



ST. HELEN CATHOLIC SCHOOL

1196 College Street, Toronto, ON M6H 1B8

Telephone: 416-393-5208

Fax: 416-397-6142

CATHOLIC SCHOOL NEWS

Virtue of the month: **GRATITUDE**

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

Catholic Social Teaching: Rights and Responsibilities

Every person has a fundamental right to life as well as a right to those things required for human decency.

Catholic School Graduate Expectation: Self-Directed Responsible Lifelong Learner

Because I am a learner for life, I can reach for my dreams by living my life like Jesus.

HAPPY THANKSGIVING

Dear Parents and Caregivers:

We welcome new families who have joined us in the month of September. October 5th is World Teacher Day. We would like to extend our appreciation to the staff at St. Helen for their caring and dedication in helping our students grow in the Catholic faith, expand their knowledge and develop important life skills. We would like to wish our students and families a Happy Thanksgiving on MONDAY, OCTOBER 14th. We hope you will support our school community in expressing gratitude for the many blessings in our lives by sharing our bounty with the less fortunate through the Thanksgiving Food drive.

M. Sardo-Antunes
Principal

O. De Figueiredo
Vice-Principal

DATES TO REMEMBER

- October 1st, 15th, 29th – Pita Pit
- October 2nd – Lunch Lady, National Custodial Workers Day, Curriculum Night/Open House @ 6:30 p.m
- October 5th – World Teachers' Day
- October 7th – Student Nutrition Program Begins, Rosary Day
- October 9th, 16th, 23rd, 30th – Lunch Lady
- October 10th – Pizza Day, Cross Country Meet
- October 11th – PA Day (No School)
- October 14th – Thanksgiving (No School)
- October 16th - Cross Country Regionals, Arts Express Cartooning Lunch Program begins
- October 17th – Welcome Thanksgiving Mass St. Helen Church a.m.
- October 22nd – School Photo Day, Municipal Elections
- October 23rd – CSPC Meeting @ 6 p.m., Arts Express
- October 25th – Pizza Day, Dress down day, Child Care Worker & Early Childhood Educator Appreciation Day
- October 30th – Dental Screening week starts, Arts Express
- October 31st – All Hallows Eve, Hallowe'en Dance A Thon

OCTOBER 2019

Manuela Sardo-Antunes	Odile DeFigueiredo	
PRINCIPAL ↗	VICE-PRINCIPAL	
John Wujek 416-222-8282 ext. 5371		
SUPERINTENDENT ↗		
Frank D'Amico 416-222-8282 ext. 3406		
TRUSTEE ↗		
St. Helen Catholic Church 416-531-8188		
1678 Dundas St. W. Toronto, ON M6K 1V3		
PARISH ↗		
Liz Croatto/ Cindy Sousa Kang 2019-2020		
CSPC CHAIR / Co chair ↗		
www.tcdsb.org/cpic		
CPIC (PARENT ENGAGEMENT - TCDSB) ↗		
www.tcdsb.org/oapce-toronto		
OAPCE TORONTO (PROVINCIAL VOICE FOR PARENTS) ↗		
390	8:30 am – 3:00 pm	11:15 am – 12:15 pm
ENROLLMENT	HOURS OF OPERATION	LUNCH HOUR



NEW REGISTRANTS WELCOME

Apply online: soar.tcdsb.org

Call 416-393-5208 or the TCDSB Admissions Department at 416-222-8282, ext. 5320.

For general information about the Toronto Catholic District School Board, visit www.tcdsb.org

Stay in touch with the latest news throughout the school year: Follow @TCDSB on Twitter or Toronto Catholic DSB on Instagram



**VIRTUE OF THE MONTH FOR
October is Gratitude**

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

We encourage our students to demonstrate the monthly virtues. Students will be recognized with certificates on the bulletin board outside the office and with a Medal of Virtue presented during our school monthly virtue assembly. During the Month of October we will be celebrating the virtue of Gratitude.

September & October virtue winners will be announced in November newsletter.



**JR. BOYS & GIRLS SOCCER
TOURNAMENT**

Good luck to all our Jr. Boys and Girls Soccer Players who are participating in the soccer tournaments and representing St. Helen School with pride.



