



FOREST RUN PUBLIC SCHOOL

Weekly Update: October 1-5, 2018

Safe Arrival ATTENDANCE Line: 905-417-9227 & follow the prompts or Login to: yrdsb.edsby.com



Feeding the Community

Daily Drop off and Free Entry from 8:20am to 8:35am

Our Touchstone Team will be organizing a food drive for the month of October. We encourage students to bring in non-perishable food items for the Vaughan Food Bank...the class who contributes the most food will win a pizza party on October 31!

Monday
Oct 1
Day 4

ECO Club meeting—every day 4 @ 12:25 in room 205 for grades 3-8
Boston Pizza Lunch (for those who ordered)

Tuesday
Oct 2
Day 5

Subway Lunch (for those who ordered)

Wednesday
Oct 3
Day 1

Astoria Lunch (for those who ordered)
VIP Grade 6
Grade 7 Immunizations—AM

Thursday
Oct 4
Day 2

Mr. Zagros Lunch (for those who ordered)
Curriculum Night 6:30-7:30

Friday
Oct 5
Day 3

Pizza Lunch (for those who ordered)
EVAC Training

Coming Up....

Oct. 8—Thanksgiving Day—No School
Oct. 9—Cross Country Areas
Oct. 10—Picture Day
Oct. 11—Cross Country Areas (rain date)
Next School Council Meeting – October 18th 7-8 pm.
November 8th MOVIE NIGHT

Principal: Mary Oppedisano
Vice Principal: Farhad Derakshande
Admin. Assistant: Elham Albazi
Secretary: Tanya Damiani



Superintendent: Chris Sarellas
Trustee: Linda Aversa
School Council: forest.run.ps@sc.yrdsb.ca



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JOIN US FOR CURRICULUM NIGHT!

When: Thursday, October 4, 2018

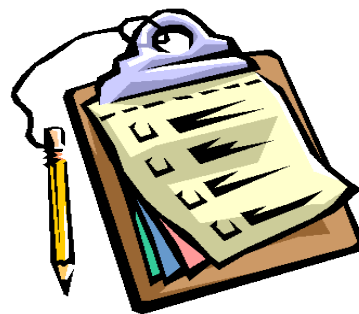
Time: 6:30 - 7:30 pm

Structure:

Presentation in the Gym (15 min) + 2 min transition

Classroom visit A (20 min) + 2 min transition

Classroom visit B (20 min)



Dear Forest Run Families!

We are excited to introduce to you our 2018-2019 School Council team!

Returning Co-Chairs: Rachel Kapcan & Sefi Chassid

Returning Treasurer: Gav Givon

NEW to Forest Run Fundraising Officers: Iryna Fakhri & Lauren De Paoli

They will be at Curriculum Night waiting to hear from you and to meet you.

Stop by the School Council table and share your ideas for workshops, chats, activities and events you'd like to see at our school!

We will also be selling School Spirit Wear!

This is going to be a great year!

We look forward to seeing you Thursday Night at Curriculum Night!!

Dear Families,

We hope your children are having a wonderful school year so far building positive relationships peers and staff; in addition to engaging in relevant, impactful curriculum connected social, emotional and academic learning opportunities! We wanted to take a moment to reinforce very important safety routines in the Kiss-n-Ride loop and while dropping off your child/ren at school in the morning.

Please be reminded that no vehicles should be parked in the Kiss-n-Ride zone by the sidewalk, or stopping in the open lane next to it. We must ensure a smooth flowing loop, where students are dropped off by the sidewalk at all times in an efficient manner. Both staff and student volunteers are available to escort your child/ren from your car to their entry door to ensure their safe entry. Please accept their support and encourage this routine with your child, reminding them that this is the routine in the morning: a quick kiss and then riding off after drop off. Families are encouraged to foster independence and confidence that this routine is safe and supported by staff and students. We ask that families walking to school and dropping off at the Kindergarten gate, or at the Parking Lot Grade 1-8 entrance, to please do the same with a kiss and wave for a great day!

Please recognize that these simple routines, build critical skills in our child/ren saying: “Yes, you CAN do this”! Research by Carol Dweck states, “that parents can have a powerful impact on their childrens’ mindsets. The language you use and the actions you take show your children what you expect and in turn impacts how they feel about themselves.” This is just ONE way to foster independence, confidence and resiliency!

