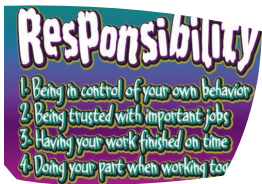


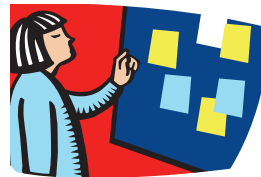
BLAKE BEAT



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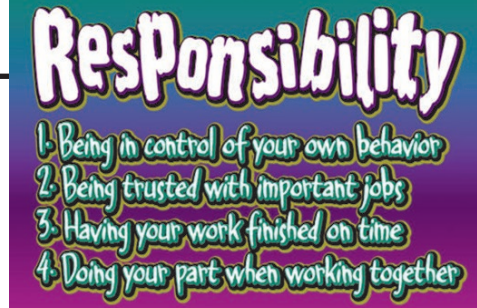


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CHARACTER TRAITS



Congratulations to the following students who were recognised for showing **Respect** in September:

Ms. Vlahos

Tadao Yoshida
Kaiden Tanako

Ms. Church

Johann Sternberg
Rayyan Naeem

Mr. Stoch

Kaylee Cao
Jimmy Wu
KJ Williamson

Ms. Kiil

Reyan Mustefa
Zuhair Naeem
Sara Ross

Ms Barr

Alex Evers
Fisher Novakovics

Ms. Yoannou

Edward Vasquez-Lowe
Hena Hanifi
Mustafa Khushal

Mr. Tsai

Hong Zhen Cao
Marva Hanifi
Niomi Coultman
Elora Quigley-Gates

Ms Tsue

Adil Azmi
Brianna Lewis

Mr. Milburn

Chauney Cleverdon
Jason Wu

Ms. Hunt

Isaaq Abukar
Azka Azmi
Peng Fei Guan

Ms. Ho

Zubeda Bhayat
Parsa Anayat-Gostar

Ms. Paton

Kevon Nembhard

Character Trait Recipients:

The character Trait for October is **Responsibility**. The start of the school year is a great time to talk to your child and find ways for them to demonstrate how responsible they can be.

When teaching responsibility, teachers are trying to foster the following behaviors in students:

- managing own belongings, for example, bringing library books, homework or Friday Files back on time.
- commitment to completing tasks—(class work, homework, assignments)
- knowing and following rules in various situations
- on-task behavior
- respectful behavior
- following the code of behavior
- active listening at assemblies or during carpet time
- active participation
- focused attention

There are many things that parents can do to help foster these skills at home.

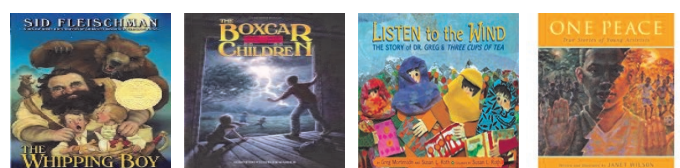
- 1) Give your child some chores / responsibilities at home. Even very young children can enjoy setting a table or helping to sort laundry. Many experts recommend tracking progress with a chart, and adding an incentive or a consequence to make sure your child takes it seriously.
- 2) Let your child make some decisions. Young children can be given limited options, but given the chance to choose between them. For example, a responsibility might be to eat all his lunch, even if lunchtime is busy. Allowing your child to help to choose or pack his lunch may encourage him to eat more.
- 3) Foster independence. Allow your child to master new skills through practise. For younger children, this may mean getting dressed independently in the morning. For primary students, they can gradually learn to pack their bag with all required items in the evening (library book, borrow a book, homework, forms, etc.), with your support at first, until they can do it themselves.
- 4) Teach your child to accept blame. When your child has done something that breaks your rules, show her how to take responsibility. Do not allow your child to answer, "But...." and make excuses. Accepting responsibility is a learned behaviour, like manners or taking turns. So teach your child how to own up and make things right when she breaks something or is caught doing something she knows she should not be doing!
- 5) Read some books. There is a list of books that have a theme of responsibility below.

Sometimes, in an effort to protect our students, we send a message to them that nothing is their fault. We rationalize bad behavior or look for scapegoats to blame, which teaches children that they do not need to be responsible for their actions. Yet, this is the most important lesson for children to learn—making themselves accountable for their actions. When children fail to take responsibility for their actions, they are trying to protect themselves from failure. Yet, responsibility is two sides of the same coin— children cannot take responsibility for their achievements and success, unless they are willing to take responsibility for their mistakes and failures. Only then is the achievement and success a very sweet deal!

