

Wednesday File



October 19th, 2016.

Important Upcoming Dates

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| Oct. 19th | Area JR/INT Cross Country event / GUM DAY for Haiti |
| Oct. 21st | Practice Fire Drill/ School-Wide Lice Check by Lice Care -Donations |
| | Final Day to order Physical Education & AMPS Spirit Wear on School Cash Online |
| Oct. 24-26 | Dental Screening for JK/SK/2/4/6/8 |
| Oct. 28th | P.A. Day (No school for students) |
| Oct. 31st | Hallowe'en |
| Nov 2nd | Hep B Shots/H.P.V. (Grade 8 Girls) |
| Nov 10th | Photo Retake Day - only absent students or with written request |

For your Information...

Mark your calendars!

November 23rd -Progress Reports will be sent home

November 24th - evening Student Led Conferences

November 25th - P.A. Day - a.m. only Student Led Conferences

More details and sign up sheets will be sent home in a future Wednesday File.



School Playground- Poop & Scoop Reminder

We would ask AMPS families to remind neighbours and other community members to Poop & Scoop when on school property. Our children play in this area on a daily basis. Thanks for your support.

Lunch Drop Off Reminders

Our hope is that lunches will be given to students prior to coming to school each day. If for some reason you need to drop off a lunch, we have a lunch drop off table located outside the main office. Please **label lunch with your child's name and grade** and place it on the table. Please note that we do not have plastic cutlery available to provide students and we are unable to heat food for students at any time. Please **do not** give your child(ren) any knives (metal or plastic) in their lunch

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bags at any time.

Head Lice Donations **FINAL REQUEST**

We will be conducting a proactive school wide HEAD LICE check of all students on October 21st. We would ask families to donate \$5.00 in cash and/or on School Cash Online to cover the cost of 2 Head Lice checks this school year. We appreciate your support. Please donate prior to October 21st.

PROTECTING INSTRUCTIONAL TIME

In an attempt to use class time for effective instruction, we ask that parents, picking up children for appointments, notify the teacher in advance, thereby minimizing interruption in the child's class. Parents who are dropping off lunches, please do so using the lunch drop off table. Parents dropping off other supplies for their children are asked to label the item and leave them in the office. Office staff will inform the children during recess and lunch breaks. **We would also request that you do not call the school to pass on last minute messages to your child. The office is extremely busy throughout the day. Classes will only be interrupted in the case of an emergency.** We thank you for your cooperation.

Agenda Planner Reminders.....

CREATING A SAFE AND HEALTHY SCHOOL FOR CHILDREN WITH ALLERGIES

School staff and parents are responsible for creating a safe and healthy environment for all students. In our school, we have students attending who have life threatening allergies. It is important that all parents help to make our school an allergy safe environment and minimize the risk of potentially fatal allergic reactions. **Products that may contain peanuts and/or nuts are not permitted at school.**

Please check the list of ingredients for peanut oil/butter/sauce/flour/meal, mixed nuts, ground nuts, and artificial nuts. Examples include: cookies, chocolate, granola bars, some cereal

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bars and some chocolate nut spreads; including products that say “may contain peanut/nuts”.

Imported products have different labelling requirements, please read the labels carefully when sending these products to school. Please help us to develop a routine of washing hands after eating. If you are unsure about a chosen product, please do not send it to school. We thank you for your cooperation. Remember ...we must all work together to keep all students safe!

Please note that students requiring an epinephrine auto-injector (i.e., EpiPen, Allerject, Twinject) must have at least one auto-injector (preferably two) at school as per Board Policy #661.0. *It is especially important that parents communicate any life-threatening allergy to the school. If your child has a serious allergy or other serious medical condition, please notify the Principal so that we have accurate records and establish the protocol to follow with your child.*



Halloween candy... a sticky topic for parents!

Parents are often left wondering how to help their children manage their Halloween treats as part of a healthy diet. The key is to provide structure. Here are some guidelines:

1. After trick or treating, let your children empty their candy bag, sort it and eat as much of it as they want. Let them do the same the next day.
2. On the third day, have them put the candy away and only allow a couple of pieces to be eaten during meals and/or snacks.
3. Schedule meals and snacks at regular times. Keep the routine of letting your child have Halloween candy only at these times. This way, the candy will not spoil your child's diet.
4. Offer milk, fruit or vegetables with the candy to offer some nutrition.



Adapted from Your Child's Weight Helping without Harming Birth through Adolescence. Elynn Satter, 2005

For more information about how you can help your child's school create a healthy school nutrition environment, visit www.nutritiontoolsforschools.ca



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

York Region Health Connection

Community and Health Services
Public Health

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