

NOTRE DAME NOVEMBER NEWSLETTER

Monthly Update



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| Ms. T. McNicol Trustee | Mr. L. Paonessa Superintendent | Father Landoff Pastor | St. John Chrysostom Parish |
| Mr. T. Wilkinson Principal | Ms. T. Paniculam Vice Principal | Ms. L. Bertuzzi Head Secretary | Ms. L. Mancini Secretary |

Notre Dame Catholic Elementary School: Nurturing young minds with faith-based education. Join us for excellence in learning!

<https://nde.ycdsb.ca/>

X (Formerly Twitter)
[@NotreDameYCDSB](https://twitter.com/NotreDameYCDSB)



REMINDERS are found at the end of the newsletter, they outline upcoming events for the month!

God of love, may we walk with saints in the ways of justice, peace, and freedom this month and always. With the company of saints may we seek justice where there is none. We strive to be responsible citizens. Amen.

CATHOLIC COMMUNITY OF FAITH



St. John Chrysostom Parish, Newmarket - St. John Chrysostom Parish, Newmarket

St. John Chrysostom is a Catholic parish in Newmarket, Ontario. We are a bilingual parish, with services in English and Spanish

📧 stjohnchrysostomne.archtoronto.org



Virtue of the Month: Justice

This month we celebrate justice. This is one of the virtues that Jesus modeled through his words and deeds. We take opportunities this month to reflect on the justice that is needed to

heal our beautiful, yet wounded planet. We think of the justice needed in the classroom and school yard to heal fractured relationships. We think of the justice needed to stand for the world. When we join justice with Compassion (October's virtue) we strongly echo the Gospel message and example of Jesus. We pray for peace, and can reflect on the wise words of St. Francis in his well known Prayer for Peace. (Make me an instrument of your peace...)



Remembrance Day Liturgy

Please join us on November 11, at 10:10 am for a special Remembrance Day Liturgy. Thank you to our Grade 8 students and teachers for organizing it.

QUALITY LEARNING FOR ALL

THANK YOU NOTRE DAME COMMUNITY!

A HUGE thank you to our generous community for raising a whopping \$24,493.85 at this year's Halloween Dance-a-thon! Your kindness and continuing support will go a long way in the school and for our kids this year! We appreciate you!

Mr. Wilkinson and Ms. Paniculam would also like to thank the Catholic School Council for all their help in preparing and executing an amazing Dance-a-thon!

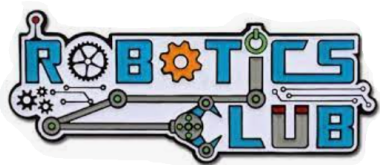
Thank You!



Kindergarten Pumpkin Science

If you ask our Kindergarteners which grocery store is their favourite, they should all answer "The Real Canadian Superstore (Aurora location)!" The Real Canadian Superstore has generously donated 15 pumpkins to our Kindergarteners to participate in their Pumpkin Science Inquiry. On October 22nd our Kindergarteners used the pumpkins for different experiments and tasks - pumpkin observations, does a pumpkin float or sink?, what is the circumference of a pumpkin, how many seeds are inside of a pumpkin and much more. Many thanks to our fantastic parent

volunteers who helped our FDK team lead Notre Dame Kinders through the fun activity.



Robotics Club

Notre Dame's Robotics team has been diligently working on a variety of exciting projects, including designing, building, and programming innovative Lego robots. In addition to their Lego

robotics creations, the team has been training and preparing for the upcoming VEX Robotics competition. Their efforts focus not only on constructing advanced robots but also on mastering problem-solving skills, teamwork, and strategic planning, which are essential for success in the competitive world of robotics. Great work Robotics team!

Secondary School Open House for Grade 8 Students and Parents

YCDSB is happy to invite you to the YCDSB's 2024 Secondary School Open Houses. This fall, the York Catholic District School Board will host a series of in-person high school open houses for parents and graduating elementary school students starting secondary school next September. All Grade 8 students and their parents who reside in York Region are encouraged to review the list of high school open houses and attend the open house for their local Catholic high school, and any other schools with regional programs of interest.

[Sacred Heart Catholic High School](#)

Tuesday, November 19, 2024 at 6:30 p.m.