**ST. HELEN FOOD DRIVE –
Oct. 7th to 16th**

The St. Helen Me to We team has launched our annual Thanksgiving Food Drive. From October 7th to October 16th we will be collecting non-perishable food items for our St. Helen community. All proceeds will go towards feeding those in our community who are in need.

**NATIONAL CUSTODIAN DAY
– October 2nd**

St. Helen School wishes to thank our caretaking staff who work hard to keep our school clean, safe and in tip top shape for our students and staff. A job well done!



CURRICULUM NIGHT

St. Helen's Curriculum Night will be held on October 2nd. Parents/guardians are invited to attend this very important evening, as information about Ministry curriculum, assessment measures and teacher expectations for the school year will be presented. We welcome you to attend.

LUNCH LADY - WEDNESDAYS

Lunch Lady is very excited to be serving our students hot lunches for the 2019-2020 school year. Information has been sent home in regards to online ordering. Every lunch will meet provincial nutritional standards and are designed with kids' good health in mind. All meals will be made in a nut-free commercial kitchen and can be modified for kids with allergies or special food needs. If you have any questions email/call anthony@thelunchlady.ca 647-436-9134.



WORLD TEACHERS' DAY – October 5th

We would like to extend our appreciation to the staff at St. Helen for their caring and dedication in helping our students grow in the Catholic faith, expand their knowledge and develop important life skills.

**PITA PIT LUNCH DAYS –
October 1st, 15th & 29th**

Online ordering (as well as manual paper orders) for Pita Pit lunches has started. Pita lunches will continue on alternating Tuesdays. Pita Pit follows the Food and Beverage Policy.

CROSS COUNTRY – Oct 10th

Good luck to all our Cross Country Participants who are running in the tournaments and representing St. Helen School with pride.



**PIZZA LUNCH –
October 10th & 25th**

St. Helen will be coordinating our hot pizza lunch days this year for our students. Information will be coming home soon with instructions for ordering and payments. Volunteers are greatly needed to assist with these hot lunches. If you are able to volunteer an hour of your time on pizza days, please fill in a volunteer form available in the office and someone will contact you.



HAPPY THANKSGIVING

We would like to wish our students and families a Happy Thanksgiving on MONDAY, OCTOBER 14th. Reminder that Friday October 11th and Monday October 14th there is no school.



ARTS EXPRESS CARTOONING PROGRAM – starting October 16th

St. Helen School is pleased to offer the Arts Express lunch cartooning program for those students who preregister. The Program will run for 8 weeks during the lunch hour and will have students create, animate and bring to life their own unique characters. Registration forms were sent home and are available through the office.

WELCOME/THANKSGIVING MASS –

Please join us at our Welcome Thanksgiving Mass at St. Helen Church at 9:30 a.m on October 17th. All are welcome to attend.

PHOTO DAY – October 22nd

Students will have the opportunity to have their photograph taken on October 22nd. A reminder that students are asked to wear their school dress code for picture day. Sibling photos will be done on retake day.



CHILD CARE WORKER & EARLY CHILDHOOD EDUCATOR

APPRECIATION DAY- October 25th

We would like to extend our appreciation to the Child Care and Early Childhood Education staff at St. Helen for their caring and dedication in helping our young children and students grow in the Catholic faith, expanding their knowledge and develop important life skills.

DRESS DOWN DAY – October 25th

Students are encouraged to dress down for a donation of \$2.00 on Friday October 25th.

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/schoolcashonline

Welcome to the Parent Council

A Catholic School Parent Council has been established, subject to the requirements of the Education Act and the TCDSB policies, guidelines and Operating Procedures for Catholic School Parent Councils and shall function in an advisory role to the school Principal and where appropriate, the Board. The Parent Council is made up of parent/guardian representatives, teachers, St. Helen's Parish representative and a community member.

Congratulations to our 2019-2020 St. Helen CSPC:

Chairs: Mrs. Croatto, Mrs. Sousa-Kang

Treasurer: Mrs. Labao-Cardoso

Secretary: Ms. Pacheco, Mrs. Goncalves

Teacher Representative: Ms. Vitale-Rebelo

Non-Teacher Representative: Mrs. Strods

The Council meets regularly and encourages the attendance of all community stakeholders. Please join us at our monthly scheduled CSPC meetings at 6:30 p.m. Our next meeting will be on October 23rd. Future scheduled meetings to be announced in the November newsletter. We encourage your involvement.

