Earlier this week, while out greeting students in the morning, a staff member overheard a very important goodbye from a parent dropping off their child. While the parent wished their child a good day, they ended the conversation by saying “choose kindness”. This was shared with Mme. Laflamme and myself, who were also out greeting students and navigating busses at that time. This connected message from one family emphasizes the important home and school connection that supports students academically and their overall wellbeing. As a school, we have adopted a new school approach to building a community and culture, around the foundational practice of kindness. Hopefully in the last couple of months you have heard your child(ren) mention this approach, while sharing examples of their perspectives within the school. If they haven’t, we ask that you speak to them about what they have heard on the announcements, or messages around the school that also connect to this simple but significant idea. This is the important, ongoing work, that affects students, staff and all of our visitors who enter the LBP space.
EDSBY INFO FOR FAMILIES

Lester B. Pearson is pleased to announce that we will be using an online process through Edsby to manage our Family & Teacher Interview Night scheduling.

Edsby is an intuitive, cloud-based platform that will allow families to reserve times to meet with their child’s teachers. YRDSB in partnership with Edsby have created a secure platform that protects the privacy of information for our YRDSB families.

Families will need to create an Edsby account to access the online appointment scheduler for their child’s teacher, for Family & Teacher Interviews. Only families who create an Edsby account prior to the schedule being opened November 9th, 2018 will have access. For help signing up for Parent-Teacher interviews, please visit https://edsby.com/help/parents/parent-teacher-interviews/.

If you haven’t set up your Edsby account already, you will receive an email from York Region District School Board’s Edsby account on Friday, October 26th, with instructions on how to create an Edsby account. If you do not see the email, please check your junk mail folder to ensure you do not miss this opportunity.

If you have any questions about this process, please contact our main office.

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The EDSBY online scheduler is a first come, first served electronic tool. Once the scheduler is open on the 9th, in the morning, families can then start to book interview times. Meeting times are blocked off in 10 minute intervals.

Please know that only homeroom teachers will show up on the schedule. Prep coverage teachers may attend meetings with homeroom teachers, or families can arrange meetings on their own, over the phone or email. Some teachers will be working together, meeting families as a team.
It is on this day, that we pause to remember and reflect upon the sacrifices that the Canadian men and women who have served, and continue to serve, in the Canadian Military have made for all Canadians. It is because of their commitment to freedom, democracy and human rights that we are able to live our lives the way we do in Canada.

Remembrance day, also known as Armistice Day is observed annually and marks the date and time when armies stopped fighting World War I on November 11th at 11am in 1918 (the eleventh hour of the eleventh day of the eleventh month).

Across generations, Ontarians of all backgrounds have fought and died to make our world a safer place. This is an opportunity for students to make family connections and learn about History both Canadian and world.

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LBP REMEMBERANCE DAY ASSEMBLY INFO:

As we turn our attention to the preparation of our Remembrance Day ceremony. We are asking Parents/Guardians to email any pictures of family members that have served our country to use during our power point assembly. If possible please provide a picture of them then (perhaps in uniform), and a more recent picture.

Please provide a brief description and email to kelly.barbarich@yrdsb.ca
CLUBS AT LBP

Kindness Club
Girls Intermediate Basketball Skills
Dungeons and Dragons
Me2We
Study Buddies
Eco Team
Red Maple Reading
Silver Birch
Drama
Primary & Junior Choir
Play Pals
Intramural Sports Gr 3&4
Intermediate Band

EPIC - (Experience Peace in Christ) Affinity Club – Starting Nov 7th at Lunch

Please see the attached parental permission form for more information about this student driven affinity club. This form needs to be completed prior to any students participating in the club. The form is attached to this newsletter. Students can also get a form from Mr. Rainsford, the teacher supporting this club.


Parent Guide to the Health and Physical Education Curriculum

LINK to Document
As outlined in the YRDSB Guide to the School Year...

**PERSONAL PROPERTY**

The school and the Board are not responsible for lost, damaged or stolen personal items. You can reduce the risk by leaving valuable items at home. Always secure items.

Examples include, but are not limited to:

- Winter Coats
- Bikes
- Personal Technology
- Sports equipment
Like everywhere else, there is the potential for head lice in York Region and at Lester B. Pearson. It’s important to check your child’s head if they’ve been in contact with someone who has lice or if they appear to have an itchy scalp and are scratching a lot. 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.

Effective treatment means:

- Check all family members
- Treat only family members that have head lice
- Apply a head lice treatment as directed Remove all the nits (eggs)
- Know the facts – talk to a Public Health Nurse. If your children have lice, please let the school know, there is a policy we need to follow regarding lice.

**Head lice**

Head lice are tiny insects that live on the scalp, where they lay eggs. Head lice do not spread disease. It’s not your fault if you or your child has head lice.

Having head lice does not mean you are not clean.

**What do head lice look like?**

Lice have 3 stages – the egg (nit), the nymph and the adult.

