



# OUR LADY OF SORROWS CATHOLIC SCHOOL

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Telephone: 416-393-5246 Fax: 416-393-5031



## Our Lady of Sorrows Newsletter



SEPTEMBER VIRTUE OF THE MONTH: *HOSPITALITY*

QUOTE OF THE MONTH

*“Whatsoever you do to the least of my people, that you do unto me.”  
(Matthew 25:40)*

- Please note the attachments with this initial newsletter.
- Please see the attached calendar for important dates

**OUR SCHOOL MOTTO:**

*Dignity, Courtesy, Respect*

## CATHOLIC SCHOOL NEWS

SEPTEMBER 2019

Antonio Morsillo

PRINCIPAL ⓘ

Maria Meehan, 416-222-8282 ext. 2732

SUPERINTENDENT ⓘ

Teresa Lubinski, 416-512-3404

TRUSTEE ⓘ

Our Lady of Sorrows Catholic Church  
416-231-6016  
3055 Bloor Street West  
Toronto, Ontario M8X 1C6

PARISH ⓘ

Julianne Renna

CSPC CHAIR ⓘ

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

CPIC (PARENT ENGAGEMENT - TCDSB) ⓘ

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

OAPCE TORONTO (PROVINCIAL VOICE FOR PARENTS) ⓘ

725	8:30 a.m. - 3:00 p.m.	11:15 a.m. - 12:15 p.m.
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ENROLLMENT HOURS OF OPERATION LUNCH HOUR

### NEW REGISTRANTS WELCOME

Apply online: [soar.tcdsb.org](http://soar.tcdsb.org)

Call 416-393-Phone# or the TCDSB Admissions Department at 416-222-8282, ext. 2383.

For general information about the Toronto Catholic District School Board, please visit the website at [www.tcdsb.org](http://www.tcdsb.org)

Stay in touch with the latest news throughout the school year: Follow @TCDSB on Twitter.

## PRINCIPAL'S MESSAGE

Welcome to the 2019-2020 school year at Our Lady of Sorrows Catholic Elementary School. This year is the second of a three year Pastoral plan to focus on *WE BELIEVE*. Our *Mission at OLS* strongly reflects the TCDSB mission of creating an inclusive learning community rooted in the love of Christ. We educate students to grow in grace and knowledge and to lead lives that demonstrate our beliefs. Our Vision is to transform the world through Witness, Faith, Innovation and Action.

We believe in the worth and dignity of every person, in the critical role that our Catholic schools play in promoting Gospel values, social justice, environmental responsibility, human solidarity and the common good. We believe that high standards and expectations foster greater achievement, that people thrive in a safe, healthy and compassionate environment, and that teaching needs to be responsive to the individual needs of children. Teaching and learning should be rooted in research and evidence, and each of us shares responsibility for creating collaborative communities of learning. We believe that 21st century fluencies of digital literacy, creativity, innovation and collaboration are essential.

We hope that everyone had an enjoyable start to the school year and warm greetings to the new families that have joined our school community. We are confident that our partnership between the church, home and school will yield success for all students as they meet the challenges of this new school year. Through our collaboration and respect, we will be successful in creating the best possible, positive learning environment for our children.

Fall is very busy for all of us at Our Lady of Sorrows. Our Curriculum Night will be another great success with an excellent turnout. Our parents continue to demonstrate commitment to Catholic education and to OLS. Parents will meet the staff and begin to

*develop a critical relationship between school and home. We look forward to a great year!*

*Sincerely,*

Mr. A. Morsillo, Mrs. M. Volpe

### VIRTUE OF THE MONTH – HOSPITALITY

In the month of September where we celebrate the virtue of the of hospitality, we would like to welcome all the new members of the OLS family. Please note and help us make them feel at home.

A warm welcome to our new Superintendent of Education for Area 2 Maria Meehan. As well, welcome to the following new staff members:

Sarah Kaplinski – Grade 1/2  
Nicola Wyslobicky – Grade 1  
Victoria Henderson – Grade 2  
David Fenech – Grade 4/5  
Amanda Morra – JK/SK  
Dan Angelosante – Physical Education  
Patrick Cotter – Music  
Nelia Avila – Grade 4  
Robert Goles – Grade 5  
Linda Gomes – Grade 6  
Vanessa Martins – ESL 0.5  
Stephen Roloson – Instrumental Music  
Nicole Skladowski – ECE with Mrs. Carlson  
Natalie Pucci – Clerk Typist

### CLASS LISTS/PLACEMENTS

This note is to remind parents that all class placements are tentative to September 30<sup>th</sup>. Due to the volatile nature of publically funded Catholic schools, change may occur up to the

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noted date; our hope is that no changes are required.