DENTAL SCREENING – STARTING OCTOBER 30TH

Toronto Public Health will be starting their dental screening at St. Helen school on October 30th. As mandated by the Ministry of Health, the screening is an assessment by an oral health staff member for dental issues of students. Only those students who are identified will the parents be notified.

HALLOWEEN DANCE – A THON - October 31st

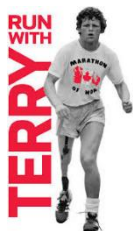
St. Helen & C.S.P.C will be celebrating Halloween with costumes and a Dance A Thon on Oct. 31st. Please remember that students must be dressed in appropriate costumes that day. **NO MASKS OR WEAPONS WILL BE ALLOWED.** More information will be sent home shortly with details.



ST. HELEN NUTRITION PROGRAM

Our Nutrition Program has started this school year. We are happy that our school will be continuing the Universal Model for the Nutrition Program. The Nutrition Program is partially funded through the City

of Toronto and the Province of Ontario and is overseen by the Angel Foundation. **Government grants only cover partial funding of our Nutrition Program.** WE ARE COUNTING ON PARENT AND COMMUNITY DONATIONS TO KEEP OUR PROGRAM RUNNING. Parents and/or caregivers are welcomed and encouraged to support and contribute a donation according to their ability to increase the funding base for this program. Look forward to information coming home soon on how you can donate to this program.



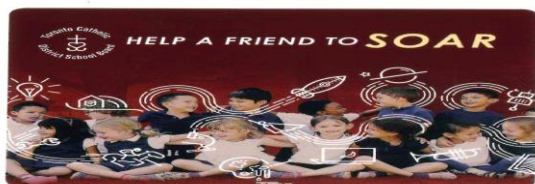
TERRY FOX UPDATE

On September 26th St. Helen School took part in our Annual Terry Fox Run. All across Canada students participated in the Terry Fox Run. This was a great way to raise funds for cancer research and

create community involvement. Thank you to everyone who has pledged/donated to this event.

SACRAMENTAL REGISTRATION AT ST. HELEN PARISH

If your child finished Grade one and is going into Grade two or was in Grade six and going into Grade seven they may be eligible to be a Candidate to celebrate his/her First Communion or Confirmation at St. Helen Parish in 2020. Please call St. Helen Parish to get information on qualifications and upcoming registration dates.



REGISTRATION INFORMATION

Families with children born in 2015 or before, are invited to apply online for registration. Parents can complete their application via the Board's new Online Registration Website: <http://soar.tcdsb.org>. The following documents are required for applying online and the originals are needed for the application appointment:

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 (e.g., landline phone bill, Tenant/Landlord Agreement, utility bill)

General information is available by telephone at 416-222-8282, ext. 5314 or via the board's website at www.tcdsb.org.

ELECTRONIC COMMUNICATION

The Toronto Catholic District School Board strives to be efficient and environmentally-conscious by communicating electronically whenever possible. Communications can include information on school specific special events, newsletters, calendars, Board communications, and much more. ***St. Helen School will be adopting the goal of electronic communication, and will begin to send home communications via email with the goal of reducing our paper consumption.*** All emails will be sent under blind carbon copy with email addresses remaining private and confidential. If there is an email address that you wish to add/edit/delete on your child's student data file, please send in writing to the office the student name, parent name and email address that you wish to add/edit/change. Thank you for your continued support in making St. Helen an Eco-Friendly Environment for all.



CELL PHONE USE

Although many students bring cell phones to school as a communication device for parents to keep in contact with their children after school hours, please note that **CELL PHONE USE IS NOT PERMITTED DURING THE SCHOOL DAY.** Students are to keep their cell phones powered off and out of sight during the day and while on school property. Class time is precious and students will not be allowed to engage in texting/ calling/ emailing during school hours. If you need to contact your child, please call the school and we will make every attempt to relay the message to your child and/or to bring your child to the office telephone. Failure to follow school policy may result in the confiscation of the cell phone. Any use of cell phones/electronic devices, whether intentionally or unintentionally, to intimidate others will result in confiscation of the phone.