Finally, our Safe and Supportive Schools Policy requires that all doors to the school remain locked throughout the day and that all visitors who enter the school, including parents/families, must sign in at the office and may not be in the school without reporting to the office. The morning entry routine is a very busy one. We ask that you please support this policy, safety in the parking lot, and building important skills with your child. Should you need to meet, or talk to your child/ren’s teacher/s, please give them a call, drop them a note in the agenda, communicate in some way to set up a time, or ask them to call you so you can connect as needed at a convenient time for both of you.

We thank you for your ongoing understanding and support with ensuring every child and family feels safe at Forest Run P.S. We look forward to a smoother kiss-n-ride loop and an entry to the school that supports safe schools and fosters critical skills for a positive and healthy mindset!

Sincerely,

Mary Oppedisano
Principal

Lillian Lahe
Principal Support

Farhad Derakshande
Vice Principal

Dear Parents and Caregivers,

We are happy to share that Lunchbox Orders will be offered at Forest Run Public School this year.

Not familiar with Lunchbox Orders? Lunchbox Orders is a convenient, online ordering platform featuring local restaurants. An ordering calendar has been coordinated for the school community at www.lunchboxorders.com.

All orders are submitted on the website and payment is processed on-line by Visa, MasterCard, Discover, Debit MasterCard or Visa Debit. Visa and MasterCard prepaid cards are also accepted on the website.

The lunch calendar is **NOW** open and delivery is scheduled to begin **TUESDAY, SEPTEMBER 25**.

The program features the following options:

Delivery Day

Monday

Tuesday

Wednesday

Thursday

Featured Restaurant

Boston Pizza

Subway

Astoria

Mr. Zagros



How to Order:

1. Go online at www.lunchboxorders.com and click "ORDER LUNCH".
2. **New to Lunchbox Orders?** Click "Create an Account" to register your family's account.
3. **Already registered?** Please login directly with your current user name (e-mail address) and password.
4. Add your child to your account by clicking "add a student" and register your child with their new teacher and grade for the current school year.
5. Click "Order Now" (beside your child's name) to view the school's ordering calendar.
6. Proceed with ordering your child's lunch by clicking on the blue box for each restaurant featured.

The Benefits:

1. With every meal purchased, a contribution will be made to the school's fundraising program.
2. Lunchbox Orders is paperless and cashless. Ordering online is fast and easy!
3. All menu items featured are compliant with the Ontario Ministry of Education's Food and Beverage Policy.
4. Orders may be placed weekly or in advance, for the full length of the program.

Dates to Remember:

- ✦ Lunch delivery is scheduled to begin **TUESDAY, SEPTEMBER 25, 2018**.
- ✦ **SUNDAY, SEPTEMBER 23rd at NOON (12pm)** is the ordering deadline for the first scheduled delivery.
- ✦ All orders, updates and cancellations must be submitted by Sunday at noon for the following week.
- ✦ Please note, new orders will not be accepted after the Sunday deadline.

If you have any questions please contact Lunchbox Orders customer service team at **1.877.426.6860** or by email at info@lunchboxorders.com.



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There will be an IB information session at Alexander Mackenzie High School on Wednesday, October 17th at 7:00 pm in the Gym. The evening will cover the following:

- * An overview of the IB Programme
- * Programme registration through EDSBY
- * Information about the admissions test
- * Q & A

Save the Date

Are you interested in the International Baccalaureate Programme?

The International Baccalaureate (IB) Programme is student-centred with a focus on developing intellectual, personal, emotional and social skills for students who live, learn and work in a rapidly changing world. The Programme emphasizes critical, compassionate thinking, community involvement and intercultural understanding. It is founded on international standards and assessment. Students who complete the Programme earn both an Ontario Secondary School Diploma and an IB Diploma.

We invite students who will be starting **Grade 8** in September to find their area IB School or Candidate School on the YRDSB School Locator (<http://www.yrdsb.ca/schools/pages/school-locator.aspx>) and join us for an information evening to discover what we can offer.



IB Information Evening

Wednesday, October 17, 2018

Students and their families interested in York Region District School Board's IB Programme are invited to attend an information session at their area school to learn more about the Programme and application process.

Alexander Mackenzie H.S. @ 7:00 p.m. Bayview S.S. @ 7:00 p.m.
Dr. G.W. Williams S.S. @ 7:00 p.m. Maple H.S. @ 7:00 p.m.
Milliken Mills H.S. @ 7:00 p.m.