### SAFE ARRIVAL

OLS adheres to the Safe Arrival Program. Please make sure you sign in and register at [go.schoolmessenger.ca](http://go.schoolmessenger.ca) to inform the school automatically of your child's late or absence. You are no longer required to call the school for absenteeism.

### SAFE DEPARTURE

NEW - At the end of the day, teachers will escort and dismiss their classes outside to the back of the building, for grades 1-8. ELP students will be dismissed directly from their outside door. Parents and caregivers who are picking up their children from school are requested to do so from outside, and not to enter the school.

### BUSSING

Our OLS bussing system works with a colour coded bus tagging system. Bus students have received a tag that is attached to their backpack.

Students in kindergarten to grade 3 have been assigned a bus buddy, who will pick them up from their teacher at the end of the day, and accompany them to the bus.

Parents: You must register and login to access the transportation portal at [www.torontoschoolbus.org](http://www.torontoschoolbus.org) to follow bus timelines and cancellations. We encourage you to sign up as this procedure will eliminate time spent calling the school. This portal will notify

you immediately via email if your child's bus is running late. Please ensure that you are at the stop on time to meet your child.

Students: They are responsible to know who is to meet them at the bus stop. If the person who normally meets them is not there, they need to inform the driver. Students also need to abide by the safety rules of the bus.

### TECHNOLOGY IN THE 21<sup>ST</sup> CENTURY

In an effort to bring the classroom into the 21<sup>st</sup> century, as well as, increasing technological fluencies, we will continue to encourage students to "Bring their Own Devices" (BYOD) to school to use for instructional purposes. Our eleven wireless access points will allow for constant connectivity. With privileges come responsibilities. We kindly ask that you please sit and discuss appropriate use of technology with your children. Many thanks in advance.

### CELL PHONES AND SOCIAL MEDIA

We would kindly ask that if students bring cell phones to school that they power them off and leave them in their backpacks. The only exception will be if the classroom teacher permits the use in class for instructional purposes.

As the age of technology continues to evolve and grow, our students are becoming more and more familiar with the various forms of social media available to them, such as Facebook, You Tube, Twitter, Instagram, etc. There is a need for students of all ages

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to acquire a new and different set of skills that will permit them to access and create knowledge using the communication tools and information available to them via the Internet. Our staff are aware of the fact that many of our students use these sites and they continue to remind our students to exercise caution in communicating on-line with respect to privacy issues, personal safety, plagiarism and copyright laws, inappropriate language/material and security limitations (some sites have age restrictions, such as Facebook, which limits use to persons of 13 years and older). Information for parents is available on our website at <http://www.tcdsb.org/policyregister/AUP/default.htm> (TCDSB's Electronic Communication System--Acceptable Use Policy). We encourage you to continue to monitor your child's online activities.

At Our Lady of Sorrows Catholic School, we always strive to foster a caring and welcoming environment. In partnership with our parent community, the safety and well-being of our students will always be our first priority.

### **SAFETY**

Our Play Yard Safety Practice remains the same. During morning drop-off, the only adults in the yard should be teachers on-duty. 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. We ask that all visitors to the school use the front entrance only and report to the office

where we will be happy to assist you. No one is allowed to go to the classrooms to meet or drop off children. Also, please do not bring/send your child to school before 8:05 a.m. as there is no supervision. We appreciate your co-operation in helping to make our school a safe place.

### **CURRICULUM / BBQ NIGHT**

Our Curriculum/BBQ Night has become a tradition at OLS. All students and their families are encouraged to attend. This year the event is scheduled for Wednesday, September 18<sup>th</sup>. A letter has been sent home with details.

### **PICTURE DAY**

School Picture Day has been scheduled for Thursday, October 3<sup>rd</sup> and Siblings Photos will be held on Friday, October 4<sup>th</sup>.

### **INSURANCE FORMS**

The Toronto Catholic District School Board does not provide accident insurance coverage for student injuries that occur on school premises or during school activities. *Insuremykids* Protection Plan forms were distributed to your child's classroom in the first few days of school. Please look them over carefully. If you wish to participate, please fill out the appropriate forms and mail them directly to the company.

### **MEDICATION**

If your child requires medication to be taken at school - for example, puffers for asthma, epi-pens, Ritalin or anything that your child will take on a regular or

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somewhat regular basis, special forms MUST be filled out every year.

Medication cannot be administered at school without signed forms. Please do not send your child to school with a prescription medication or any over the counter medication without the proper paperwork. All forms and medication should be brought directly to the office for safety reasons.