For Grades K-3

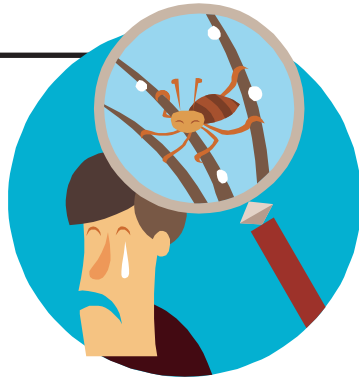


For Grades 3-6



HEAD LICE

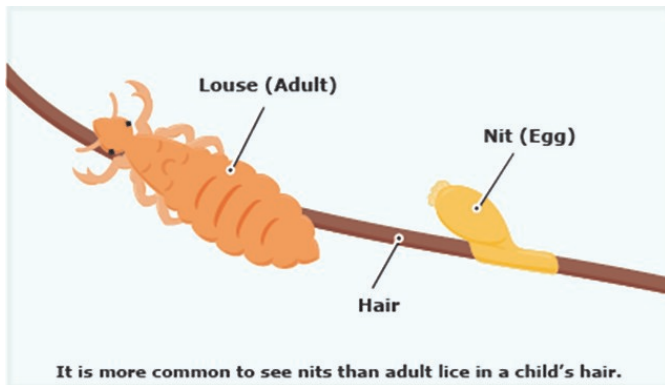
The bane of many parents, the head lice are small, wingless parasitic insects that live among human hairs and feed on very small amounts of blood from the scalp. Although they may sound horrible, lice (the plural of louse) are a very common problem, especially for kids ages 3 years to 12 years (girls more often than boys).



Lice aren't dangerous and they don't spread disease, but they are contagious and can be very annoying. Their bites may cause a child's scalp to become itchy, and the treatment to get rid of them can be time consuming.

Signs of Head Lice

Lice eggs (called nits). These look like tiny yellow, tan, or brown dots before they hatch. Lice lay nits close to the scalp and these nits can look a bit like dandruff, but are a tear drop shape and stick firmly to the hair shafts.



Lice eggs hatch within 1 to 2 weeks after they're laid. After hatching, the remaining shell looks white or clear and continues to be firmly attached to the hair shaft. This is the stage when it's easiest to spot them, as the hair is growing longer and the egg shell is moving further away from the scalp.

Adult lice and nymphs (baby lice). The adult louse is about the size of a sesame seed and is grayish-white or tan. Nymphs are smaller and become adult lice about 1 to 2 weeks after they hatch. Most lice feed on blood several times a day, but they can survive up to 2 days off the scalp.

Scratching. The itching from lice bites may not always start right away. It can sometimes take weeks for kids with lice to start scratching. Examine your child's hair regularly for nits and lice even if they are not itching.

Small, red bumps or sores from scratching. For some kids, the irritation is mild; for others, a more bothersome rash may develop. Excessive scratching can lead to a bacterial infection, which can be treated with antibiotic if prescribed by a doctor.

How to Check for Lice

Now that you know that there have been lice in the school, please check your child's hair regularly.

Part your child's hair into small sections and check for lice and nits with a fine-tooth comb on the scalp, behind the ears, and around the nape of the neck (it's rare for them to be found on eyelashes or eyebrows). A magnifying glass and bright light may help. But it can be difficult to find a nymph or adult louse — often, there aren't many of them and they're able to move fast.

Treating Lice and Preventing Reinfestation

- If you discover that your child does have lice or nits, contact the staff at the school to let them know. Also, it is very important to treat your child immediately — **do not let your child go to school with lice or nits for even one day.**
- Treat the hair with a medicated shampoo, cream rinse or to comb out the lice yourself, or get an expert to do it for you (e.g. call The Lice Squad at 416 466 0261). Sometimes the lice are resistant to a shampoo or product, and you may need to follow up with an alternative treatment.
- For 7-14 days after you find the lice or nits, check your child's hair daily. It is important to realize that most shampoos kill only the adult lice. The nits hatch 7-10 days later, and can immediately re-infect the child. For that reason, most shampoos require two treatments — please follow the instructions carefully. One treatment is rarely enough.
- Wash all bed linens and clothing that's been recently worn by anyone in your home who's infested in very hot water (130° F [54.4° C]), then put them in the hot cycle of the dryer for at least 20 minutes.
- Have bed linens, clothing, and stuffed animals and plush toys that can't be washed dry-cleaned. Or, put them in airtight bags for 2 weeks.
- Vacuum carpets and any upholstered furniture (in your home or car).
- Soak hair-care items like combs, barrettes, hair ties or bands, headbands, and brushes in rubbing alcohol or medicated shampoo for 1 hour. You can also wash them in hot water or just throw them away.
- Because lice are easily passed from person to person in the same house, **bedmates and infested family members will also need treatment** to prevent the lice from coming back.

