



# Anne Frank Forward

October/November 2015

Volume 2, Issue 2



*"How wonderful it is that nobody need wait a single moment before starting to improve the world."*

## Contact Us

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## Upcoming Dates:

### OCTOBER

- Oct. 2: Terry Fox Run
- Oct 5: First School Council meeting and elections
- Oct. 12: Thanksgiving Day—no classes
- Oct. 19: Bus Evacuation
- TBA: Immunizations: HPV (Gr. 8 girls), Hep B (all Gr. 7s)

### NOVEMBER

- Nov. 2-6: Holocaust Education Week. In-school assemblies & presentations
- Nov. 2: School Council meeting
- Nov. 27: P.A. Day—no classes

## A Message from Administration

Dear Families:

**Did you know? October is Learning Disabilities month.**

At Anne Frank P.S. we believe that every student can achieve given the right time and support. We are fortunate to have a diverse student population and we are proud of all our students. We recognize that students learn in different ways and students succeed in different ways.

While some people believe that learning disabilities (LDs) are a school issue, the reality is that living with an LD may have an ongoing impact on a child's friendships, school, work, self-esteem and daily life.

Statistics Canada reports that 3.2% of Canadian children have a learning disability and that more children in this country have a learning disability than all other types of disabilities combined. The Learning Disabilities Association of Ontario reports that estimates of the incidence rate of LDs range as high as 10% or more of the population, but there is most statistical evidence from demographic sources for a range of 4 to 6 %. In YRDSB, 46% of all students with an identification have a learning disability. **Students with learning disabilities can succeed when solid coping skills and strategies are developed.**

**Students with LDs are intelligent and have abilities to learn despite difficulties in processing information.** Difficulties in processing information can affect the way in which a student takes in, remembers, understands and expresses information. Learning disabilities can affect a person's ability in the areas of listening, speaking, reading, writing and mathematics. Our classrooms and staff work to assist students with LDs to learn strategies and maximize their strengths to succeed. However [misperceptions](#) about LDs can foster barriers between people. **Together we can build awareness and take down barriers.**

*Continued on next page...*



## A Message from Administration


If your child is experiencing challenges or is diagnosed with a learning disability, please contact your child's teacher to discuss ways to partner together to support your child. Imagine a world without the stigma of learning disabilities.....**If we can imagine it, we can do it!**

Please check out the links below for additional Information and Resources:

[Learning Disabilities Association of York Region](#) 

[Learning Disabilities Association of Ontario](#) 

[Learning Disabilities Association of Canada](#) 

[Putting a Face on Learning Disabilities](#) 

As always, our door is always open and we are here to help. Please feel free to call, email and chat with us about how we can work together to meet the needs of your child.

Anything is possible at Anne Frank P.S.

Best regards,

*Aneta Fishman*

Principal

*Doug Chester*

Vice-Principal

### INTERNATIONAL WALK TO SCHOOL DAY

October 7 is International Walk to School Day! Each year our schools celebrate International Walk to School Day.

There are many good reasons to walk to school, walking to school:

- Keeps kids active - a cheap and easy way to stay active, with out any special training or equipment
- Builds friendships - walk with a classmate or schoolmate
- Improves air quality and the environment - less cars, less pollution
- Creates safer routes - less traffic means safer roads
- Helps prepare children for learning - movement gets the blood flowing to the brain

Schools will encourage students to walk to school. Schools with a large student population who are bussed might plan for students to take a walk around the school grounds. If you are a parent who drives your child to school because of distance why not park your car safely a few blocks from school and walk with your child the rest of the way to school.

**Additional Information:**

—> [International walk to school-day/monthActive/Safe Routes to School](#)

—> [iwalk.org](#)

—> [Kids Say Walking to School is Healthy, Fun and Good for the Environment](#) (video)

—> [How to Get Active on the Trip to School](#) (video)

—> [SafeWalkingtoSchool](#)

# Homework Help

Are you in grades 7 to 10? Need help with math homework? Then why not get live, online math tutoring from an Ontario teacher? It's free and easy to sign up.

## Setting up your account

To log in and register, you'll need your Ontario Education Number (OEN), found at the top of your [report card near your name](#).