### APPROPRIATE DRESS CODE

All students are expected to come to school appropriately dressed; that is, neat and clean, and in a manner that suits the aims and atmosphere of a Catholic elementary school environment. To be succinct, collared or non-collared tops should be plain white or navy blue and bottoms dark blue. Absolutely no denim is permitted. The Dress Code is mandated for all TCDSB schools. Adherence to the code is not optional.

Please see attached for acceptable dress code.

### OLS CHURCH

Preparation for the sacraments of First Reconciliation, First Holy Communion and Confirmation will take place at Our Lady of Sorrows Parish. Through our grade 2 and 7 programming, the school will continue to support these most blessed sacraments and will continue to work closely with the parish.

Information is being sent home with grade 2 and grade 7 students,

regarding registration and preparation. The deadline to register is October 6<sup>th</sup> (at the Church).

If you have a child in another grade, and you are interested in attaining information on these sacraments, please pick up a package from the office ASAP.

### FOOD ALLERGIES

Some of our students have severe food allergies. Please pack nut-free snacks and lunches. If your son or daughter has a severe allergy, and you have yet to notify the school, please do so ASAP.

We ask everyone to read food labels, checking for peanut/nut ingredients prior to bringing them to school. We realize this request may require added planning and effort on your part when selecting lunches and snacks; and wish to express our sincere appreciation for your support and cooperation in fostering inclusion for all students.

### LUNCH TABLE

The lunch table is set up in the foyer for the convenience of parents bringing lunch for their children. Please make sure the lunch is clearly labeled with student name, teacher name, grade and classroom. Remind your child in the morning to pick up lunch from the lunch table. The office will not disrupt classes to call down individual students. Your assistance with this matter is most appreciated.

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## LUNCH SUPERVISORS

We are in need of Lunchtime Supervisors for this school year. Kindly advise the office if you are interested in this paid position, from 11:15 a.m. - 12:15 p.m. The following documents will be required: Police Criminal Reference Form, TB test (within one year), Pastoral reference (within one year) and Offence Declaration.

## PEDICULOSIS (HEAD LICE) POLICY

The policy for Head Lice is as follows:

- Any student found with lice will take home a letter to notify the parent.
- All siblings will be checked as well.
- The remainder of the class will be checked.

A letter will be sent home with all of the children in that class. - If a child is sent home with lice, he/she can only return with the parent's signature on the Return to School Notice verifying that treatment has taken place.

- If a child is kept home by the parents, please notify the school, via telephone, in a timely fashion.

## MILK PROGRAM

The Milk Program will begin on Monday, September 16<sup>th</sup>. Orders are normally filled on Mondays, however for the start of the school year please submit them as soon as possible.

## AGENDAS

One of the key factors in facilitating student success in learning is

communication and organization. That is why we are once again using a Catholic student agenda.

The agenda is a very effective communication tool and has many other useful facts and information in it. It will be used on a daily basis to record homework, assignments, due dates, special events and any other concerns. The cost of the agenda is \$10. Thank you for your ongoing support in creating the best environment for your child's education.

## CATHOLIC PARENT SCHOOL COUNCIL (CSPC)

The CSPC is now accepting nominations for the Voting Members of the Parent Council. Please review the Election Package distributed by the Parent Class Reps. We encourage as many parents as possible to make nominations and participate in the CSPC Election which will be held as part of our AGM on Wednesday, September 25<sup>th</sup> at 6:30 p.m. *The last day for nominations is Wednesday, September 18<sup>th</sup> at 12 p.m.*

The elected Voting Members will then elect a Chair (or Co-chairs), Vice-chair, Treasurer and Secretary from among the elected Voting Members. If you are interested in being involved or believe someone would be a great choice, then please fill out the nomination forms (either the self-nomination or parent nomination form distributed with the Election Package) and submit to the Election Committee via email at [olscouncilelection@gmail.com](mailto:olscouncilelection@gmail.com) or drop off at the CSPC mailbox at the school office.

## WHISTLEBLOWER POLICY

On September 20th, 2018 the Board of Trustees approved Whistleblower Policy A.39. This Policy is intended to encourage TCDSB stakeholders at all levels of our organization to observe the highest standards of ethics.

We would like to make you aware of our new confidential and anonymous reporting system. If stakeholders (parents, staff, students, etc.) suspect illegal or unethical behavior related to any Board or school operations, they can report it anonymously via phone, email or online:

Toll Free Call: 1-866-921-6714,  
Email: [TorontoCatholicDSB@integritycounts.ca](mailto:TorontoCatholicDSB@integritycounts.ca)  
Website: [www.integritycounts.ca/org/TorontoCatholicDSB](http://www.integritycounts.ca/org/TorontoCatholicDSB)

We encourage you to visit the website for more information, and thank you for continuing to be our partners in Catholic education.