DRESS CODE

The "Appropriate Dress Code" consists of any combination of solid white and navy blue garments. (i.e., plain white top, navy blue bottom; navy blue top and bottom; no denim). **Any sweaters or hoodies to be worn in the school should conform to the blue/white dress code.** Thus any articles of clothing with

writing/pictures/logos other than the school crest are not appropriate wear. This also means any articles of clothing in colours other than blue and white are **NOT** appropriate. Clothing with stripes and checkers are also not appropriate school wear. The school will contact parents when their children are not adhering to the school dress code. Please ensure that your child is equipped with appropriate wear.

Students are to be dressed properly for a safe physical education class. Running shoes for gym use should not be black soled as they mark up the gym floor. Makeup and jewelry are not appropriate for elementary students. Excessive make-up is not allowed.

All school related activities shall be governed by the dress code. Students are expected to dress in a manner that demonstrates respect for God, self and others. ***If students are not adhering to the dress code, parents will be notified and alternate arrangements are made. Student dress code is monitored daily.***

DRESS CODE FOR WARM WEATHER

In warm months, students should still be dressed in our **Navy and White dress code as well as dressed modestly**. Tops with spaghetti straps, short shorts, torn clothing and jeans are not appropriate wear. Students are to be attired properly for a safe physical education class. Running shoes for gym use should not be black soled as they mark up the gym floor. Makeup and jewelry are not appropriate for elementary students. Excessive make-up is not allowed. All school related activities shall be governed by the dress code. Students are expected to dress in a manner that demonstrates respect for God, self and others. ***If students are not adhering to the dress code, parents will be notified.***

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parents will be notified and students may be requested to go home to change.



**SAFE ARRIVAL
SCHOOL
MESSENGER**

One of our greatest priorities is ensuring that all our students arrive safely to school each and every day. We would like to inform you of some changes that will be coming early in the new school year.

To enhance our existing absence-checking procedure TCDSB has introduced a new, more efficient student absence reporting system called SafeArrival. This new system will reduce the time it takes to verify student attendance, making it easy for you to report your child's absence and easy for staff to respond to unreported student absences.

With SafeArrival, you are asked to report your child's absence in advance using any of these 3 convenient methods:

1. Using your mobile device, download and install the SchoolMessenger app from the Apple App Store or the Google Play Store (or from the links at <https://go.schoolmessenger.com>). The first time you use the app, select Sign Up to create your account. Select Attendance then Report an Absence.
2. Use the SafeArrival website, <https://go.schoolmessenger.com>. The first time you use the website, select Sign Up to create your account. Select Attendance then Report an Absence.
3. Call the toll-free number 1 (833) 251-3286 to report an absence using the automated phone system.

These options are available 24 hours/day, 7 days a week. Future absences can be reported at any time up to a maximum of 10 consecutive days. It is important to note that when setting up your account, you must register using the email address and phone number associated with your child's Trillium account.

In addition, schools will use the SchoolMessenger Communicate automated notification system to

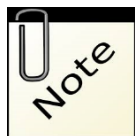
contact parents whose child is absent when the absence was not reported in advance. The automated notification system will attempt to contact parents at multiple contact points until a reason is submitted for the absence. If our system is unable to reach the designated contacts, office staff will follow up.

If you report your child's absence in advance using the SafeArrival toll-free number, website or mobile app, you will NOT receive these notifications.

STUDENT ATTENDANCE / LATES



Our school day begins at 8:30 a.m. It is imperative that the students arrive before the 8:30 a.m. morning bell and that they are ready to line up for school entrance with their class. When students are late, they miss important morning announcements that the Principal needs to make as well as important instructional time. The student who is late disrupts the classroom lessons that have been started. Student attendance is monitored closely and warning letters are being sent home when a student is consistently late. Lateness is also monitored by the school social worker.



PERMISSION TO LEAVE SCHOOL

If your child is required to leave school (before normal dismissal times) a note, which is dated and signed by the parent stating the reason for early dismissal, should be presented to the teacher before the student is permitted to leave. A "sign-out" book is located in the office and all persons picking up students or students with written parental permission leaving early must complete the sign-out information before leaving the school. Parents who send friends, neighbours or relatives to pick up their children must inform the school in advance of changes.

SCHOOL SUPERVISION

Our children are supervised in our kindergarten yard and schoolyard **from 8:15 a.m.** to entrance time. Over the lunch hour, the students remaining for lunch are supervised by staff. For safety purposes, parents and guardians are kindly asked to keep the schoolyard clear by waiting on the other side of the fence from 8:15 a.m. and throughout the school day.



