



Our Lady of Sorrows Catholic School

32 Montgomery Road
Toronto, ON M8X 1Z4
Telephone No.: (416) 393 - 5246

Principal:
Joe Genova

Vice Principals:
Michelle Devlin
Anna Garibotti

Superintendent:
Douglas Yack
416 222-8282 Ext. 2732
Trustee:
Ann Andrachuk
416 512-3402

Parish:
Our Lady of Sorrows Church
3055 Bloor Street West
Toronto, ON
M8X 1C6
416 231 - 6016
Rev. Nino Cavoto

Hours of Operation:
8:30 am to 3:00 pm

Lunch Hour:
11:15 am to 12:15 pm



YEAR OF FAMILY

October 2015

Our Lady of Sorrows Catholic School News



VIRTUE OF THE MONTH: GRATITUDE

Gratitude is a flower that blooms in noble souls.
Pope Francis

This the day, the Lord has made, let us rejoice and be glad.
Psalm 118:24

The October Virtue for the month is GRATITUDE. Whenever we gather as a faith community to worship, we offer thanks to our God. The blessings of food, friends, family and freedom are all gifts from our Creator God. As we prepare for the celebration of Thanksgiving, we are urged to take some time to remember our blessings and give thanks.

THANKSGIVING FOOD DRIVE

As the virtue of the month is Gratitude, not only should we be thankful for all we have, but we should also share with those less fortunate. Once again this year, in cooperation with Our Lady of Sorrows Parish, we will collect non-perishable food items for The Good Shepherd Refuge. Tables for donations will be set up at the school in the main hallway (October 5th to 9th). Our Lady of Sorrows parish is unable to participate in the food drive this year because of the ongoing construction and lack of storage in the parish hall. Anyone wishing to volunteer is asked to contact Jennifer Wolfs at jennifer.wolfs@rogers.com.

We thank you in advance for your support and extend a Happy Thanksgiving to all the families in our community.

At a Glance: Some Important Dates to Remember

World Teacher Day: October 5th
ECE's & CYW's Day: October 8th
Picture Day: October 5th
CSAC Meeting: To Be Announced
Hallowe'en Dance/Parade: October 30th

Please see the monthly calendar for additional information and events.

SECONDARY SCHOOL OPEN HOUSES

October 22th: Father John Redmond Catholic Secondary School and Regional Arts Centre
28 Colonel Samuel Smith Parkway
Etobicoke, ON
416-393-5540

October 28th: Michael Power/St. Joseph Catholic Secondary School
105 Eringate Drive
Etobicoke, ON
4165-393-5529

November 4th: Bishop Allen Academy
721 Royal York Road
Etobicoke, ON
416-393-5549

For a complete list of school Open Houses see the attached document below.

STUDENT IEP'S

By the end October, student IEP's will go home with the students who have at least one program that is modified. If you have any questions regarding the contents, please contact your child's teacher. The sheet indicating that you received it needs to be signed and returned as soon as possible.

TERRY FOX RUN

Thank you to all the students and teachers for their participation in the Terry Fox School Run. Many thanks to Mrs. Sutej, Ms. Perry, and Ms. Gaul for coordinating this event on behalf of OLS.

PARKING AT OLS

For those dropping off or picking up children at the front of the school, you are reminded to not infringe upon the fire route(s). Police have been and will continue to patrol the area for drivers not in compliance.

LUNCH DROP-OFF

If you are delivering a lunch, please label it clearly and leave it on the table outside the office. Do not drop-off the lunch in the office.

SAFETY – WORTH REPEATING

Our Play Yard Safety Practice remains the same. During morning drop-off, the only adults in the yard should be **teachers on duty or parent volunteers**. This allows for easier visibility and greater safety for all our students. **All adults entering the school grounds must report to the office where we will be happy to assist you. Outside of staff, the only adults permitted in the building are those who have been provided a lanyard with a school pass.** This allows staff to easily identify intruders. Also, please do not

bring/send your child to school before 8:05 a.m. as there is no supervision.

HALLOWE'EN

Halloween is a very exciting time for children, and we would like to embrace this excitement. There will be a parade of costumes for students on October 30th in the morning and parents are invited to watch the parade (weather permitting). We will also have a Halloween Dance for the entire school. Times are as follows:

Grade 1	9:30 a.m. - 10:00 a.m.
Grades 2, 3 & 4	10:30 a.m. - 11:00 a.m.
Grades 5 & 6	12:15 p.m. - 12:45 p.m.
Grades 7 & 8	1:15 p.m. – 3 p.m.

