

BLAKE BEAT

BLAKE STREET
PUBLIC SCHOOL

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BLAKE STREET PUBLIC SCHOOL

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Principal's Message

Welcome back, Blake!!! We have had a busy but smooth start to 2014-2015. Our enrollment is healthy at 260 students. Our continued partnerships with South Riverdale Community Health Centre, Eastview C.C., and the Ontario Arts Council have resumed. We have many extra-curricular activities happening; Girls and Boys Foftball, Operation Kids, Chess, Social Justice Club, and the Garden Club. We are in the process of creating our School Improvement Plan and our School Council plan for the year. Our York student teachers, Early Childhood Education students, Riverdale Co-op students, and Nursing students are completing their placements in our school. We are continuing with our Class Circles which is a tool to strengthen student relationships and allow for students to have a voice in the classroom. A nutritious breakfast is being served every morning in the gym along with a morning meal. We are off to a great start with many initiatives in place to support student learning and well-being.

Kiki Karailiadis



A Note From The Blake Street School Council Chairs

Hello Blake Street Students and Parents,

We hope your school year has started well, and that you and your children have settled into a routine that the change of an academic year brings.

We're delighted to be Co-Chairs, working with you, and supporting Ms. Karailiadis and Blake Street teachers to build a vibrant community and make Blake Street Public School an amazing experience for our children and families.

The 2014-2015 School Council is off to a great start. The inaugural meeting was held on Tuesday, September 11 with more than 45 people in attendance. We're preparing for our next meeting on Tuesday, October 9, from 6:00 to 8:00pm in the school library, where among other things we'll discuss continuing and new fundraising and special events.

All School Council meetings provide dinner and child care. Please come out and bring your children. At the meeting, you'll have an opportunity to connect with other parents, as well as Ms. Karailiadis and teachers, learn about school issues and developments, and ultimately contribute to enriching our children's experiences.

Wishing you the best for now... and we look forward to seeing you on October 9th!

Emma & Sean

A Big Welcome to New Blake School Staff:

- Kelsey Molder – SK French Immersion teacher
- Josephine Ravel – French Immersion Early Childhood Educator
- Angie Vlahos – Long Term Occasional in Kindergarten
- Sarah Davey – Grade 5/6
- Caitlin Leoni – MID class
- Gord Atchison – Head Caretaker
- Karla Barrera Gamboa – Lunchroom Supervisor
- Valerie Foussias – Lunchroom Supervisor

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): Sean Neeb and Emma Brejak

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 or idea, please e-mail it to:

blakeschoolnewsletter@gmail.com, or drop a copy in the School Council mailbox in the office, by the 25th of every month.

Articles should be sent in Microsoft Word format.

THE OCTOBER NEWSLETTER TEAM

- | | |
|------------------|-------------------|
| Emma Brejak | Colleen Huggins |
| Kelly Dymont | Kiki Karailiadis |
| Valerie Foussias | Darcy Losell |
| Lucy Frankel | Margot Mather |
| Ben Gillingham | Sean Neeb |
| Jamie Gillingham | Eric Novakovics |
| Kate Green | Nicole Novakovics |
| Heather Howey | Jeanette Rees |

BLAKE BEAT
ISSUE # 1, VOLUME 03



Character Traits

Congratulations to the students who demonstrated the character trait of RESPECT in September! They are:

- | | |
|-------------------|------------------|
| Sazid Ahmed | Hazel Mackenzie |
| Rachel Benzaquen | Nevin Mcmillen |
| Aafiyah Bhaiyat | Abdelrhman Malik |
| Henry Brodhead | Kausar Mustefa |
| Jaliya Cooper-Ali | Rayyan Naeem |
| Conal Duley | Milo Novakovics |
| Alex Evers | Irtza Rashid |
| Cristiano Fanfair | Sara Ross |
| Alan Gao | Johann Sternberg |
| Ian Gillingham | Naomi Woldu |
| Ramisa Habib | Daniel Wang |
| Marva Hanifi | Ira Zheng |
| Kaelyn Kerr | |

Character Trait for October—Responsibility

By Kate Green

Responsibility is about being dependable, taking action and keeping promises. One of the main responsibilities that students have is to learn! Students must realise that they need to do their best at school so that they can live up to their full potential.

