



SIR WILFRID LAURIER PS

SIR WILFRID LAURIER PUBLIC SCHOOL

160 HAZELTON AVE, MARKHAM, ON, L6C 3H6

<http://sirwilfridlaurier.ps.yrdsb.ca/>

## FROM THE PRINCIPAL'S DESK . . .

As a new principal here at Sir Wilfrid Laurier, I am looking forward to another excellent year. I want to especially welcome new families to our school community. We have a number of students coming to Sir Wilfrid Laurier from other schools, boards, provinces, and many grade two students who came from Sir John A McDonald P.S to continue with their French school experience.

### Sir Wilfrid Laurier P.S. - What a Great Place to Be!

We hope that everyone has had an enjoyable and rejuvenating holiday, and that you are looking forward to what should prove to be a super year. Our caretakers, **Mr. R. Taylor, Mr. S. Veltri, and Ms. E. Rinne** have done a fabulous job in preparing the school for the return of our students, staff and parent community. Also of note has been so much work done by our office administrators, **Mme C. Lo** and our two new secretaries **Mme A. Lawrence** and **Mme S. Young** in assisting us with the very involved task of our September start up. Our school council chair and some members are already on task, making sure communications between school and home are always current! Our teachers, and volunteers have been working diligently with their planning, the preparing of curriculum materials, and the decorating of their classrooms in anticipation of the return of our students.

We know that positive learning opportunities for students are affected by the following:

- 1) Knowledgeable teachers; 2) Collaborative teaching teams; 3) Strong principal leadership; 4) Well run extra-curricular programs and 5) Effective communication between home and school.

With this in mind, Mme Gravill, our vice principal, and I plan to continue with the strong tradition of providing excellent programming and experiences. All our staff will be working together with regards to Modern Learning, Planning, Assessment and Evaluation, and Mental Health as part of our involvement with the Board Improvement Plan for student achievement. As part of their teaching assignments, **Mme Kheir and Mr. Messiha** our Literacy and Numeracy teachers, responsible in consultation with the principal and vice principal, for overseeing the continued work with teachers, students and parents regarding integrated literacy/Numeracy specifically around critical thinking.

We are excited about our ongoing initiatives, such as, Modern Learning, Mathematics, and Mental health will continue to guide us this year as we focus on improving the achievement of all students. As always, we are here to help and support you. If you have any questions or concerns, please do not hesitate to give us a call.

We would also like to welcome the following new staff members to Sir Wilfrid Laurier P.S.: Mme Bazyleva, Mme Kadogouchi, Mme Naroski, Mme Gonsalves, Mme Kerys, Mme Gillis, Mr. Puddy, Mr. Salah; Mme Aspevig, Mme Hoffman, Mme Yu, Mme Curtis, Mr. Chen, Mrs. Lawrence, Mrs. Young

Ghada Sadaka: Principal

Kathryn Gravill: Vice Principal

Carmen Lo, Antonietta Lawrence,  
Shelley Young:

Office Administration

Peter Tse: Superintendent

(905) 940- 7800

Billy Pang: Trustee (905) 476- 3655

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## Meet the Teacher Evening

## Thursday, September 29, 2016

## 5:30-7:00 pm

### Challenge of Practice:

*When engaged our students can demonstrate literal comprehension and work both collaboratively and independently in groups.*

### Theory of Action:

*If we use oral production as a strategy, then we will increase student achievement in critical thinking*

**Student achievement!**

**Students:** need to use higher-order thinking skills when communicating their thinking

**Staff:** are learning how to support student articulation of critical thinking as it pertains to the higher levels of Bloom's Taxonomy

**Sir Wilfrid Laurier P.S. Dress Code**

*“Appropriate Dress defines a standard of dress that meets the school community’s expectations of modesty and decency and promotes a safe and respectful learning environment. Compliance to the Appropriate Dress Policy is of a mandatory nature (Extract from Procedure P635.0)”*

A reasonable standard of dress and language which identifies school as a place of dignity and learning is required at all times. Wearing of clothes which contain “put downs”, offensive symbols and inappropriate messages displayed or implied are deemed unacceptable for a school setting. The manner of dress and language should be appropriate for a formal school setting.

If a student’s clothing is deemed inappropriate, he/she will be asked to change. Bare midriff, tank tops or tops with thin bra-like straps (underwear must be covered) are not permitted in grades 2-8. Parents/Guardians may be notified to either pick up their child or bring in a change of clothing.

As a sign of respect, please be advised that all head gear (except for religious purposes) is to be removed before entering the school building.

**A Safe and Supportive School**

YRDSB’s goal is to create safe and supportive learning environments that maximize the chances for student achievement and the development of literacy skills and that minimize time lost from learning and teaching. We support social skill development, intervention with students who are at risk, and follow up with students after consequences are issued. We are also committed to a clearly understood definition of zero tolerance: “A demonstrated consequence to behaviour that has been deemed inappropriate.” Zero tolerance in YRDSB schools will involve a continuum of responses that are appropriate and sequential. The consequences may range from counseling to suspension or expulsion (Bill 212; Ministry of Education).