We do ask that students leave any toy weapons and masks that may be part of their costume at home. Just a gentle reminder that all costumes should be appropriate for a catholic school setting. Teachers may also send out more details with regards to specific activities in their classroom.

HALLOWE'EN TREATS

As Halloween approaches, we would like to remind you of our policy around distribution of treats and celebrations.

As you are already aware, we have several students with allergies, who cannot participate in the consumption of edible treats. The risks associated with sharing treats are too severe. As such, we have asked parents not to bring in any edible treats, so as not to exclude anyone from celebrating. There will be times during the year, when as a school community, we will celebrate special occasions with treats that meet nutritional and allergenic requirements.

EQAO/CAT 4 RESULTS

Information is forthcoming, please stay tuned.

WASTE FREE/NUT FREE

Thank you for your continued efforts in making our school a waste and nut-free environment. Many students are bringing their lunches in re-usable containers, cutting down on waste in our building. Please continue to send nut-free, healthy snacks.

ME TO WE

Many thanks to Ms. Perry, Ms. Mior and Mrs. Sutej for organizing a wonderful day and an equally great life experience for our student leaders. By all accounts the students were captivated with the experience. Be the change!

PORTABLES

The updates in both the Instrumental and Vocal Music portables are completed. Music classes are being conducted inside the portables.

**OUR LADY OF SORROWS
CATHOLIC SCHOOL PARENT COUNCIL (CSPC)**

SHOWCASE COMMITTEE

The Showcase Committee is very pleased that **2 beautiful display cases** are finally installed in the front hall! Our goal is to display a wide variety of awards and trophies (music, academic, leadership, sports, etc.) that OLS students have worked hard to achieve; as we are filling the cases, please take some time to admire our school's many accomplishments.

There is also a new **Volunteer Recognition Board** installed that will recognize the parents who have gone above and beyond in their service to the OLS community throughout their years at the school.

The Trophy Cases and the Volunteer Board were donated by the Fantilli and Montemurro Families.

PIZZA LUNCH

First and foremost, we wanted to thank so many parents for volunteering to help with our Pizza lunches. It makes our pizza lunches very successful!

Please mark the following dates in your calendars for Pizza lunch: Wed Oct 14th, Wed Oct 28th, Wed Nov 11th, Wed Nov 25th, Wed Dec 9th, Wed Jan 6th and Wed Jan 20th.

THANKSGIVING FOOD DRIVE

As the virtue of the month is Gratitude, not only should we be thankful for all we have, but we should also share with those less fortunate. Once again this year, we will collect non-perishable food items for The Good Shepherd Refuge at the school. Tables for donations will be set up at the school in the main hallway. Our Lady of Sorrows parish is unable to participate in the food drive this year because of the ongoing construction and lack of storage in the parish hall. Thank you in advance for your support.

Boxes will be set up at the School in front of the office during the week of October 5th. Anyone wishing to volunteer is asked to contact Jennifer Wolfs at jennifer.wolfs@rogers.com

We thank you for your generous support and Happy Thanksgiving to all.

SOCIAL COMMITTEE

The Social Committee requires volunteers to for the many events that take place throughout the year which include The Christmas Concert, The Spring Concert, Parent Council Meetings, Staff Luncheon and Graduation. The duties involve organizing and preparing refreshments for the various events.

If interested kindly contact Patrizia Di Pietro at patrizia_dipietro@yahoo.ca

LOST AND FOUND

Students and parents are reminded to check the lost and found on a continuous basis for any clothing or treasures that may have gone missing. The box is located at the base of the stairs going into the school gym.

Contents of the lost and found will be cleared out the first week of each month, laundered and donated to charity.

CHILDREN'S LITURGY OF THE WORD

Our Lady of Sorrows Parish is pleased to announce the launch of a new ministry: Children's Liturgy of the Word. This ministry is primarily intended for children 4 – 10 years of age and will take place during the 9:30 am Sunday Liturgy. The first session is planned for Sunday, September 28th, 2014 and will meet in the parish hall for approximately 30 minutes. Scripture will be shared in ways that children can easily understand. Volunteers are needed to run this program. If you are interested in teaching the Children's Liturgy of the Word, or would like to help supervise the children, please contact Abigail Lofte, at Abigail.lofte@gmail.com.