## LIBRARY CORNER

This year, during Curriculum Night, Our Lady of Sorrows Library is holding the 5th annual

“Toonie Book Sale”. All books will be adult books. Parents will have an opportunity to purchase any donated book for \$2.

The sale will take place during Curriculum Night, on September 18. Last year, over 200 books were sold! What a great way to recycle and enjoy a new book while helping the school library.

I look forward to seeing you at the sale and again thank you for your donations and support.

J. DiMichele,  
Library/Technician

## TERRY FOX RUN

OLS will be having its 15th Annual Terry Fox Run on Friday, September 27th. Last year, we were the top fundraising school in the TCDSB with over \$16,000 in pledges. Let's continue to show our school spirit and keep Terry's dream alive!

## PIZZA LUNCH

The first pizza lunch day at OLS is on: Wednesday, October 9<sup>th</sup>. Details to follow.

### TORONTO CATHOLIC DISTRICT SCHOOL BOARD TRUSTEES 2019 - 2020

#### Wards

1. Joseph Martino	416-512-3401	8. Garry Tanuan	416-512-3408
2. Markus de Domenico	416-512-3402	9. Norm Di Pasquale	416-512-3409
3. Ida Li Preti	416-512-3403	10. Daniel Di Giorgio	416-512-3410
4. Teresa Lubinski	416-512-3404	11. Angela Kennedy	416-512-3411
5. Maria Rizzo, Chair	416-512-3405	12. Nancy Crawford	416-512-3412
6. Frank D'Amico	416-512-3406	Taylor Dallin, Student Trustee	416-512-3413
7. Michael Del Grande, Vice-Chair	416-512-3407	Kathy Nguyen, Student Trustee	416-512-3417





## September 2019 Monthly Update From the Board

### **Update on the School Crossing Guard Program for the 2019-2020 School Year**

Please be advised that starting in September 2019, the City of Toronto will be assuming full responsibility of the School Crossing Guard Program. The locations of the school crossing guards have not changed. Each school can expect the same school crossing guard locations to be served. To view the citywide map and list of school crossing guard locations, please visit: [www.toronto.ca/schoolcrossingguard](http://www.toronto.ca/schoolcrossingguard).

### **Important Reminder About Liability Insurance**

All parents are reminded to consider checking the adequacy of their liability insurance through their homeowners'/tenants' insurance policy to cover claims arising out of injuries caused by their child at school. Student Accident Insurance application forms are forwarded to schools for distribution, and can also be purchased on-line at [www.insuremykids.com](http://www.insuremykids.com). TCDSB's Risk Management continues to strongly promote this product as an inexpensive form of dental, disability and life insurance.

### **Register Now: School Cash Online**

Parents/guardians are reminded to create their School Cash Online profile, in order to receive updates and information on upcoming school activities, including pizza lunches, civvies days, field trips, and much more. Paying through School Cash Online offers a safe and convenient payment option that eliminates the need to send cash or cheques to school. For more information and to create your account visit [www.tcdsb.org/FORPARENTS/schoolcashionline](http://www.tcdsb.org/FORPARENTS/schoolcashionline)

### **Bus Transportation Information and Updates**

Communications with parents regarding bus transportation for students is a priority. In order to stay informed, parents are encouraged to register on the Toronto Student Transportation Group (TSTG) portal today by visiting [www.torontoschoolbus.org](http://www.torontoschoolbus.org). This portal provides TCDSB parents with online access to their children's transportation information and up to the minute email notifications regarding school bus cancellations or delays. If you have any issues signing up on the portal, please contact [support@torontoschoolbus.org](mailto:support@torontoschoolbus.org) and staff will assist you with the registration of your account.

### **Safe Arrival**

Parents are encouraged to sign up for the School Messenger app. This will allow parents and the school to stay in touch to report absences quickly and easily, and also for the school to communicate to parents about important information throughout the year including cancellations, closures and other critical issues. <https://www.tcdsb.org/programsservices/safeschools/newsandevents/pages/signupschoolmessenger.aspx>

### **September's Virtue is Hospitality**

All resources for the month of September, and for the monthly virtues throughout the year can be found on our website at <https://www.tcdsb.org/Board/NurturingOurCatholicCommunity/VirtueoftheMonth/Pages/Default.aspx>

## **Pastoral Plan: This Year we Focus on “Rooted in Christ: we Believe”**

In the second year of our pastoral plan, “Rooted in Christ, we Believe” our focus turns to what we believe in as a Catholic education community. Resources for the Year:

<https://www.tcdsb.org/Board/NurturingOurCatholicCommunity/rooted-in-christ/webelieve/Pages/weBelieveResources.aspx>

**Consider who inspires you, who nurtures your faith, who acts as a mentor and role model of Catholic living.**

Is it your school chaplain? A parent or other family member? Your pastor or other member of your parish? A teacher or other staff at your school? A colleague or friend?

