

BLAKE BEAT



In this issue:

A Few Words from Blake St
School Parent Council Co-chairs
.....Page 3

Right to Play.....Page 4

Character Trait: Empathy Page 5

Visit This!Page 6

Interview with Kiki Kirailiadis
.....Page 7

Parent Council Notices Page 8-9

Aviva Community Fund Page 10

Clothing & Book Swap .Page 11

Ward 15 Meeting with Jennifer
Story.....Page 12

Free DentistryPage 13

Programs of Interest.....Page 14

Fun Fact / Did You Know
.....Page 14

Craft of the MonthPage 15

Word GamesPage 16

Snack CalendarPage 17

Recipe of the MonthPage 17

Upcoming Events.....Page 18

BLAKE MISSION STATEMENT

At Blake our mission is to provide a caring, safe, and bully-free environment that 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 supporting our students and leading 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 also have the responsibility to follow staff directions.

NEWSLETTER TEAM

Editing Alexandra Knowles and Keri Williams

Layout Keri Williams

October Contributors

Melissa Jenkins-Gray, Valerie Foussias, Alan Lyons, Jeanette Rees, Darcy Losell, Kate Green, Jamie Gillingham, Judith Prince, Sue Yahoda, Alexandra Knowles, Keri Williams

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.

Items should be sent in Microsoft Word format if possible, but do not need to be formatted. Simply forward text and/or images.

PARENT COUNCIL CONTACTS

Co-chairs Jeanette Rees and Alan Lyons
BlakeSchoolCouncil.tdsb@gmail.com

Treasurer Jamie Gillingham

Newsletter Editors Alexandra Knowles and Keri Williams
blakeschoolnewsletter@gmail.com

Volunteer Coordinator Volunteer Team
VolunteerAtBlake@gmail.com

Blake Street Public School

21 Boulton Ave, Toronto, ON, M4J 1A7

Phone #: 416 393 9415

Fax #: 416 393 9414

www.BlakeStreetPublicSchool.com

A Few Words from the Blake St School Parent Council Co-Chairs

Hello Blake Street Students and Parents

What an incredible start to the year! Our September Parent Council meeting was the largest ever to be held at Blake Street School. We are off and running with at least seventeen sub-committees already getting to work and already making a huge impact!

Through the Indigo Adopt-a-School program, our community donated 193 books to the school's library! In addition, approximately \$1,900 was raised with which to purchase new English and French books from Indigo. Just an amazing result! Thanks for all your "adopts" and book donations.

Blake Parent and Parent Council member, Carla Peacock, has led the charge for Blake Street School's submission into Aviva's Community Fund contest. Through the incredible work of Carla and so many other members of the Parent Council, the Blake Street Staff and the greater community, we have achieved an incredible, unbelievable, implausible outcome... Little Blake Street School garnered over 10,000 online votes and made it into the top 5 submissions in our category! Blake has made it through to the next round where



ALAN LYONS

JEANETTE REES

a panel of judges will look at each of the 5 entries and could award our school with up to \$100,000 for a new kindergarten playground.

This just shows what our school, our community and our Parent Council is capable of doing when we work together! Thank you SO MUCH to Carla, the members of the Council, Kiki and Blake staff and everyone for moving us one step further to realizing this dream.

Regardless of how the Aviva competition goes, the Parent Council has committed to getting our entire outdoor space upgraded. The Legacy Project team is up and running, meeting with TDSB officials.

While the Aviva fund has really been a huge effort and a massive success to start our year, there are loads of other

amazing initiatives happening right now. The QSP magazine drive and cookie dough fundraiser is well underway, the Halloween Dance is going to be amazing, the newsletter team is humming as evidenced by our first 2 editions, Lice Squad, Fence Team, Clothing & Book Swap, Spirit Days and all our teams are already planning, meeting, scheduling, emailing, calling... and having lots of fun while they're at it.

We are absolutely blown away by the commitment and energy of the members of the Parent Council. We are so thankful for the amazing relationship we have with Kiki and the Blake Street Staff. We really feel the sky is the limit for the Council and the school.