OUR LADY OF SORROWS PARISH –

75th ANNIVERSARY COMMEMORATIVE BOOK

To help celebrate the 75th Anniversary of Our Lady of Sorrows Parish, work has begun on a 75th Anniversary Commemorative Book and Parish Directory. All families that have their photo taken for the book will receive a free copy. Family portrait appointment times are still available for October 9th, 10th, 23rd, 24th, 25th and 26th. All portraits will be taken by a professional photographer in our studio located in the building adjacent to the church, above the Running Room. Your photos will be made available for you to purchase if you like but there is no obligation. Please contact the church office for more information and to book an appointment to have your photo taken, (416) 231-6016.

LIBRARY CORNER

On November 17 (K-3) and
November 19 (Gr. 4-8), 2015

Our Lady of Sorrows Catholic School and Chapters Queensway

cordially invite students and
parents to their **Fundraiser**.

Come and support your school community.

With every purchase made at Chapters
Queensway on this special evening, a percentage
of the purchase will be donated directly back to the
school.

It is from 6:00 p.m. – 9:00 p.m.

Everyone will receive a **free Starbucks coffee** and
a fun night is promised to all.

Invite all your friends, neighbours, grandparents
and other family to come.

See you there!

Mark your Calendars!

LOONIE BOOK SALES

Our Curriculum Night **Loonie Student Book Sale** was a
huge success. We raised just over \$200.00. All proceeds
will go towards purchasing a new area carpet for the
library.

Thank you to all the families that donated and purchased
books!

Looking ahead...

We will be organizing a **Loonie Adult Book Sale** on
Parent-Teacher Interview dates,
November 12th and 13th.

If possible, please donate one adult book for the sale and
send it with your child to the library before November 1.

Thank you in advance for your support,

J. DiMichele
Library Technician

TRUSTEES 2015 – 2016 Wards

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





TCDSB Monthly Update

October 2015

Open Houses in High Schools

Grade 8 students and their families are invited to check out their high school options. TCDSB secondary schools host open houses in October and November. <http://www.tcdsb.org/school/OpenHouses/Pages/default.aspx>

Principal of Excellence Award

OAPCE Toronto invites nominations for this year's award, which will be presented at the 10th annual Commissioning Ceremony on November 2nd.

<http://www.oapcetoronto.ca/news/2015/6/23/oapce-toronto-principal-of-excellence-award-nomination-open>

Parent Involvement Week: October 24 – 30, 2015.

The Toronto Catholic District School Board is launching first Parent Involvement Week. This initiative is an opportunity to recognize, celebrate and enhance the important role that parents play at both the school and Board level. Educational research has consistently pointed to the positive effects that parent engagement has on student achievement and well-being. The TCDSB has partnered with the two parent organizations--the *Catholic Parent Involvement Committee* (CPIC) and the *Ontario Association of Parents in Catholic Education* (OAPCE – Toronto)--to co-host a number of events that highlight the important role of parents in our schools, as well as to provide opportunities for continued involvement, professional development and net- working. Let us all work together for the success of our students!

For more information:

<https://www.tcdsb.org/forparents/parentinvolvement/news%20and%20events/pages/tcdsb-catholic-parent-involvement-week.aspx>

Newcomer Conference for Families New to Canada and International Students

Wednesday, October 28, 2015 at 5:00 p.m., Catholic Education Centre, 80 Sheppard Ave. E.

The Director of Education and Chair of the Board invite our newcomer families, international students, parent council representatives, homestay families and school staff to an informative evening about our educational system and support services available in TCDSB schools. Guests are invited to share a family meal with the Director and Chair and will be encouraged to participate in an exchange of information in a relaxed, welcoming environment. Our staff and representatives from various outside agencies will provide support and valuable information regarding programs and services plus tips for navigating our Catholic education system. The evening also encourages interactive discussions designed for staff and Parent Council members on how to effectively engage our newcomer students and families in our schools and communities. The event is one of several planned for Parent Involvement Week. Welcome to our TCDSB family!

For more information and to register: <http://www.tcdsb.org/forcommunity/newcomers>

CPIC Elections (Catholic Parent Involvement Committee)

The Catholic Parent Involvement Committee (CPIC) is a parent-led and Ministry of Education funded, parent volunteer organization within the Toronto Catholic District School Board (TCDSB). The focus of the committee is to support student academic achievement through increased parent involvement. Elections are being held on October 5th, 7th and 20th. Visit the Board's website for detailed information.