Assessment Days

Saturday, November 17, or
Thursday, November 22, 2018

Admission to the York Region District School Board IB Programmes includes an assessment at your area IB School or Candidate School. At the time of application, students will select to write in either the morning on Saturday, November 17 or in the evening on Thursday, November 22. There is a \$35 fee to apply.



@yrdsb



YRDSBMedia

For more information, please visit www.yrdsb.ca/IB



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Students and Parents

BILL CROTHERS
SECONDARY SCHOOL

Are you interested in attending Bill Crothers Secondary School for the school year 2019 - 2020?

Bill Crothers Secondary School is a unique, system-wide program that provides an inclusive and engaging learning environment for students who are motivated by healthy active living and sport while achieving academic success. This school operates on a Balanced School Year (early August to mid-June) schedule which supports the diverse needs of student-athletes. Specialized programming is offered to support our students through our diverse and daily Health and Physical Education and High Performance Athlete Program with contextualized learning in a variety of subject courses. During the school day, we offer an Integrated Learning Instructional Period (ILIP) which provides supervised time for students to achieve their academic goals.

Information Night at: Bill Crothers Secondary School, 44 Main Street, Unionville, Ontario.

Thursday September 27, 2018

and

Tuesday October 2, 2018

**Information sessions will be from 7:00 – 8:30 pm
in the school cafeteria (3rd floor) and/or Gym A
You are welcome to attend either of the evenings.**

Admission to Bill Crothers Secondary School is by application and is open to students who reside in York Region entering grades 9, 10, 11, or 12. Students must declare the sport in which they compete at the highest level outside of school and will not be able to compete in this sport for BCSS in the YRAA (York Region Athletic Association) or OFSAA (Ontario Federation of School Athletic Association) league. Alternative competitive options are being explored. Secondly, students who transfer in for grade 10, 11 and 12 are subject to YRAA and OFSAA transfer rules. Please refer to the YRAA website (<http://www.yraa.com>).

Due to limited space and building capacity regulations, we ask that **only families with students interested in attending BCSS for the school year 2019 - 2020** attend one of these evenings. Parking is limited so we ask that you carpool or park at the GO Station. **By-law officers will enforce the parking regulations.**

Applications will be available from the website on Wednesday October 3, 2018.

For further information, contact shirley.difebo@yrdsb.ca

*To develop the love of sport through learning and the love
of learning through sport.*




[illegible]

An Amazing High School Experience Awaits YOU!

WELCOME TO ARTS WESTMOUNT!

WELCOME TO ARTS WESTMOUNT!

The Arts Westmount is a fun-filled YRDSB program for those students who want to continue their love of the arts in high school. We offer specialized arts courses (2 credits per year) to artistically motivated students interested in Dance, Drama, Music, and Visual Arts. Come to Westmount to experience high school through the arts.



PLEASE BRING YOUR QUESTIONS TO OUR INFORMATION EVENING!!
TUESDAY OCTOBER 16, 2018, 7:00PM- WESTMOUNT COLLEGE
1000 NEW WESTMINSTER DR. THORNTON, CO. 80229
Evening will include:

The evening will include a presentation, and a question and answer session in the school.
Applications are now available on our website. Apply now for an audition to be a part of our
Arts Westmount Experience!!

yrdsb.ca

¹Declared by Arts Westmount student Shane Feldman.

ARTS WESTMOUNT DISCIPLINES

DRAMA

This program is for all those who love drama! It allows you to explore all aspects of theatre in a safe and creative place. You will get instruction in everything from basic acting skills, personal expression and communication, to performances in musical and nonmusical theatre. Along the way you will have professional instruction in all the skills of the actor including film acting, singing, improvisation, modern and classical text, movement, mask, clowning, and so much more! This program will leave you with lasting memories of your high school experience and skills to last you a life time regardless of the profession you choose.

DANCE

This program is designed for those who love to dance! It will develop your dance skills and help you learn the basis for communicating through movement. Even if you are currently working in a studio, Arts Westmount Dance will provide you with enriched and in-depth instruction to take your dance to the next level. You will study a variety of dance forms including ballet, modern, jazz and composition. You will learn about your body, nutrition, the history of dance, and more! Your experience in Arts Westmount Dance will include a wide variety of professional guest artists to help you further expand your repertoire. You will be able to participate in all Dance Department performances, guest artist workshops, trips and tours. The program puts a strong emphasis on your own personal development and working towards your potential within each designated area of dance.