- Nits are whitish-grey, tan or yellow ovals, about the size of a grain of sand. They stick to the hair close to the scalp and can look like dandruff. Nits hatch into nymphs in 9 to 10 days.
- Nymphs are baby lice. They look like adult lice but smaller.
- Adult lice are hard to see since they are about the size of a sesame seed. Adult lice can live for up to 30 days on a person’s head, but they die within 2 days away from the scalp.

(Figure 1) An adult louse measures 2 mm to 4 mm.

Reprinted with permission from www.headlice.org
School bus service may be cancelled from time to time due to inclement weather, extreme temperatures and/or poor road conditions. In these cases, parents and students should develop alternate care/transportation arrangements. Since some bussing schedules begin by 7:00 a.m. or earlier, all cancellation decisions must be made by 6:00 a.m. to ensure the safety of our students. Cancellation decisions will only be made after thorough consultation with school bus companies servicing York Region.

Decisions are based on several factors including precipitation, air temperature and road conditions. Please note the following:

- A decision to cancel school bus transportation may be system wide (where all buses in York Region are cancelled) or municipality specific (where buses in one or more municipalities are cancelled).
- If school bus transportation in your municipality is cancelled and your child attends school in a different municipality where service is operational, your child will not be transported to/from school.
- If school bus transportation in your municipality is operational and your child attends school in a different municipality where service is cancelled, your child will not be transported to/from school.
- **If buses are cancelled in the morning, they will not operate in the afternoon. Therefore, students transported to school by parents will require the same transportation home.**

Parents, students and school staff are asked to access the following radio and television stations after 6:00 a.m. to receive bus cancellation information:

RADIO 590 AM 640 AM 680 AM 860 AM 1010 AM 1050 AM 1540 AM 1580 AM 88.5 FM 89.9 FM 92.5 FM 93.1 FM 94.9 FM 95.9 FM 97.3 FM 98.1 FM 99.1 FM 99.9 FM 101.1 FM 102.1 FM 104.5 FM 100.7 FM 107.1 FM TELEVISION CITY TV THE A-CHANNEL CFTO TV CP24 GLOBAL NEWS

*It is important that families also recognize that on inclement weather days, lunch service arrangements, special lunches or special events/field trips will be cancelled*

Families are also encouraged to record / remember their child’s bus route number
During the cold winter months, it is important that students come to school dressed for the weather conditions. This includes: boots, hats, scarves, snow pants, warm coats and mittens or gloves. We also encourage packing an extra pair of socks and pants in case they get wet.

All students are expected to go out for every recess and lunch hour, weather permitting. We monitor the weather throughout the day, including temperature, wind chill, sun/cloud conditions and wind velocity. In extreme weather conditions, such as ice pellets or extremely high wind chill factors, administration may decide to shorten recess breaks or keep students indoors.

Students with illnesses serious enough to prevent them from participating in recess, physical education, or other outdoor activities should stay at home until their condition improves. This will also prevent the spread of illness to others.
Greetings LBP community! As some of you may already know LBP has many sports teams, one being the senior girls’ volleyball team. The senior girls’ volleyball team, coached by Mr. Jourdain and co-coached by Mme. Coombs, has been working hard and playing with great sportsmanship. For instance, last night the girls played 4 games against Aurora Heights and with their eyes on the prize and adrenaline pumping, they won 3 games! After the game the girls were humble and shook hands with one another. Wish us luck next Thursday at areas!

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Youth Voice Conference – student reflection

On November 1st, six intermediate students had the opportunity to attend the 15th annual YRDSB Youth Voice Convention in Vaughan. The convention was about better understanding for students around the importance of mental health/wellness. Students from each school had three workshops, for LBP, some of our workshops were - The benefits of nature to improve mental health, physical activity and its influence on mental health, and how healthy relationships are important for better mental wellness. All of the workshops were amazing and so were the staff! Now the six students are planning to better our school’s mental health/wellness awareness with all the wonderful information and activities that were given.

Amira, grade 7.
Families are reminded to follow the posted rules for access to the bus loop, and the parking lot, in the morning and the afternoon. This is simply to ensure safety for our students and staff, as we have close to 20 buses or taxis entering and exiting our building each day.
Red Cross Babysitting Course (with first aid & CPR)
Offered by Stayin Alive With First Aid, CPR & AED

Caregiver and first aid skills for youth 11 to 15 years old. Participants learn how to manage difficult behaviour, gain essential leadership skills, and discover professional conduct for babysitters. Babysitting promises to deepen and enhance the responsibility that older youth feel when caring for younger children. The curriculum is complete with new science about giving appropriate care in the event of an emergency.