Regular Program / AP / AP Capstone / ESL / iRAP

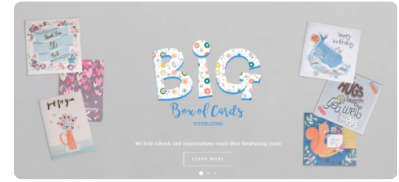
BIG BOX of Cards Fundraiser

Coming to our school this year we will be running the Big Box Fundraiser. Students will be selling

“The Big Box of Cards” which contains 35 cards for the low price of \$35. Additionally we can offer for sale “the Big Box of Holiday cards and the Big Box of Kids Birthday cards”, which all sell for \$35 each.

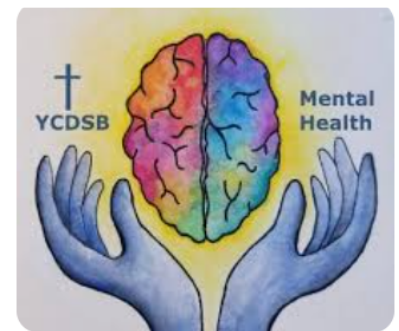
Check on the link for a video on Big Box Cards Fundraising! A table will be set up during Parent Teacher Interviews, so families can view the variety of cards.

<https://www.youtube.com/watch?v=x3pifBtXfXU>



YCDSB Mental Health Resources

School Mental Health Ontario has released a series of new/updated resources designed for parents and caregivers. This work is part of a collaborative project with the Coalition for Child and Youth Mental Health and Children’s Mental Health Ontario’s Family Care Centre designed to enhance parent/caregiver mental health literacy. These are the first of many resources in development, which will be released in their entirety in the form of a Parent/Caregiver Mental Health Literacy Toolkit in the new year. These first broad resources were developed to assist parents/caregivers in navigating and supporting their child’s mental health and well-being.



They include:

- [Helping Your Child Manage Digital Technology](#) (available in multiple languages)
- [Noticing Mental Health Concerns for Your Child](#) (available in multiple languages)
- [Noticing mental health concerns for your child-worksheet](#) (available in multiple languages)
- [Prepare, Prevent Respond - A suicide prevention guide for parents and caregivers](#) (available in multiple languages)

Stay tuned for a new parent/caregiver resource hub on the SMHO website and many new resources and supports throughout the school year.



Active Travel to School

Why Is Strong Mental Health Important for Children
Strong mental health allows children and youth to:

- think more clearly,
- develop socially and emotionally, and
- learn new skills more effectively.

It also helps to:

- build confidence,
- increase self-esteem, and
- provide a positive mental outlook on life overall.

All of these factors benefit children as they grow and enter different phases of life. A child with strong mental health is a child more likely to succeed in all aspects of life, including transitions into high school, college/university and work or starting their own family one day.

Active Transportation and Mental Health

Did you know that Active Transportation can strengthen child and youth mental health, which helps children and youth perform better academically, form social relationships, promote positive emotional feelings that increase self-confidence and overall make healthier lifestyle choices?

Children's Mental Health Ontario reports that as many as 1 in 5 children and youth in Ontario will experience some form of mental health problem and that 70 per cent of mental health problems start during childhood or the teenage years.

Use Active School Travel To Stay Mentally Fit!

Active School Travel (AST) is an easy way for families to strengthen the mental health of children and youth and it's good for you too! Simply walking or wheeling to and from school leads to increased social connectedness, which can boost confidence and self-esteem and encourage positive behavior and skills. In adults, it also helps manage stress and promotes wellness.

Active School Travel is simple and can easily be added into your daily routine!

- Walk and/or wheel to school or to the bus stop.
- Park and walk a block to school.
- If Active School Travel every day is a challenge, choose one or two days a week to try and make a change.

Be proactive and help to strengthen your child's (and your own) mental health!

Sincerely,

YCDSB Active School Travel Team

Parent Resources:

Parents are the first educators of children and as such have a prominent place in the education of their children. Parental involvement is one of the most significant factors contributing to a child's success in school. Research suggests that where parents are involved in a significant way, children learn better and achievement levels increase, children develop a positive attitude toward school, and attend school more regularly. Please visit our board website at

<https://www.ycdsb.ca/parents/parent-resources/> for a list of parent resources provided to assist parents in supporting the well being and success of their child(ren).