<https://www.tcdsb.org/forparents/parentinvolvement/cpicelections/pages/default.aspx>

TCDSB Transportation Demand Management Plan Survey

The Toronto Catholic District School Board has approved a draft Transportation Demand Management Plan and is seeking your feedback before finalizing the document. We want to know which recommendations in the plan you feel are the most important to address the traffic management issues around our schools and facilities.

The online survey can be found here: https://www.surveymonkey.com/r/TCDSB_TDMP

We look forward to hearing from you by no later than **November 6th, 2015.**

Parent Reps Needed

For Mental Health Advisory Council

TCDSB seeks 2 parent representatives to serve on the council (1 elementary and 1 secondary).

Application deadline is October 20th. Visit our website for detailed information:

<https://www.tcdsb.org/FORPARENTS/Pages/Parents-Sought-for-Mental-Health-Advisory-Council.aspx>

Safe Schools Advisory Committee

2 parent reps needed to serve on the committee; 5 meetings per year

Application deadline October 2nd.

<https://www.tcdsb.org/FORPARENTS/Pages/Parents-Sought-for-Safe-Schools-Committee.aspx>

Do You Know an Innovative and Outstanding School Principal?

Every year The Learning Partnership honours principals across the country who exemplify excellence in public education.

Nominations for the 2016 Canada's Outstanding Principals awards are now open.

Submissions are invited from school boards, colleagues, parents, teachers, students and all community members.

<https://www.tcdsb.org/pages/nominate-an-outstanding-principal.aspx>

Toonies for Tuition

Toonies for Tuition Day is Tuesday October 6th, 2015! Download and print this [poster](#) to display in your school or church, and start fundraising for our Catholic brother and sister schools across Canada! The CCSTA Endowment Fund supports Toonies for Tuition fundraising campaign as a means to support Catholic students in provinces that have no public funding for Catholic schools. For fundraising ideas, [click here](#). Toonies for Tuition Day takes place in October. Please support the campaign in your school, office, or church. Get more information on the CCSTA website:

<http://www.ccsta.ca/en/initiatives-en/toonies>

Help Keep Our Students Safe

Here are some helpful videos from the City of Toronto regarding pedestrian safety:

Pedestrian Crossovers: <https://youtu.be/NIt705Ty1K8>

Pedestrian Countdown Signals: <https://youtu.be/MTgOXxwrrIU>.

Other Dates to Note:

October is...

- [Autism Awareness Month](#)
- [Child Abuse Prevention Month](#)
- [Learning Disabilities Awareness Month](#)
- [Walk to School Month](#)
- October 1—[International Day of Older Persons](#)
- October 5—[World Teachers' Day](#)
- October 7—[Rosary Day](#)
- October 8—[Early Childhood Educator and Childcare Worker Appreciation Day](#)
- October 11—[International Day of the Girl](#)
- October 17--[International Day for the Eradication of Poverty](#)
- October 19-23--[School Bus Safety Week](#) (Bus Driver Appreciation Day October 21)

Check out the board's website for details about these special days throughout the year www.tcdsb.org.

- Looking for information about athletics? Schedules, results and news highlights are available here: <https://www.tcdsb.org/programsservices/schoolprogramsk12/healthoutdoorphysed/tdcaa/pages/tcdsb-athletics.aspx>
- Parents are encouraged to visit the Parent Portal for all the latest information relating to Catholic School Parent Councils, Catholic Parent Involvement Committee and OAPCE Toronto <https://www.tcdsb.org/FORPARENTS/Pages/default.aspx>
- Students are reminded that the Student Portal provides information about scholarship and employment opportunities, volunteer opportunities and other news for and about students <https://www.tcdsb.org/FORSTUDENTS/Pages/default.aspx>

Remember to follow @TCDSB on Twitter for all the latest news and important information throughout the year.

Or subscribe to ENews and regular updates right to your email:

<https://web1.tcdsb.org/InterestSubscription/subscription.aspx>

PARENTS--CPIC NEEDS YOU!

CPIC Parent Representative & Parent Member: At Large Elections

At the Toronto Catholic District School Board (TCDSB) we value parent involvement at the local and at the board level. The Catholic Parent Involvement Committee (CPIC) is a parent-led and Ministry of Education funded, parent volunteer organization within the TCDSB mandated by Regulation 612/00 of Ontario's *Education Act*.