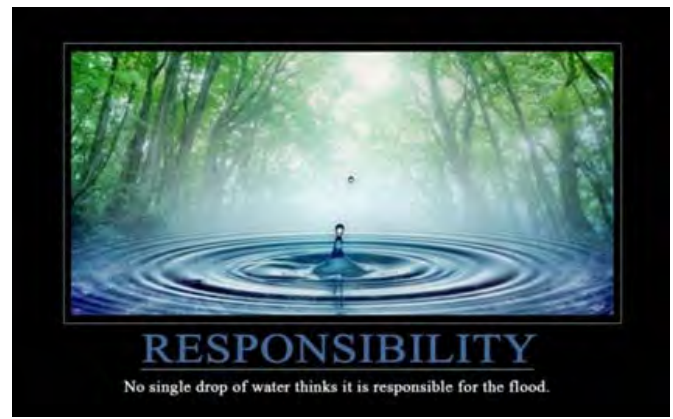
At school, teachers are helping students to develop responsible behaviours such as:

- Managing own belongings. For example: Bringing library books, gym kit, homework and forms on time
- Completing tasks, class work and assignments on time
- Knowing and following rules in various situations
- Showing respectful behavior
- Following the class rules and code of behavior
- Listening attentively at assemblies, group discussion or during carpet time
- Participating actively in group work and project work
- Focusing attention and putting forth best effort

To help students to develop these habits, parents can do a nightly bag check with their child, to make sure the student has packed everything that they need for the following day.

At home, students can take action to be responsible, by helping their family, taking care of pets and doing chores. But responsibility is also about being an active citizen, both locally and globally. Here are some ways students can be responsible citizens in our local community (including our school) and the global community:

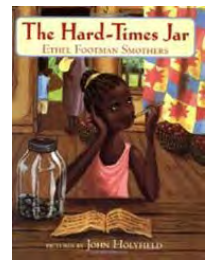
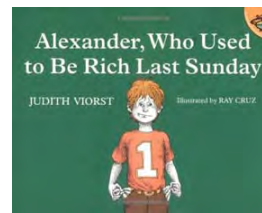
- Volunteer! From an early age, children benefit from giving their time and efforts to helping others. There are already ways to participate in school, including Eco-Team and the Garden Club. In the community, there are many ways to volunteer time or help raise money and/or awareness for good causes.
- Reduce, reuse and recycle.
- Consider buying local and / or fair trade products. Discuss the pros and cons of the available choices with your child.
- Don't drop litter! Parents, please talk to your child(ren) about litter and the damage to the environment and animals when garbage accumulates. Consider volunteering to pick up litter.



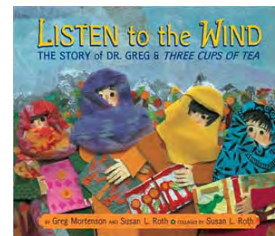
Another great way to teach responsibility is to take your child with you when you vote in the local elections on October 27th. Talk to him/her about the candidates and issues, and encourage discussion about local issues and issues that affect you and your family.

Reading books together is a powerful way for children to understand character traits such as responsibility. See some suggested books below:

For Grades K-3



For Grades 3-6



Continued on page 4 →

Tips to Being Responsible While Online

1. **NEVER tell anyone your password** – not even a friend, not even once.
2. **Never give out your personal information** (such as your last name, phone number, mother's maiden name, home or school address) or that of anyone in your family, class, or school.
3. **Never have a computer with a video camera in a child's bedroom.** Always cover the camera with a post-it note when not using a video application (it is possible for a stranger to turn on the camera and watch you remotely without you knowing).
4. **Watch out for anyone asking too many personal questions** during online discussions – don't answer the questions, and get an adult immediately.
5. **Check with an adult in your home/school if someone you don't know sends you an "instant message"** while you are online.
6. **Avoid anyone or anything online that doesn't feel right** – trust your instincts.
7. **Be a responsible digital citizen.** Be kind online. Remember online people are real people too. And remember that anything you post is part of your permanent digital footprint.



The Blake Garden

Winding Down for the Season

by Jamie Gillingham

The Blake School Community Garden was enjoyed and maintained by children, parents and community members over the summer. Food was harvested and used by the various groups including Eastview C.C. and the Blake daycare. Blake Street Daycare maintained the garden on Mondays and Wednesdays. I heard they had at least one great teddy bear picnic under the trees out in the garden! The summer kids program from Eastview C.C. used the garden on Fridays. Blake school parents assisted with the garden on Tuesdays.

South Riverdale Community Health Centre ran a six week program at Blake School incorporating the garden. Fifteen families participated in the program and had an opportunity to learn about gardening and growing food, from sprouting to microgreens. Participants also learned about creating a healthy indoor environment and were able to make their own cleaning products. Some comments from the workshops:

"I learned a lot of information that was very helpful."