Thanks very much,
Jeanette Rees & Alan Lyons
BlakeSchoolCouncil.tdsb@gmail.com

Right To Play Comes to Blake

By Jamie Gillingham

On 10th October the charity Right to Play came to Blake to talk about who they are and what they do in the world. They operate around the world and their purpose is to help children in the most traumatized environments BE children. Children who are refugees and are living in camps, or are from very poor communities, go without many things. Right to Play focuses on the importance of children participating in games and sports in order to experience as much of their childhood as they can in very difficult situations.

All Blake grade schoolers attended the assembly. Here are some quotes about what the children learned from their time with Right to Play:

'In my family it is so important to do extra work on top of homework. I learned that playing games and sports is also very important for everyone. I think the children in the video who are from poor places are just like me.'



'I really liked the assembly. I learned that it's important for people not just to have food but to be able to play. Play inspires people!'

To learn more about Right to Play visit this link: <http://www.righttoplay.ca/>



This Month's Character Trait: Empathy

By Kate Green

Each month, students at Blake Street P.S. are given opportunities to learn about important character traits and ways in which they can improve their good character. At the end of each month, students who have demonstrated excellent character, or excellent efforts to improve character, are rewarded at an assembly. **November's character trait is empathy.**

Empathy - being aware of and sharing another person's feelings, experiences, and emotions.

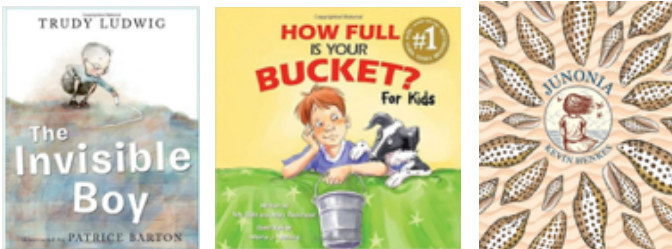
What is Empathy?

Empathy is the basis of the golden rule: "do unto others as you would have them do unto you."

Empathy can be learned.

Empathy reduces bullying, racism, prejudice, and even promotes heroic acts! Any fiction books can help make children more attuned to the emotions of others, but here are some particularly good reads to promote empathy:

Primary books:



Junior books:



And there are many great films to help start conversations with your child about empathy.



Put yourself in
THEIR
shoes



Visit This! The Aga Khan Museum

By Kate Green

The beautiful Aga Khan Museum opened a year ago with the aim of offering “unique insights and new perspective into Islamic civilizations and the cultural threads that weave through history binding us together.” The museum is designed to be a centre for education and learning, and a catalyst for mutual understanding and tolerance.

The stunning architecture and picturesque setting are worth visiting alone, but there is also a wonderful collection of Islamic art, exhibitions, a mosque, and regular performance arts events e.g. there are spoken word events on November 5 and also on December 10 at 8:00pm.

At other times, visitors are welcome to relax in the Aga Khan Park or Museum courtyard, view collections in the Bellerive Room, or browse in the Museum Shop without purchasing a Museum admission ticket. At all other times, tickets are \$20 for adults and \$15 for children.

It is really a wonderful place, and very welcoming to all visitors.

Getting There:

Admission to the Museum and all exhibitions is **FREE** each Wednesday from 4 pm to 8 pm.

Located at 77 Wynford Drive, Toronto, Ontario, M3C 1K1 tel 416 646 4677

By Transit:

72 bus North on Pape Avenue (at Riverdale) to Pape Station

25 bus North from Pape Station. Travels on Don Mills towards Steeles

Exit 25 bus on Don Mills at Wynford Drive. It is approximately 9 minutes walk to the Aga Khan.

By car:

It takes approximately 13 minutes from Blake Street Public School by car (NOTE: parking is \$10 on site, but there is free street parking close by).

For more information, go to <https://www.agakhanmuseum.org/>



Interview with Principal Kiki Kirailiadis

With Sue Yahoda

The *Proust Questionnaire* is said to reveal one's innermost thoughts. In this edition, we ask Blake Principal **Kiki Kirailiadis** to share hers...

What is your idea of a perfect day?