*Note: Homework Help is offered in English and is only available to students at publicly funded schools.*

## [Sign In or Register for Homework Help at the Independent Learning Centre](#)

Homework Help is run by TVO's Independent Learning Centre with support from the Ontario government.

## Live online tutoring

You can log in between 5:30 p.m. to 9:30 p.m. ET from Sunday to Thursday for one-on-one tutoring.

You can also join your grade's tutor room to see what questions other students are asking and then watch teachers walk through problems on the group whiteboard.

And since only the tutor sees your username, no one will have to know who you are!

Check it out  
online...

<http://www.edu.gov.on.ca/elearning/homework.html>

## [DOWNLOAD THE YRDSB APP](#)

Did you know that you can download the York Region District School Board app, *YRDSB Mobile*, using your iPhone, Android or Blackberry 10 device?

*YRDSB Mobile* provides parents and students with up-to-date news, access to student resources, school maps and contact information. Users are able to access the *Report It* tool, school year calendars, transportation information and much more.

To download the free app, search for "YRDSB" in your app store.



## [BILL CROTHERS SECONDARY SCHOOL](#)

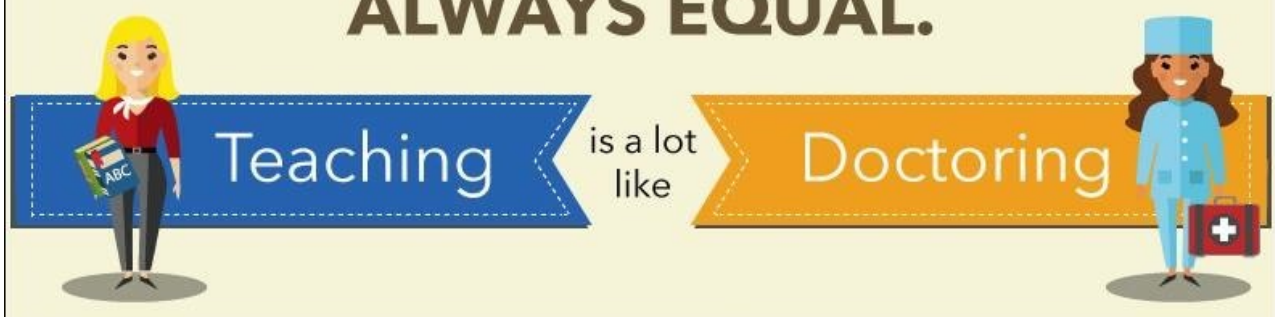
Bill Crothers Secondary School (BCSS) is a system-wide school with a focus on healthy active living and sport. The school is open for Grade 9 to 12 students. Students and parents from across the region are invited to attend an information evening. Information will be shared regarding the vision, mission, schedule, programs, the transfer policy, and application process.

All information sessions will occur at Bill Crothers Secondary School, 44 Main Street, Unionville, Ontario, L3R 2E4 from 7 – 8:30 in the cafeteria.

- **Wednesday October 7, 2015 – Students in the West & North Region**
- **Tuesday October 13, 2015 – Students in the East Region**
- **Thursday October 15<sup>th</sup>, 2015 – Students in the Central Region**

Due to building capacity regulations, we request that only students and parents interested in attending BCSS for the school year 2016 - 2017, attend one of these evening. Parking is limited so we ask that parents carpool or park at the GO Station. Markham By-law officers regularly enforce the parking regulations on school property, so please abide by the posted parking regulations.

# FAIR IS NOT ALWAYS EQUAL.



Kids go to a doctor **with different needs:**

I scraped my knee

My stomach hurts!

I think my arm is broken!

I have a cough!

What if the doctor said the **same thing** to all of them?

Here's some cough medicine!

Only **one kid** would get what he needs.

And that's **not fair.**

## It's the same thing in a classroom.

Every student has **different needs:**

I have trouble focusing for more than 15 min.

I think better when my hands are busy

I can talk about what I know better than I can write about it.

I can't grip a pen or pencil

So **different students** should get **different things** to help them succeed.

