

# Fall 2015

(in future, our logo will go here)

## *Immaculate Heart of Mary Catholic School*

101 Birchmount Road  
Scarborough, Ontario  
M1N 3J7  
School Telephone 416 393 5272  
School Fax # 416 393 5567

**Principal:**

Maureen Murphy

**Secretary:**

Sue Noonan

**Superintendent:**

Geoff Grant 416 222 8282 Ext # 2392

**Trustee:**

Nancy Crawford

Phone 416 222 8282 ext 3412

**Parish:**

Immaculate Heart of Mary  
131 Birchmount Rod. Toronto ON  
416 691 6968

**Pastor:** Fr Peter Tammearu

**CSPC Co-Chairs:**

J. Radonicich-Ord  
A. Francisco

**CPIC (Parent Engagement--TCDSB)**

[www.tcdsb.org/cpic](http://www.tcdsb.org/cpic)

**OAPCE Toronto (Provincial Voice for  
Parents)**

[www.tcdsb.org/oapce-toronto](http://www.tcdsb.org/oapce-toronto)

Enrollment: 177

Hours of Operation:

9 a.m. to 3.30 p.m.

Lunch Hour:

11:45 a.m. – 12:45 p.m.



# Catholic School News

## MESSAGE FROM THE PRINCIPAL

*Well lo and behold, not only is Fall upon us, but we are in the midst of our preparations for Advent 2015! The year has been zooming along and I am anxious to provide this newsletter to you to let you in on all of the wonderful happenings at our school. In an attempt to "share the load" and not be responsible for providing ALL of the information contained herein, the grade 8s were invited to be contributing reporters to our newsletter. I am thrilled with the results and proud that our students will have an opportunity to see their writing contributing to our community! Speaking of our community, work on our school logo continues. Parents were invited to contribute their ideas and suggestions to the current version of the logos when they came in for interviews. Students and staff were asked to provide their input as well. All of this information has gone back to our graphic artist who will no doubt provide us with versions of the images to consider. Stay tuned! December is a busy month here at Immaculate Heart of Mary. Much is planned and no doubt days will fly by as we prepare to celebrate Christ's birth. But in the event that I do not get a chance to meet with you or speak with you before the holidays, I would like to take this opportunity to wish you and your family a peaceful and joyful Christmas and a healthy and happy New Year!*

**Maureen Murphy  
Principal**

## NURTURING OUR CATHOLIC COMMUNITY

2015-2016 launches the Board's new 3 year Pastoral Plan named Together with One Voice which will focus on family, parish and school. This year (2015-2016) has been designated as the Year of the Family.

## VIRTUE OF THE MONTH

Charity is the Virtue of the Month for December.

*"And now abide with faith, hope and charity, these three: but the greatest of these is charity."*  
1Corinthians 13:1

## CHRISTMAS HOLIDAYS

The last day of school for the year is **December 18** with a 3.30 dismissal.

The school will be closed from December 21 – January 1.

School resumes on **Monday, January 4, 2016.**

DATES TO KEEP IN MIND – these are updates to the calendar that was sent out earlier this week

**December 7** – Gr 7 and 8 to Blessed Cardinal Newman for Christmas concert

**December 9** – Gr 4/5 and 5/6 to Harbourfront

## KINDERGARTEN REGISTRATION

**For September 2016 all children born in 2012 are eligible to attend Kindergarten.** The following documents are required for registration:

1. Child's Birth Certificate (Certificate of Citizenship or Landed Immigrant Status)
2. Child's Catholic Baptismal Certificate (or other proof of Catholicity)
3. Child's Immunization Record
4. Proof of residency in Toronto

Complete information for registration is included in a separate attachment/as a separate notification. Please read all information carefully.

## STAFF NEWS

In the fall, we welcomed back all returning staff. Additionally we welcomed Mr. Samler – Multiple Exceptionalities, M. Dibundu – French, Ms. VanderSluis – Instrumental Music and Mr. Silverson – Physical Education. Since the start of the school year, Ms. Maragna and Ms. Mavrou have gone on leave. Ms. So has come in to replace Ms. Maragna and Ms. O'Connor has come in to replace Ms. Mavrou.

