

# Bessborough Elementary and Middle School School Newsletter

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416.467.0389

## Upcoming Events October

- ◆ Lice Check - Oct. 11
- ◆ Trinket Therapy Dog Visit - Oct. 12
- ◆ X-Country Meet (Gr. 3-8) - Oct. 16
- ◆ Gr. 3 TUSC Trip - Oct. 19
- ◆ Gr. 3 TUSC Trip - Oct. 20
- ◆ Dental Screening - Oct. 23-27
- ◆ Pizza Lunch - Oct. 26
- ◆ Halloween - Oct. 31

## Thanksgiving Holiday - Mon. Oct. 9



We wish all our families a very happy and safe Thanksgiving Holiday. We hope that you have an opportunity to rest and celebrate all that we have to be thankful for. School will be closed this day. Classes resume on Tuesday October 10<sup>th</sup>.



## Terry Fox Run

This was a huge success this year and we surpassed our goal of \$5000 (exact amount forthcoming)! Therefore, students can expect a dance and teachers can expect a pie in the face in the very near future!



## Second Kicks

RECYCLING MADE EASY – Second Kicks will be, once again, collecting used soccer uniforms, cleats, balls and equipment to be REUSED in areas of need of equipment. To date, Second Kicks has sent your used soccer equipment to over 30,000 children and adults all over the world, putting smiles on faces in Africa, Nepal and communities in Canada.

A collection box has been set up in the school outside the main office and will be available during October.

To learn more about Second Kicks, please visit our website at [www.secondkicks.ca](http://www.secondkicks.ca).

## Cross-Country Update



Congratulations to all of those who ran the race this Thursday at Earl Bales. You made Bessborough very proud and we hope that you are all proud of yourselves! Your hard work and dedication for coming to all of our morning practises really paid off!

Over 140 runners participated in the meet! We have approximately 40 runners moving on to the next race on October 16 at Centennial Park, including several runners who placed in the top 10! As soon as we get the official results from TDESSA we will let everyone know who qualified for the next meet.

Finally a BIG thank you to all of our parent volunteers for your many hours of inspiring, coaching, supervising students, handing out popsicle sticks and completing data entry.

## Junior Boys Football

The Junior Boys football tournament will take place at Lawrence Heights Middle School (50 Highland Hill, North York, ON M6A 2R1) on October 12, 2017.

### Game times:

Game 1 @12pm / Game 2 @ 2pm

### Things for students to bring:

- lunch
- snack
- water bottle
- warm clothes for in-between games
- rain gear

Mr. Tournalis

## Lice Squad - Oct. 11



Every year we are fortunate to have the Lice Squad team come to our school to do lice checks twice a year. Wednesday October 11th will be our first check.

If lice is found, the parent of the student will be notified. A letter will also be sent home to the parents of the class just indicating there is a case of lice occurring in class. Lice Squad is a great support for families if needed.

## Grade 7 Vaccinations - Nov. 20



Toronto Public Health will be visiting Bessborough to provide free vaccination against three diseases. The vaccination package was sent home with students on the first week of school. The vaccines available at school clinics are not free at doctor's offices. Protect your child against meningitis and cancer. Please complete the consent form and return it to your child's teacher as soon as possible.

## Please Support the Hurricane Maria Relief Efforts for the Island of Dominica

Hurricane Maria, carrying all the force and fury of a category 5 hurricane, landed on Dominica's shores on Monday, September 18<sup>th</sup>, 2017, leaving widespread devastation on the island and horrifying images forever etched in the memories of Dominican residents.

Several Toronto and GTA agencies are working with schools to help with relief. Please see the list of most needed items below. Arrangements have been made to transport the donations to the island between now and December 8, 2017.

You can either drop off the donations at C W Jefferys CI, 340 Sentinel Road, Toronto M3J 1T9.

Mon – Fri between 8:00 a.m. - 4:00 p.m. Tel: 416 395-3170 or 416 395-3170 Ext 20011.

Or, you can drop off items at your school and arrangements will be made to transport the items to C W Jefferys. Thank you for supporting the people of Dominica.

### **Items most needed:**

- Tarps 16 x 24 – Most urgently needed
- Toothpaste and toothbrushes
- Flashlights and batteries
- Toiletries
- Diapers: baby's and adult
- Sanitary pads
- New or gently used bath towels and wash cloths
- New or gently used baby clothes/baby bottles
- Non-perishable food items
- Soap
- New underwear
- Laundry detergent
- New or gently used sheets, blankets, pillows and pillow cases
- School supplies

## H&S General Meeting

**Tuesday, October 10th, 7 pm in the Library**

Babysitting will be provided in the Mini Gym

We will hold our first General Home & School Meeting. The Agenda for the night can be found at [www.bessboroughhomeandschool.com](http://www.bessboroughhomeandschool.com), with a small segment given to a H&S update before we pass the floor to Dr. Beth McCharles and her presentation on Developing Resilient Performers (see below).

We encourage you to visit the Lost & Found headquarters by the office. Items not picked up by October 17th will be cleaned and donated.

## Parent Speaker Series Developing Resilient Performers

**Tuesday, October 10th, 7 pm in the Library**

RSVP at [Dr Beth McCharles PRO Grant Speaker.](#)

We're pleased to offer you an evening with Dr. Beth McCharles for her discussion on "Developing Resilient Performers". Parents will learn how to teach our children confidence and to embrace their challenges to harness unique abilities and reach their full potential. Armed with this understanding, we are better able to support them, help them manage their anxieties and achievements, and encourage them to support those in their community who are struggling.