Preventing Future Outbreaks of Lice

Ask your child not to share hats, scarves, or anything that touches their head with another child. Also, check your child regularly for lice as a preventive measure and hopefully, together, we'll get rid of them once and for all!

MONO CLIFFS

By Zoolnad Haque

Mono Cliffs was so much fun! We all had such a great time there! We were all so excited on the way there, everyone was standing up on their feet at the arrival to Mono Cliffs!

At Mono Cliffs, we did so many fun activities! We did a pond study, mountain biking, tree top trekking, a night hike, cooperative games and a campfire with marshmallows. At Mono Cliffs, we were put into 2 groups: the Fire group and the Earth group. We did separate activities in our groups but all of us did the tree top trekking and the campfire games together.

I would love to go back to Mono Cliffs and I'm sure that everyone else would love to go back too!



THE BOOK REPORT

Family Time!

Exciting things are happening in the library at Blake! The best news so far is that our families are now able to use our library to take up to 4 books out for their family! All our students have library cards and visit the library with their classroom teachers, but now families in our community can also come in to borrow books.

About a dozen families signed up for their cards on curriculum night, but those that didn't pop in are encouraged to come during our community times: **Tuesday and Thursday mornings from 8:45–9:15.** During that time I will be available to answer any questions you may have, and to sign you up with a card. Cards will remain in the library so that they're always accessible.

Once your family has a card, you are also welcome to access the library **Monday through Thursday from 3:15-4:00p.m.** during computer lab with Ms. Vlahos and Mr. Stoch. Family library lending starts after the Thanksgiving long weekend. Hope to see you October 15th!



My favourite book (this month)

In the spring of 2013 I was at a workshop that was hosted by a number of alternative booksellers (try "A Different Booklist" on Bathurst just south of Bloor, or "Another Story Bookshop" on Roncesvalles south of Dundas), and came across the wonderful, "*Golden Domes and Silver Lanterns: A Muslim Book of Colors*" by Hena Khan. The illustrations are lush, and the content approachable for those who are Muslim and for children just learning about the

symbols in the Muslim faith. I read the book to every class that I taught last year, and it was enjoyed by all, and requested time and again. Hope you enjoy it too!

Volunteers wanted!

If you have an hour to spare every week, or every once in awhile, please consider becoming a library volunteer! Our students love our library and are voracious readers! As a result we need to shelve and repair books on a constant basis. Please contact me if you are interested in coming in to help. Training provided!

Kelly Dymont
Teacher-Librarian
Kelly.dymont@tdsb.on.ca

PRINCIPAL'S MESSAGE

We have been extremely fortunate at Blake to have hired many new additional staff. Below is our updated staff list:

Blake Street Public School Staff 2013/2014

Principal	Ms. Karailiadis
Office Administrator	Ms. Reashore
Head Custodian	Mr. Papadopoulos
Custodians	Mr. Denton
Librarian	Ms. Dyment
Special Ed. Resource Teacher/MART	Ms. Logan
Music & French Teacher	Mr. Jamieson
Physical Education Teacher	Mr. Pace

<u>GRADE</u>	<u>ROOM</u>	<u>NAME</u>
Full day Kindergarten	100	Ms. Vlahos
Full day Kindergarten	101	Ms. Church
Full day Kindergarten	102	Mr. Stoch
Family Parenting and Literacy Centre	103	Ms. Silva
Grade ½	106	Ms. Kiil
Grade ½	206	Ms. Barr
Grade 2/3	208	Mr. Tsai
Grade 2/3	210	Ms. Yoannou
Grade 4	201	Ms. Tsue
Grade 5	308	Mr. Milburn
Grade 6	310	Ms. Hunt
Home School Program – Junior (am)	205	Ms. Thorn
Home School Program – Primary (am)	109	Ms. Paton
English as a Second Language teacher	202	Ms. Ellis
MID teacher	312	Ms. Ho

Educational Assistants

Ms. Aberdeen
Ms. Theed

Early Childhood Educators

Ms. Spanton
Ms. Mitoulas
Ms. Antepim

Lunchroom Supervisors

Ms. Booth Ms. Karlstedt
Ms. Maryam Ms. Whynder
Ms. Roy

Nutrition Coordinators

Ms. Dao
Ms. Karlstedt



Terry Fox Run:

Our school wide event was extremely successful. We raised \$300 for the Terry Fox Fund. The students showed great school spirit and everyone participated. Thank you to Ms. Ellis and Ms. Tsue for organizing this fundraiser.