### **SCHOOL HOURS - LUNCH TIME and REMINDERS**

The school day begins at 9:00 a.m. and ends at 3:30 p.m. Supervision for children at the school begins at **8.30 a.m.** in the school yard. Please do not drop your child/children off before this time as there is no supervision. Our lunch hour is from **11:45 a.m. to 12:45 p.m.** If you wish to drop off a lunch for your child, there is a desk in the front hallway that you can leave the lunch for your child there (please place your child's name on the lunch). If there is a change in your pick-up arrangements at the end of the day or an emergency situation and you are unable to pick up your child by 3:30, please call the office and leave a message with us. We will ensure that your child receives the information.

### **CONTACT INFORMATION**

We have contact information for each child in the school. If your contact information (phone number, address, email) or pick-up arrangements for your children change, please notify the school with the new information **at your earliest convenience**. It is important that we have this information in case we need to get in touch with you regarding your child during the day due to weather, maintenance or a health or safety concern.

Thank you to all who have provided your email addresses. If you have not done so and would like to receive information from the school via email, please send in the information in your child's agenda.

### **SCHOOL BUSES**

Students who are registered to be transported to and from school on the bus are expected to be on the bus every day.

If alternate arrangements are necessary (i.e., pick-up by parent for appointment, etc.), please notify the school in writing or a phone call to the office.

### **APPROPRIATE DRESS POLICY**

*The dress code (referred to as "Appropriate Dress Code") consists of any combination of white and navy blue garments (e.g., plain white top, navy blue bottom or navy blue top and bottom). Sweaters worn inside the school must also be either white or navy. Please keep this in mind when purchasing winter clothes such as sweatshirts/jackets and sweaters.*

Occasionally throughout the year, the students will be allowed casual dress days for special events. These days will be announced in our calendar and on announcements.

Please put your child's name or initials on a label inside the clothing in the event that clothing is misplaced so we can attempt to return any found items to your child.

### **SNACKS – ALLERGIES**

We would like to remind you that there are children in our school with life-threatening food allergies to peanuts and other substances. This is a medical condition (anaphylaxis) that causes a severe reaction to specific foods and can result in death within minutes.

As this affects the entire school community, we are requesting that you do **NOT** send any lunches or snacks with your child to school that contain peanuts and/or nuts.

**CHILDREN'S BIRTHDAYS** - due to the above, we are asking should you wish to send something to school to celebrate your child's birthday, please ensure that it is something other than a food item.

### **ECO/HAT Club News**

Welcome back to another school year of healthy living in a healthy environment. Here are some of the programs our club will be promoting this year:

- Healthy treats for class celebrations (popcorn)
- Displaying effort and participation in DPA (Daily Physical Activity)
- Fundraising for the Terry Fox Foundation (Terry Fox Run – September 26 - \$595.70 raised in total)
- Earth Day community clean-up

### **LIBRARY**

Much time and effort was spent revitalizing our library last year. This year, the work continues. Flexible furniture has been created and placed in the library (benches that function as book holders that are on wheels) in addition to our funky beanbag chairs. New computers have been purchased from our school budget in order to update some of our current, dated materials. Work continues with our Facilities department exploring the moving of the computer bank to an alternate location in the room. Fingers crossed, this will happen in order to allow us to be able to create a REAL reading area!!!

### **DYNAMIX PRESENTATION** - submitted by Nicholas & Connor

On Tuesday September 22<sup>nd</sup>, Mrs. Murphy invited Dynamix to present team building activities to the students of Immaculate Heart of Mary. This company is a leader in team building and character development for kids and teens throughout Toronto. They visit schools in the GTA teaching students with fun hands-on activities that build on leadership. Dynamix presented a spirit challenge assembly that encouraged a school community built on respect, co-operation, and team spirit. Each class was asked to create a common goal for them to work towards throughout the year. The grade eights will be working on "becoming school leaders while setting a good example and having a positive attitude", while the grade ones will strive to "be kind to others". Looking forward to seeing every student achieve their goals and work together as a team.