*“Character education involves the preparation of learners to be responsible, caring and contributing citizens. Good character is a cornerstone of a civil, just and democratic society; it can be both taught and learned. It contributes to the development of safe, supportive schools, develops the emotional and social learning and enhances academic achievement. It contributes to the individual’s personal well being.”*



**Remember . . .**  
**Character Matters!**

**Attribute****Month Celebrated**

<b>Respect</b>	<b>September</b>
<b>Responsibility</b>	<b>October</b>
<b>Honesty</b>	<b>November</b>
<b>Empathy/Compassion</b>	<b>December</b>
<b>Fairness</b>	<b>January</b>
<b>Initiative</b>	<b>February</b>
<b>Courage</b>	<b>March</b>
<b>Integrity</b>	<b>April</b>
<b>Perseverance</b>	<b>May</b>
<b>Optimism</b>	<b>June</b>
<b>Inclusiveness</b>	<b>July/August</b>

**Electronic Devices - An Important Rule**

All electronic devices need to be turned off and kept out of sight during the instructional day, 8:30-3:00; including morning recess and lunch unless approved for use by the classroom teacher for specific and supervised activities.



## Sir Wilfrid Laurier P. S. Organization - 2016-2017

Once again this year ministry requirements for class size introduced in 2007 may necessitate that we make adjustments to our usual practice around school organization. As the primary classes are hard capped at 20, all new registrations at the primary level impact our organization. As such we will continue to make minor adjustments to class placements until the end of September. We are very sensitive to the impact of adjusting class placements after a student has become bonded with a teacher and classmates and will endeavour to minimize these upsets. Knowing that our students are well served in each and every classroom by the dedicated team of professionals at Sir Wilfrid Laurier makes class placements an easier task.

Name	Assignment	Phone Extension	Name	Assignment	Phone Extension
Cloutier, Julie	Grade 2	124	Salah, Firas	Grade 5/6	218
Shepherd, Laura	Grade 2	123	Didone, Renee	Grade 6	213
Hill, Kelly	Grade 2	125	Clement, Amy	Grade 6	217
Reid, Natalie	Grade 2	130	Pereira, Jessica	Grade 6	216
Bazyleva, Alena	Grade 2	132	Bahadur, Nicolette	Grade 7	209
Kadoguchi, Robyn	Grade 2	131	Sadaka, Lena	Grade 7	211
Cohen, Joanna	Grade 2/3	106	Hoffman, Lisa	Grade 7	212
Ly, Jaclyn	Grade 2/3	114	Dhingra, Jaspreet	Grade 7	236
Balinsky, Debra	Grade 3	113	Messiha, Adel	Grade 8	205
Balinda, Anne	Grade 3	112	Gratton, Pierre	Grade 8	208
Cannon, Kathleen	Grade 3	321	Perekoppi, Michelle	Grade 8	203
Perret, Jean-Karim	Grade 3	120	Aspevig, Karen	SERT/Gr.5	214
Komguem, Paule	Grade 3	322	Bilton, Michelle	Prep	335
Simonelli, Julia	Grade 4	226	Curtis, Georgia	CYW	337
Locke, Anna	Grade 4	221	Hamelin, Francis	Librarian	188
Kheir, Lara	Grade 4	234	Jones, Susanna	Prep	306
Kerys, Melanie	Grade 4	235	Lo, Nancy	Prep	320
Gidaris, Maria	Grade 4	116	McBride, Lindsay	Phys Ed/Prep	324
Gillis, Caitlin	Grade 4	115	Sadaka, Lena	SERT/Gr.7	211
Puddy, Sean	Grade 5	229		Jr Music/English	108
Osman, Stefano	Grade 5	230	Skead, Holly		
Stephen, Sangeetha	Grade 5	220	Yu, Ventura	Gr.7	336
Harris, Colin	Grade 5	219	Naroski, Alexandra	Prep	340
			Gonsalves, Neeta	Prep	317

Follow Sir Wilfrid Laurier PS on Twitter!

[laurierydsb@yrdsb](mailto:laurierydsb@yrdsb)



## HELP - School-Lunch Assistants Needed

We have a few openings for School-Lunch Assistant positions at Sir Wilfrid Laurier P.S. The hours are 12:20 p.m.- 1:20 p.m. and the rate of pay is \$12.11 per hour. Please contact the school office at 905-927-1452 for further details. If you are interested in volunteering your time to support our school and school council, please fill out the form sent in the brown envelop last Tuesday, or contact the office administrators.