A perfect day includes spending time with my nieces and nephews. Their ages range from 9 to 4. We usually start the day with me picking them up from Richmond Hill and then going to see a movie. That is followed by a few rounds of bowling. We then make dinner at my home and have a sleep over. I get to catch up and find out what is happening in their precious little lives.

What is your greatest fear?

I am afraid of heights. I don't know if that is because I am only 5 feet tall but I close my eyes on roller coaster rides and avoid going up the CN tower when I am playing tour guide with family from Greece.

Which living person do you admire?

My parents. They immigrated to Canada in 1966 with no English, no money, limited education and a whole lot of HOPE. They encouraged my brothers and I to take advantage of all the opportunities we have been offered in such an amazing country.

Which words or phrases do you most overuse?

Buddy. I use it all the time with everyone. Buddy.

Where would you most like to live?

I feel lucky to live in Canada as it is the BEST country to live in. Would I like to spend part of the winter somewhere hot.....absolutely. Anywhere down south.

What is your most treasured possession?

My grandmother's earrings. My grandmother was my main caregiver growing up because my parents worked two jobs each. I spent a lot of time with her and some of my fondest memories include her. When she died of cancer 11 years ago, she left me her most favourite earrings. I only wear them on special occasions.



Now is the time to join the Parent Council

We need every Blake Street family to be represented on the Parent Council! Please come out to our next meeting. The Parent Council is making a BIG impact at Blake Street and you can be a part of it.

DON'T WAIT TO GET INVOLVED!
Time flies, and before you know it, all our children will be grown and our Blake Street experience will be over... So come out and make your child's school the very best it can be!

We meet once per month at the school. Look for the dates in

flyers coming home with your child and on the sign in front of

the school. We'll see YOU at the next Parent Council meeting!



NEW INITIATIVES VOTED ON AT THE LAST PARENT COUNCIL:

The following new initiatives were voted on at the last parent Council

Purchase a Cotton Candy Machine

The Fun Fair Committee would like to purchase a Cotton Candy machine, for use at the Fun Fair and other events such as the school dances. Currently we either rent or borrow a machine, if available.

Status: **PASSED**

Classroom Startup Fund for Teachers

The Parent Council would like to provide teachers an ongoing reimbursement of classroom set up costs, to the value of \$100 per classroom per year. Teachers would submit receipts to the Parent Council Co-chairs and Treasurer to be reviewed and reimbursed.

Status: **PASSED**

NEW INITIATIVES TO BE VOTED ON AT THE NEXT PARENT COUNCIL MEETING - 18 NOVEMBER

Parent Council Dinners

Overview: Dinners are prepared and supplied by a parent for the council meetings. This allows the meetings to start earlier, include whole families, acts to build community, and provide an incentive for attending meetings. There is a \$200 budget for food and the leftover money is a small token for the chef. There is also a donation box at council meetings. The volunteer is responsible for set up, clean up, and dishwasher (it needs to be loaded and then emptied on the morning after the meeting so that it can be used by the nutrition program).

There needs to be at least 3 parents willing to cook. You need to use your own cooking utensils, but can use the school's kitchen, if you want.

Meals need to be simple and kid friendly, and have halal and vegetarian options

Cost: \$1000/year

Discussion: Encouraging donations at meetings (this might make it difficult for some families).

Possibilities for teams or potluck

Bring our own plates

Dinners allow us to include as many people/families as possible

Any comments or queries please contact blakeschoolcouncil.tdsb@gmail.com

Adventure in Acting

Overview: Drama lessons for grades 1 – 6. Drama helps to improve language, body image, confidence, etc. The classes will be led by Carla once/wk./class leading to a “Play Season”

Benefits: School success

Cost: \$315 for 1 class / week for each grade X 29 weeks = \$9135 plus extra rehearsals OR 1 class/wk. for grades 4 – 6 \$140/week X 29 = \$4060 plus extra rehearsals closer to performances

Profit / Plan to reduce costs: Sell food and drinks at performances. Profit to council

Requirements: Gym or large space and teacher involvement

Discussion: Council would like to get some feedback from teachers and more information about the program and teachers. (after school theatre; PD for teachers).