### **HIGH SCHOOL INFORMATION** - by John Albert & Madison

Grade 7 and 8 students had the opportunity to visit High School Open Houses in October and November. Our writers wrote about why students should go to these events.

*Going to visit the high school allows students to feel the energy within the building and begin to imagine what their first day will feel like. They can also discover if it is a welcoming environment as they meet some staff, check out the facilities and learn more about the programs they offer. Grade 8s will be deciding which high school they will attend in November and acceptance letters will be received in the month of February.*

### **HOT DOG AND PIZZA LUNCHESES** – by Arthur & Ian

Hot Dog and Pizza lunch days are arranged throughout the year (approximately once a month). Order forms are sent home with due dates for ordering. **Please note the deadline dates for ordering.** These dates are made so that we can have an adequate amount of supplies available on the day based on the information received.

In order to provide a convenience to parents, a pre-pay system was started this year. Parents have been provided the opportunity to prepay for special lunch days for months in advance. We are happy to report that this new approach has been embraced by many! ***A reminder to parents who have taken advantage of this option – please continue to send in your child's order each month as you have prepaid (not pre-ordered).***

Please note - there is no guarantee that there will be extra food available for sale on the day of these special lunches for students to purchase who have not returned the order form.

Planned special lunches for the year are: **January 29** - Hot Dog Day, **February 26** – Pizza Day, **April 1, April 29, May 27**. In June a date has yet to be decided.

### **TERRY FOX RUN** - submitted by Colby and William

On Friday September 25<sup>th</sup> 2015, I.H.M.S' students took part in the Terry Fox Run for charity at Birchmount Stadium. Prior to the run, students gathered at an assembly where a guest speaker, Kate (from the Terry Fox Organization), presented some interesting facts and stories along with personal items that belonged to Terry. She began with sharing Terry's favourite things to do (i.e., sports like basketball) and his struggles with cancer. She ended the assembly by showing a model of Terry's prosthetic leg and a large jug which he used to carry water from the Atlantic Ocean to the Pacific while he attempted to run across Canada. Following the presentation, our students participated in I.H.M.S' annual run. In addition to contributing a toonie for Terry, a raffle was held to raise money for cancer research. Our school has increased their fundraising goal every year. This year's goal was \$600, exceeding our previous goal of \$550. This is an exciting event that the students look forward to each year. (We ALMOST reached our goal!) A cheque was sent to the Terry Fox Foundation for \$595.70.

### **PICTURE DAY** - submitted by Britney and Aubrey

On Monday, October 5<sup>th</sup> 2015, the staff and students of Immaculate Heart of Mary posed in the gym for individual and class pictures. Edge Imaging took the pictures and have already returned the orders – just in time for Christmas!

### **THE FIRST OF MANY** - submitted by Riley and Kathleen

When you think of the best school trip, what comes to mind? Well for these classes, it is Whittamore's Farm. On October 23, 2015, Ms. Juchniewicz's JK/SK class, Ms O'Connor, Ms. Duenas and Mr. Samler's classes took a trip to Whittamore's Farm, a place full of both fun and educational activities. While on this trip, children learned about pumpkin seeds, visited a pumpkin patch and took one back to school as well. Children were able to explore the area, as they took a journey on a "haunted" wagon, traveled through pumpkin fields, played on playground structures and explored a corn maze. A fun, if not long, day was had by all!

### **STUDENT VOTE** - submitted by John and Max

On Thursday, October 5<sup>th</sup>, the students from Immaculate Heart of Mary School took part in a student vote organized by Ms. Bond's class. This vote was to encourage young children to become future voters. Participation in this event provided students with knowledge about decision making and issues that concern the citizens of Canada. The vote took place in Ms. Bond's classroom. The Grade Sevens updated the school community about the election on morning announcements, so that students from grade one to eight would be well informed when they cast their ballots. Hopefully in the future, the kids participating in the vote will become adult voters.