Slo Pitch Girls and Boys Finals:

Our students played collaboratively and represented Blake well. The students cheered all the teams, tried their best and had fun. Thank you to Mr. Pace and Mr. Stoch for all the hours they volunteered to prepare our students.

Nutrition Programme:

Students are encouraged to drop by our Breakfast Programme in the gym every day from 8:15-8:45. We have 40 students who attend regularly. Please join us. Our morning meal is delivered to every classroom every day. We have a menu that follows the Canadian Food Guide.

Placements:

We are fortunate to have student teachers from York, nursing students from Ryerson and ECE students from Seneca College completing their placements at our school. They have been a great addition to our school and are supporting our students when they are here.

Right to Play:

Right To Play's mission is to use sport and play to educate and empower children and youth to overcome the effects of poverty, conflict, and disease in disadvantaged communities. Right To Play's vision is to create a healthy and safe world through the power of sport and play. Our students in grades 3 to 6 were fortunate to have this inspiring presentation.

Mono Cliffs:

Our grade sixes were away for three days in Orangeville. They were involved in outdoor activities. Thank you to Ms. Hunt for chaperoning our students.

JOB SEEKING FOR PARENTS

PART ONE: GETTING STARTED

By Darcy Losell, Employment Advisor and Parent

We all know that being a parent is a full-time job. When you add the reality of being unemployed or under-employed, it can make life very stressful for you and your family. If you or someone you know needs to find part or full-time work, here are some helpful hints and steps to consider.



Step 1: Have a clear and focused vision:

Take your time to reflect on the right career or employment opportunity for you while considering the needs and demands of your family and personal life. Try to determine what your realistic work preferences and occupational goals truly are. Think about what your ideal job is based on your skills and experience. What is your back-up plan? When are you available to work? Do you have daycare in place? What kind of company, role or environment do you see yourself working in? Once you clearly identify the job you hope to find, it will be much easier to set out on your career path.

Step 2: Set realistic goals and targets

Make time to create a work plan and layout clear action steps you can take on a daily or weekly basis. Writing a list of tasks will make you feel like you're more in control. When you reach a desired outcome or take a brave new step on the journey, reflect on the success and reward yourself for moving forward.

Goals to consider: Seeking out an employment counsellor/advisor; creating a list of potential companies you'd like to work for; actively locating job postings to apply for; keeping a record of your job search activities; contacting people in your personal network to ask about potential work opportunities.

Step 3: Find a coach, mentor or local resource centre

Job seeking is stressful and no one should do it alone; everyone needs help and support when navigating the labour market. Reach out to friends, family and your local parent community to find dependable people to talk to. Find encouragement, inspiration and energy from others to keep up the search. You can also look in your local community for free expert advice, counselling and employment supports through the Employment Ontario Network

For more information or to ask employment related questions, please email me: ldarcy@sschto.ca

Free Employment Resources in the Blake Neighbourhood

WoodGreen Community Services

815 Danforth Avenue, Suite 100
Toronto, ON, M4J 1L2
(416) 645-6000 x 1100
info@woodgreen.org

Newcomer Women's Services Toronto

745 Danforth Avenue, Suite 401
Toronto, ON, M4J 1L4
(416) 469-0196

Riverdale-Next Steps

997 Gerrard Street East
Toronto, ON
(416) 396-2313
nsec-riverdale@tdsb.on.ca

NEW Employment Services

705 Danforth Avenue
Toronto, ON, M4J 1L2
(416) 751-8886

Fred Victor Employment and Training Services

248 Queen Street East
Toronto, ON, M5A 1S3
(416) 364-8986

Mission Statement and Philosophy

At Blake, our mission is to provide a caring, safe and bully-free environment, which meets the intellectual, physical, social and emotional needs of our students.

With the assistance of our families and greater school community, we are committed to support our students and lead by example so that they reach their full potential.