Any comments or queries please contact blakeschoolcouncil.tdsb@gmail.com



The Aviva Community Fund Challenge

While the whole process is not over, we can congratulate one another on a very strong effort in competing for the Aviva Community Fund. Aviva insurance company contributes \$1 million to community projects across Canada through their Community Fund each year.

It was a tough competition for placement in the top five, especially in the last week and ESPECIALLY on the last day as the idea ranked # 6 closed the gap with us and we had to put in an extra push to maintain our ranking.

THANK YOU to everyone who:

- Voted
- Pushed us on social media
- Emailed and spoke to your networks in order to secure votes
- Worked on the initial proposal and the follow up documentation
- Secured Aviva insurance brokers to support our idea in the competition

We do not know what our efforts have achieved yet, but the important thing is that we placed in the top five in our category. The finalists will be officially announced on November 3rd. A panel of judges will then review all finalists and announce the winners on December 2nd.

Aviva requested budget and timeline information for the construction for our project, which was provided back to them on time, after a flurry of emails and work by the group working on the project. This process has also helped us make great strides with the TDSB in supporting our playground transformation.





WELCOME FAMILIES OF BLAKE STREET PUBLIC SCHOOL

Parent Council is pleased to hold our 3rd Annual

FAMILY CLOTHING AND BOOK SWAP

On THURSDAY NOVEMBER 12TH from 315p-830p

A SWAP means to **exchange** your valued but no longer *used* clothing and books, for clothing and books you *will* use. There is no exchange of money at this event.

It is time to *declutter* and *refill* your and your children's wardrobes and swap some good books and sporting equipment. Parents this includes your clothing along with the Children's clothing and Books and sporting equipment. Some examples are: JEANS, T-SHIRTS, PARTY DRESSES, SWEATERS, BUSINESS ATTIRE, MITTENS, HATS, SCARVES, BOOTS, SHOES, SNOW PANTS, WINTER COATS, LONG JOHNS, SKATES, HOCKEY STICKS, and HELMET'S AND OF COURSE BOOKS!!!

How it Works: PLEASE GO THROUGH YOUR DRESSERS, CLOSETS AND BOOK SHELVES AT HOME AND BRING **ALL** THE CLEAN, *WASHED*, GENTLY USED, ITEMS TO THE SCHOOL OFFICE BEFORE: **WEDNESDAY NOVEMBER 11TH BY 330pm.**

We are holding this on the same evening as the Parent/Teacher Interview Night, so please stop by the gym and take what you need. See you there!!!





Trustee Jennifer Story

Ward 15 Toronto-Danforth
Toronto District School Board

416-395-8787

Jennifer.Story@tdsb.on.ca

Ward Council Meeting

Tuesday November 3, 2015

7:00 pm to 9:00 pm

Blake Street Junior Public School /

East Alternative School of Toronto (E.A.S.T.)

21 Boulton Ave

- **Special Presentation: Caring and Safe Schools - Speakers To Be Confirmed**
- **Reports from the Trustee, Superintendent and Committee Reps**
- **Election or appointment of FSLAC alternate representative. Please email Jennifer.Story@tdsb.on.ca for more information**
- **Next Meetings: Thursday December 3 from 7-9 at Westwood. Dates for 2016 will be available in early December.**

Child-minding will be provided. If you need interpretation services in order to participate, please email Maxeen.Paabo@tdsb.on.ca

Please join us! All are welcome to attend.





Free Dental Care

Our dental services are offered to children (0-17 years) , parents enrolled in selected Toronto Public Health programs and seniors (65 years and older).

To be eligible:

- You must live in Toronto
- You cannot have dental insurance
- You are not able to pay for a dentist

Services Include:

- Examinations
- Fillings
- Root canal treatment on selected teeth
- Extractions
- Partial and full dentures – a fee for dentures may be required
- Prevention and education
- Fluoride treatment
- Cleanings
- Sealants



Toronto Public Health has many dental clinics:

North

- 5100 Yonge St., Ground Floor, North York Civic Centre
416-338-8399
- 12 Flemington Rd., Lawrence Heights Community Health Centre
416-338-2025
- 1651 Keele St., York Community Centre
416-338-1224
- 8 Taber Road, Rexdale Community Centre on Kipling north of Rexdale
416-338-1790
- 2398 Yonge Street at Montgomery, 2 blocks north of Eglinton
416-392-0907