## Sir Wilfrid Laurier PS Terry Fox Run



Sir Wilfrid Laurier PS Terry Fox Run will take place on Friday Monday October 3 from 1:30-2:30 p.m. Please support this worthy cause and bring in your toonies. Parents are encouraged to come and support students during this

## PHYSICAL CONDUCT

In order to prevent physical injury and because of our concern for student safety, students at Sir Wilfrid Laurier PS. are expected to avoid activities that involve aggressive play and touching. Activities that are not acceptable include wrestling, piggy-backing, tripping, pushing, shoving, body-checking, poking, punching, and other forms of play in stairwells, hallways and playgrounds. During recess breaks, students are able to play organized games such as basketball and soccer as well as activities such as skipping and tag. In order to help our students with this issue, and encourage respectful student interaction, we follow a "HANDS OFF" program at Sir Wilfrid Laurier.

## Healthy & Safe Classroom Celebrations

We will be continuing with our Health & Safety Classroom Celebration program again this year at Sir Wilfrid Laurier PS. For those parents/guardians who wish to acknowledge their child's birthday in the classroom by supplying a food item or other classroom celebrations (Halloween, Winter Break, Valentine's Day, End of Year) they can do so by bringing: air popped popcorn, baked chips or pretzels, cheese cubes with whole wheat crackers or fruit (e.g., fruit kabobs). Please remember that we are a Peanut/Nut Sensitive School - no peanut or nut products at our school! Thank you for your cooperation with this health and safety initiative.

### **CREATING SAFE AND HEALTHY SCHOOLS: FOR CHILDREN WITH ALLERGIES**

School staff and parents are responsible for creating safe and healthy environments for students. This is an additional challenge for schools attended by children with allergies, especially life-threatening allergies. While we take every step to create a risk-free environment, school staff and parents can take important steps to minimize potentially fatal allergic reactions as there are implications for the whole school, not just individual classrooms. It is especially important that parents communicate a life-threatening allergy or medical condition to the school as soon as they are aware of it. Notify the principal and your child's teacher so that we take the steps to create accurate records and inform staff of the established protocol. Please see pages 10-11 for more peanut/nut safe environment information.

*We Are A Nut Sensitive School - no peanuts or nuts*

#### **Curriculum Night**

Thursday September 29, 2016

5:30—7:00

During this evening, you will get to Meet and Mingle with other community members, learn about your child's classroom curriculum and enjoy a great performance by the singer :

GLENN MARAIS!!

COME IN BIG NUMBERS

More information about the evening will be sent home shortly.

#### **Electronic Posting of Digital Images and Video**

Throughout the year, many of you try to capture class and school-wide events with digital cameras or video recorders. Please be aware that what you do with those images is of some concern to us at the school. It has come to light recently that video and still images of Sir Wilfrid Laurier P.S. events have been posted to the internet through social networking and video sharing websites. Rest assured that the nature of the postings will not likely cause risk for anyone; however, while these internet resources can be a wonderful way to share with family and friends who are not able to attend our many events, it also makes these images available to *anyone* around the world! I urge you to carefully consider what you post on-line. You should not post images of children other than your own without their parents permission. You should also avoid any mention of names (visually or verbally). Thank you for considering our request to respect the privacy and safety of all of our staff and students. Please contact the administrative team at the school if you have any questions.

#### **Message from our Trustee Billy Pang:**

As we start another school year, we are very pleased to welcome all of our new and returning families. I hope you all enjoyed the hot summer months and are looking forward to the start of school.

There is a lot to look forward to in the months ahead and many ways for families to engage with their child's learning. There is a strong connection between parent and family engagement and student achievement and well-being, and I hope that you will find opportunities to get involved.

In the coming year, trustees will continue to focus on the priorities that we set out in our [Multi-Year Plan](#): student achievement and well-being; the delivery of effective and sustainable educational programs; and the responsible stewardship of Board resources.

We know that partnerships with parents and families are essential to achieving these goals. However you choose to get involved, know that you are making a difference to your child's learning.

I wish you all the best for the upcoming school year.

#### **Reporting to the Main Office**

We continue to require that all visitors report to the main office upon entering the school. This step will assist us in securing a comfortable and safe environment for all children at Sir Wilfrid Laurier P.S. The front doors of the school will be left locked during school hours. If you are picking up your child at the end of the day, please wait outside, where your child will meet you. If you are visiting with the expectation of accessing the building, you must sign-in and wear a visitor badge issued by the office staff. Thank you for your cooperation in helping us to provide a safe and secure environment for all students at Sir Wilfrid Laurier P.S.



#### **Reporting Absences**

When your child will be absent or late, please call the school, (905) 927-1452 . The office is open from 8:00 a.m. to 4:00 p.m. and the voicemail will record your messages at anytime. Thank you for your cooperation.