CPIC's purpose is to improve student academic achievement and well-being by supporting, encouraging and enhancing meaningful parent engagement system-wide at the TCDSB.

**CPIC will be holding its elections for 1 Parent Representative on
Wednesday October 7, 2015
Holy Angels Catholic School
65 Jutland Road
7:00pm**

**CPIC will be holding its elections for 4 Parent Members: At Large on
Tuesday October 20, 2015
Catholic Education Centre
80 Sheppard Ave. East (Sheppard and Yonge)
7:00pm
Catholic Teachers' Centre (third floor)**

Parent Representative Nomination forms and Parent Member: At Large Nomination forms are available in the main office.







GET INVOLVED! DON'T DELAY! SUBMIT YOUR NOMINATION TODAY!



October 2015

Virtue of the Month
Gratitude

This is the day, the Lord has made, let us rejoice and be glad Psalm 118:24

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<div style="border: 2px solid black; padding: 5px;"> <p align="center">UPCOMING EVENTS</p> <p align="center">Open House Bishop Allen - November 4th Book Fair-Chapters Queensway - November 17th & 19th</p> </div>				1	2	3
				<div style="border: 1px solid black; padding: 5px;"> <p align="center">THANKSGIVING FOOD DRIVE</p> <p align="center">OCT 5th - 9th</p> </div>		
4	5 Picture Day  Gr. 7's Taste of the Arts - FJR World Teacher's Day SARC -Private Mtg St. Louis -6:30 pm	6 Gr. 7's Sibling/Missed Individual Photo Day Lunch Lady Ms. Askin's Harbourfront	7 Gr. 7's & 8's Immunization -a.m. Rosary Day Thanksgiving Mass - 1:15 p.m. 	8 Grade 8's Scientist in the School ECE's & CYW's Day	9 Grade 8's Scientist in the School Terry Fox pledge forms/ monies DUE	10
11	12 Thanksgiving Day NO SCHOOL 	13 Mass - 9:00 a.m. Grades 3 & 6 Lunch Lady Divisional Cross Country Centennial Park	14 Pizza Lunch 	<div style="border: 1px solid black; padding: 5px;"> <p align="center">GRADE 7's OVERNIGHT EXCURSION - TEEN RANCH</p> </div>		17
18	19 Elections Canada  VOTE	20 Mass - 9:00 a.m. Grades 4 & 5 Lunch Lady Regional Cross Country Centennial Park	21 Arts Express Begins Wednesday's Sessions	22 Grade 4's Ripley's Aquarium Open House Father John Redmond Arts Express Thursday's Sessions	23 Civvies Day \$2.00 Donation	24
25	26	27 Mass - 9:00 a.m. Grades 1 & 7 City Cross Country Earl Bales Park 4169 Bathurst St. Kindergartens Chudleigh's Farm Lunch Lady	28 Pizza Lunch Open House Michael Power	29	30 Halloween Dance/Parade 	31

SAFETY TIPS

Courtesy of Child Safe Canada

For years parents have been telling their children not to talk to strangers, but child safety experts believe it's not about not talking to strangers, but *how*, and teaching children to know who they can go to in an emergency.

Here are some tips on street-proofing your kids:

Talking To Strangers: Don't teach your child to fear strangers, but strangeness. If a youngster can't talk to strangers, who will they go to in an emergency?

Trust Your Instincts: If someone doesn't make you feel safe, it's OK to run away and tell an adult you trust.

Vehicles: Never approach vehicles. In fact, if ever approached by a vehicle, RUN in the opposite direction that the vehicle is traveling and tell an adult.

Names: No visible names on outerwear or backpacks.

It's OK To Yell: If someone grabs your child, they should hit, kick, and yell as loudly as possible.

Password: Use a password that is easy for your children to remember, so that if you must send a friend or family member to pick them up, they will know it's safe because that person has the password.

Emergency Numbers: Remind children that in an emergency, they can dial 911 or 0 from a phone booth, without any money.

Safety In Numbers: Children should always travel in groups of 2 or more. Always take the same route and check in when you arrive home, if necessary.

Teach More Than Once: Start young, teach them again and again - and practice dangerous situations, modifying and adjusting to fit their growing understanding.

Adults Don't Ask Children For Help: So if someone does, it's a sign of danger. Run, and tell an adult you trust.