"The program gave me an opportunity to learn about topics and activities that I did not do before."

"I learned so many new things – good for health and the environment," Mei, Alan's mom (JK in Mr. Stoch's class).



In the meantime, harvest season is in full swing, and so are activities in the Blake School Food Garden. Elin, the School Garden Educator, is back for her fifth year at the school. Many classes have already been out to explore the garden, discovering different seeds, doing some watering and weeding, and harvesting potatoes and beans. Though the cool summer wasn't the best for tomatoes and peppers, the kale and carrots are looking good! Students have also planted some fall crops, like radishes, lettuce, kale and beets. We look forward to harvesting and cooking this fall! Garden Club has also started, and meets at lunch on Wednesdays - it is open to all students in grades 1-6.

Please visit Elin's blog at:

seedlingstories.wordpress.com/2014/09/03/back-to-school-gardens/



Red Door Shelter

Back in March of this year, the Red Door Shelter, a well-known and well-used emergency shelter and food bank located on Queen St. E. almost closed its doors. Fortunately, as of June 11th, the Toronto city council voted to save the Red Door Shelter. But it still needs money to carry on its important work. If you would like to support the shelter, you can donate directly, purchase a "Gift to Empower", or get involved in other ways. Please visit www.reddoorshelter.ca for more information.

There is also a fundraiser taking place on November 1. Please go to savethereddoor.com to find out more and to purchase tickets.



Terry Fox Walk

Who was Terry Fox?

“A runner. He lost one of his legs because he had cancer.” – Samantha, Grade 6

“A person who had bone cancer who had to have his leg amputated and had to have chemotherapy for a year and a half.”
– Ibrahim, Grade 6

“He had to run with only one leg.”
– Ismacit, Grade 3

Why do we walk every year for Terry Fox?

“To raise money for people who have cancer and to continue the will of Terry.” – Yukina, Grade 6



Job Coach Corner

Talking To Children About Careers: A Solution-Focused Approach

By Darcy Losell, Job Coach & Blake Parent



As parents, guardians, and teachers, we are often expected to be ‘experts’ and advisers on a wide range of topics. But what do you do when your children or students are curious about the work world? As a professional who works with job seekers on a daily basis, I use solution-focused techniques which draw on principles of career counseling to help people uncover their hidden potential. Try these out with your child or student the next time she asks you to explain the facts of work.

1. **Initiate:** Use role play with toys and read specific books to discover what professions your child finds interesting. Remember to help him see past the stereotypical roles (police officer, astronaut, teacher) and help him explore the diversity of career options available to young people.
2. **Listen:** Be available to provide answers if she asks you questions about working. Determine the level of help or guidance your child wants and take her lead. There are many amazing online resources. I often use www.careercruising.com as a starting point.
3. **Reflect:** Provide opportunities for your child to explain his ideas about jobs he finds exciting. Where possible, get him to write down or draw a picture of a ‘cool’ career or someone working in a particular role. Also talk about your own experiences as a professional and experienced worker to inspire and motivate him.
4. **Encourage:** Make sure you support your child’s unique direction and interests. Encourage her to find books and other resources from her teachers and the library. Help her to learn more about the careers and professions she ‘dreams’ about or shows interest in.
5. **Question:** Remain curious and ask him lots of questions. Show genuine interest in your child’s future. Give gentle guidance to help him clarify and organize his ideas and feelings about working, even if they are outrageous or unrealistic.
6. **Ask the ‘Dream Job’ Question:** “What do you want to be when you grow up?” Asking this question can be the easiest way to get your child thinking about the future and setting personal goals.

This process of discovery can be as simple as a casual chat or involve several structured exercises or explorations at home. As long as you respect your child’s own ability to define what she wants and how she will achieve it you’ll find it a rewarding and positive experience. Because the solution-focused approach builds on strengths, also encourage kids to explore what natural skills and abilities they demonstrate in school. Use these conversations and methods to help your child or student visualize his future and discover interesting and exciting career paths.



Cluster B3 Parent Academy Meeting Offering Free Training, Workshops & Leadership Opportunities

Building on the many successes of the past four years, Cluster Parent Academy Committees are ready to begin again! Parent Academy will be offering a variety of free workshops, training, and leadership opportunities for all parents. The workshops will support the three goals of Parent Academy (below). Please come out and network with other parents, learn, and have discussions together. Find out what other parents are doing in their schools. Share success stories and challenges. Transportation, dinner and childcare will be provided. Please sign up or contact your Community Support Worker to register and organize transportation.