## **Pediculosis**

Dear Parents:

Each year cases of pediculosis (head lice) are found throughout our schools. In an effort to reduce the numbers of cases found and decrease the inconvenience to parents/guardians and students, the York Region District School Board requests your assistance. As your child is now returning to school after the holidays, please inspect his/her hair and scalp for pediculosis. Periodic inspections during the year will help prevent the spread of head lice.

Head lice are tiny (1/8" or 3mm long) wingless insects with flattened bodies. They cling to the hair by means of six legs. They live mostly behind the ears and at the nape of the neck. The female lays tiny, yellowish-white eggs called nits. They resemble dandruff but are attached to the hair by a cement-like material and are very difficult to remove. It is usually the eggs that are noticed first. If head lice are found, do not return your child to school until treated. This will prevent the spread of pediculosis. Children are only allowed to reenter the class when all the nits are removed from the hair.

For more information, please call the Public Health Nurses at York Region Health Services *Health Connection* line, 1-800-363-5653, (Monday to Friday, 8:30 a.m. – 4:30 p.m.).

### **The Head Check**

- Sit in a well lit area - near a sunny window or brightly lit 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 - "the halo" of the head.
- Check the heads of all family members.
- Don't forget to have your own head checked!
- If you find head lice or nits (eggs), proceed with treatment..
- If you don't see lice or nits (eggs), continue to check the head regularly twice a week for one month or more often if there is an outbreak.

**After the treatment, parents are asked to get permission from the office before the child gets admitted into the class-**

### **MediAlert's No Child Without Program**

The **No Child Without** program offers a free MediAlert membership to students who attend our school and are between the ages of 4 up to their 14<sup>th</sup> birthday. If your child has a medical condition, allergy or is required to take medication on a regular basis then you should consider a MediAlert membership through this program.

Your child's voice in an emergency, MediAlert membership;

- Gives emergency first responders immediate access to your child's medical information on their MediAlert bracelet or necklet
- Enables first responders to quickly obtain up to date medical information by means of the child's Electronic Health Record through the **24 Hour Emergency Hotline**.
- Communicates with the parent or emergency contact upon activation of the **Hotline**

Allows free updates of the child's medical record as needed

MediAlert identification can alert school staff, friends, coaches and others about your child's medical condition should an emergency occur.

For further information visit [www.nochildwithout.ca](http://www.nochildwithout.ca).

### **Did you receive these documents this week?**

Please make sure you have received (and in some cases signed and returned back to school) the following documents:

- 2016-2017 Guide to the school year
- School start up package
- IAP Kids Plus Accident Insurance
- School Council Library Resource Form
- YRDSB 2016-17 Learning Calendar
- School Council Nomination Form
- International Language Programs
- Religious Accommodations Invitation Form
- Information technology
- Caring and Safe School
- Lunch Time Agreement
- Growth and Development Program info/Community Walk
- Student Insurance Agreement
- Volunteers in Our School

### **Hot lunches by school council**

Once again, hot lunches will be available for students to purchase once the office administrators are done uploading forms to School Cash Online, an easy and fast way to pay for hot lunches. A communication will be sent home to the parents in the very near future informing them of when the online tool will become available for their use.

### Student Agenda Planners

The student planners for this school year are available for purchase on a first come first serve basis by our students for \$5.00. This edition of the planner is colourful and fully illustrated, and chock-full of helpful information relevant to learning, time management, Board Policies and school expectations, including our Code of Behaviour. They are an excellent tool for communication between your child and the school as well as the development of student organizational and goal setting skills. Students can record homework activities, parents and teachers can communicate and there is a pocket in front of the agenda for important notes and/or homework assignments. We highly recommend that students use their planners.



Our primary, junior and intermediate students and parents will receive a class newsletter informing them about the teacher-website or social media venue to be used as a tool for communication.

Our expectation is that all students use an agenda/website as an organizer to record daily homework and manage their time and efforts.

### Student Medication

If your child requires medication in school, please send it to the office labelled with your child's name and the correct dosage in its original package. Medication can be administered by school staff once a parent completes a Board form, "Administration of Medication". These can be obtained through the school office.

### Valuables

The school and school Board will not be held liable for theft or damage to personal property. Therefore, parents and students are strongly encouraged to leave all valuables at home. Any theft or damage to personal items will not be the responsibility of the school or YRDSB.

### Taking Care of Our School

Please remember to make full use of our waste and recycling containers conveniently placed both in and outside the school. We are working hard to be good caretakers of this planet which we have been lucky enough to access through our lifetimes. Remember: every little thing that we do contributes to the whole of who we are. Everywhere that you travel to should prove to be a better place because you have been there.



### Board's Right to Search and Seizure

Students and parents are reminded of the Board's right to search and seizure where reasonable concern over the presence of materials deemed inappropriate for the school environment are suspected, and that appropriate consequences based on the Board's Safe Schools Policy will be initiated. If in doubt regarding the appropriateness of particular items for the school environment, students and /or parents should contact the school principal.