People With Bad Intentions Don't Always Look Like Bad People: Dangerous people can look friendly. You know they aren't good people if you feel badly when you're with them. Again, trust your instincts.

Secrets: If someone tells you to keep a secret from your mom or your dad, don't do it! Tell your parents right away. That's a big sign of danger.

Ask First: Don't go anywhere, with anyone, without your parent's permission.

Lost In A Store: If you get lost in a store you can ask for help from a person in uniform who works for the store, or you can go to the till, or find a woman - especially a woman with a child - and ask for help). Don't ever leave the store with anyone, even with the woman or someone else in a uniform.



BE AWARE

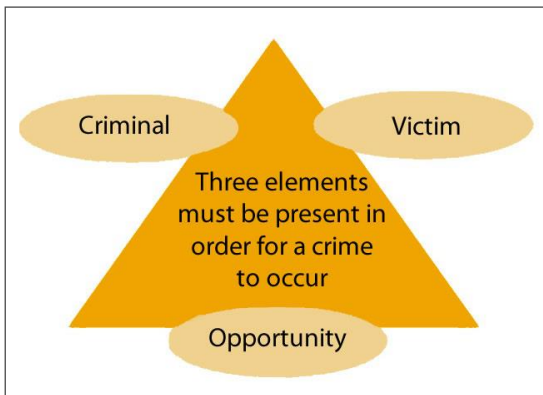
Avoid “autopilot”. Remain alert and walk with a purpose. Even if you are on a route you take every day, be aware of your surroundings. Also pay close attention to crosswalks and driveways even if you have the “right of way”.

PLAN AHEAD

Think about where you are going and plan your route before you leave. What time of day is it? Are you walking through an uninhabited or badly lit area? If you see trouble, can you cross the street or go into a nearby store? If you are not familiar with the area, did you take directions with you?

TRUST YOUR INSTINCTS

Trusting your own instincts that a situation seems “wrong” can be the best personal safety tool you have. Pay attention to it and don’t be afraid to act on it! A moment of embarrassment if you are incorrect is far less important than your overall safety.



Being aware, planning ahead and trusting your instincts, can greatly reduce the opportunity for a crime to occur!

IF YOU ARE CONFRONTED

Do whatever you can to protect yourself, but remember your safety is paramount.

- Try to remember points of identification about the suspect and, if possible, write this information down while it is fresh in your memory;
- If someone demands your property and displays or implies that they have a weapon, don’t resist. You have a greater chance of getting hurt if you do;
- If someone tries to assault you, make a scene. Scream, kick, fight, run . . . do whatever you can to get away and attract attention;
- Only you can decide how to respond to an attack!

REPORT THE INCIDENT TO THE POLICE AS SOON AS POSSIBLE:

- In an emergency: **CALL 9-1-1**
- To report a crime that is not an emergency: non-emergency # **(416) 808-2222**
- To report a crime anonymously, call Crime Stoppers at **1-800-222-8477(TIPS)**



Connect with us on Facebook and Twitter!



Divisional Policing Support Unit



@wattsy7626

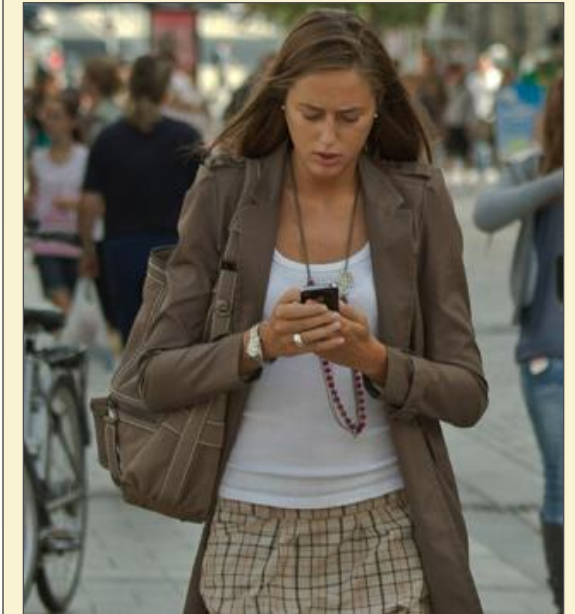
SP 250-E, (rev.2013/10)

CREATED BY THE TORONTO POLICE DIVISIONAL POLICING SUPPORT UNIT -
CRIME PREVENTION SECTION IN PARTNERSHIP WITH SENECA COLLEGE