Our code of conduct clearly states that all students have the right to be heard and valued, must respect themselves and have the responsibility to follow staff directions.

Principal: Kiki Karailiadis

School Council Chair(s): Lori Ross, Nicole Novakovics

Superintendent: Mike Gallagher

Trustee: Cathy Dandy

Newsletter Submissions

This newsletter is not possible without the hard work of the many hands who volunteered their time. We'd love to hear from you!

If you have a newsletter submission, please send an email addressed to Blake School Council : blakeschoolcouncil.tdsb@gmail.com, with the subject line 'For the newsletter' before the 20th of the month.

Articles should be sent in Microsoft Word format.

THE OCTOBER NEWSLETTER TEAM

Kelly Dymont

Kate Green

Lucy Frankel

Zoolnad Haque

Darcy Losell

Eric Novakovics

Jeanette Rees

BLAKE BEAT

ISSUE # 1, VOLUME 02

WHAT'S ON



OCTOBER EVENTS

FREE EVENTS AT THE PAPE / DANFORTH LIBRARY

- Popsicle PA Day**
Craft program. Ages 6+.
Friday October 11 - 2:00 – 2:45pm.
Please register in advance.
- Scary Stories in the Dark**
Seriously scary stories told by candlelight for ages 8+.
Friday October 18 - 7:15-8:15pm.
- Family Time**
Stories, rhymes and activities for 2.5 – 6 years and their families.
Saturday October 19 – 11am.

FREE EVENT AT PARLIMENT STREET LIBRARY (269 Gerrard St. East)

- Free Puppet Show**
October 19 10:30-11am. Free.
Celebrate Halloween with a puppet show.

EVENTS AT THE BRICKWORKS

- Farmer's Market**
Every Saturday 8am – 1pm.
- Children's Garden**
Saturdays 10:30am-3pm and Sundays 10am – 4pm.
Free activities with eco-theme in the outdoor play area.
- Just Clay: Halloween Workshop Series**
October 12, 19 and 26 from 11am-3pm. Join the fun at the Clay Works Studio to create candle holders and Jack-O-Lanterns.
Note: there is a suggested donation for this workshop of \$20.
- Community Planting at The Burrow**
Saturday October 25 10:00-noon. Free. Everyone is welcome to join us for public planting at Evergreen Brick Works! Dig in, spend quality time with your family and friends, and help make Evergreen Brick Works a little greener.

TORONTO ZOO

- Free Zoo Entry**
Saturday October 12, Sunday October 13 & Monday, October 14
10:00am- 4:00 pm
Free admission for kids 12 and under with a paying adult.
See www.torontozoo.com/Events/?pg=Fall for details.

HARBOURFRONT EVENTS

- Free Thanksgiving Events.** Monday October 14
There are many different arts, crafts and music events at the Harbourfront including Lego: Build Your City workshop, Old fashioned games like skipping and kids tug-o-war, as well as music and food.

HALLOWEEN FUN AT THE FARM

- Halloween Hoot Boo Barn (3-10yrs)**
Saturday October 26 and Sunday 27 9:30am-3:30pm. Enjoy some Halloween fun with a Pumpkin Patch, a Vegetable Garden, a Pumpkin Carving Station and Outdoor Wood-fired oven treats

RECIPE OF THE MONTH

WITCHES BREW PUMPKIN SOUP

*Double double, toil and trouble
Fire burn and cauldron bubble!*

Ingredients

- 1 big pie pumpkin (approx. 2lb)
- 2 tbsp. of olive oil
- 1 red onion chopped
- 2 tbsp. grated fresh ginger
- 3 cloves of garlic minced
- 1 stick of lemon grass cut in half and bashed a little
- 2 tsp. red curry paste
- 1 can coconut milk (400ml)
- 3 cups of vegetable stock
- 2 tbsp. of maple syrup, honey or cane sugar



Method:

- Cut pumpkin lengthways and scoop out all the seeds. Place both sides face down on an oiled oven tray. Roast in oven at 425OF for 30mins or until soft (alternatively you can peel and cube the pumpkin and place directly in the pot with all the other ingredients)
- Meanwhile sauté onion until golden and then add ginger and lemon grass. Gently cook for 5mins
- Stir in curry paste and add coconut milk, stock and maples syrup or sugar
- When pumpkin is ready scoop out the flesh and add to the other ingredients
- Bring to a boil and then simmer for 15mins
- Take out the lemon grass and blend until smooth with an immersion blender or food processor