East

- 160 Borough Dr., Scarborough Civic Centre
416-338-7442
- 2660 Eglinton Avenue East, The Hub
416 -338-3764

South

- 791 Queen St. East at Boulton, one block east of Broadview
416-392-6683
- 235 Danforth Ave., east of Broadview
416-392-0934
- 277 Victoria St., 2nd floor at Dundas St.
416-392-6680
- 340 College St., suite #370 at Major St., west of Spadina
416-392-1410

West

- 2340 Dundas Street West at Bloor St. West
416-392-0988
- 95 Lavinia Ave. near Runnymede and Bloor
416-392-1777
- 399 The West Mall, Etobicoke Civic Centre
416-338-1486
- 185 Fifth Street, L.A.M.P., north of Lakeshore Boulevard
416-252-8576

For further information, please contact us. Our staff speak many languages!

Call **311**

toronto.ca/health |  **TORONTO** Public Health

Programs of Interest to the Blake Community

“Chopped 55” Cooking Program

“Chopped 55” is a cooking program through Loblaws Cooking. Students chosen from grades 4 – 6 will be going with Kiki to cook at George Brown cooking school and participating in classes and competition. The competition winners will have a morning on a local breakfast show. Any parents who have children in grades 4 – 6 who are interested in cooking, please forward your child’s name to Kiki or council.

Parent Academy Courses

Colleen, our Community Service Worker inviting parents to join Parent Academy with our family of schools. Parent Academy offers free training, workshops, and leadership opportunities. Child care and dinners are provided. (Previous attendants did this last year and said it was really, really GREAT). Taxi or TTC tickets are provided. Information and interest survey is available through the office, or through council.

Toronto Choral Society Children’s Choir

Toronto Choral Society Children’s Choir (organized by a local mom) is looking for students from Blake. The cost is \$150 for half a year and is offered to students in grades 3 – 6.

DID YOU KNOW?...

•The cemetery on Jones Ave, called *Chevra Kadisha Chesed Shel Emes*, is the second oldest Jewish cemetery in the city and is the resting place of the city’s first Orthodox Jewish rabbi, Rabbi Joseph Weinrib. It was **consecrated*** in 1896, though the earliest burial plot dates back to 1885. Eastern European Orthodox Jews escaping the **pogroms**** of Czarist Russia are actually buried in the Jones Avenue Cemetery just south of the Danforth.

* to **consecrate** something is to make or declare it sacred;

** a **pogrom** is a violent riot aimed at massacre or persecution of an ethnic or religious group, particularly one aimed at Jews. The term originally entered the English language to describe 19th- and 20th-century attacks on Jews in the Russian Empire.

FUN FACTS

ANIMAL FACTS:



- Rats breed so quickly that in just 18 months, 2 rats could have created over 1 million relatives.
- Despite the white, fluffy appearance of Polar Bears fur (which is transparent), it actually has black skin.

Craft of the Month: Spooky Hand Garlands

By Melissa Jenkins-Gray

Trace your hand to create these bat, ghost & pumpkin critters to decorate your home!



You'll need:

- Glue
- Scissors
- Googly eyes
- Crayons
- Coloured paper (orange, green, black and white)
- String
- Hole puncher
- *Optional: glitter, spider web gauze, jar lid to trace the body of the bat with and chalk so it's easier to see the trace lines.*

Make the Pumpkin

Trace one handprint on orange paper and cut it out. Trim off the tips of the fingers to look like the shape of a pumpkin. Next, cut out green rectangles for stems and glue it to the top of your pumpkin, then decorate.

Make the Ghost

Trace one handprint on white paper and cut it out. Then decorate the ghost upsidedown so the fingers look like the ghost is floating on air.

Make the Bat

Trace two handprints on black paper and one circle shape, then cut them out. Trim off the thumbs on each handprint. Glue the two handprints to the circle/body of the bat and decorate. Don't forget triangle cut-outs for fangs!