SAFE AND CARING SCHOOL COMMUNITIES

Items to Note:

Punctuality: Students are expected to enter the school using their designated doors by 8:20 AM. Doors are locked once the bell rings and students who are late will need to enter from the front doors. Students arriving late in the morning must sign in with the office. Parents will be called and a letter will be sent home if your child is consistently late.

Leaving Early: If a student must leave school early, a note from a parent or guardian is requested. We strongly discourage calling 10-20 minutes before the end of school to pick up children early. This creates class interruptions. If you are picking up your child early, please let the secretary know when you ring the doorbell and sign him/her out in the book at the door entrance.

No Dogs Allowed: According to the York Catholic District School Board, please be reminded that there are no dogs allowed on school property during the school day, including arrival and dismissal time. This includes dogs on a leash or in your arms. Thank you for your continued cooperation.



Reporting a Child's Absence:

It is of **utmost importance** that you call the Safe Arrival System if your child will be absent from school. Please call the Safe Arrival System to **report absences and lates before 8:20 a.m** by calling 1-855-856-7862 or online at [go/schoolmessenger.ca](https://go.schoolmessenger.ca) or by using the School Messenger app on your smartphone.

Traffic Congestion and Safety

With a number of students being picked up and dropped off at school, and our buses that transport students, the immediate streets and parking areas around our school become congested. Dropping off your children a block away from the school might be a good solution as long as they are walking in groups.

- Drive with extreme caution
- Assume **children have "the right of way" at all times**
- Park only in designated areas
- **DO NOT STOP OR PARK IN THE FRONT DRIVEWAY**
- **DO NOT PARK IN THE AISLES OF OUR PARKING LOT**
- When parking on the street, leave enough space for turning buses
- Respect our neighbours' properties by leaving their driveways unobstructed
- **Walk your child to the sidewalk; do not have them walk on their own**
- If your child is walking, please have them go around to the south sidewalk, as this way they will not have to cross over at the ends of the parking lot (loop)
- **If you are waiting in your vehicle for your child on the street, please come to the school so you can escort your child safely back to your parked vehicle**

At no times, should there be a vehicle left unattended that isn't in a parking space. Please ensure when picking up your child that the line continues to move and you pick up your child at the East loop or on your way back up to the exit (West) of the parking lot.

Pediculosis (Head Lice):

The York Catholic District School Board recognizes concerns related to pediculosis (head lice) at the school and community level. Pediculosis (head lice) are not a public hazard, as they do not cause illness, but they are a nuisance. To prevent pediculosis (head lice) from becoming a problem at our school we all need to work together. Please check your child's head on a regular basis for lice

or nits. If you do find lice or nits, you must contact the office so that we can notify other parents in your child's class to keep a special watch for any signs of head lice. A student's readmission to school is contingent upon the Parent/Guardian submitting a completed and signed "Pediculosis Treatment Form" communicating to the Principal that treatment for pediculosis (head lice) has been administered. More information on the identification, treatment, and prevention of pediculosis (head lice) from the Canadian Pediatric Society (<http://www.caringforkids.cps.ca/handouts/headlice>) and Toronto Public Health (toronto.ca/health) is available on the school's website. A hard copy of the information posted on the school's website will be provided by the Principal if requested by the Parent/Guardian.



Medication at School:

If your child requires medication, please make arrangements with your doctor to schedule the medication to be administered to your child before or after school. Parent(s)/Guardian(s) may make arrangements to come to school to administer the medication to their child. If this is not possible, and medication must be administered during school hours, parent (s)/guardian(s) must come to

the office to pick-up, complete and return two forms: S16 and S16a. Both forms must be signed by your family physician. All medication must be kept in its original container with your child's name clearly visible; medication will be stored in the school office. Students are not to have their medication with them.