Topping ideas

Toasted pumpkin seeds or walnuts

Swirl of coconut milk (set aside 2 tbsp. before adding the can in)

Decorate your own pumpkin



Pumpkin Carving Ideas



What to do with the seeds? **EAT THEM!**



Step 1 - Clean the seeds

When you are carving your pumpkin:

- Separate the seeds from the pumpkin flesh and strings
- Wash them well , usually putting them in a big bowl of water and rubbing them between your hands is a fast way to clean them
- Dry them
- Preheat oven to 275 degree

Step 2 - Spread seeds on a cookie sheet+ season them

- Spread the seeds evenly over a cookie sheet and lightly baste the seeds with melted butter, margarine, or vegetable oil
- Sprinkle with salt
- Or... season with brown sugar, white sugar, cinnamon and margarine!

Step 3 - Roast the seeds

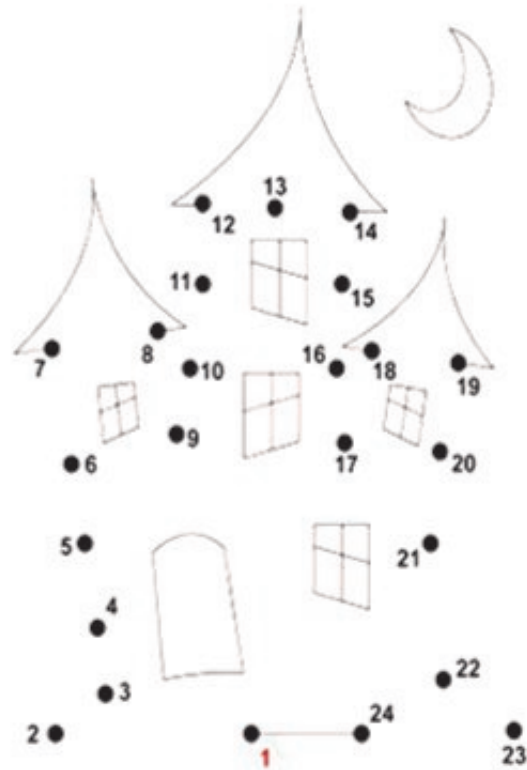
- Heat them in a 275-degree oven for 10 to 20 minutes until golden brown
- DO KEEP AN EYE ON THEM, stir about every 5 minutes
- Some ovens run hot and it can be as little as 10 minutes or as long as 30 minutes to roast them.



Please help me unscramble this monstrous list.

- stremno -----
- izmebo -----
- pdiers -----
- rsacy -----
- obo -----
- thgso -----
- enelohlaw -----
- mapierv -----

Answers: monster, zombie, spider, scary, boo, ghost, Halloween, vampire



Find the Difference!

Find **8** things in the picture on the right that are missing or different than the picture on the left



- Why did the vampires cancel the baseball game? Because they couldn't find their bats.
- Why didn't the skeleton go to the Halloween party? Because he had no-body to go with.
- What do ghosts serve for dessert? I scream!
- What do you call a witch at the beach? A sandwich.
- What happened when the young witch misbehaved? She was sent to her broom.

October 2013

Sun	Mon	Tue	Wed	Thu	Fri	Sat
6	7	8 Cross Country competition Chess instruction: Mr. Milburn & Ms. Ho	9 Photo Day Pape Library visits all the classes	10 Parent Workshop in the library	11 PA Day	12
13	14 Thanksgiving Day	15 Chess instruction: Mr. Milburn & Ms. Ho	16	17 School Council meeting Young Peoples Theatre: A Story Before Time Ms. Kiil & Ms. Barr	18 Ontario Science Centre: Ms. Ho	19
20	21	22 Chess instruction: Mr. Milburn & Ms. Ho Constable Branton visits all the classes and shares safety information	23	24	25 Pizza Day	26
27	28 Scientist in the schools: Ms. Kiil & Ms. Barr	29 Chess instruction: Mr. Milburn & Ms. Ho	30 Character Trait Assembly	31		

Character Trait for October:

Responsibility

CHARACTER TRAITS BY MONTH

September: **Respect**
 October: **Responsibility**
 November: **Empathy**
 December: **Kindness & Caring**
 January: **Teamwork**

February: **Fairness**
 March: **Honesty**
 April: **Co-operation**
 May: **Integrity**
 June: **Perseverance**