DISMISSAL

Parents picking up children should be at the school only five minutes before the

dismissal bell in order to maintain an uninterrupted learning environment and to ensure the safety of all students. In the interest of safety, parents are asked to meet siblings and other children that they pick up in the schoolyard. Parents and caregivers are reminded that supervised dismissal time for students at the end of the school day is from 3:00 p.m. – 3:15 p.m. If a student is not picked up by 3:15 p.m. in the school yard, the supervisor will bring the student to the office where a call will be made to arrange for pick-up of the student. The school office closes at 4:00 p.m.

SOFT FOAM BALLS IN SCHOOL YARD

If everyone follows this simple rule then we can all ensure student safety.



BIRTHDAYS & PROMOTING NON-EDIBLE TREATS

Birthdays are announced over the P.A. and children are invited to the office to choose a small token in celebration. Sending something for your child's birthday for the class is not necessary; however, if you wish to do so, we encourage non-food items (e.g., pencils, erasers, stickers, etc.).

ALLERGIES / SHARING FOOD

St. Helen's is an allergen aware school. There are children in attendance who suffer from severe and life threatening allergies to certain foods, such as peanuts or other nut products (this includes Nutella). Please let the school know if your child has a new allergy. Please remind your child to refrain from sharing snacks and lunches. **Students with ANAPHYLAXIS must carry an EPI-PEN with them at all times as well as having a second EPI-PEN stored at the school office. Parents/ Guardians will be given a form: TCDSB REQUEST AND CONSENT FOR ADMINISTRATION OF INJECTION OF MEDICATION IN AN EMERGENCY** which is to be completed by the parent/guardian as well as the child's doctor. An EMERGENCY ALLERGY ALERT FORM EPI-PEN ONLY will be completed with the student's photo and placed on the Medical Alert Board in the office, staff room and student's classroom.



NO STOPPING ON COLLEGE ST.

Parents and the community must ensure that the safety of the children is the first priority when using surrounding streets to drop off children for school and picking them up. There are still illegally parked cars on College Street in front of the school. Those individuals have been warned or have received tickets. The City of Toronto and Toronto Parking Authority have zero tolerance for offences in school zones and that people must understand that safety comes first over convenience. There is no need for illegal parking in front of the school. The following parking tickets will be issued for certain parking violations: Stopping and Parking in a No Stopping Zone: \$60.00, Parking in a No Parking Zone: \$40.00, Stopping and Parking in a Bus Loading Zone - \$40.00. In addition, these zones are in place to make sure that there are no cars impeding the safe flow of traffic. Parking Enforcement is allowed to call for vehicle towing in the following circumstances: parking on a sidewalk, 9 metres from an intersection, in front of fire hydrants, in a no stopping and no standing zone. It is vital that the flow of traffic not be impeded in case of emergencies eg. EMS, Police and Fire need access to the school or neighbours (which in some circumstances may be a matter of life and death) and the current illegal parking does not allow for this flow of traffic. With all of this being said, we as a community need to make this our motto "Safety over Convenience" and abide by the parking by-laws.



KIDS AND FLU – INFORMATION FROM PUBLIC HEALTH

The flu germs spread when people cough, sneeze or talk. The flu germs can also live on surfaces like toys, countertops, and door handles for up to eight hours.

Students can pass the flu germs to each other, to school staff and to family members before they show symptoms. Children under five, seniors and people in poor health are at greater risk of complications from flu.

Vaccination is the best protection against flu. It takes 2 weeks for the vaccine to be fully effective so get it early.

Tips on staying healthy this flu Season:

Get your flu shot early

[Wash your hands](#) often

Avoid touching face and eyes

[Cover your cough](#) or sneeze

Do not share drinking cups and utensils

Disinfect common surfaces like door handles, hand railings, keyboards, cell phones and tablets.

For more information, visit toronto.ca/health/flu

SCHOOL PARKING LOT

Parents and the community are reminded that the parking lot behind the school is private parking for The Toronto Catholic District School Board and to be used by staff members. It is private property and any unauthorized vehicles will be tagged and/or towed away at the owner's expense. (Toronto Municipal Code Chapter 915).



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



Rory McGuckin, Director of Education

80 Sheppard Ave. E., Toronto, ON · Website: www.tcdsb.org