Why not sit down to have a chat with them, and interview them about their experiences of living their faith.

Write an article or create a video of your interview. Write a short story, a poem, or create a piece of artwork, music or video that pays tribute to those who guide you on your own journey of faith.

Share your stories on social media (@TCDSB #TCDSBelieves)

Send your submissions to [ncc.team@tcdsb.org](mailto:ncc.team@tcdsb.org)

## **Night School Registration**

Registration for evening credit courses, Saturday language programs and eClass has begun. Please visit the website for details: <https://www.tcdsb.org/news/othernews/2020/pages/nightsschool.aspx>

## **International Languages After Hours Program Registration**

Registration for the elementary IL After Hours Program continues through to September 21<sup>st</sup>.

<https://www.tcdsb.org/ProgramsServices/SchoolProgramsK12/InternationalLanguages/Pages/Saturday-School-Registration.aspx>

## **Open Houses**

Students in grade 8 and their families are reminded that TCDSB secondary schools are hosting open houses this fall—a great way to meet staff and students, check out the school facilities and learn about the programs and services being offered at each location. The complete schedule will be available online:

<https://www.tcdsb.org/school/OpenHouses/Pages/default.aspx>

## **September Events and Meetings**

- September is Ukrainian Heritage Month  
<https://www.tcdsb.org/FORCOMMUNITY/HeritageCelebration/Ukrainian-Canadian-Heritage-Month/Pages/default.aspx>
- September 1—Day of Prayer for Care of God’s Creation
- September 4—Open House for Parents of Elementary Students Identified as Gifted, 7-9 PM  
<https://www.tcdsb.org/forparents/news/pages/giftedopenhouse.aspx>
- September 5--Student Achievement Committee Meeting, 7 PM
- September 8--International Literacy Day
- September 8--Grandparent’s Day
- September 9—Fetal Alcohol Spectrum Disorder Awareness Day  
<https://www.tcdsb.org/news/othernews/2019/pages/fasd.aspx>
- September 10--Governance and Policy Committee Meeting
- September 12—Corporate Services Committee Meeting
- September 14—Talking Faith—Hindu and Catholic Youth Event  
<https://www.tcdsb.org/Board/NurturingOurCatholicCommunity/News/2019-2020/Pages/HinduCatholic.aspx>
- September 16—Catholic Parent Involvement Committee
- September 18—Special Education Advisory Committee
- September 19—Board

For details about these and other events and meetings, visit [www.tcdsb.org](http://www.tcdsb.org)

### **Student Leaders Invited to Help Build Accessible Country**

The Government of Canada seeks youth leaders to help build a more accessible Canada. Apply online at [https://www.canada.ca/en/employment-social-development/programs/enabling-accessibility-fund.html?utm\\_campaign=EnablingAccessibilityFund&utm\\_source=SocialMedia\Ddn\Banners&utm\\_medium=VanityUrl&utm\\_term=en&utm\\_content=canada-ca\\_accessibility-fund](https://www.canada.ca/en/employment-social-development/programs/enabling-accessibility-fund.html?utm_campaign=EnablingAccessibilityFund&utm_source=SocialMedia\Ddn\Banners&utm_medium=VanityUrl&utm_term=en&utm_content=canada-ca_accessibility-fund) by **October 31, 2019**.

### **Congratulations to Kathy Nguyen, Student Trustee for 2019 - 2021**

Kathy Nguyen, a student at Madonna Catholic Secondary School took her oath of office and seat in the horseshoe alongside the TCDSB Board of Trustees at their meeting held August 22, 2019. Elected by her peers, Kathy was declared the Student Trustee-elect at the CSLIT general assembly meeting at the Catholic Education Centre on April 30<sup>th</sup>.

Kathy often utilizes opportunities where she can network with like-minded leaders and make a difference in her community. She is a member of St. Jane Frances Parish in North York and is an active volunteer in her community. During her leisure time, she regularly volunteers at student leadership events.

