in support of the Operation ABC campaign, we ask that you try to walk your child to school. Not only does walking provide exercise and health benefits, it also helps the environment and reduces traffic congestion. If walking from home is not possible, perhaps you may consider parking and walking a block.

Parking continues to be a challenge in and around Castlemore Public School. Please be aware that the parking lot at the school is to be used by **staff only**. We are extremely short on parking spaces and need to ensure that our staff is able to park at the school.



Active and Safe Routes to School

Active and Safe Routes to School is an initiative geared towards encouraging families to choose active transportation for the trip to and from school. Active transportation programs encourage school communities to walk, wheel (cycle, scooter, wheelchair, skate) or bus to and from school. Active transportation increases physical activity, improves physical, mental and emotional health while also benefiting our environment.

August 2, 2016

To Whom It May Concern,

Children's safety is an important priority for the City of Markham. We are reaching out to all Markham schools to bring to their attention the significant number of complaints the City receives each year regarding parking and unsafe vehicular activity in school zones throughout our municipality.

In October 2015, the City implemented the Administrative Monetary Penalty System (AMPS). Under AMPS, the City's Parking Enforcement Officers are permitted to issue a Penalty Notice (or "parking ticket") for failing to comply with Markham's Parking Control By-law, and serve it using a variety of methods. This means, that Officers may conduct enforcement in Markham school zones by recording the licence plates of vehicles, without stepping out of their vehicle, and mail Penalty Notices to the registered owners of improperly parked vehicles. Individuals that receive a Penalty Notice (regardless of how the Notice is delivered) will be required to pay within 15 days or dispute it by following the instructions on the back of the Notice.

With the new school year just around the corner, I wanted to inform Markham schools that the City's Parking Enforcement Team will resume active enforcement efforts beginning late August 2016. I ask for your assistance in sharing the information in this document with the parents of your students as well as students who drive to school and to remind them of the requirement to park in the **permitted areas of your school only**. Enclosed you will find a list of common parking violations and general parking information, which is intended to assist the parents/caregivers of your students and your students, in ensuring they walk, bike and drive safe!

With your assistance and support, we can help ensure Markham's school zones are safe for all students and residents. For additional information regarding the City's AMPS program visit the City's [website](#) or contact Daniel Vincent, Parking Control Supervisor at dvincent@markham.ca or by phone at (905) 477-7000 extension 4262. If your school requires additional parking for special events such as graduations, parent-teacher interviews, school plays or performances, please contact the City's Parking Administration Office at parkingadmin@markham.ca or by phone at (905) 477-7000 extension 2050.

Sincerely,

A handwritten signature in black ink, appearing to read 'Kimberley Kitteringham', written over a horizontal line.

Kimberley Kitteringham
City Clerk

Enclosure



York Region Public Health Dental Program

Dental screening is available to children 17 years of age and under in all York Region elementary schools and at Public Health dental clinics.

Children from families in financial hardship may be eligible for no-cost dental care through the Healthy Smiles Ontario (HSO) program.

If you have oral health questions or concerns, speak with a registered dental hygienist from Public Health, Monday to Friday, 8:30 a.m. to 4:30 p.m. by calling Health Connection.

For more information, visit york.ca/dental

1-800-361-5653
TTY: 1-866-252-9933



York Region Health Connection

Community and Health Services
Public Health

www.york.ca



Chinese Mental Health Initiative
of York Region
華人精神健康計劃

走出生死闊別之痛 —從哀慟到復原



Losing someone: Walking through
and out of the pain of grief

主題講座: 安寧護理 Palliative Care
麥瑞琮醫生 瑪嘉烈癌症中心安寧護理

Dr. Ernie Mak, Palliative Care Clinic, Princess Margaret Hospital
廣東話主講. 普通話翻譯

廣東話 Cantonese	普通話 Mandarin
悲傷歷程 Bereavement and Grieving 古潔明女士 註冊心理/婚姻家庭治療師 美國/安省婚姻家庭治療協會認證督導 泉源輔導中心 總幹事 Kit-ming Koo, M.R.E., M.A., R.M.F.T., R.P. AAMFT Approved Supervisor Executive Director, Living Water Counselling Centre	悲傷歷程 Bereavement and Grieving 胡曉韻女士 安省註冊社工 西乃山醫院老年精神科 恆康中心心理輔導員 Sherlyn Hu, M.S.W., R.S.W. Mental Health Clinician, Wellness Centre, Geriatric Psychiatry Program, Department of Psychiatry, Mount Sinai Hospital
複雜性悲傷與心理健康 Complicated Grief and Mental Health 關耀榮醫生 臨床心理醫生 活栢心理及輔導服務機構 Dr. Ken Kwan, Ph.D., RMFT, C. Psych. Woodbine Psychological & Counselling Services	複雜性悲傷與心理健康 Complicated Grief and Mental Health 李錢海萍醫生 精神科醫生 萬錦多福醫院 顧問精神科醫生 皇后大學精神科 助理教授 Dr. Ivy Qian Lee, M.S.c., MD, FRCPC Consultant Psychiatrist, Markham Stouffville Hospital Assistant Professor of Psychiatry, Queen's University

時間 Time : 9:30am-1:00pm

日期 Date: 2016年9月17日 星期六 September 17, 2016 Saturday

地點 Address: Gibson Centre, 105 Gibson Drive, Markham, ON L3R 3K7

合辦夥伴 Joint Program with:



費用全免, 歡迎查詢及預先報名!
FREE ADMISSION!

