

No peanut, nuts, or byproducts reminder...



With Oct. 31 and Halloween excitement in the air, we are all reminded to please ensure no candy with nuts, or nut products are brought to school. Please also ensure your child(ren) refrain from bringing in treats with nuts in their lunches / over the next week too.

We have several students at Park Avenue PS (who have life-threatening allergies to nuts) who need EVERYONE's support to keep our school nut free. Thank you for your ongoing support.

Safe Schools REMINDER

Students are reminded NOT to bring replica guns, knives or weapons to schoolincluding on October 31 as part of a costume. Several announcements were made at Park Avenue PS to students over the PA and during our assembly last week to our students.

Volume 1.8 October 31st, 2016



Intermediate Band members perform at Dr. Denison HS.



Mrs. ST-AMOUR and Hughes' students perform at our Responsibility Assembly.



Intermediate student water filtration experiments.

Monday's Dance-athon

Please send in all donations for our Dance-athon fundraiser tomorrow. Costumes are optional. See page 2 for the Dance-athon schedule and Primary Costume parade schedule.

Halloween candy... a sticky topic for parents!

Year after year, our children bring home oodles of candy after a spooky night of entertainment. And every year we ask "Should I let my children eat all this candy?" Here's the good news... letting children include these goodies as a part of a healthy diet will help them manage their Halloween stash. After trick or treating, let your children empty their bag, gloat over it, sort it and eat as much of it as they want. Let them do the same the next day. Then have them put the candy away and only allow them to eat it at meal and snack time: a couple of small pieces at meals for dessert and as much as they want for snack time. If they can follow these rules, children get to keep control of the stash. Otherwise you have control, on the condition that as soon as they can manage it, they get to keep it. Offer milk, fruit or vegetables with the candy, and at least you will have a chance at some nutrition. The key is to provide structure... schedule meals and snacks at regular times and keep the routine of letting your child have Halloween candy only at these times, while continuing your parental role in choosing the rest of the food served. With this foundation, candy won't spoil a child's diet or make them unhealthy. Of course, you can minimize the issue by limiting the amount of candy they collect to one bag... instead of two or three pillowcases!



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

For more information call ... York Region Health Services Health Connection at 1-800-361-5653 (toll free) or 905-895-8004.

Web <http://parkavenue.ps.yrdsb.ca>.

Twitter [@parkavenueps](https://twitter.com/parkavenueps)

Telephone 905-836-5951

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The Park Avenue Post



This week at Park Ave

Mon. Oct. 31 st Day 2	Dance-athon Day! Primary Costume Parade, 10:45 am Int. Boys VB after school Boys and Girls Club, after school
Tues. Nov. 1 Day 3	-Junior Girls Vball team practice before school -Boys and Girls Club, after school -Senior Girls VBall game after school
Wed. Nov. 2 Day 4	-Take Your Kid to Work Day! Glee club, 7:30 am -Grade 8 visit to Dr. Denison SS all day -Subway Lunch -Boys VBall practice after school
Thurs. Nov. 3 Day 5	-Junior Vball team practice before school -Responsibility assembly, 9:30 am -Boys and Girls Club, after school -Int. Girls VBall Game at Mount Albert PS after school
Fri. Nov. 4 Day 1	Jr. Girls VB before school

Park Avenue Public School

Trustee: Lorealea Carruthers- 905-953-0562

Superintendent of Schools: Paul Carew- 905-895-5155

Principal: Bruce Baynham

Elementary Office Administrator: Kim Eikeland

Secretary: Hilary Purdham

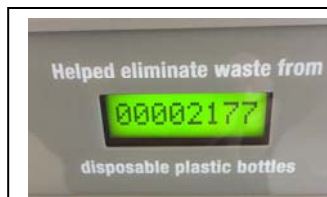
School Council Chair: Melanie Marcus

A Walk in the Park

Photos of the Week that was...



Staff engaged in Mental Health supports as part of our School and YRDSB plan.



The above number represents 'our latest total of how many times our students have 'refilled' their waterbottles. Way to go Panthers!!!!

Community Corner

Dance-athon Schedule

8:30-9:20 am	all JK/ SK students
9:20-10:10	all primary classes (including Mrs. Hughes)
10:30-11:20	grades 4-5 classes
11:20-12:10	Mrs. Stoltz and Mrs. Ploder
1:10-2:30	grades 7-8 classes

Primary Costume Parade info

Parade will begin at approximately 10:40 am. Parents, Guardians and of course Grandparents are welcome to come see our proud primary students parade throughout Park Avenue PS. If raining, visitors can line our front foyer walls for good viewing....if no rain our visitors can assemble on our rear Junior /Intermediate tarmac area (by our basketball courts) for our parade.

Next School Council meeting

Our school Council will meet on Thursday, November 10th at 7:00 pm in our library. All welcome!

Need bus information? Visit

www.schoolbuscity.com

Telephone **905-836-5951**

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