Personal Safety

Reduce the Risk, Reduce the Opportunity



How to Protect Yourself from Crime

PREVENTING THEFT

- Minimize what can be lost: Carry only what you need, small amounts of cash, and only the credit cards you plan to use. Try not to carry anything that is irreplaceable or of sentimental value. If you **MUST** carry a lot of cash or valuables, store them in a pocket or pouch inside your jacket;
- Purses/bags: Should be closed, carried in front of the body with an arm held loosely across it. Many people carry a bag out of habit, but if you don't really need it, travel without one;
- Backpacks: Make sure to zip and secure all pockets and to check on your backpack periodically. When in crowded situations, on public transportation and at street corners, bring your backpack around to your front and hold your arm loosely across it;
- Separate essentials: If you keep everything in one place, and a thief takes your bag, they now have **EVERYTHING** such as your keys, your money, and your ID with your home address. Consider keeping small essentials, such as your keys, ID, cellphone and a small amount of money separate in a coat or pants pocket;



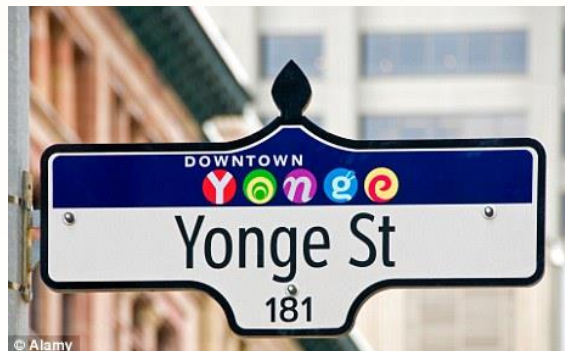
WHAT THIEVES LOOK FOR

- Easy pickings: Items left unattended in grocery carts, dressing rooms or desks and wallets protruding from pockets only take seconds to grab;
- Crowds: The noise and confusion of crowds help conceal crime. Be especially vigilant anywhere that is busy or crowded;
- Distraction: When you are distracted you are less able to remember identifying characteristics of a thief and are often even unaware a theft has occurred until much later. Thieves will sometimes cause a distraction, (i.e. bumping into you) or target you because you appear pre-occupied (i.e. talking on your cellphone).



SAFETY ON THE STREET

- Walk with a purpose: Project an assertive image that conveys you know where you are going (even if you are lost - pretend);
- Avoid isolated areas such as parking lots, garages and alleyways; stick to well-lit, high-traffic areas;
- Keep a distance: Don't let people get too close, even if they appear to have a reason, such as asking for the time;
- Dress so you can move with ease: Consider wearing clothing and shoes you can move quickly in;
- Pack light: Take only what you need, overloading yourself can make you appear vulnerable;
- Being followed by a person: If you think you are being followed, switch direction or cross the street. Walk toward an open store, lighted house or an area with other people. Don't be embarrassed to yell for help;
- Being followed by a car: If a car follows you, slows down, or beckons to you while walking, do not approach it. Turn around and quickly walk in the *opposite* direction;
- Tell others where you are going and when you are expected to arrive / return. Arrange to check in with them if you like;
- Talking on the phone: If you must talk on the phone while walking, don't get lost in conversation. Pay attention to traffic, people around you and where you are going. **STAY ALERT!** Also keep in mind the information you may be inadvertently giving out when talking on your phone; others can hear your conversation.



TRANSPORTATION SAFETY

BUS RIDERS

- Have your fare ready and easily accessible. Don't open and rummage through your purse or wallet at the bus stop;
- If possible, sit near the front of the bus, especially late at night when there are not a lot of other passengers;
- Keep your possessions on your lap;
- Pay attention - avoid sleeping, cleaning out your purse or pockets, playing on your phone. If you read or listen to music, look up and around periodically;
- If someone is bothering you, don't be afraid to tell the driver and move seats.

DRIVERS

- Have your keys ready and in hand as you leave the building;
- Be alert when approaching your car. Look around at the cars parked nearby as parked cars can provide good hiding places (inside and out);
- If someone is loitering near your car, do not approach it. Go back inside and wait or have someone accompany you to the car;
- Enter your car quickly and lock the door first thing once inside. Keep your doors locked whenever you are driving;
- If you are followed, drive to a public place and honk to attract attention;
- Always leave your car locked and empty of possessions, even small change.