Classroom breaks; tests taken over multiple days	Fidget toys and tactile activities	Creating a video instead of composing a paper	Modified writing utensils; writing on a computer instead

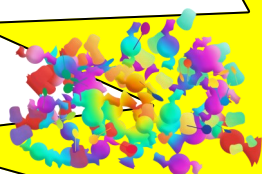
And that's what makes a classroom **fair for everyone!**

# Halloween

Under the Province Safe School legislation, students may not bring toy replicas or other items resembling guns, knives or any other weapons, as accessories to their Halloween costumes. Such items may cause unnecessary fear, anxiety and misunderstanding and must be kept away from the school. Bringing these items to school, even if they are part of a costume, may result in suspension from school. In addition, staff will remind students that they cannot bring to school any toy costume accessories, including fake blood, as part of their Halloween costume.



This applies to all students at all levels, including Kindergarten. Please note that while the celebration of "Halloween" is not part of Ontario Curriculum, some classes may choose to weave Halloween celebrations and/or traditions as part of the daily work and curriculum expectations for specific grades. Individual teachers may send notes home to inform you of expectations and / or options for wearing a costume. Please do not send your child to school in a costume in the morning. If wearing a costume is part of what the teacher decides to do with their class, they will inform you. Regular instruction and programming will continue as we take extra care to be inclusive in our practice at school and to ensure that everyone feels safe as per Board policy and protocol. If you have any concerns / questions, please don't hesitate to let your child's teacher know.



Following Halloween, **please refrain from having your children bring candies to school.** Aside from the candies not being a healthy snack choice, they also may contain nuts, peanuts or other allergens. Thank you for your understanding. As always, if you have questions, please contact your child's teacher or a member of the administration at the school.

## KEEP SICK CHILDREN HOME

Autumn brings us beautiful colours, crisp winds, and the beginning of the dreaded cold and flu season. Please remember that children are to stay home if they are sick! This is especially true if they are feverish, as that tends to be a sign that they are still contagious.

If your child is no longer contagious, they are welcome back to class! Please remember that children who are at school are expected to go out for recess—if they are not well enough to go outside during breaks, they are not well enough to be at school. Thank you for doing your part to keep all of our children healthy!



## THE FACTS OF LICE



Yes, like everywhere else there are head lice in York Region! Perhaps you have received a letter from school, or a telephone call to notify you of a "lice alert". You may feel angry, fearful, frustrated or itchy. However, head lice are not a health issue in that they do not carry disease. Don't panic! Be sensitive to your child's feelings and check your child's head right away.

Checking for lice takes patience, diligence and plenty of time. For centuries, people have been dealing with head lice. A co-operative community effort will help to keep head lice in check. This means that all families must take responsibility for regular head checks and treating their children if head lice are found. There are differing opinions by researchers, pharmaceutical companies and parents who have experience with head lice. This fact sheet (on the next page) will provide an overview of the identification, prevention and treatment of head lice.



August 2011

Community and Health Services Department

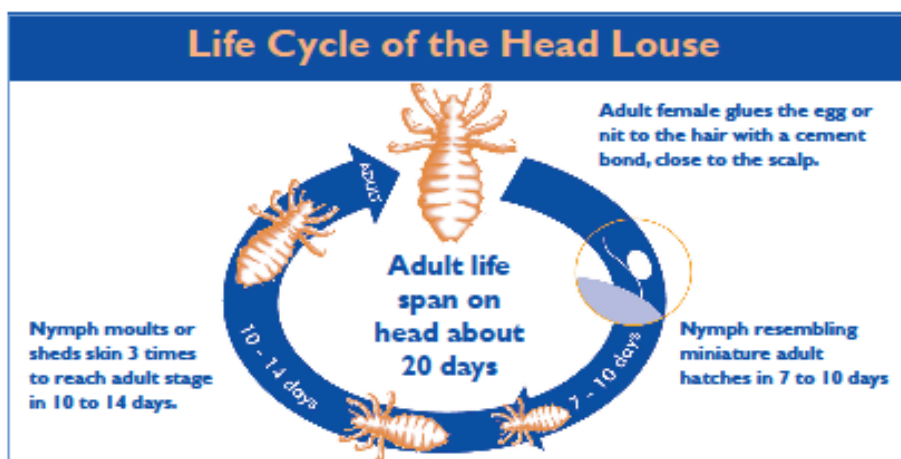


## Head Lice

### What are head lice?

Head lice, or louse are a common parasitic insect that can be found on the head, eyebrows and eyelashes of people. Head lice feed on human blood and live close to the human scalp. Head lice are not known to spread disease. There are three forms of head lice; nit (egg), nymph or adult.