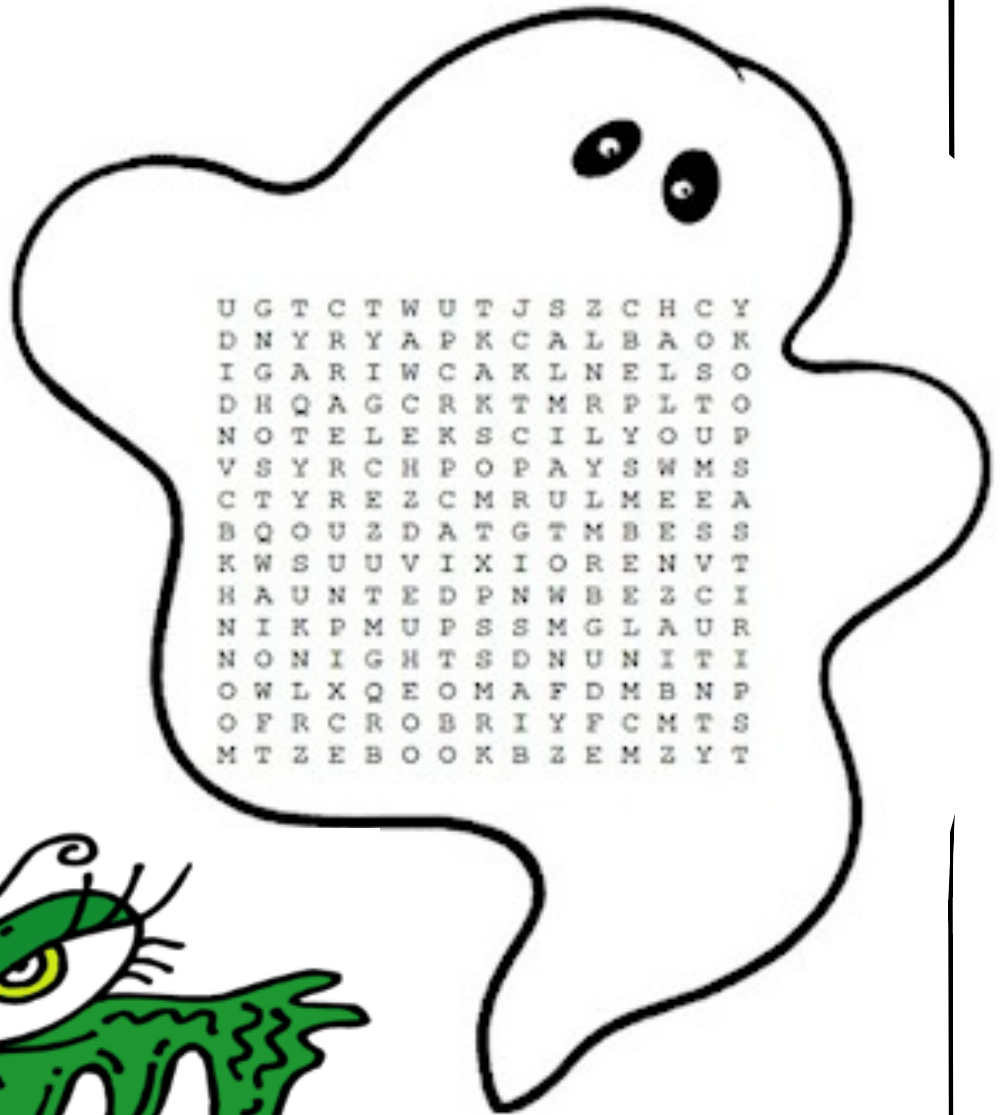
Assembling the Garland

1. Tie a string along your railing or mantle.
2. Hole punch each of your Halloween critters and one-by-one, hang them along the string (dangling and changing the heights of each critter as you build).
3. Using spider web gauze, hide the top of the string base with the web to create a super spooky design.