查詢 Inquiry: 905.946.8787 Gibson Centre
報名 Registration: www.cmhivr.ca

Alzheimer Society
YORK REGION





HEALTHY SNACKS



Each Fall parents face the daily challenge of packing healthy lunches that their back-to-school children will enjoy. Lack of time, picky eaters, short lunch periods, and conflicting information on nutrition and food safety are some of the roadblocks that undermine their best intentions. So, where can parents go to find information they can trust to help them meet the healthy lunch challenge? They can visit the Healthy Eating section of the Canadian Health Network website (www.canadian-health-network.ca). The site contains a broad range of information which includes a healthy lunch checklist, nutrition information, and tips for fast and easy brown bag lunch ideas kids will enjoy and links to other useful web resources to help pack great lunches, read labels, and organize your kitchen!

KID'S KITCHEN - THE FOOD BITES



The start of a new school year means a new teacher, new friends and the need for new lunch ideas. Forms were sent home the first week of school.

Call us at **905-944-0210** or visit our website at www.kidskitchen.ca to place lunch orders and to read this month's complete FOOD BITES.

Days of service: **Monday to Friday (except Tuesdays starting October 25th)**

Program Details: **Convenient, value-added service for school community**

We will continue to offer our popular Seasonal Special Lunches every other month.

October - Thanksgiving Special

February – Red Special

June – End of year Special

December – Winter Special

April – Spring Special



Lunchtime Expectations



ALL Parents/Guardians must sign the Lunch Time Agreement (this will be provided by September 23rd) to indicate whether their child(ren) will remain at school for lunch or go home. Those students who stay for lunch are expected to adhere to the school rules.

If you indicate that your child will be staying at school for lunch, we will expect your child to be here EVERY DAY. Students will have 20 minutes to eat their lunch and then proceed outside for lunch recess. Students have the opportunity to present a note, signed by the parent/guardian, on every occasion they wish to leave the school during the lunch hour. **STUDENTS MUST SIGN OUT AT THE OFFICE & LEAVE THEIR NOTE IN THE OFFICE UPON LEAVING, AND SIGN IN UPON THEIR RETURN.**

We ask for your cooperation in sending your child to school with his/her lunch. If your child forgets his/her lunch and it is necessary to drop it off, please label the lunch with your child's name and teacher's name and **leave it on the shelf outside of the office in front of the Trophy Display Case.**

Students will be supervised at lunch by adult lunch supervisors. As well, Kindergarten to Grade 3 students will have student lunch monitors in their classrooms to support students in those grades as they eat their lunch and to ensure things are running smoothly.



BRING A BOOMERANG LUNCH! USE A REUSABLE WATER BOTTLE! SAY "NO" TO PLASTIC! AVOID LITTER!

At Castlemore Public School, we continue to strive towards producing less litter in our garbage cans and recycling bins.

A Boomerang Lunch is one excellent way for us to reduce and/or divert waste at our school. A Boomerang Lunch may contain throwaway packaging or food leftovers. However, all of the litter and leftovers should be returned to the lunch bag and taken home where it is placed in the appropriate bin: compost, garbage or recycling.

We encourage you to have this important conversation with your child(ren) and consider alternative ideas for snacks and lunches that come in packaging that allows for recycling or the use of reusable containers.

Additionally, this year, Castlemore Public School's goal to reduce waste includes promoting **only** the use of reusable

water bottles in the school. We ask that you please **do not** send plastic water bottles to school with your child in order to support this initiative.

The use of reusable water bottles and boomerang lunches are not only wise environmental choices, they help our students understand the impact of our choices, and take action towards making a difference for our planet. Thank you for your support to help us raise awareness about our environmental needs.



Say "Yes" to Reusable containers. Bring any leftovers and packaging home.



Say "**NO**" to plastic water bottles! Only use reusable water bottles.

York Region Health Services' Guide to Packing a Safe and Environmentally-Friendly Lunch:

- ◆ In the morning, pack cold foods directly from the refrigerator and make sure that hot foods are steaming hot when placed in a thermos.
- ◆ Foods that might spoil should be carried in an insulated bag to keep them cold or hot.
- ◆ To keep foods cold, use frozen bread for sandwiches, or a small freezer pack with the lunch.
- ◆ Use cloth bags, lunch boxes, thermos containers, thermal bags and reusable plastic containers for sandwiches and other lunch foods instead of paper or plastic bags.
- ◆ Use washable utensils instead of disposable cutlery. Make sure these items are washed every day.
- ◆ Wrappings should not be re-used because they may carry bacteria.