# Information sheet



#### Nit (eggs)

- Half the size of the head of a pin and shaped like a tear drop
- Are a creamy colour and found close to the scalp, on the shaft of the hair
- Are cemented to the hair so they cannot be blown or flicked off

#### Nymph - immature louse

- Transparent or rust coloured after blood meal and very difficult to see
- Reaches maturity in about 10 days
- Lice have six legs with claws so they can cling to human hair

#### Adult - mature louse

- Larger than a nymph
- The female louse can lay up to 150 eggs during the life span
- Lice do not like movement or light and crawl from head to head

For further information, please call:  
**York Region Health Connection 1-800-361-5653**  
 TTY 1-866-252-9933 or visit [www.york.ca](http://www.york.ca)

## Head lice will cause:

- Itchy scalp; especially around the hair line and behind the ears
- Tickling in the hair
- Sores caused by scratching the itchy bites

Head lice move by crawling quickly not hopping or flying. Head lice are spread by direct head to head contact or sharing personal items like hats, scarves or brushes. Personal hygiene or cleanliness in the home or school has nothing to do with getting head lice.

A co-operative community effort will help to control the spread of head lice. This means that all families need to have regular head checks and treat their children if head lice are found.

## Steps to check for head lice:

- Sit in a well lit area - near a sunny window or bright lamp
- Divide the hair into sections and look carefully, one section at a time
- Look carefully in the hair, behind the ears, nape of neck, hairline of the head
- Check the heads of all family members

### **Be sensitive to children's feelings if they have head lice.**

If you find head lice or nits, proceed with treatment. Speak to a pharmacist or health professional about treatments and follow the directions on the package.

If you don't see lice or nits, continue to check the head regularly twice a week for one month, or more often, if your child has been in close contact with a confirmed case of head lice.

## To control the spread of head lice:

- Do not share personal items
- Wash all bedding, towels and hats in hot water or use a hot drying cycle. Place items that can't be washed into airtight bags for 10 days to two weeks
- Vacuum surfaces where head may have rested, but no extra cleaning of the home is required
- Use treatments if live lice or nits are found in the hair. Check the head daily and repeat treatments if necessary
- Follow-up with anyone who may have had close contact to ensure they are checked for lice

SickKids

<http://www.aboutkidshhealth.ca/En/HealthAZ/ConditionsandDiseases/SkinHairandNailDisorders/Pages/Headlice.aspx>

Canadian Paediatric Society:

<http://www.caringforkids.cps.ca/whensick/HeadLice.htm>

**For further information, please call:  
York Region Health Connection 1-800-361-5653  
TTY 1-866-252-9933 or visit [www.york.ca](http://www.york.ca)**



## A GENTLE REMINDER

At Anne Frank P.S., we embrace our wonderful Canadian weather! All students from Junior Kindergarten to Grade 8 are expected to go out for every recess unless the Principal decides that weather conditions are so poor that it would be detrimental for them to be outdoors. Students are to come to school ready for the weather and prepared to be outdoors for up to 40 minutes at a time. We always monitor the weather and, in extreme conditions e.g. wind chill and storm conditions, we keep the students indoors or shorten the recess breaks.

We often receive requests from parents asking us to keep their children indoors during recess times because they are not feeling well. Unfortunately, we do not have the staff or facilities to supervise students who are sick or still recovering from an illness. Students with heavy colds, etc., which are serious enough to prevent them from participating in physical education, recesses or other outdoor activities, should remain at home until their condition improves. This will likely benefit the students concerned and prevent the spread of their illness to others.