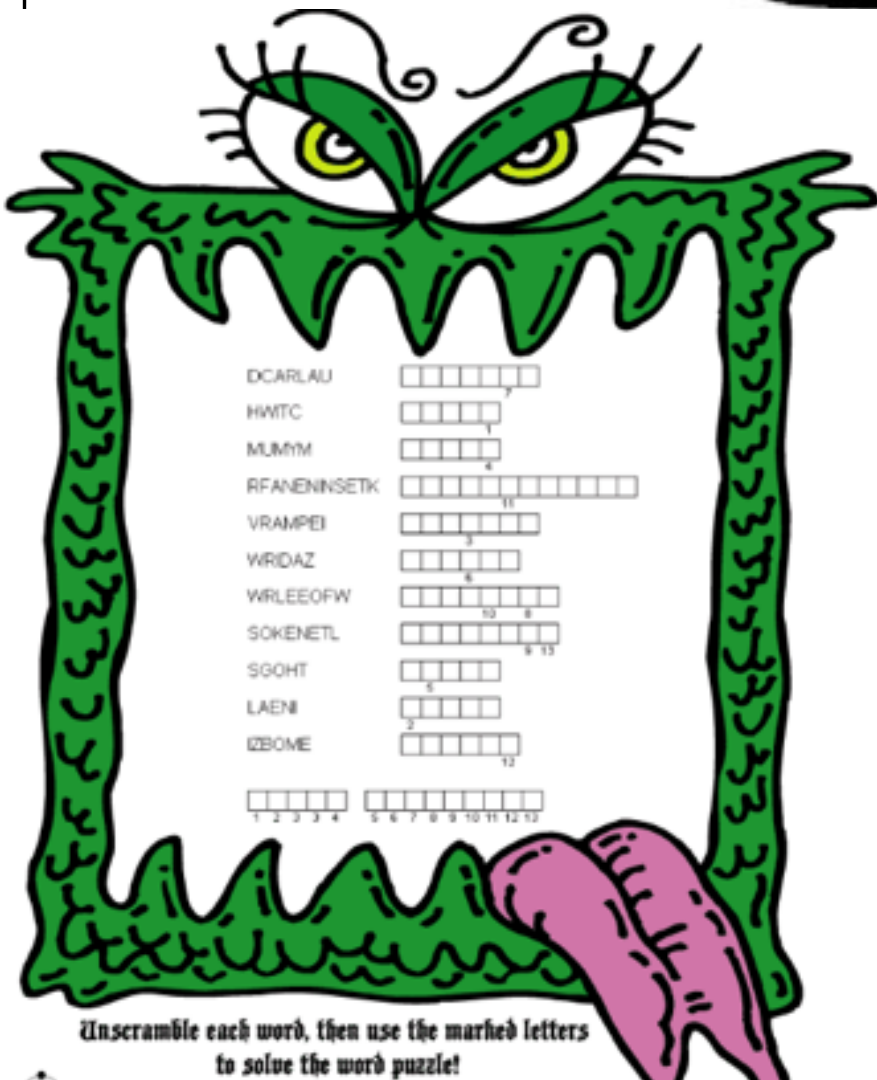
Word Games

BLACK
 BLACK CAT
 BOO
 CANDY
 COSTUME
 GHOST
 GOBLINS
 HALLOWEEN
 HAUNTED
 MONSTER
 MOON
 MUMMY
 ORANGE
 OWL
 PUMPKIN
 SCARECROW
 SKELETON
 SPIDER
 SPIRITS
 SPOOKY
 NIGHT
 TRICK OR TREAT
 VAMPIRE
 WITCH



```

UGTCTWUTJSZCHCY
DNYRYAPKCALBAOK
IGARIWC AKL N E L S O
DHQAGCRKTM R P L T O
NOTELEKSCILY O U P
VSYRCHPO P A Y S W M S
CTYREZC M R U L M E E A
BQOUZDATGTMBESS
KWSUUVIXIORENV T
HAUNTEDDPNWB E Z C I
NIKPMUPSSMGLAUR
NONIGHTSDNUNITI
OWLXQEOMAFDMBNP
OFRCROBRIYFCMTS
MTZEBOOKBZEMZY T
  
```



DCARLAU	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
HWTC	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
MUMYM	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
RFANENINSETK	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
VRAMPEI	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
WRDAZ	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
WRLEEOFW	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
SOKENETL	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
SGOHT	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
LAENI	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
IZBOME	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
	1 2 3 4 5 6 7 8 9 10 11 12 13

Unscramble each word, then use the marked letters to solve the word puzzle!