Date: Friday, November 23rd, 2018 (P.A. Day)
Duration: 9 a.m. to 4 p.m. (7 hours)
Location: Regency Acres, 123 Murray St., Aurora
Instructor: Stayin Alive Certified Red Cross Instructor
Cost: $60 per participant (11 to 15 years old) + HST = $67.80

Course content:
• Check, Call, Care (including phoning 911)
• Conscious choking (adult/child/baby/alone)
• CPR (baby/child)
• Asthma (includes use of inhaler and spacer)
• Anaphylaxis (includes use of EpiPen), poisoning and insect stings
• Wound care (minor cuts and scrapes, splinters, nosebleeds, bumps and bruises, life-threatening bleeding, and burns)
• Broken bones, head, neck and back injuries, seizures

Take-home materials:
Red Cross Babysitter’s Manual
Red Cross Babysitter Certificate

Register today!
www.StayinAliveWithFirstAid.ca

Questions?
info@StayinAliveWithFirstAid.ca
Red Cross Babysitting Course (with first aid & CPR)
Offered by Stayin Alive With First Aid, CPR & AED

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Date: Friday, November 23rd, 2018 (P.A. Day)
Duration: 9 a.m. to 4 p.m. (7 hours)
Location: Aurora Heights, 85 Tecumseh Dr., Aurora
Instructor: Stayin Alive Certified Red Cross Instructor
Cost: $60 per participant (11 to 15 years old) + HST = $67.80

Course content:
- Check, Call, Care (including phoning 911)
- Conscious choking (adult/child/baby/alone)
- CPR (baby/child)
- Asthma (includes use of inhaler and spacer)
- Anaphylaxis (includes use of EpiPen), poisoning and insect stings
- Wound care (minor cuts and scrapes, splinters, nosebleeds, bumps and bruises, life-threatening bleeding, and burns)
- Broken bones, head, neck and back injuries, seizures

Take-home materials:
Red Cross Babysitter’s Manual
Red Cross Babysitter Certificate

Register today!
www.StayinAliveWithFirstAid.ca
Questions?
info@StayinAliveWithFirstAid.ca
The first and best step to preventing the flu (or influenza), is to **get the flu shot every year**. The flu spreads quickly and easily from an infected person to others and anyone can get it. Getting the flu shot can protect you, your family and those around you.

Students may be at higher risk of getting the flu as they come together in close public spaces including the classroom, gymnasium, lunch room and library.

The flu shot is especially important for students who have a chronic condition (e.g. asthma, diabetes) or those who live with or have close contact with a pregnant woman, kids less than five years old, or a resident of a nursing home or other chronic care facility since these groups are at higher risk of getting very sick or being hospitalized because of the flu.

Flu shots are **free** and are readily available at:

- Health care provider’s offices for people six months of age and older
- Participating pharmacies, for people five years of age and older

In addition to getting the flu shot annually, here are some other health tips that can help prevent the spread of the flu:

- Wash your hands well and often with either soap and water or alcohol based hand rub
- Cover your mouth and nose when you cough or sneeze (if you do not have a tissue, cough into your upper sleeve)
- Avoid touching your eyes, nose and mouth
- Stay home when you’re sick
- Clean and disinfect surfaces and shared items

It’s important to get the flu shot as early as possible as it can take nearly **two weeks** for the influenza vaccine to take full effect.

To learn more about flu and flu vaccine, visit [york.ca/flu](http://york.ca/flu).

**PUBLIC HEALTH**

1-877-464-9675
TTY 1-866-512-6228
york.ca/flu
Lester B. Pearson
EPIC (Experience Peace In Christ) Affinity Club
Lunch Club Information Sheet and Consent Form

What: A positive space where students can engage in Christian faith activities to beat stress, help others and live well

Why: Studies show improved mental and physical health for those who use faith as a resource

When/Where: Wednesdays, starting November 7 (1:15-1:55pm) - Room 300

Who: Any LBP student (with parental consent - please sign and return form below to Mr. Rainsford)

How: Interested students can:
- Meet new friends and feel a sense of belonging within a caring community
- Share thoughts, questions and experiences regarding God and faith - and help each other find answers and encouragement from the Bible
- Participate in interactive Christian faith activities (e.g. listen to songs about God, watch relevant video clips, discuss biblical concepts and values like acceptance and forgiveness, and other student-initiated and student-led activities)
- Bring their personal Bibles to support their learning

Teacher Support: Mr. Rainsford

Parent Leaders: Bonnie Thamm Evans and Sasha Rybakov
Mrs. Evans will be facilitating the club during term one. Mrs. Rybakov will be facilitating during term two. Bonnie volunteers in children's programs at her church and works part-time as a Registered Nurse with local at-risk youth. Sasha was a lunch assistant at LBP for six years. She is a Child and Youth Worker and has worked as an after-school program teacher. Both parents are also active on LBP's School Council. In keeping with the Provincial Well-Being Strategy, they care about our students and hope to see many thrive through faith!

PARENT/GUARDIAN CONSENT – Keep above for your information, and please sign and detach below form.
Student, please bring below to next week’s meeting:

I give permission for my child to attend the weekly LBP EPIC Lunch Club for 2018/19

Student Name:_________________________________ Teacher/Grade:____________________

Parent Name (print) + Signature:_________________________________________________________

Comments/questions:

Contact information (if a reply is requested):