As a Student Trustee, Kathy will represent the interests of all TCDSB students during deliberations of the Board and will communicate Board decisions to students. She joins Student Trustee Taylor Dallin who will act as her mentor during her second term of office. You can visit Kathy's student trustee page [here](#) and Taylor Dallin's page [here](#).

### **General Information To Note:**

- The School Year Calendar for 2019-2020 is posted on the board's website at <https://www.tcdsb.org/calendar/pages/schoolyearcalendar.aspx>
- The remaining Board and Committee meetings for the 2019 calendar year are also on the website <https://www.tcdsb.org/news/othernews/2019/pages/board-meetings.aspx>
- For information specifically for students including scholarships, contests, job and community service opportunities, visit <https://www.tcdsb.org/FORSTUDENTS/OpportunitiesForStudents/Pages/default.aspx>
- For information specifically targeted for parents, including information about the Catholic Parent Involvement Committee and the Ontario Association for Parents in Catholic Education, see <https://www.tcdsb.org/FORPARENTS/Pages/default.aspx>

**Never miss out on important news and information.**

*Follow @TCDSB on twitter*

Or sign up for ENews <https://web1.tcdsb.org/InterestSubscription/subscription.aspx> and receive updates to your email on a regular basis.

# OLS LOCAL DRESS CODE

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## Local Dress Code

### **Tops:**

- SOLID navy blue or white, short or long sleeves, collared or non-collared are acceptable
- Sweaters, sweatshirts and hoodies must also be SOLID navy blue or white
- No stripes, patterns, branding or visible logos
- Sleeveless tops are not permitted
- All Spirit Wear and OLS team apparel are acceptable

### **Bottoms:**

- SOLID navy blue bottoms are required, no denim
- 'Athleisure' wear is allowed, including opaque leggings, jogging pants and yoga pants
- SOLID navy blue or white shorts, dresses, skirts and jumpers are allowed
- No stripes, patterns, branding or visible logos
- All Spirit Wear and OLS team apparel are acceptable

### **Civvies Day**

All students are expected to come to school appropriately dressed; that is, neat, clean and in a manner that reflects the aims and atmosphere of a Catholic school. Please refer to the Principles of Modesty for more guidelines

### **Principles of Modesty**

Since students may be attending Church on any given day, and in keeping with the Policy, appropriate dress includes;

- Mid-thigh length shorts
- On Civvies days, clothing with slogans and pictures should promote a positive attitude
- All clothing should help to create an environment for academic learning
- Clothing that does not reflect modesty is not allowed, (e.g. T-shirts with sexual connotations or inappropriate slogans, sleeveless tops, and tops that expose the midriff, or low-riding pants)
- Logos and branding may act as a point of differentiation of status. In keeping with Catholic values, students are reminded to be mindful of respecting their peers and strive to dress in a manner that promotes equality through the absence of branding and logos.

### **Monitoring the Local Dress Code**

With the support of the teachers, Administration will monitor the adherence to the Local Dress Code in a progressive manner, which may include:

- Verbal warning,
- Written notice, and/or
- Progressive Discipline

All final decisions related to the application of the Local Dress Code are at the discretion of the Administration of the school.

Previously loved clothing, that is in good repair, and adheres to the Local Dress Code, may be donated to the school (dropped off at the Office) throughout the year. Families will be able to contact the school to acquire these items if there is a need.

As per the SAFE SCHOOLS: DRESS CODE FOR PUPILS POLICY S.S.07, the Local Dress Code is subject to review every five years. The Policy can be reviewed in full with the following link:

<https://www.tcdsb.org/Board/Policies/Pages/SS07.aspx>

# TCDSB Student Mental Health Newsletter

Fall 2019



## Transition Back to School

Returning to school can elicit a mixed bag of emotions for students. While it may be exciting to think about reuniting with school friends or upcoming events that will take place this year, there may also be some anxiety around new routines and expectations, academic work, or peer dynamics. Transitioning back to school may be particularly challenging for students with learning disabilities and/or mental health struggles. Here are a few tips to ensure a good start to the new academic year for all:



### HAPPY "NEW YEAR!"

The new school year is a good time to set new habits. Consider meeting together as a family to discuss a family goal.

The TCDSB Mental Health Team wishes all families a smooth transition back to school and a productive, enjoyable Fall!