Parent Academies are created by parents for parents with these three goals in mind:

1. Supporting children's learning and development
2. Becoming familiar with, and learning to navigate, the education system
3. Workforce development

Meeting Date and Time: Tuesday, October 21st, 2014 5:30 –8:00p.m

**Meeting Location: D.A. Morrison Middle School – 271 Gledhill Drive
Second Floor in the Library**

**Focus For This Meeting : Review of Cluster Parent Academy
Committee. Discussion on different roles and responsibilities.
Discussion on Parent training workshops and sub committees.**

**Please Contact your Community Support Worker if you have any questions or to make
arrangements for transportation.**

Colleen Huggins

Community Support Worker
Model Schools for Inner Cities

(416) 420-1647

Colleen.Huggins@tdsb.on.ca



Tips for Smart Snacking

By Lucy Frankel

Growing children need to eat more frequently than adults do to regulate their blood sugar levels, energy and mood. However, most commercial snack foods aimed at children are full of sugar, salt and hydrogenated fat which can lead to an array of health problems and poor eating habits. Here are some ideas to help you to introduce some healthier options and make snacks a valuable part of your child's diet.

1. **When possible make snacks using real, whole food.** Avoid anything that is processed or packaged and try to eat food closest to its original form.



2. **Do not keep any junk food or processed snacks in the house.**

That way it is simply not an option for your child. It is much easier for a child to accept that you don't have any than you won't allow them to have any. Keep junk food as an occasional treat.

3. **Talk the talk and walk the walk.** Model good habits for your child and create a culture of healthy eating in your household.

4. **Always read food labels on packaged foods.** Do not let your supermarket or the food companies guide your decision-making process. Avoid products that...

- Have added sugars or artificial sweeteners
- Have more than 5 ingredients listed on the label
- Make health claims. Real food does not need to prove itself.
- Any ingredients that you do not recognise or cannot pronounce

5. **Offer your children water instead of juice.** Juice only offers empty calories. If you want to give your child fruit juice occasionally, look for one that uses the whole fruit and is not made from concentrate.

6. **Always look for natural/sugar free alternatives** to common food products that did not require sugar in the first place, e.g. peanut butter, apple sauce, crackers.

7. **Instead of buying sweetened/fruit yogurts, buy whole fat plain yogurt** and add fresh fruit or a small amount of maple syrup/honey to sweeten. A homemade smoothie is also a great alternative.

8. **Make your own "treats" that are naturally sweetened,** e.g. bananas, dates, carrots, zucchini, honey, maple syrup, cinnamon, vanilla.

9. **Create a nibble tray** – put out an array of colorful, healthy snacks within reach of your children so they can nibble from it in their own time e.g. cut up apple, carrots, grape tomatoes. You might have more success simply presenting them with their snack plate rather than asking them as this gives them the opportunity to say no.

10. **Get creative with food!**

Cut it – how much a child will eat often depends on how you cut it. *Dip it* – making foods into a dip is a great way to disguise nutritious ingredients e.g. avocado into guacamole. Dipping less desirable food into a tasty dip also encourages kids to broaden their menu and palette.

Top it - creating different topping allows you to be creative with food, encouraging your kids to try new things e.g. peanut butter and raisins on celery sticks (bugs on a log).

Sneak it – seek out recipes for treats that sneak in healthy ingredients e.g. zucchini muffins, black bean brownies.

Drink it - smoothies are an excellent way to pack a lot of highly nutritious foods into one sweet delicious drink. Slurping your fruit and vegetables through a straw can be way more fun than eating them.

Arrange it – use your imagination and arrange food in weird and wonderful ways e.g. fruit kebabs.

Name it - use inventive names for healthy foods e.g. x-ray vision carrots. Studies have shown that this increases kids' selection and consumption of fruit and vegetables..

11. **Get your kids involved** - children are more likely to eat their own creations, so, when appropriate let your child help prepare the food.

12. **Keep healthy snacks with you when you are on the move** – this way you will always have something on hand if your child gets hungry which will inevitably happen the second you step out of the door!

13. **Keep a list of snack ideas on the fridge as a reminder.**

14. **Be persistent** – your child may initially rebel over the removal of unhealthy snacks, but the idea is to slowly change their palate and show them that healthy food can taste really great too. The less sugar and salt they have the less they will crave. Never give up trying to introduce different foods into your child diet

15. **The goal is consistency not perfection** – start to make small changes to your family's diet that you can stick to.