MUSIC

If you love music, then Arts Westmount Music program is for you! If you love to sing, or play in a band, the Arts Westmount music program is designed to develop and further grow your musical skills. Our program will help you become the musician you want to be. It will further your skills as a singer or player and give you performance experiences in solo and small repertoire situations throughout high school. You will get a chance to go on great field trips, learn from amazing guest artists and teachers and grow as a musician. Make the most of your time in high school by joining Arts Westmount Music! (*Strings, Piano, Guitar not offered)

VISUAL ART

This program is geared toward those of you who love to create with visual art! It will give you the opportunity to grow as an artist in every way. In your time in Arts Westmount Visual Arts you will get to learn in-depth about drawing, painting, sculpture, printmaking, ceramics and crafts. You will also receive instruction in cool tech arts like media arts, computer arts, digital photography, film and video. Field trips and guest artists will complement and further enrich your experience. By the end of this program you will have a filled portfolio with amazing work created by you.

yrdsb.ca



Ready for Success Tutoring Program

Free math and English tutoring
program for students in grades 1 to 6.

Every Tuesday - October 16, 18 to March 26, 19

Session 1: 3:45pm-4:45pm

Session 2: 5:00pm-6:00pm

INFORMATION ABOUT THE PROGRAM: Tutoring and program activities are provided by York University's Teacher Candidates and VCHC staff. Through group tutoring (1 tutor to 5 children), children and tutors focus on improving literacy and numeracy skills. Children also participate in fun, educational group activities that promote cooperation, time management and problem solving skills.

PROGRAM ELIGIBILITY: The program is free of charge and is offered to families with a gross annual household income of \$70,000.00 or less (based on a family of 4). Caregivers will be asked to provide a notice of assessment with proof of income.

*Program breaks – December, York University's Reading Week & March Break

Please contact Kelly at 905-303-8490 Ext. 153 or klo@vaughanchc.com

Location: Vaughan Community Health Centre

9401 Jane Street Suite 106, Vaughan ON, L6A 4H7

www.vaughanhealthcarehc.com

**Please let us know if you need any specific accommodations
This flyer is available in an alternative format**



www.vaughanhealthcarehc.com



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Funding support provided by:



Why Pack A Litterless Lunch?

A litterless lunch is simply that. It is a lunch that creates no waste! It involves the elimination of disposable products and encourages use of reusable containers. The goal of a litterless lunch is to reduce waste production, and therefore help to reduce our impact on the Earth.

What Does a LITTERLESS Lunch Look Like?

A Wasteful Lunch (DISPOSABLE)

- sandwiches sealed in plastic bags
- fruits and vegetables in plastic bags
- prepackaged chips, cookies, fruit bars, granola bars, cheeses, and fruit leathers
- prepackaged yogurts, apple sauces, and puddings
- crackers, pretzels, chips, and other snack foods sealed in plastic bags
- disposable juice boxes, juice pouchs, soda cans, water bottles, and milk cartons
- plastic forks and spoons
- paper napkins
- reusable lunchboxes and disposable paper and plastic bags

A Litterless Lunch (REUSABLE)

- sandwiches and other main dishes, fresh fruit, fresh vegetables, and treats in a reusable lunch container
- cloth napkins
- stainless-steel forks and spoons
- reusable drink containers
- reusable lunchboxes

* With this type of lunch, lunch food items can be bought in larger quantities, in bulk. The packaging can be left at home for reuse or recycling. Waste-free lunches are not only a wise environmental choice, but they are less expensive as well.



Pack a Litterless Lunch!

What Does it Cost To Pack a Waste-Free Lunch?

A Disposable Lunch

1 egg salad sandwich	\$1.25
1 yogurt	.85
1 granola bar	.45
1 apple	.30
1 package of carrots and dip	.65
3 plastic bags	.12
1 juice pouch	.35
1 plastic spoon	.04
1 paper napkin	.01
TOTAL	\$4.02

A Litterless Lunch

1 egg salad sandwich	\$1.25
1 serving of yogurt	.50
1 serving of granola	.35
1 apple	.30
1 serving of carrots and dip	.25
water	0
cloth napkin	0
stainless steel spoon	0
packaging	0
TOTAL	\$2.65

The Bottom Line

Disposable Lunch	Litterless Lunch
\$4.02 / day	\$2.65 / day
\$20.10 / week	\$13.25 / week
\$723.60 / school year	\$477.00 / school year

\$723.60 - \$477.00 = \$246.60 savings per school year per person

IT SAVES YOU \$ TO BE GREEN!