1. **Express excitement** about the new school year and highlight upcoming opportunities or activities.
2. **Encourage your child to self-reflect** on last school year in order to set goals for this year (e.g., which goals were met; what was difficult; what worked?). Set new goals and discuss manageable steps to work towards the goals.
3. **Encourage your child to get involved** in teams, clubs, or other extra-curricular activities. This type of involvement can foster a sense of belonging and increase self-esteem.
4. **Establish collaborative relationships** with your child's teacher(s) and other members of his/her support team (e.g., resource teacher, EA, CYW) early in the school year. Set up a meeting or a phone call and discuss your child's strengths, needs, and goals.
5. **Discuss expectations about homework and study times.** Involve your child in setting up an appropriate homework space and/or a portable homework "kit" with needed supplies.
6. **Involve your child in creating a schedule** that includes getting enough sleep, outdoor exercise, and boundaries around screen time.

## Getting Back to a Sleep Routine

After enjoying late summer nights and having little routine in place throughout the day, it can often be a struggle to get back into a sleep schedule. Good sleep hygiene supports us in feeling re-energized for those early morning wake-ups and fueled throughout the school day. Here are 3 easy ways to improve your sleep (for both parents and kids!):

**Maintain a regular schedule** – ensure you are going to sleep and waking up at the same time every day. As you are building this habit, it might be useful to keep a sleep log to track timing until your body clock gets used to a consistent pattern.

**Choose a relaxing sleep time activity** – refrain from using screen time including computer, phone, or TV as a go-to bedtime ritual. These devices will only stimulate alertness in the mind and make it more difficult to fall asleep. Instead, try going for a walk, talking to a friend, or reading a book to promote relaxation.

**Spend less time in bed** – this includes staying in bed after your alarm goes off in the morning, and when you find yourself awake or unable to sleep at night. During these times, it can often be helpful to leave the bedroom until your mind has quieted down. If you find your mind is still racing, try falling asleep or waking up to a mindfulness/meditation exercise, relaxing sounds, or a story. Some of my personal favourites are available on the free version of an app called *Calm*. Sleep well! (Written by: School Social Worker Amanda Costabile)

(Source: National Sleep Foundation)

## Attendance Matters!

School attendance and school success go hand in hand. Not only do students lose valuable opportunities for learning when they are absent, they also lose opportunities to connect with caring adults as well as their peers. Meaningful connections with others can act as a buffer against stress, can enhance happiness, and can even protect us against depression. See the following tips to help with getting your child to school regularly so they can reap the benefits!

- **Set good habits in September.** Research shows that students who miss between 2 and 4 days in September continue to miss 2-3 days on average each month, totaling about 25 days for the year!
- **Help your child get organized the night before** (e.g., lay out clothes, make lunches, pack backpacks).
- **Ensure your child is getting enough sleep** (9 to 11 hours per night for ages 5–13 years; 8 to 10 hours per night for ages 14–17 years).
- **If your child reports feeling unwell frequently, speak to your family doctor;** be aware that frequent complaints of a stomach ache or headache can be a sign of anxiety.
- **Talk to teachers and the school principal if your child seems anxious** about going to school and/or there are other barriers to regular attendance. There are many supports available at school (e.g., guidance counselors, social workers, psychology staff, CYW's).

*(Sources: Attendance Works.org; PsychologyToday.com; Baltimore Education Research Consortium, July 2014); Canadian 24-Hour Movement Guidelines)*



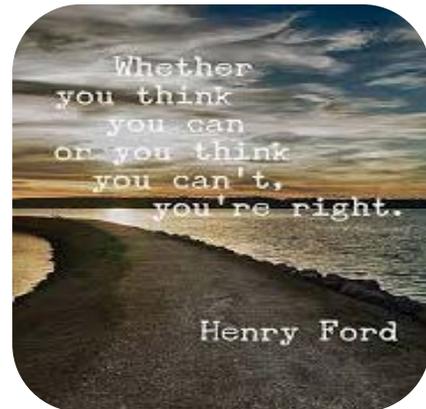
## Rooted in Christ: We Believe

As the second year of our current three-year pastoral plan begins, let us reflect on the concept of *believing*. As a community of believers, we know that God is present in all of us. To strengthen both our faith and our mental health it is important that we believe in ourselves.

Our core beliefs begin developing in childhood, so consider the following tips for influencing your child's beliefs about him/herself:

1. **Praise positive character traits** that you witness in action (e.g., if you see your child comforting an upset sibling or friend, remark that the child is a caring person).
2. **Praise effort rather than result.** When you praise hard work your child will feel capable and will believe that hard work pays off.
3. **If you hear the words "I can't,"** encourage the child to remember a time when he/she accomplished something else that was challenging.
4. **When you hear a negative statement from your child,** help him/her to write down the reasons the belief might not be true.
5. **Remember: "the way we talk to our children becomes their inner voice"** (Peggy O'Mara).