Morning Meal - November 2015

Monday Nov 2 Nut-free low-fat Cereal Strawberry Yogourt Pear	Tuesday Nov 3 Pita Hummous Carrots & Red Peppers	Wednesday Nov 4 English Muffin/Bagel Cream Cheese Melon	Thursday Nov 5 1 slice baked goods Chocolate Milk Cucumbers	Friday Nov 6 Crackers Marble & Mozzarella Cheese Pineapple & Strawberries
Monday Nov 9 Crackers/Bread Yogourt Tube Tomatoes & Carrots	Tuesday Nov 10 Nut-free low-fat Cereal Vanilla Yogourt Apple	Wednesday Nov 11 Pita Hummous Carrots & Cucumbers	Thursday Nov 12 1 slice baked goods White Milk Pear	Friday Nov 13 PA Day No School
Monday Nov 16 Nut-free low-fat Cereal Strawberry Yogourt Carrots	Tuesday Nov 17 1 slice baked goods Chocolate Milk Banana	Wednesday Nov 18 Pita/Tortilla Hummous Carrots & Cucumbers	Thursday Nov 19 Crackers Marble & Mozzarella Cheese Apple	Friday Nov 20 English Muffin/Bagel Cream Cheese Cucumbers
Monday Nov 23 Bagel/Bun Yogourt Tube Melon	Tuesday Nov 24 Pita/Tortilla Hummous Carrots	Wednesday Nov 25 Nut-free low-fat Cereal Vanilla Yogourt Pineapple	Thursday Nov 26 Crackers Marble & Mozzarella Cheese Peppers & Tomatoes	Friday Nov 27 1 slice baked goods White Milk Apple

*Fruits/vegetables subject to change due to supply

**all grain products served meet a minimum of 2 stars (out of 3) of the Guiding Stars program. For more information see <http://guidingstars.ca/>

Easy Halloween Fruit Tray



Impress your friends with this super simple pumpkin design made with fruit! The hardest part is peeling and cutting all the fruit. Be sure to ask your parents to help.

Ingredients

Fruit for the pumpkin body:
clementine slices or carrots

Eyes: blueberries or blackberries

Mouth: strawberries, raspberries or red apple slices

Stem: celery

Optional: Yogurt dip on the side.



Pumpkin Pie Smoothie Bowl

Ingredients

1½ overripe sliced and frozen bananas
½ cup pumpkin puree (canned pumpkin)

¾ cup almond milk

1 tbsp almond butter

1-2 Medjool dates, pitted (for sweetness)

1 tsp pumpkin pie spice

Toppings: dried cranberries, coconut, banana, granola, etc.

Directions

Place all ingredients except toppings in a blender. Blend until smooth.

Pour into a bowl and top with your desired toppings.

Recipe courtesy:

<http://www.hummusapien.com/pumpkin-pie-smoothie-bowl/>

Upcoming Events at Blake St School

Lice Check

The next school lice check is scheduled for **Tuesday, 3 November**. A nurse from the TDSB will be here to help.



Spirit day

Spirit Day is **Friday, 27 November**. Come to school in your pyjamas!



PA Day

Friday, 13 November is a PA Day

Clothing and Book Swap

The Clothing and Book Swap will take place **Thursday, 12 November** in the gymnasium, from **3.15 till 8.30pm**

THIS IS A FREE SWAP - NO MONEY OR DONATION REQUIRED

Bring any clothing donations to the school office from 9 November onwards.

Parent Teacher Meetings

Thursday, 12 November is the Parent Teacher meetings.

Retake Photo Day

Tuesday, 17 November is the photo retake day

Parent Council Meeting

The next meeting of the Parent Council will be **Wednesday, 18 November** in the library. Dinner and childcare will be provided.

French Immersion Information Night

The French Immersion Information Night will be held **Thursday, 19 November** in the library.

Final Day for French Immersion Registration

The final day for registration in the 2016/17 French Immersion program will be **Thursday, 3 December**

Movie Night

The next movie night will be on **Friday, 4 December**. The title will be announced soon.