**BAKE SALE** – On October 9, our grade 8s hosted a bake sale to raise funds on behalf of the school to support Project Hope (a campaign that was initiated by Cardinal Collins this fall). Thanks to the donations of parents and the delicious baked goods that our grade 8s brought in, a whopping \$561.25 was raised for Syrian Refugee Relief! Thanks to everyone for their efforts!

### **CROSS COUNTRY** – submitted by Nicholas

By the third week of September, Mr. Samler and Mrs. Juchniewicz started try outs for our school's annual Cross Country team. Over forty students diligently trained for our divisional meet. We had outstanding results with twenty six students making it to regionals. Six of these students qualified for the City Cross Country Meet which was held at Earl Bales Park where they raced against Toronto's top runners. Mrs. Murphy, the principal of Immaculate Heart of Mary, said she was so proud and impressed with the results demonstrated from **all** the students who participated in this difficult event. Over the years the Cross Country team has gotten better and better, with new members joining and sadly older members leaving for high school (***note- the author is one of those members leaving for high school***). All participants have made Immaculate Heart of Mary School proud. The staff and students look forward to repeating the fantastic results of this year!

### **INTERMEDIATE VOLLEYBALL** – submitted by Riley

The boys and girls Intermediate volleyball teams travelled to St. Elizabeth Seton early in November to play against other schools. The students tried their very best demonstrating both confidence and skill on the court that enabled them to win a few games. Congratulations to all for representing Immaculate Heart of Mary with great sportsmanship and team spirit! We look forward to seeing even more students join the team in the years to come.

### **MONSTER MASH** - submitted by Nathan and Ian

The students participated in the annual I.H.M.S fundraiser event Monster Mash on Friday, October 30. Students were asked to ask their family and friends to sponsor them as they danced away in our school gym and raised money for school initiatives. On the day of the Monster Mash, students participated in a dance-a-thon where they were invited to come to school in their Halloween costumes. As in the past, if specified amount of money was raised, students could choose from a prize category and receive raffle tickets for their chance to win great early bird prizes. All the money collected from the Monster Mash will go to the Parent Council to assist various initiatives around the school.

*Follow-up – a total of \$ 5171.40 was raised from the Monster Mash. The prize winning class was Ms O'Connor's SK/1 class for the most money raised - \$1297. They will be receiving a Pizza Party later this year for their fine efforts. Many individual prizes were awarded for student's efforts. The grand prize of a \$200 Visa card was won by William in Ms. Bond's class.*

### **EOAO**

On November 17, the results from the EQAO Assessments conducted in the spring of last year were released. Immaculate Heart of Mary certainly has a lot to be proud of! Our Grade 3 results (who are this year's Grade 4 students) produced results of 88% in Reading, 100% in Writing and 94% in Mathematics. These percentages are for children who score at the provincial standard or above. Our Grade 6 results (who are this year's Grade 7 students) scored 85% in Reading, 90% in Writing and 85% in Mathematics. These are wonderful results in and of themselves, but in looking at the data further, there are a couple of other noteworthy points. Immaculate Heart of Mary's scores have been on an upward trend in both Grade 3 and Grade 6 for the last 5 years. Our Grade 6 students who largely are the same students that were assessed as Grade 3s in 2011-2012 have improved on their results. This goes to show that there is a lot of hard work happening in our school among the teachers who work collaboratively and enthusiastically in order to lead this improvement. **Congratulations goes out to all!**

### **TORONTO CATHOLIC FAMILY FILM FESTIVAL**

On November 17, 11 of our Grade 7 and 8 students participated in an in-service in preparation for the Toronto Catholic Family Film Festival. Students will be creating 3 minute films focused on "The Family". These films will be entered into a competition involving students from other schools in the TCDSB. Films are to be submitted by February 19. Stay tuned for more **READY! CAMERA! ACTION!!**

### **CONFIRMATION** – submitted by Britney

Grade 7 and 8 students received the sacrament of Confirmation on November 21 at the 5.00 p.m. mass. They were involved with preparation that began in October. This included attending weekly classes to learn about the gifts of the Holy Spirit and how these gifts can be used towards others. All were a little nervous, but everything went off beautifully! Thanks go out to Alice for her efforts in preparing our students for this important sacrament.