*(Sources: PsychologyToday.com; Allparenting.com)*



## Supporting Your Child through Hard Emotions

As parents, we want to see our children happy. When we see they are unhappy we often jump into "fix-it" mode. Whether that means trying to cheer them up, distract them from their distress, or solve their problems, it is best to avoid the urge to "fix" right away. Children/youth need to feel free to experience and express a range of emotions in order to come to acceptance that these emotions are part of life and that they are not permanent. Acceptance of emotion helps develop resilience. To support your child/youth during hard times, practice reflective listening. Listen for the emotion in their stories and reflect it back to them (e.g., "It sounds like math was very overwhelming today."). When they feel heard and validated, it will bring the emotion down and they may then be ready to problem solve with your assistance.

*(Sources: PsychologyToday.com (05/21/13); Washington Post, (08/26/19))*

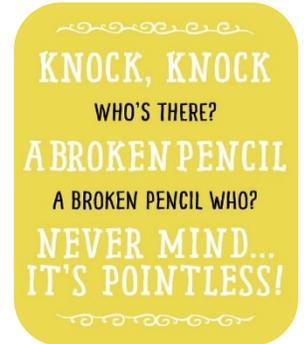


A Laugh a Day...

The **Canadian 24-Hour Movement Guidelines** have been referenced throughout this newsletter. Take a closer look at the recommendations for Sleep, Screen Time, and Physical Activity at this link:

[www.csepguidelines.ca](http://www.csepguidelines.ca)

A **2019 study** revealed that only 5% of children are meeting the recommendations in all three categories. Thirty percent are not meeting ANY of the recommendations (Source: AAP Publications, 2019/08/21).



## Community Mental Health Resources

**Kids Help Phone** 1-800-668-6868 [www.kidshelpphone.ca](http://www.kidshelpphone.ca)

*Professional and confidential counseling available 24/7 via phone. Text and live chat are also available (see website).*

**What's Up Walk-in Counseling** [www.whatsupwalkin.ca](http://www.whatsupwalkin.ca)

*Professional, confidential walk-in counseling for children, youth, and their families. No fee. No appointment. Health card not required. Six locations across Toronto. See website for locations and hours of operation.*

**211 Toronto** [www.211toronto.ca](http://www.211toronto.ca)

*24/7 information and referral to community and social services.*

### Featured Mental Health Resource:

**Mental Health T.O.** is a free phone service to help connect anyone under the age of 18 to mental health and addiction services in their community.

Phone: 1-866-585-6486 (9 a.m. – 5 p.m.)

\* For more information visit the website: [www.mentalhealthto.ca](http://www.mentalhealthto.ca) \*

September 21<sup>st</sup> is International Day of Peace. Let us all remember that:



This newsletter is brought to you by the TCDSB Mental Health Team. Feel free to contact us with any comments, questions, or suggestions at 416-222-8282 (extensions below):

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*\*Special thank-you to School Social Worker Amanda Constabile MSW, RSW for her contributions to this edition\**



# September 2019

Virtue of the Month:  
*HOSPITALITY*

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 <b>Labour Day</b>	3 Happy New School Year 2019-2020	4	5	6	7
8	9 Code of Conduct Assemblies	10 Boomerang Lunch  Mr. Lego – classroom info presentations	11	12 Boomerang Lunch	13  Terry Fox Assembly (JK – Gr. 8)	14
15	16 Milk Program Begins	17 Boomerang Lunch  Whole School Mass @ 1:15 p.m.	18  Welcome BBQ/Curriculum Night 5:30 p.m.	19 Boomerang Lunch  <div style="border: 1px solid black; padding: 5px; text-align: center;"><b>GRADE 8's OVERNIGHT EXCURSION - CEDAR GLEN</b></div> WE Day	20  Civvies Day Toonie Fundraiser	21
22	23	24 Boomerang Lunch  Mass - 9:00 a.m. Grades 2 & 7  <b>Lunch Lady</b>	25  CSPC Elections Night 6:30 p.m. Library	26 Boomerang Lunch  Mass - 9:00 a.m. Grades 3 & 6	27 Terry Fox Run  Civvies Day Toonie Fundraiser	28
29	30	1 <b>OCTOBER</b>  Boomerang Lunch  Gr. 8 Gifted excursion	2 Grade 7 excursion Taste of the Arts excursion	3 Boomerang Lunch  Picture Day  <div style="border: 1px solid black; padding: 5px; text-align: center;">Grade 7 Overnight – Teen Ranch</div>	4 International World Teacher Day (Oct.5) Picture Day (Siblings)	5