Snack Ideas

- Cut up veggies with bean or vegetable dip
- Cut up pieces of fruit
- Apple sauce with cinnamon (with no added sugar)
- Dried fruit (no added sugar or sulphites)
- Homemade oven baked vegetable fries/chips
- Celery with nut butter and raisins (bugs on a log)
- Raw nuts and seeds (make your own trail mix)
- Whole grain crackers/bread topped with mashed avocado, hummus, nut butter, cottage cheese
- Homemade granola bar /muffin
- Leftover homemade whole grain pancakes
- Stove top popcorn made with olive oil
- Plain yogurt with honey and ground flax seeds
- Smoothie
- Whipped frozen fruit e.g. bananas (makes for very simple ice-cream)
- Chickpeas/steamed edamame beans
- Hardboiled egg
- Baked pieces of tofu/tempeh
- Cheese (avoid processed)

→ Continued from page 7

Recipe of the Month

By Lucy Frankel



Sweet Sesame Rice Crispy Treats

This is a healthy but delicious alternative to the conventional Rice Krispies squares.

Ingredients

- 3 cups brown rice crispy cereal
- 1/4 cup toasted sesame seeds (or chopped toasted almonds)
- 1/2 cup raisins or dried cranberries
- 1/2 cup tahini (or nut butter if not for school)
- 1/2 cup brown rice syrup or honey
- pinch of salt
- 1 tsp. vanilla
- Dash of cinnamon (optional)

Method:

1. Grease or line a 9 x 9 inch baking pan
2. In a large bowl, mix together the rice cereal, sesame seeds and raisins.
3. In a small saucepan over low-medium heat, combine the tahini, brown rice syrup, salt vanilla and cinnamon. Stir constantly until the mixture is smooth and has thinned slightly. (Make sure it does not boil otherwise it will stick to the bottom of the pan). Remove from heat/
4. Pour tahini mixture over dry ingredients and blend well making sure all the seeds and raisins are evenly mixed in.
5. Pour mixture into the baking dish and flatten with a wet spatula or fingers to make sure that it is evenly spread out.
6. Cover and place in the refrigerator for a few hours until set. Remove and cut into desired size.

Tips

- Brown rice syrup can be found in health food stores or in Strictly Bulk (638 Danforth)
- Tahini can be found in most supermarkets or Greek/Middle eastern grocery stores

Parenting and Family Literacy Centre

Looking for a place to hang out with your baby, toddler or pre-schooler? If so, the Blake Street Parenting Centre (in the kindergarten area) is just the place for you!



Open from 9 a.m. to 2 p.m. Monday to Thursday, we offer a safe, fun place for children ages 0 to 4 years to play with you and other children, while you enjoy a cup of tea or coffee and relax with other parents, grandparents and caregivers. No registration is required; stay for a long time or a short visit, whichever suits your schedule and your child's needs. For questions please drop by to talk to Margot in the Centre. Hope to see you soon!



**KEEP
CALM**

**IT'S
PYJAMA
DAY**

FRIDAY OCTOBER 24th

Focus on Sweden

By Heather Howey

Where in the world can you get a government subsidy to help you move to another country for work? Where can you take a three-day train trip and never exchange a word with anyone? Where can you legally hike on privately owned land? Sweden!

Sweden, a remarkable little country of only 9.5 million people, is the ultimate welfare state. It tries to control the gap between rich and poor, and taxes its people heavily to redistribute income, to provide opportunities and services for all. It's common in Sweden for people with regular jobs to receive income supports from the government, such as rent supplements, or yes, even a subsidy if they are going to move to another country for work (at least, if that country is in Scandinavia).

I lived in Sweden, as a non-Swedish immigrant, for a decade and a half, and the experience made me positively pro-tax. So many benefits come to everyone there regardless of their income, from all these tax-financed services: tuition-free university, universal healthcare, high-quality public transit, and many other things. I sometimes went to the publically subsidized national opera, for the same price as a coffee and a Danish (3 bucks in those days).

And yes, you could get on a train in Malmö at the southernmost tip of the country and travel all the way to Lapland in the north, in total silence. Swedish people are not given to spontaneous chit-chat with strangers. They are not uncaring – with their society so full of provisions to support the weaker members of society, they couldn't be – just reserved. Swedish people used to tell me the typical Swede is like a bottle of ketchup: you shake and shake and shake and nothing comes, then suddenly the entire contents goes splat all over your plate.