Dr. Beth McCharles has over 15 years' experience with top-rated universities as a lecturer, coach, consultant, and manager. She's worked with Nike Inc, OneXOne, Canadian University Sport, Canadian Armed Forces and the Canadian Sport Institute, and participated in 7 international games as an athlete, coach or sport psychologist. Currently, she is a facilitator and mentor with the Canadian Sport Institute, a professional consultant with the Canadian Sport Psychology, and holds a private practice with professional music, acting, dancing, executive and athletic clients.

## Excel Dynamo Volunteer Needed!

We are seeking a parent volunteer who's comfortable with Excel to help us with a short, but important, job. Just 3 to 4 hours to get us through the last stretch of our H&S forms. Please contact Laura Rumble ([laura.rumble10@gmail.com](mailto:laura.rumble10@gmail.com)).

## 2ND ANNUAL MEN WITH AXES NO AXE THROWING EXPERIENCE PREFERRED!!

**Saturday October 14<sup>th</sup>, 630pm – 230am, Amsterdam Brewhouse, Esandar Drive**

Come join a Leaside tradition at the Amsterdam Brew Pub. The night starts with a professional lesson, then hand over the axe for lots of practice throwing, and onto the Leaside Axe Master Tournament and prime rib dinner. Visit [www.menwithaxes.com](http://www.menwithaxes.com) to get your tickets

Silent Auction Items Needed!

The silent and live auction is a huge part of the night and we need you!! Can you leverage some of your abilities, contacts and workplaces for ideas such as:

- Box Seats for events
- Products like running shoes, jerseys, sports memorabilia
- Professional services like Lawyers (Help creating a will), Personal Trainers (family boot camp), Home organizing (make things easier to find!)

Please contact [Cabrina.Skillen@gmail.com](mailto:Cabrina.Skillen@gmail.com)

## Get Involved and Bring Your Ideas!

There's still time to send us your ideas on how to spend some of our hard earned fundraising dollars. The ideas for funds are to go towards **one-off items** (ie: not operational expenses) and in the past have gone to enhance the kindergarten playground, support the Georgia Walsh Memorial, provide learning tools like technology to accommodate all learners, books and reading programs, new instruments, a fun science day, and arts education and performances to name a few

If you would like to submit an idea (proposal) for spending, please see the Disbursement Guidelines and request form on the H&S website: [bessboroughhomeandschool.com](http://bessboroughhomeandschool.com)

Please note that to be included in this year's Enrichment Budget, forms must be received no later than October 20th. Submit forms to our Chair Robyn Israel ([robyneisrael@gmail.com](mailto:robyneisrael@gmail.com)).

A vote will be at the November 14 General Meeting to determine which ideas will received the funding. The proposed budget will be distributed in advance of the meeting via this Bulletin. *Again - to vote, you must be a member of H&S.*

## Fall Lunch Programs

There is still time to sign up for one of the amazing lunchtime programs being offered this fall but act fast – spaces are quickly filling up! Explore with art, go crazy with Jedi Lego, build your dream home, get Mad with Science or learn chess or knitting. Most programs start the week of October 16th so don't delay. Go to our website and sign up today!

[www.bessboroughhomeandschool.com](http://www.bessboroughhomeandschool.com). Contact Jacqui Dickens ([jacandphil98@hotmail.com](mailto:jacandphil98@hotmail.com)) or Laura Rumble ([laura.rumble10@gmail.com](mailto:laura.rumble10@gmail.com)) with any questions.

## Catered Lunch Service - It's a Hit!

Run out of lunch ideas? Bessborough kids and parents are in love with our new catered lunch service provided by Rose Reisman, offered on Tuesdays, Wednesdays and Thursdays. Go to [www.kidslunch.ca](http://www.kidslunch.ca). Registration can be done at any time! The school code is BDEMS50

## Sub Lunch Update

Our first sub lunch was on Monday, October 2<sup>nd</sup>! Rumour has it the kids lined up quickly to get this delicious lunch. Each sub comes with a juice and pack of cookies. If you haven't signed up your child(ren), it's not too late! Contact [Cabrina.Skillen@gmail.com](mailto:Cabrina.Skillen@gmail.com)

## Still Looking For Some Help With Child Minding!

H&S is still looking for babysitters to help care for kids while parents attend the General Meetings. **Our first meeting is Tuesday October 10<sup>th</sup>, 7pm.** We need 2 Grade 7 or 8 students for this meeting. If your child(ren) might be interested in this opportunity, please contact Triina Forbell ([tforbell@hotmail.com](mailto:tforbell@hotmail.com))

## Appreciation Corner

Many thanks to Shari Salter for her speedy data entry to help with the mounds of H&S forms, and to Kozue Kawasaki and Afsoon Mahdavian who have stepped forward to help our Lost & Found team. Great appreciation to Laura Rumble and Shawna Hogan for creating our fabulous Bessborough Family Volunteer Tree in time for curriculum night! Many thanks also to Mike Rumble for donating the tree that represents the efforts and commitments of our Bessborough families. Lastly, our thanks to the Divisional Representatives and our amazing Class Parents who have stepped forward to help us give a smooth start to the new school year.

## How To Be In The Know

Our website has tripled in size - we added a ton of information to make it your go to spot for all things H&S - meeting times and minutes, notices of special events, and forms. Visit [www.bessboroughhomeandschool.com](http://www.bessboroughhomeandschool.com) or be one of the 126! parents that follow us on Instagram @ BessboroughHS

## How to be in the Know

Visit [www.bessboroughhomeandschool.com](http://www.bessboroughhomeandschool.com) or follow us on Instagram @ BessboroughHS



October 10th - Parent Speaker Series,  
Developing Resilient Learners

October 14<sup>th</sup> - Men With Axes

<https://menwithaxes2017.eventbrite.ca>

October 20th - Enrichment ideas due to  
[robyneisrael@gmail.com](mailto:robyneisrael@gmail.com)

October 26<sup>th</sup> - Kindie Parent Wine and Cheese