As we approach the winter season, please make sure that your children are dressed properly for our invigorating winter days. It is advisable for students to bring extra pants and socks. A change is often necessary due to the wet and cold weather of the winter months. An indoor pair of shoes is recommended as well. To avoid adding to our clothing collection in the Lost and Found, please be sure to label all articles of clothing. Boots, hats, mitts/gloves, and snow pants for the younger children will help make recess an enjoyable time.





## SPECIAL EDUCATION AT ANNE FRANK P. S.



At Anne Frank P.S. we have students with many different learning styles and abilities. Teachers use a variety of methods to differentiate their instruction in order to capture all student learning styles. In the classrooms teachers tailor instruction to meet individual student needs. This can include differentiating content, process, assessment, and/or the learning environment.

Sometimes students are formally identified through an IPRC (Identification, Placement, and Review Committee) with an exceptionality, which may fall under one or more of the following categories: Behaviour, Communication (Autism, Learning Disability, Deaf/Hard-of-Hearing, Language Impairment) Intellectual (Giftedness, Mild Intellectual Disability, Developmental Disability), Physical (Blind and Low Vision, Physical Disability), Multiple Exceptionalities. For students who need an IPRC, formal letters of invite will be sent home this week.

Depending on student needs, the following types of support are available:

**Indirect Service:** regular classroom with consulting support from SERT (Special Education Resource Teacher) to classroom teacher

**Resource Assistance:** Regular classroom with direct support from SERT to student

**Withdrawal Assistance:** Part-time regular classroom and part-time small class placement

**Partially Integrated:** Part-time small class placement and part-time regular classroom (ie. Student Success Centre or Community Class—at least 51% of the day)

Please feel free to contact your SERT at any time for further information.

Thank you,

**Julie Wright:** Primary/Junior SERT

**Julie Levine-Bleiwas:** SERT and SSC

**Elvira Bogdanov:** Grade 6, 7 and 8 Resource SERT (LTO for Stephanie Hopkins)

**Ann Arcot:** Community Class

# Bicycle and Helmet Safety

Cycling is the most popular outdoor activity among young Canadians. Unfortunately, every year 50,000 children are seriously injured in bike related mishaps. Wearing a certified helmet can reduce the risk of serious head injuries by 85 per cent. Children and youth (under 18) are required by law to wear a helmet with the chin strap clip fastened under the chin when cycling. Kids imitate their parents. Ninety-eight per cent of children will wear their helmets if their parents do, so wear one every time you ride. Before age ten, most children do not have the skills to cycle safely on the road and they need help to make good choices. Children under nine years should cycle with responsible adults at all times

## Components of a Safe Bike

Some bicycle equipment is required by law, while other equipment is recommended.



### Required Equipment

- **Helmet:** Cyclists under 18 are required by law to wear a helmet when cycling. The helmet has to be on your head and the chin strap clip must be fastened under the chin. Does your helmet fit properly? Check our [helmet fit brochure](#) and see
- **Light and reflector:** If you ride 30 minutes before sunset and/or 30 minutes before sunrise, you need a white light (not just a reflector) and a red rear reflector or red rear light
- **Bell or horn:** A bell or horn that works must be attached to the bike
- **Reflective tape:** White reflective tape on the front forks, red reflector tape on the front and rear stay

### Recommended Equipment

- **Basket:** Having a basket lets you keep your hands free for steering
- **Water Bottle:** A water bottle and cage allow you to stay hydrated
- **Shoes:** When cycling, wear shoes that cover your toes and back of your foot like running shoes
- **Bright Clothing:** Reflective and bright clothing make you more visible to drivers when riding in the dark
- **Eyewear:** Protective eyewear can keep the sun, bugs and wind from blinding you

### Bike Inspection

Begin each cycling season and each ride with a complete bike inspection. If your bike is not in perfect shape take it to a bike shop for a check-up. Check for:

- **Size of bike:** Make sure your bike is the proper size. A bike that is too big or too small will be hard to control. You should be able to comfortably straddle the bike frame while standing flat footed on the ground. There should be at least a 2-3 inch gap between you and the top bar
- **Tire Pressure:** Make sure your tires are properly inflated
- **Chain:** Check the bike's chain to make sure it's clean and lubricated
- **Brakes:** Check your brakes for even pressure. They should make your back wheels skid on dry pavement, but you don't want brakes that stick