Swedes are also proud of the traditional right of every Swede to walk on privately-owned uncultivated land – the Right of Common Access – as long as they don't disturb people or the environment. It seems to be an example of a general cultural emphasis on equality. And yet, Sweden is hardly a classless society – it's a monarchy, after all – a share-the-wealth nation that loves its royal family. His Majesty Carl Gustav the Fourteenth has dyslexia, and is therefore sometimes referred to by his subjects, with affection they say, as "The Knig of Sweden."

Sweden is also remarkable for being a small country with many large international companies – for example, Volvo, Saab, and of course, IKEA, and my personal favourite, H&M (up-to-the-minute fashion at down-to-earth prices, Yum!). This article was not meant to be a plug for certain companies, but how could I not mention that you can get a decent hot breakfast at IKEA in Toronto for one dollar? My son Michael, who is in Mr. Tsai's class, likes IKEA's breakfast, and their ginger snaps, pepparkakor. In Sweden they say: "Have a pepparkaka, that'll make you nice." (Michael, however, is already nice.)

Finally, here are titles of Swedish children's books that will have you in stitches. All by Astrid Lindgren:

- Lotta on Troublemaker Street
- Emil of Lönneberga
- Pippi Longstocking



Blake Street Goes to the Zoo!

by Ben Gillingham

In May of last school year, Ms. Tsue's and Ms. Ho's classes went to the Toronto Zoo on a field trip. After getting off the school buses we split into groups to tour around the zoo separately. Our group went to see the bald eagle, the white lions, the Siberian tigers, and the giraffes, as well as the peacocks... animals from most of the continents on Earth.

We stopped at the picnic tables next to the whale skeleton for lunch.

I expected the pandas to do more than they actually did. First, we only saw one of them. And that one panda just ate bamboo the entire time we were watching him. I thought the most interesting animals at the zoo were the white lions. We saw the male. It looked like a regular lion but was white, and had a full mane.





JUST FOR KIDS

HALLOWEEN WORD SEARCH

Find 20 hidden words related to Halloween. Words in this puzzle maybe found from top to bottom, bottom to top, left to right and right to left.



1. amusement
2. apples
3. autumn
4. boo
5. candy

6. cat
7. costumes
8. dracula
9. frankenstein
10. frighten

11. games
12. ghosts
13. monster
14. october
15. orange

16. prank
17. pumpkins
18. safe
19. spooky
20. treat



**HAVE A HAPPY,
WONDERFUL AND SAFE
HALLOWEEN!**

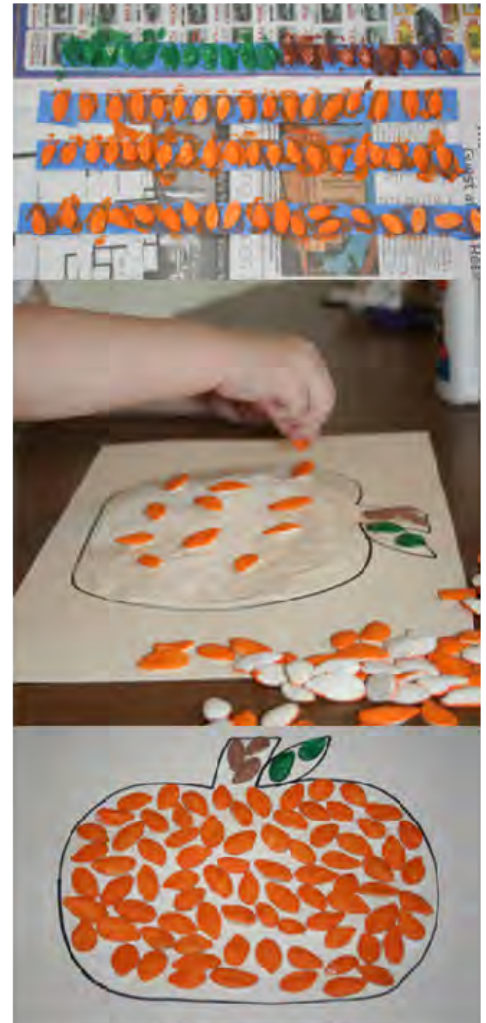


Halloween Words - Fill in the Vowels

Look at each Halloween picture and fill in the missing vowels for each Halloween word.

	c _ t		w _ tch
	c _ ndy		gh _ st
	p _ mpk _ n		sk _ l _ t _ n
	sp _ d _ r		sk _ ll

Pumpkin Seed Craft: Dry. Paint. Glue!