BENEFITS OF A BOOMERANG

- ◆ Parents can see how much food their child is/is not eating.
- ◆ Provides communities with the opportunity to re-direct what is placed in the school (such as partially-eaten food, uneaten food, etc.) and re-direct it to the residential curb-side program offered by the Region which is not currently available to all our schools.



ADDITIONAL TIPS

- ◆ Only pack as much food as your child will eat.
- ◆ Use a reusable lunch bag for carrying a lunch.
- ◆ Put food in reusable containers that are labelled with your child's name.
- ◆ Use a refillable bottle for drinks.
- ◆ Avoid sending plastic straws and disposable cutlery. Put in reusable cutlery and napkins.
- ◆ Buy snacks in bulk and send in reusable containers, instead of sending individually wrapped treats.

Students with Anaphylaxis



There are students in our school who have life-threatening allergies to nuts and nut by-products which can cause an anaphylactic reaction.

Anaphylaxis is an allergic reaction that is so severe that it can cause death. The throat closes and the child cannot breathe. This allergic condition differs from any other allergic reactions in that it is life-threatening. Even contact with trace amounts of a nut allergen (through ingestion or touch) can trigger this type of reaction. The **ONLY** way to ensure a safe environment is to avoid bringing nut and nut products onto the school premises. To do this, we need everyone's cooperation.

Isolating students with anaphylaxis from the rest of the student population during lunch time does not solve the concern because upon their return to class a reaction is possible. For example, since children tend to play in such close proximity to each other, contact from someone's sticky peanut butter covered fingers is possible. As well, peanut butter or crumbs from cookies or chocolate bars, etc., can be left on rugs, desks, chairs, books or other school equipment, and no matter how hard we try to clean these areas, when the child returns to class, a severe reaction is possible.

The child who suffers an anaphylactic reaction must be administered an EpiPen® and transferred immediately to the local hospital. If the ambulance is delayed, a second EpiPen® must be administered.

If your child has a severe allergy, please arrange to have an Epi-Pen in a waist pouch carried with your child at all times as well as one in the office. As well, please check it often to ensure it has not expired. Should an emergency occur, all staff have been trained on how to administer the Epi-Pen in case of emergency.

Avoidance is the key in preventing the occurrence of these reactions.

It is for this reason that we ask for your co-operation in refraining from sending peanut products and by-products to school. We hope that you will be able to support us in this regard to reduce the risk factor.

Please check the ingredients label on any food you send with your child for lunch or snack. Ensure that peanuts/tree nuts are not listed in the ingredients. Do not allow products that have a warning of "may contain traces of peanuts/tree nuts" or "manufactured in a facility that handles peanuts/tree nuts" nor products that are a likeness of peanut butter (e.g., "Wow" butter). The warning may vary between manufacturers but they will identify if there is a risk that the food product contains nuts. Examples of tree nuts are almonds, pecans, walnuts, cashews, etc. If there is no warning and/or no ingredients list, then **DO NOT** send the food item to school.

We respectfully ask that children wash their hands thoroughly before arriving to school to ensure that he/she is not bringing any trace amounts of the allergen to the classroom and common areas such as library, playground and washrooms.

Your support in this important matter is appreciated and critical to ensure safety of all of our students. Together, we can ensure a safer environment for all.

Physical Conduct Expectations



In order to prevent physical injury and because of our concern for student safety, students at Castlemore P.S. are expected to avoid activities that involve aggressive play and touching. Activities that are not acceptable include wrestling, piggy-backing, tripping, pushing, shoving, body-checking, poking, punching, and other forms of play in stairwells, hallways and playgrounds. During recess breaks, students are able to play organized games



such as basketball, soccer and foot hockey as well as activities such as skipping and tag.



Privacy Agreements (FOIPOP)



Occasionally, during the school year your child may be videotaped or photographed for educational purposes. If you do not wish these photographs or videos to be published, please inform the administration of the school in writing. We will ensure that your child (ren) will not appear in any published media form.

Internet Safety – Social Networking Sites



In our new Internet generation, children are interacting with the world around them in ways many adults might never have imagined. The benefits of Internet access are enormous, but unfortunately there are also serious risks. Unsupervised, some children may be "downloading" inappropriate information. We have also become aware of some students "uploading" information about themselves (e.g., pictures, personal information and family details) onto social networking sites (such chat rooms). This practice has been known to lead to many personal tragedies.



Parental involvement is the key to keeping children safe online. Lecturing, installing filters to block objectionable websites, spying or even keeping children off the Internet are tactics that some parents have employed, with greater or lesser success. However, none of these are as effective as engaging your children in ongoing conversation about what they are doing online. Try to keep the lines of communication open about this important aspect of their lives. For more information about keeping your children safe on the internet, visit the York Regional Police website at www.police.york.on.ca and click on the "Be Net Aware" icon.



Bike racks are available at Castlemore Public School. They are located at the north-east corner of the school. Students are encouraged to bring a lock and secure their bikes to the racks when riding to school. Please practice safe bicycle riding.

Accident Insurance

We highly recommend that parents consider acquiring accident insurance coverage for their children. This coverage is available to all students. Insurance forms have already been sent home with the September student package.