Personal Electronic Device/Cell Phones:

Policy 311 Digital Discipleship: Student Use of Technology The York Catholic District School Board is committed to safe, secure, equitable and effective use of technology to enhance learning for all students within a Christ-centered school environment. In support of its ongoing commitment to excellence in Catholic Education and to ensure that all become responsible digital disciples of the 21st century, the Board regulates the use of technology on all school board premises, and during sanctioned activities. Parents are asked to review with their child the Annual Technology Consent Forms that were sent home and to sign and return them to the school in a timely manner. Your co-operation and support will help us to ensure that our students comply with board policy regarding the use of personal electronic devices as directed by teachers and the principal. Any violation of board policy may result in the loss of a student's privileges or disciplinary action.

Please assist us by reviewing and supporting this policy with your child. Your support is greatly appreciated!

Personal Electronic Devices (PEDs) - Includes any device in the possession of a student which electronically communicates, sends, receives, stores, reproduces, or displays voice, text, and/or digital communications or data. This includes, but is not limited to, cellular phones, pagers, smart phones, music and media players, gaming devices, tablets, laptop computers, cameras, video cameras, smart watches, headphones, earbuds, personal medical devices (PMDs), and personal digital assistants. The word "technology," is often used as a synonym for personal electronic device.

Please see letter that was sent via School Messenger regarding the new Ministry guidelines about the use of cellphones and other personal mobile devices.

Concussion Protocol:



The YCDSB takes all injuries to students very seriously. If your child injures their head, the following protocol will be followed and shared with you as outlined in Policy 212: Concussions.

- You will be directed to have your child receive medical attention;
- Be aware of and monitor for signs & symptoms that may develop or worsen;
- You will be given a copy of Concussion Management- Appendix C;
- Initial treatment for a concussion is both physical and mental rest (no exercising, bike riding, playing video games, reading, using a computer...etc);
- Signs and symptoms (headaches, fatigue, sensitivity to noise) must be considered when recovering at home and reintegrating to school;
- It is recommended the student initially stays home from school because regular activities could make their symptoms worse.

The Safety of Students with Anaphylactic Allergies:

The York Catholic District School Board has a comprehensive policy to help protect students with life threatening allergies. Protecting students with anaphylactic food and non-food allergies is our priority. As outlined in the Policy, Parents/Guardians are asked to inform the school of such allergies immediately and are required to complete the S15 and S15a Forms which are available in the office. As doctors now require a fee to sign forms each year, if there are no medical changes, parents/guardians may sign off on last year's form. Each form must have a passport sized picture attached so that the student is easily identifiable to all staff members. Parents/Guardians are asked, if possible, to provide the school with two Epi-Pens. Twin-jet Epi-Pens are not acceptable for school use. It is recommended that students wear an Epi-pen in a fanny pack at all times, which includes the school bus, recess, in gym class and on school excursions. The second Epi-Pen is stored in the Office Health Room. Due to the wide range of food allergies, in addition to nuts and peanuts, and health issues, we remind students that food is not to be shared and that "food" items (ie., cake, cupcakes) not be sent to school, for the class.

For students who may not have a currently dated EpiPen as a result of the shortage, and to ensure a safe school environment for students with anaphylaxis, we are advising that the following be adhered to:

- Keep the student's expired EpiPen in the office until a replacement can be provided;
- Health Canada is reminding EpiPen users that the devices expire on the last day of the month as indicated on the packaging. Expired EpiPens may be used as indicated by Health Canada (although the efficacy of the EpiPen may be affected depending on the date of expiry).

We will continue to adhere to the current protocol, which includes:

- Always call 911;
- Implement the steps outlined in the student's Individual Action Plan (S15(a) Form);
- Please see attached SCA Allergy Awareness Information

Reminders:

- November 12th - Report Cards go home; they can be accessed after 4 pm on Parent Portal
- November 14th - Parent Teacher Interviews
- November 15th (P.A Day) - Parent Teacher Interviews
- November 20th - Catholic School Council Mtg at 7 pm - all are welcome
- November 29th - Grade 2 and 3 Theatre Trip
- November 30th - Advent begins
- Please ensure your child(ren) have their necessary school items before leaving for school each day (e.g. books, lunch, water bottle, snacks etc.).
- Please remember to drive to the front of the line in the Kiss and Ride loop so that we can minimize cars from being held up on the road.

**Just a
reminder...**



Admin Team