### Traffic Laws and Fines

Your bicycle is considered a vehicle and falls under the jurisdiction of the *Highway Traffic Act (HTA)* The following are just some of the offences you could be fined for under the HTA:

- |  |  |
|--|--|
| • Improper bicycle lighting: \$20                                    | • Ride two on a bicycle: \$85            |
| • Improper or no helmet (under 18): \$60                             | • Attachment to vehicle: \$85            |
| • Parent/guardian knowingly permit person under 16 – no helmet: \$60 | • Disobey stop sign – fail to stop: \$85 |
| • No bell/ no horn: \$85   | • Fail to signal for turn: \$85          |
| • Ride in or along crosswalk: \$85                                   |  |

Source: [http://www.york.ca/wps/poc/york/yorkhome?1dmy&urile=wcm%3apath%3a%2FYR\\_Content%2FYorkConstituent%2FHome%2FRecreation%2FCycling%2FBicyclesandHelmetSafety%2FBicycleandHelmetSafety](http://www.york.ca/wps/poc/york/yorkhome?1dmy&urile=wcm%3apath%3a%2FYR_Content%2FYorkConstituent%2FHome%2FRecreation%2FCycling%2FBicyclesandHelmetSafety%2FBicycleandHelmetSafety)

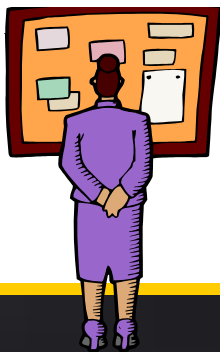




Learning Disabilities Association of York Region  
 11181 Yonge Street, Unit 221  
 Richmond Hill, ON L4S 1L2  
 Tel: 905-884-7933 Fax: 905-770-9377  
 Email: [info@ldayr.org](mailto:info@ldayr.org) Website: [www.ldayr.org](http://www.ldayr.org)

## Myths and Facts about LDs

1. **Myth:** Learning disabilities (LDs) do not really exist.  
**Fact:** LDs are real. Recent research indicates neurological differences in the brain structure and function for people who have learning disabilities.
  
2. **Myth:** Learning disabilities are all the same and/or easily understood.  
**Fact:** Learning disabilities are *complicated*. The extent of their impact and the areas of learning they affect vary greatly from person to person; combine in any variety of ways; and vary depending on context.  
 Helping is *not* as complicated: people with LDs need to determine which modes of learning work well for them, and use these strengths to compensate for the areas affected by their LD.
  
3. **Myth:** Students with LDs can not learn.  
**Fact:** Students with LDs can be successful learners, at all levels and in any situation, by compensating for their weaknesses by using their strengths; by using alternative, individualized teaching and learning materials and methods; and by choosing tasks that suit themselves.
  
4. **Myth:** More boys than girls have learning disabilities.  
**Fact:** Although four times as many boys as girls are identified as having LDs by schools, research studies suggest that many girls who are not identified also have the most common form of learning problem - difficulty with reading. Many girls' learning difficulties are neither identified nor treated - possibly because boys who are struggling are, in general, more disruptive in classes.
  
5. **Myth:** Students with LDs are just lazy.  
**Fact:** Students with LDs generally have to spend more time to adequately complete school assignments. This extended effort can often lead to difficulties in completing assignments on time, maintaining course requirements such as tutorial reading and studying. These difficulties should not be misinterpreted as 'laziness'.



## Community Corner

### School Council Overview - 2014/15

#### Co-Chairs

Jenny Gershon  
Rosita Salehi

#### Secretary

Gayla Ber

#### Co-Treasurers

Matthew Ber  
Dan Jankelow

#### Members at Large

Shirley Freud  
Melissa Glogauer  
Pooja Gulati  
Mark Jacobson  
Aurete Lavie  
Jen Offenheim  
Edith Rosa  
Noa Rothman  
Sergey Sadovnichiy  
Eveleen Shulman

#### Community Representative

Sima Darvizeh

#### Upcoming Council Dates (2015/16)

October 5 (elections)  
November 2  
December 2

*October*

**LIGHTS OUT**