### Locks and Lockers

Lockers are to be locked at all times and no valuables should be stored in them. Lockers are to be kept free from vandalism such as writing, scratches and dents.



It is our experience, that school locks with serial numbers assists in discouraging students from switching locks, and sometimes the destruction and theft of locks. It is also easier to return a lock to its rightful owner.

### Early Dismissal of Students

When a student needs to leave early for an appointment, a note from a parent or guardian is required. Adults picking the child up are asked to report to the office and sign the child out in the appropriate binder.

### Playground Supervision After School

We love to see the community using the playground after school. However, parents are responsible for supervising their own children who stay to play on the yard after our 3:00 pm dismissal. There is no supervision by staff at that time.

### Just a Few More Reminders

- \* Please encourage your children to treat school materials with care. They are very expensive to replace. Students who lose or damage school materials (beyond normal wear and tear) will be required to reimburse the school.
- \* Label your children's clothes. Every year large amounts of clothing and footwear are unclaimed in our lost and found.
- \* Call the school office if your child is absent from school.
- \* Join us at our School Council meetings. They are open to all parents. Our first Council meeting will be October 5, 2016.

### School Holidays

Labour Day:	Monday, September 5, 2016
Thanksgiving:	Monday, October 10, 2016
Winter Break:	Mon. December 26, 2015 -Fri, January 6, 2017
Family Day:	Monday, February 20, 2017
March Break:	Monday, March 13 to Friday March 17, 2017
Good Friday:	Friday, April 14, 2017
Easter Monday:	Monday, April 17, 2017
Victoria Day:	Monday, May 22, 2017

### Professional Activity Days

Monday, September 26, 2016  
 Friday, October 28, 2016  
 Friday, November 25, 2016  
 Friday, January 20, 2017  
 Friday, February 3, 2017  
 Friday, June 2, 2017

### Our Daily Schedule

In response to Ministry 'Daily Physical Activity' requirements and teacher preparation time changes, our school day will remain the same. There will still be three 100/100/100 minute learning blocks with a 30 minute recess break between blocks 1 and 2, and a 60 minute lunch break between blocks 2 and 3. We expect a lot from our students so it will be imperative that students eat a good, healthy breakfast and bring a nutritious snack for morning recess to hold them through to lunch.

#### Daily Schedule

Entry	8:30 am
Per. 1	8:30 - 9:10
Per. 2	9:10 – 9:40
Per. 3	9:40 - 10:10
RECESS	10:10- 10:40
Per. 4	10:40 - 11:20
Per. 5	11:20 – 11:50
Per. 6	11:50-12:20
LUNCH	12:20 – 1:20
Per. 7	1:20 – 2:00
Per. 8	2:00 – 2:30
Per. 9	2:30 - 3:00
Dismissal	3:00



#### Lunch Procedures/ lunch in the classroom

Lunch is from 12:20-1:20 PM. Students will eat in their own classrooms from 12:20-12:40 PM. School Assistants and teachers supervise combinations of classes or areas. Outdoor lunch recess is from 12:40-1:20 PM. All students are expected to go outside unless they are involved in a special activity.

Students must behave appropriately and share the responsibility of the clean-up of their areas. Inappropriate behaviour at lunch will be responded to as per the Sir Wilfrid Laurier P.S Code of Behaviour.

Students are expected to:

1. enter the room quietly and find a seat;
2. remain seated during lunch and behave with courtesy and respect;
3. use the washroom prior to lunch;
4. ask permission if it is necessary to leave the room;
5. obey the school assistant and wait until the school assistant dismisses them;
6. remain on school property for the duration of the lunch hour.
7. Leave the classroom clean and tidy.

Students are not allowed to go to local restaurants without parent accompaniment or lunch permission (see 2016-2017 Lunch Arrangements permission form). The constant interruptions to classrooms, informing students of lunch deliveries, interferes with valuable instructional time. If it is absolutely necessary, please do so at the beginning of lunch (12:20 pm).

Besides ensuring that your child eats a healthy breakfast and brings a good lunch, please encourage them to bring a nutritious snack for morning recess break. Please remember: No Nuts!

#### Lunch Box Tips

School lunches can be fun, nutritious and safe. Try some of these suggestions:

- Add crunchy vegetables to sandwiches; warm food in a thermos; try mini pitas, tortilla wraps or bagels.
- Include food from at least 3 food groups (ie., grains, fruits and vegetables, proteins such as fish, chicken).
- Send favourite healthy foods.
- Avoid chips, pop, or candy. If you must, send these only as an occasional treat!
- Include water, milk or juice.
- Involve children in the making of their own lunches.



*For more information call York Region Health Services-Health Connections. 1-800-361-5653.*



#### School Assistants at Sir Wilfrid Laurier P.S.

Just a reminder that our School Assistants are staff members, too. Administration is confident in our School Assistants' abilities to handle situations as they arise. They fulfill an essential role and as such, students are to give them the same respect as they would to teachers, caretakers and educational assistants. (Please remember to address school-related issues with School Assistants at school during school hours).