### **VIRTUE ASSEMBLIES**

At the end of each month, we gather as a school community to have our Virtue Assembly. Virtues are identified by the Board for each month and we use these as our guideline. Students are recognized for their demonstration of the virtue and awards are presented. Additionally Academic awards are recognized as well. New this year is monthly contributions from our Grade 8 students of Powerpoint-type presentations demonstrating their understanding of the virtue (which usually includes a number of pictures of students in the school) The virtue for the month coming is launched as well. The assembly is identified on our school calendar and parents are always welcome!

### **CSPC (formerly known as CSAC)**

*submitted by Max and E. Romagnuolo – secretary of CSPC*  
Immaculate Heart of Mary Parent Council meets once a month on Wednesday nights to discuss ways in which the active participation of parents is able to enhance the school community to be able to improve pupil achievement and to enhance the accountability of the education system to parents. It functions in an advisory role and makes recommendations to the principal.

Currently there are eight members, made up of parents of students from the school, who discuss subjects such as pizza and hot dog lunches, upcoming school events, initiatives and fundraising ideas. Meetings are usually one hour and a half and are held in the school staffroom. Mrs. Murphy kindly provides a small snack for the parents. Babysitting is also provided on-site. Meetings will continue to the end of the school year and new members are always welcomed to join.

### **TICKETS, TICKETS, WHO WANTS TICKETS???!!!**

This is a reminder that this is the last week to purchase raffle tickets. So spread the news about our great prizes and help our school give families in need a wonderful Christmas and help us reach our fundraising goal towards our new street level school sign.

- All booklets and money are **due on Fri, Dec 4.**
- The draw will take place on **Mon, Dec 7, 2015.**
- Any money returned after **Monday December 7, 2015 will be returned home with your child.**

### **FUNDRAISING UPDATE**

This year's Monster Mash grand total is \$5,171.40. An excellent effort was made by our children and of course you, the parents/guardians. Thank you! Results from the Christmas Raffle will be made available in January. Here's hoping to have another successful fundraising venture!

### **WHO DOESN'T LOVE PIZZA???!!!**

#### **Your help is needed!**

We are still in need of a parent volunteer to organize our pizza lunches every other month. If you are available and interested please contact Jenn: [jennrad@rogers.com](mailto:jennrad@rogers.com).

Our next pizza lunch will be February 26.

### **TIL WE MEET AGAIN**

The next general CSPC meeting will be held on **Wednesday January 13, 2016 @ 7:00pm** in the staffroom. All are welcome! The next **CSPC Fundraising** meeting will be held on **Wednesday January 27, 2016 @ 7:00pm** in the staffroom. All are welcome!

*The Immaculate Heart of Mary CSPC would like to wish you and your family a very Merry Christmas and an exceptional New Year! Thank you for your support so far during this school year! See you in 2016!*

### **GINGERBREAD RAFFLE**

One of our parents (Mrs. Terry) has generously donated a Gingerbread House to the school and we will be raffling it off. Tickets will be on sale at afternoon recesses from Dec 7-16 and the ticket price is \$1 per ticket or 5 for \$3. The draw for the Gingerbread House will take place after the Virtue Assembly on December 18 at 2.30 p.m. The proceeds of this sale will go towards supporting Grade 7 and 8 students for their overnight excursion.

### **SCHOOL MASSES**

Father Peter has made it a priority to have monthly school masses this year and we have been able to gather each month as a school community in prayer. Students are participating in the masses by preparing the readings and offering the gifts. We have been fortunate to be joined by parents, caregivers and other loved ones which makes the mass more meaningful as we celebrate this sacrament as a wider community.

