



# FOREST RUN PUBLIC SCHOOL

Weekly Update: October 8-12, 2018

Safe Arrival ATTENDANCE Line: 905-417-9227 & follow the prompts or Login to: [yrdsb.edsby.com](http://yrdsb.edsby.com)

Daily.....	Daily Drop off and Free Entry from 8:20am to 8:35am	
Monday Oct 8 Day 0	NO SCHOOL– HAPPY THANKSGIVING!	
Tuesday Oct 9 Day 4	Subway Lunch (for those who ordered) ECO Club meeting—every day 4 @ 12:25 in room 205 for grades 3-8 Cross Country Areas	
Wednesday Oct 10 Day 5	Astoria Lunch (for those who ordered) Picture Day	<p>please remember to send your child with forks/spoons for their snack and lunch.</p>
Thursday Oct 11 Day 1	Mr. Zagros Lunch (for those who ordered) Oct. 11—Cross Country Areas (rain date)	
Friday Oct 12 Day 2	Pizza Lunch (for those who ordered)	
Coming Up....	Next School Council Meeting – October 18 <sup>th</sup> 7-8 pm. November 8 <sup>th</sup> MOVIE NIGHT For the month of October, nut free cookies and chocolate milk will be sold to support the grade 8 graduation trip! Cookies and milk are \$1 each.	

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](mailto:forest.run.ps@sc.yrdsb.ca)

# **FOREST RUN P.S.'s**

## **Touchstone Team**

**is excited to introduce student**

## **BASEBALL CAPS!**



**Front**



**Back**



**Side**

- 100% cotton
- stitched falcon logo and stitched school initials
- \$20.00

All proceeds go towards student activities  
(e.g., Theatre Arts presentations, Author visits...)

Pay using cash online. Code name "Baseball Caps".  
On sale until October 31<sup>st</sup>.

**Thank you for supporting Forest Run P.S.!**



**Feeding the  
Community**

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!



Forest Run P.S. raised \$912.00 for cancer research! That's over a hundred dollars more than our goal of \$800.00. A big thank you to all of our amazing students and families who supported the run.

# **Forest Run P.S.**

## **Spirit Days**

**Wednesday October 31: Dress-Up Day**

**Thursday November 15: Hat Day**

**Thursday December 20: Funny Holiday Sweater Day**

**Thursday January 17: Beach Day**

**Thursday February 21: Jersey Day**

**Thursday March: 21: Crazy Hair Day**

**Thursday April 18: Backwards Day**

**Thursday May 16: Pajama Day**

**Thursday June 20: Favourite Character Day**



**We soar!**

**We are strong!**

**We are Falcons!**

**Students are always welcome to wear their Spirit Wear!!!!**

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](http://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](http://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 23<sup>rd</sup> 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](mailto:info@lunchboxorders.com).

# Glenn Gould Public School

Invites all parents and caregivers to join us for a free parent presentation

## A Simple Gift: Emotional Regulation

For parents of children birth to 12 years of age

Negative emotions (e.g., anger, sadness, fear, jealousy) and the difficult behaviours that may follow (e.g. temper tantrums, whining) are normal in young children. Not learning to manage negative emotions in the early years may result in later problems. This presentation will provide information and practical strategies to help families.

You will learn about:

- What is emotional regulation
- Long term implications of negative emotions
- The importance of learning about your child's unique temperament, strengths and areas of improvement
- Triggers that set off emotions
- The 8 principles of emotional regulation and how you can teach you child to identify and cope with their feelings

**Location:** Glenn Gould Public School  
675 Vellore Park Ave., Woodbridge L4H 0G5

**Date:** Thursday October 18, 2018.

**Time:** 6:30 p.m. – 8:30 p.m.

**Free child minding will be available**

To register please contact:  
Oksana Majaski, Community & Partnership Developer  
[Oksana.majaski@yrdsb.ca](mailto:Oksana.majaski@yrdsb.ca) or 416-568-2252

*This presentation is brought to you by Glenn Gould P.S. in partnership with Blue Hills Child and Family Centre and York Region District School Board*





## FOREST RUN PUBLIC SCHOOL

Weekly Update: October 8-12, 2018

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](http://www.yrdsb.ca/IB)









# 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](http://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](mailto:klo@vaughanchc.com)**

**Location:** Vaughan Community Health Centre

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

[www.vaughanhealthcarehc.com](http://www.vaughanhealthcarehc.com)

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