#### 2017 Early Dismissal in Elementary Schools

All students have received a copy of the *2016-17 Learning Calendar*. Please note that on **Thursday, June 29<sup>th</sup>, 2017** an early release day will take place to allow elementary teachers and support staff to participate in activities in the afternoon of that day in support of student achievement and school planning.

Students will attend school during the morning of Thursday, June 29<sup>th</sup>, 2017 only. More details will follow closer to the date.



## Sir Wilfrid Laurier P.S. School Council Positions for 2016-2017

School Council is looking for individuals for the following positions.  
Council meetings are being held five times a year on Wednesday evening from  
7 pm to 8 pm in the School Library.  
Sub-committee meetings are scheduled separately as required.

### EXECUTIVE POSITIONS (general overview of responsibilities)

#### **Current Chair – Houri Biouss and Juliann Ng = Co-Chairs**

**Chair:** Facilitate council meetings including requesting a lead person for each of the different sub-committees, initiating voting where necessary, possibly investigate potential grant opportunities available

**Vice-Chair – n/a:** Assist Chair

**Treasurer:** Collection, disbursement and reporting of Council expenses and revenue

**Secretary:** Take the minutes of each meeting and distribute via email to Council

**Communication:** Create newsletters, information bulletins/announcements and forms for Council fundraisers and events

**Teacher Representative—Lena Sadaka:** Contribute ideas and/or concerns on behalf of the staff with regard to Council initiatives

**Principal – Ghada Sadaka**

**Vice Principal– Kathryn Gravill**

If you are interested in any of the executive positions;  
Please fill out the form sent home the first day of school and submit it by Sept ..., or bring it to the first council meeting.  
A council vote will be conducted if there are multiple candidates for the same position.

**First meeting Wednesday, October 5th, 2016  
7 – 8 pm Sir Wilfrid Laurier Library  
Election Night will take place on Wednesday, October 5th, 2016**

## Sir Wilfrid Laurier P.S. School Council Positions for 2016-2017

### **NON-EXECUTIVE POSITIONS**

#### **Voting Member**

- Attend the majority of council meetings
- Preferably volunteer for one or more sub-committees (for example pizza days, fun fair)
- Vote on initiatives when required

#### **Non-Voting Member**

- No requirements - come to as few or as many meetings as you wish
- Volunteer for a sub-committee if you wish
- Just sit and listen or contribute your ideas

**\*\*** to become a Voting Member, simply come to the next meeting and indicate your interest

### **SUB-COMMITTEES**

There are several sub-committees to choose from if you would like to help out – for example milk days, pizza days, dance-a-thon, fun fair.

You do not need to be a council member to volunteer for a sub-committee.

Requests for volunteers are made on an individual basis for each sub-committee.

Tasks for most sub-committees are subdivided into before event, at event, after event, during school hours, outside of school hours – when and for how much time an individual is able to help out can be accommodated.

Do you have any questions or are concerned about the time commitment required? Just ask and information will be provided to you without obligation.

### **SCHOOL COUNCIL INFORMATION 2016-2017**

**Co-Chair: Houry Biouss      Co-Chair: Juliann Ng**

**First meeting: Wednesday, October 5, 2016 @ 7:00 P.M.**

**Council Chairs may be contacted via the school office or**

**Or by email at : [sirwilfridlaurier.ps@sc.yrdsb.edu.on.ca](mailto:sirwilfridlaurier.ps@sc.yrdsb.edu.on.ca)**

**Please check the school website at <http://sirwilfridlaurier.ps.yrdsb.ca/>**

**Click on School Council link for more information.**

Silent Auction totals and fun fair numbers

Second Cup Basket valued at \$50

(1 bid) Winning Bid \$20 Jay Nish

Angus Glen Round of Golf 4 tickets valued at \$560

(4 bids) Winning Bid \$150 Mehdi

Pair of tickets for June 18 valued at \$80

(1 bid) Winning Bid \$20 ???

Costco Cash Card valued at \$25

(3 bids) Winning Bid \$20 Sarah Zhao

Long and McQuade gift card value at \$100

(5 bids) Winning Bid \$60 Arif D.