### **TREE LIGHTING CEREMONY**

On **Sunday, December 6 at 6.00 p.m.**, the choir for Immaculate Heart of Mary Catholic School has been invited to participate in Councillor Gary Crawford's Tree Lighting ceremony that is being held at Variety Village (3701 Danforth Ave.). Ms.

Williams has been preparing our choir for weeks for this exciting event. After watching a practice, I can tell you that they sound beautiful. If you are the type to cry easily at beautiful children's voices singing Christmas songs at Christmas, be sure to bring along some Kleenex!

### **FAMILY ADVENT MASS**

On Wednesday, **December 16, at 7.00 p.m.**, our school will be participating in our Family Advent Mass at Immaculate Heart of Mary Church. Ms. Juchniewicz's, Ms. O'Connor's, Ms. Duenas' and Ms. Gisondi's classes will be performing a few Christmas songs before mass beginning at 6.30 p.m. Additionally, our choir will also be singing during the mass. This will be a wonderful time to gather as a school community prior to the start of our Christmas holidays.

### **NO CHILD WITHOUT**

In the fall, the school was able to register with the No Child Without Program. This program is run by the **MedicAlert® Foundation Canada** which is a charitable organization that is able to offer MedicAlert memberships to students (from age 4 to their 14th birthday) in select schools across Canada. The financial support of the Government of Canada and Lions Clubs allows students to receive the MedicAlert membership for FREE.

### **GRADE 7 & 8 OVERNIGHT TRIP**

On November 16, a representative from Brightspark came to the school to talk about the proposed overnight Ottawa trip for our Grade 7 and 8 students. An exciting 3 days in April have been planned! The first deposit for the trip is expected December 3. In order to defray some of the costs of the trip, some fundraising initiatives have been planned. Candy Canes will be sold on Thursday and Friday mornings (at recess) to students for a cost of \$0.25 or \$0.50. A raffle will be held in December for a Gingerbread House and all proceeds raised from this will go towards the trip. Popcorn will be sold on Fridays in January. Other initiatives are being explored, in addition to seeking out funding from available sources. We are happy to say that our Board's Charitable organization (**The Angel Foundation for Learning**) has approved our request for funding.

Serving TCDSB students and making a positive difference since 1987, the Angel Foundation for Learning has been helping students since its inception in 1987.

Donations to the Foundation are welcome and can be sent to: The Angel Foundation for Learning, 80 Sheppard Avenue East, Toronto, ON M2N 6E8. Tax receipts for donations of \$10.00 or more will be issued. For more information about the Foundation visit [www.angelfoundationforlearning.org](http://www.angelfoundationforlearning.org)



### **MENTAL HEALTH**

With Mental Health becoming a hot topic in our society, our School Board has taken an initiative to provide schools with more information which I am sharing with you.

### **Mental Health Considerations as we approach the holidays**

Christmas is a wonderful time of year when we celebrate the birth of Christ and enjoy time with family and friends. The holidays bring fun and excitement, as well as heightened stress. Many children are surrounded by adults who are busy with shopping for gifts, baking, decorating and concerned about their holiday budget. For other children who come from a family in which there is divorce, separation or remarriage, it may be a time when they are reminded of what's changed and what's different in their life. As a result, it can be difficult for some children to relax and enjoy the holidays. It is important for teachers and parents to recognize when any child is feeling the holiday stress. Signs to look for include:

- Tears for what appear to be minor reasons
- Nervous behaviours, e.g., nail biting
- Physical complaints
- Withdrawal
- Regression to younger behaviours

Parents and teachers can help all children to feel less overwhelmed during the holidays by maintaining some of your regular routines and activities. During the holidays, children's routines are often disrupted. Doing some routine activities helps a child feel grounded and not so overwhelmed

- Pay attention to your own mood. Often your mood is reflected in your child's/student's behavior. If you are uptight and tense, you may see this behavior in your child/student.
- Talk with children about expectations for gifts and holiday activities.
- Maintain family traditions, even if a parent is missing. Traditions can have a grounding effect, which lets children know that even though some things have changed, other things have not.
- Schedule some rest and relaxation. A well-rested child will be less irritable and much happier.