Q. What room can't ghosts go in?

A. The LIVING room!

LOL

Q. Why don't mummies take vacations?

A. They're afraid they'll relax and unwind.

Q. Why do witches fly around on broomsticks?

A. Because vacuum cleaners are too heavy!

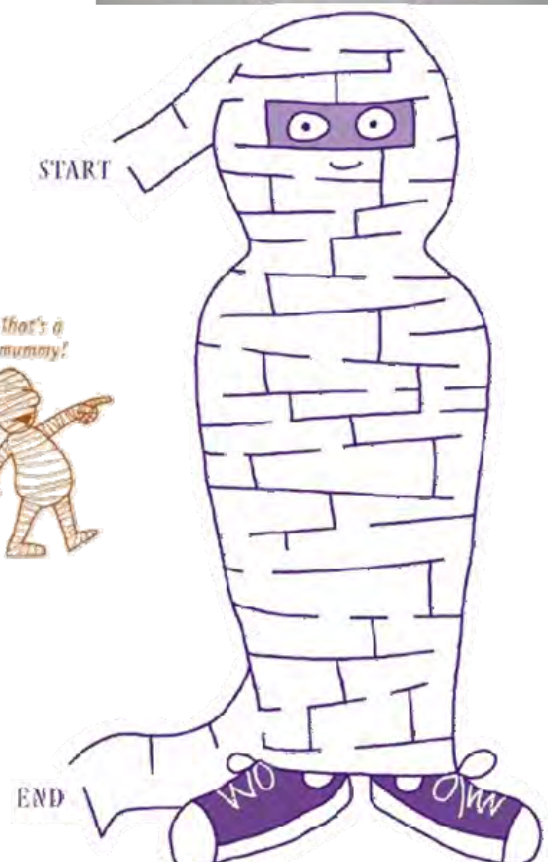
Q. Who does Frankenstein invite to his party?

A. Anyone he can gobble up!

Q. What do you call two witches that live together?

A. Broom mates.

Wow! That's a major mummy!



Head Lice

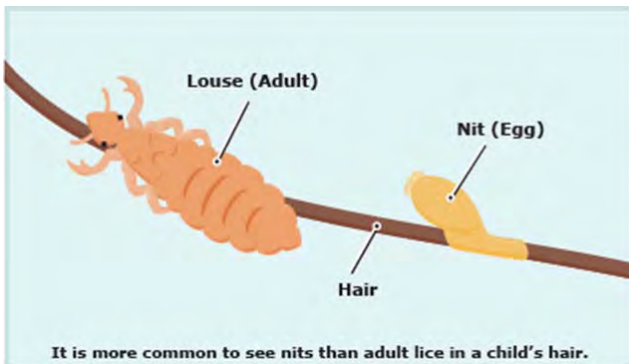
So far, they have not been a problem at Blake this school year! But it's still important to know about them...

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

Please check your child's hair regularly because new cases can come up at any time.

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.

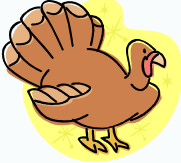

Treating Lice and Preventing Reinfestation

- 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 pre-emptive measure and hopefully, together, we'll get rid of them once and for all!

October 2014

Sun	Mon	Tue	Wed	Thu	Fri	Sat
5	6 Girls Softball Practice (Stoch)	7 Pape Librarian Visit Boys Softball Practice (Pace)	8 Chess (Davey/Tsai) Cross Country South Qualifier, Ashbridge's Bay Park Girls Softball Practice (Stoch)	9 Hip Hop Literacy Free the Children Club Boys Softball Practice (Pace) Blake School Council Meeting	10	11
12	13 Thanksgiving 	14 Boys Softball Tournament, Stan Wadlow Park Girl's Slo-Pitch Tournament, Wilkinson	15 Chess (Davey/Tsai) Boys Softball Tournament (Rain Date), Stan Wadlow Park	16 Girl's Slo-Pitch Tournament (Rain Date), Wilkinson Hip Hop Literacy Free the Children Club Karate Kids	17	18
19	20 Cross Country South Conference Finals, Ashbridge's Bay Park Artist in Residence Project (Grades 4,5,6) Children's Book Bank	21 Artist in Residence Project (Grades 4,5,6)	22 Chess (Davey/Tsai)	23 Artist in Residence Project (Grades 4,5,6) Hip Hop Literacy Free the Children Club Karate Kids	24 Pyjama Day Pizza Lunch	25
26	27 Elections Canada Artist in Residence Project (Grades 4,5,6)	28 Artist in Residence Project (Grades 4,5,6)	29 Chess (Davey/Tsai) FOS Special Education Session	30 Artist in Residence Project (Grades 4,5,6) Hip Hop Literacy Character Trait Assembly Karate Kids	31 Halloween 	