Joan Rivers Pearl Necklace valued at \$200

(1 bid) Winning Bid \$25 Saraj Zhao

Kicks Dance Studio lessons and t-shirt valued at \$65

(2 bids) Winning Bid \$25 Jin Wei

Mastermind Corelle Hairstyling Head valued at \$40

(1 bid) Winning Bid \$5 Victor Wang

Cachet Village Animal Hospital Complimentary Exam valued at \$140

(2 bids) Winning Bid \$40 Wanda Lee

Olympic Cleaners dry cleaning valued at \$50

(4 bids) Winning Bid \$30 Wanda Lee

Spirit of Math basket valued at \$100

(1 bid) Winning Bid \$35 Shalini B

Spirit of Math basket valued at \$100

(1 bid) Winning bid \$25 Shalini B



# NutritionMatters

Nutrition Services | Health Services Department

## PEANUT/NUT SAFE ENVIRONMENTS

### **Why has my child asked me to avoid sending peanut and/or nut products for lunches and snacks?**

Most likely, there are children in the school, daycare or camp who have a peanut/nut allergy. Peanut/nut allergies can be severe and may be fatal. Even tiny amounts of peanut/nut particles or residue can cause someone with a peanut/nut allergy to have a strong reaction. Without treatment, this person could die within minutes. “Peanut/Nut-Safe” environments can only be achieved when everyone is committed. That’s why your help and cooperation are very important.

### **Why am I being asked to avoid sending both peanuts and nuts?**

Peanuts are *not* the same as other nuts because they are actually members of the legume family. Other nuts such as walnuts, cashews, almonds, etc., are “tree” nuts. However, one third of children with peanut allergies have a “tree nut” allergy as well<sup>1</sup>. Also, peanuts are often processed in facilities which pack “tree nuts”, so there is a risk that “tree nuts” may carry some peanut protein residue on them. Some children are so sensitive to peanuts, that even this small amount may present a problem for them.

### **What do I do?**

The most important thing you can do is to avoid sending any foods from home that may contain peanuts and/or nuts. Check the ingredient list for **peanut oil, peanut butter, peanut sauce, peanut flour, peanut meal, mixed nuts, ground nuts, goober nuts, goober peas, artificial nuts and mandalona nuts**. There are many hidden sources of peanuts/nuts in foods. Some examples include cookies, chocolate, granola bars, some cereal bars, and some vegetable oils and shortening.

### **How do I know if a food contains peanuts or nuts?**

- ✓ Read the labels to see if peanuts/nuts are present.
- ✓ Check the list of ingredients **each time** you buy a product. Remember, ingredients may change.
- ✓ Look for “may contain peanuts/nuts” on the label.
- ✓ Try to avoid products that do not carry a list of ingredients.
- ✓ Imported, non-Canadian products have different labeling requirements, so read the label carefully when choosing these products.

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<sup>1</sup>Weisnagel, J. [www.allerg.qc.ca/peanutallergy.htm](http://www.allerg.qc.ca/peanutallergy.htm), 1998

## What does it mean when the label says “may contain peanuts”?

The food industry is allowed to voluntarily label products with the statement “may contain nuts” if they cannot guarantee that the food they are producing is free of peanuts and/or nuts. Usually they cannot guarantee this, because peanuts and/or nuts are being used in the same machine as foods which were produced with no peanuts and/or nuts. This can result in contamination with peanut and/or nut residue or even small particles.

**Note:** The presence of foods labeled with “may contain” in a classroom would only be a concern when there is a potential that allergic children would actually eat these foods. For example, in the early grades where snacks are provided to the whole class.

## Avoiding peanuts is not enough!

Avoiding peanuts and/or nuts is not enough for anyone who has a peanut and/or nut allergy. Even tiny amounts of peanut and/or nut residue on containers, utensils, jam jars, cutting boards and counter tops can be harmful and even fatal. **The table or desk where a peanut and/or nut lunch or snack has been eaten should always be washed with soap and hot water.**

## My child enjoys peanut butter sandwiches. What do I make for lunch?

Here are some easy to make “Peanut and/or Nut-Safe” lunch and snack ideas! The key to a balanced lunch is to include three out of the four food groups listed in Canada’s Food Guide to Healthy Eating.

Mix and match from the following lists to make lunch and snack choices.

Grain Products	Vegetables and Fruit	Milk Products	Meat and Alternatives	Combination Foods
breads/ bagels/rolls/buns/ pita bread	fresh fruit/ fruit juices/canned fruit	2% or 1% milk (white or chocolate)	meats/chicken/ fish	macaroni and cheese/ pasta with sauce
rice/noodles/ pasta	raw vegetables/ vegetable juice	yogurt/milk pudding	deli meats	pizza
crackers/ breadsticks	coleslaw/ potato salad/green salad	cheese/cream cheese/cottage cheese	tofu/beans/ lentils/baked beans*	chili*/soups
English muffins	cooked vegetables	cream soups (made with milk)	canned tuna/salmon	beef stew

\*part of the legume family or may contain legumes

For more information contact:

Allergy Asthma Information Association @ 1-888-250-2298 or visit their website @ [www.cadvision.com/allergy](http://www.cadvision.com/allergy)

Adapted from materials produced by Nutritionists in the Halton Regional Health Dept. and Toronto Public Health, North York Office and private practice dietitian—Lynn Roblin. Produced and distributed by Nutrition Services, York Region Health Services Department, January, 2001. May be reproduced, provided source is acknowledged. For more information call a Public Health Dietitian at Health Connection, at 1-800-361-5653.