Alleviating some of the holiday stress will allow everyone to enjoy a Christmas filled with love, laughter and special memories.

Mindfulness is the ability to pay attention "on purpose" to what is happening in the moment. It is noticing and developing an awareness of what we are sensing in the present moment: what we can see, hear, smell, touch, and feel. Mindfulness is helpful for children and youth because it gives them the opportunity to pause and get control over their emotions (emotional regulation) and to calm down. Teaching students to take the time to quiet their minds enables them to learn healthy habits of thinking and feeling. Students who practice mindfulness display increased attention, organization, and self-esteem and less negative emotions, anxiety and depression.

The following are some ways that you can practice mindfulness with children and youth:

**Mindful Breathing** teaches students to focus on their breathing and the rise and fall of their belly as they breathe. Our breath brings oxygen to our brain and body, which creates a sense of calm. Remind students to breath mindfully before a test or exam to create the sense of calm and focus they require to perform their best.

**Mindful Listening** is the ability to listen accurately to others with our minds and hearts without interrupting. Practice paying attention to all the sounds in the room, or paying attention to the many instruments in a song. When students are not paying attention encourage them to use mindful listening to regain focus.

**Mindful Eating** is noticing how certain foods look, smell, feel, and taste. It teaches children to become aware of what they're eating as well as how they're eating. This allows them to savour every mouthful and recognize what foods are good for them and what aren't.

**Mindful Seeing** allows us to see things more slowly and notice details. It helps to quiet everything down and to feel more relaxed. Ask children to look around and point things out they have never seen before, or go out into nature and take notice of something of interest.

### **DON'T GIVE THE FLU THIS WINTER SEASON**

The Toronto East General Hospital sent along a few reminders in order to help us stay healthy this winter (and flu season).

\* Wash your hands frequently: Approximately 80 percent of common infections like the cold and flu are spread by hands. Hand washing, when done correctly, is the most effective way to prevent the spread of infectious diseases..

\* Get a free flu shot and get it as early as possible: Through your family doctor, participating pharmacies or public clinics. Visit [www.ontario.ca/flu](http://www.ontario.ca/flu) to search for a clinic near you. This year, for the first time, children aged 2 to 17 can get a nasal spray flu vaccine .

\* Cough and sneeze into your arm: If a tissue isn't available, cough or sneeze into your arm avoiding your hands where infections are commonly spread.

\* Avoid touching your eyes and face: Flu germs can live on surfaces for up to 8 hours.

\* Don't share personal items such as drinking cups

\* Do the fist bump instead of shaking hands

\* Stay home when you are sick: if you have the flu, avoid going to school so you don't spread the flu to others.

Dr. Jim Downey, Infection Control Practitioner at Toronto East General Hospital says "the flu is not something to take lightly; one in every six Canadians is affected by the flu annually and it can put you out of commission for seven to ten days."

### **TRUSTEES 2015-2016**

#### *Wards*

- |                     |                              |                           |
|---------------------|------------------------------|---------------------------|
| 1. Joseph Martino   | 5. Maria Rizzo               | 9. Jo-Ann Davis           |
| 2. Ann Andrachuk    | 6. Frank D'Amico, Vice-Chair | 10. Barbara Poplawski     |
| 3. Sal Piccininni   | 7. Michael Del Grande        | 11. Angela Kennedy, Chair |
| 4. Patrizia Bottoni | 8. Garry Tanuan              | 12. Nancy Crawford        |
- Karina Dubrovskaya, Allison Gacad, Student Trustee



Angela Gauthier, Director of Education

80 Sheppard Ave. E., Toronto, ON · Website: [www.tcdsb.org](http://www.tcdsb.org)

- See more at: <http://www.tcdsb.org/school/SchoolYearCalendar/Pages/Default.aspx#sthash.SBnIhNqI.dpuf>