Morning Meal Plan*

*Fruits/vegetables subject to change due to supply – check the Blake website under “Nutrition Programs” for the most up-to-date menu
**all bread products are whole wheat with a minimum of 3g fibre

Monday Oct 6	Tuesday Oct 7	Wednesday Oct 8	Thursday Oct 9	Friday Oct 10
Crackers/Bread Marble & Mozzarella Cheese Tomatoes & Peppers	1 slice baked goods 2% White Milk Melon	Nut-free low-fat Cereal Strawberry Yogourt Peppers	Bagel/Bun Cream Cheese Apple	Pita/Tortilla Hummous Carrots & Cucumbers
Monday Oct 13	Tuesday Oct 14	Wednesday Oct 15	Thursday Oct 16	Friday Oct 17
Thanksgiving No School	Nut-free low-fat Cereal Vanilla Yogourt Pear	Pita/Tortilla Hummous Tomatoes & Carrots	1 slice baked goods 2% Chocolate Milk Banana	English Muffin/Bagel Yogourt Tube Carrots & Cucumbers
Monday Oct 20	Tuesday Oct 21	Wednesday Oct 22	Thursday Oct 23	Friday Oct 24
Nut-free low-fat Cereal Strawberry Yogourt Grapes	Bagel/Bun Cream Cheese Tomatoes & Peppers	1 slice baked goods 2% White Milk Oranges	Pita/Tortilla Hummous Carrots & Cucumbers	Crackers/Bread Marble & Mozzarella Cheese Apple
Monday Oct 27	Tuesday Oct 28	Wednesday Oct 29	Thursday Oct 30	Friday Oct 31
English Muffin/Bagel Yogourt Tube Carrots & Tomatoes	Crackers/Bread Marble & Mozzarella Cheese Melon	1 slice baked goods 2% Chocolate Milk Peppers	Nut-free low-fat Cereal Vanilla Yogourt Pear	Pita/Tortilla Hummous Carrots & Cucumber

ELEMENTARY SCHOOL YEAR CALENDAR, 2014-2015

Month	Number of Instructional Days	Number of Professional Activity Days	Number of Scheduled Examination Days	1 st Week				2 nd Week				3 rd Week				4 th Week				5 th Week										
				M	T	W	T	F	M	T	W	T	F	M	T	W	T	F	M	T	W	T	F	M	T	W	T	F		
August 2014								1			4	5	6	7	8	11	12	13	14	15	18	19	20	21	22	25	26	27	28	29
September 2014	21				1	2	3	4	5	8	9	10	11	12		15	16	17	18	19	22	23	24	25	26	29	30			
October 2014	22						1	2	3	6	7	8	9	10		13	14	15	16	17	20	21	22	23	24	27	28	29	30	31
November 2014	19	1			3	4	5	6	7	10	11	12	13	14	PA	17	18	19	20	21	24	25	26	27	28					
December 2014	14	1			1	2	3	4	5	8	9	10	11	12		15	16	17	18	19	22	23	24	25	26	29	30	31		
January 2015	19	1						1	2	5	6	7	8	9		12	13	14	15	16	19	20	21	22	23	26	27	28	29	30
February 2015	18	1			2	3	4	5	6	9	10	11	12	13	PA	16	17	18	19	20	23	24	25	26	27					
March 2015	17				2	3	4	5	6	9	10	11	12	13		16	17	18	19	20	23	24	25	26	27	30	31			
April 2015	20						1	2	3	6	7	8	9	10		13	14	15	16	17	20	21	22	23	24	27	28	29	30	
May 2015	20								1	4	5	6	7	8		11	12	13	14	15	18	19	20	21	22	25	26	27	28	29
June 2015	18	2			1	2	3	4	5	8	9	10	11	12		15	16	17	18	19	22	23	24	25	26	29	30			
July 2015							1	2	3	6	7	8	9	10		13	14	15	16	17	20	21	22	23	24	27	28	29	30	31
TOTAL	188	6																												

PA

Professional Activity Day

B

Board Designated Day

H

Statutory Day

FD

First Day of School for Students

LD

Last Day of School for Students