## **LET'S GET OUR KIDS SAFELY OFF TO SCHOOL AND BACK HOME AGAIN!**

It has been a long, hot summer, but the school season is now upon us and it's time to start thinking about school safety. The beginning of the school year is a whole new experience for some young children and for others, it's a great time to review safety tips. Getting children to and from school safely should be a major concern to everyone in the community and here are some safety messages for all to think about:

### **For Children:**

- Look in all directions before crossing the street
- Cross only at marked crosswalks, intersections, or with the assistance of a crossing guard
- Wait for the walk signal if there is one
- Dress to be seen and for changing weather
- Walk in well-travelled areas and avoid short cuts
- Try to walk with others whenever possible
- Do not talk to strangers and do not accept rides from people without your parent's permission
- If you are approached by a suspicious person, tell an adult you trust immediately
- Walk your bike across the street, at crosswalks, or at intersections and always wear a helmet



### **For Parents:**

- Review street-proofing tips with your children on an on-going basis
- Ensure your children wear proper bike helmets if cycling to and from school
- Make sure you know the route they take to and from school
- Try to arrange for them to walk with a friend
- Ensure your children wear reflective clothing if travelling in the dark and make sure the clothing is safe – no drawstrings or anything else that can get hooked on objects

### **For Drivers**

- Slow down and drive with care. Imagine a child darting in front of your car and ask yourself this: Would I be able to stop if I had to
- Give children the right-of-way at crosswalks and intersections and obey the direction of crossing guard
- Pay attention to school bus signals and stop arms. Failing to stop for a school bus may result in a loss of six demerit points and a fine, but even worse, the injury or death of an innocent child

Residents are reminded about the Safe Streets, Nice Neighbourhoods philosophy, which encourages drivers to take matters into their own hands and drive responsibly. York Regional Police has found that 80 per cent of drivers stopped for speeding or running stop signs live within a five-kilometre radius of where they were pulled over. For more information on street-proofing your children, contact the York Regional Police Community Services Bureau at 1-866-876-5423, ext. 7907.

Prepared by: Constable Kim Killby

August 31, 2009



# groups & workshops

SEPTEMBER 2016

## EFFECTIVE PARENTING

A four session group to help parents learn what they can do to raise a happy, motivated and well behaved child. For parents of children ages 2 to 10 years. Topics include: how to nurture self-esteem; encourage problem solving; increase communication and set appropriate limits and discipline.

Thursday, September 15, 2016 | 4600 Bathurst St | Lipa Green Centre | 7:00pm-9:00pm

## HIGH CONFLICT DIVORCE

A workshop for parents wanting to develop strategies and techniques to deal with a High Conflict situation and help to lessen the impact of that conflict on their children. This workshop is not for individuals in an abusive situation.

Wednesday, September 28, 2016 | 4600 Bathurst St | Lipa Green Centre | 7:00pm-9:00pm

As with all of our programs, registration is required. Our groups and workshops are open to all members of the community regardless of cultural, religious and/or racial background and we offer a sliding scale for those who require reductions.

For more information or to register, please call Shawna Sidney at 416-638-7800 x 6215 or visit our website at [www.jfandcs.com](http://www.jfandcs.com).

[www.facebook.com/jfandcs](https://www.facebook.com/jfandcs)



## SEPTEMBER 2016

REVISED AND UPDATED

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>Labour Day</b> 	6 First Day of School Welcome Back!  Day 1	7  Day 2	8 <b>Fire Drill</b>  Tryouts begin for girls volleyball, grades 6-8 Day 3	9 <b>September Newsletter</b> <i>Please make sure all school forms have been signed and returned - thank you</i> Cross Country Running Day 4	10
11	12 3:15 pm: <b>Staff Meeting</b> First practice for Cross Country running, grades 6-8 Day 5	13  Day 1	14  Day 2	15 Girls volleyball practices begin Day 3	16  Day 4	17
18	19 3:15 pm Divisional Meeting Day 5	20  Day 1	21  Day 2	22  Day 3	23  Day 4	24
25	26 <b>PA Day</b>  No school for students Day 0	27 Start of Safety Week Day 5	28  Day 1	29 <b>Curriculum Night</b> 5:30-7:00 pm Day 2	30 <b>Picture Day!</b>  October Newsletter sent home electronically Day 3	Oct 1
	3 Rosh Hashanah  Day 4	4 Rosh Hashanah  Day 5	5 School Council 7:00-8:00 in the library Day 1	6 Terry Fox Run, 1:30—2:30 Parents are encouraged to attend  Day 2	7 Terry Fox Run (rain date) 1:30—2:30 Parents are encouraged to attend Day 3	8