



The Elkhorn Express

YOUR SCHOOLS' INFORMATION NEWSLETTER

WEEK OF OCTOBER 31, 2016

School dates for October/November

31 **Monday – Day 3**
Halloween Dance-a-thon
Pizza lunch

01 **Tuesday – Day 4**

02 **Wednesday – Day 5**

03 **Thursday – Day 1**

04 **Friday – Day 2**

From the principal

"Think and Wonder, Wonder and Think" – Dr. Seuss

Fall has happened and all of a sudden we are experiencing cold weather. Please make sure that your child or children are prepared for the temperature changes. They will be going outside for recesses and at lunch time. Rain and extreme weather conditions are the only times students would remain indoors.

I have received word from the Sustainability Office, Facility Services, TDSB who will be sending a Viability Review Form to be completed and submitted. This will start the process for the Big Playscape Project. I will keep everyone posted with information and the required next steps.

We will be hosting a Halloween Dance-a-thon on Monday for all of our students who would like to participate in this fun activity. Our Kindergarten students will be participating in a Halloween Costume Parade for the rest of the school in the morning. What a sight that will be!

Happy Fall!

Holly Richards

Holly Richards – Principal
Holly.Richards@tdsb.on.ca

To report a student absence or late call 416-395-9505
or email Kim at Kimberley.daley@tdsb.on.ca

Poppy Campaign

Every year, the Legion conducts the **Poppy Campaign** to honour those who serve, and to raise funds in support of Veterans and their families. From the last Friday in October to Remembrance Day, all Canadians can be a part of the campaign. Wear a poppy, attend a ceremony, and show your recognition for those who gave their lives for our freedom.

Canadians are fiercely proud of our Veterans... and during the period leading up to Remembrance Day millions of Canadians wear a Poppy as a symbol of national pride and respect, a visual pledge to never forget.

During the Poppy Campaign, thousands of Legion members from coast to coast to coast volunteer their time to distribute poppies and raise millions that will support Veterans and their families in need. While Poppies are distributed freely, the Legion truly appreciates the generous donations to the **Poppy Fund** in support of serving and retired Veterans and their families.

All of our students will be receiving poppies at our Remembrance Day assembly. However, we are starting to collect donations now to help to raise money to support our veterans.

Please send your donations to the school anytime from now until November 11th.

Thank you for wearing a Poppy and supporting Canada's Veterans.

You can also show your pride and appreciation by purchasing Poppy and commemorative items from the **Poppy Store**. All proceeds support Legion programs.



Use of Poppy Funds

Poppy Funds are held in trust at every level of the Legion and the use of these trust funds are strictly controlled.

Through your donations to the Poppy Fund, the Legion provides financial assistance and support to currently serving and retired Veterans, including Canadian Armed Forces and RCMP, and their families who are in need.

The following highlights the use of Poppy Trust Funds.

- Grants for food, heating costs, clothing, prescription medication, medical appliances and equipment, essential home repairs and emergency shelter or assistance
- Housing accommodation and care facilities
- Funding for Veteran Transition Programs that are directly related to the training, education and support needs of Veterans and their families
- Comforts for Veterans and their surviving spouses who are hospitalized and in need
- Veterans visits, transportation, reading programs and day trips
- Accessibility modifications to assist Veterans with disabilities
- Educational bursaries for children, grandchildren and great-grandchildren of Veterans
- Community drop-in centres, meals-on-wheels, and seniors services in communities where Veterans would benefit
- Community medical appliances, medical training and medical research which will assist in the care of Veterans in the community
- Support the work of Legion Command and Branch Service Officers across Canada in assisting and representing Veterans
- Donations for relief of disasters declared by federal or provincial governments which impact Veteran in those communities
- Promotion and administering of Remembrance activities to ensure Canadians never forget the sacrifices of Canada's Veterans

Flu Season

The flu is a contagious respiratory illness. It can cause mild to severe illness, and at times can lead to death. The best way to prevent the flu is by getting a flu **vaccine** each year.



Signs and symptoms of the flu may include:

- Fever or feeling feverish/chills
- Cough
- Sore throat
- Runny or stuffy nose
- Muscle or body aches/ headaches
- Fatigue (very tired)
- Some people may have vomiting and diarrhea, though this is more common in children than adults.

You may be able to pass on the flu to someone else before you know you are sick, as well as while you are sick. Good health habits like **covering your cough and washing your hands often** can help stop the spread of germs.

1. **Avoid close contact.**

Avoid close contact with people who are sick. When you are sick, keep your distance from others to protect them from getting sick too.

2. **Stay home when you are sick.**

If possible, stay home from work, school, and errands when you are sick. This will help prevent spreading your illness to others.

3. **Cover your mouth and nose.**

Cover your mouth and nose with a tissue when coughing or sneezing. It may prevent those around you from getting sick.

4. **Clean your hands.**

Washing your hands often will help protect you from germs. If soap and water are not available, use an alcohol-based hand rub.

5. **Avoid touching your eyes, nose or mouth.**

Germs are often spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose, or mouth.

Lice



What are head lice?

The head louse is an insect that lives and breeds on your head. Head lice feed themselves by biting your scalp. Having head lice is common and millions of people get head lice each year.

Who can get head lice?

Anyone who comes in close head-to-head contact with someone who already has head lice can get lice. Lice are found more often among children between the ages of 3-10, and their families.

What are the signs of having lice?

- ❖ Tickling feeling of something moving in the hair
- ❖ Itching, caused by an allergic reaction to the bites
- ❖ Irritability
- ❖ Sores on the head caused by scratching. These sores can sometimes become infected

How are head lice treated?

There are many products available to treat head lice. Before buying any product, talk to your pharmacist. Buy a head lice shampoo or cream rinse from your drug store.

Talk to your doctor before treating:

- children under 2 years
- a person with a seizure disorder
- a person with a scalp infection

Alternatively, there are companies you can contact that provide treatments such as NitWits and TLC (The Lice Crew).

Lice cannot survive off the human head for more than 24 hours and because of their specialized claws they do not move well on surfaces other than human hair.

Here are some precautionary steps to help ensure that you and your family remain lice free.

- Wash as usual all bedding and clothing used within the last 24 hours by the infected individual. For delicate items such as stuffed animals, you can place them in a dryer on high heat for a least 30 minutes or place them in a sealed plastic bag for 24 hours
- Vacuum all carpets, rugs and furniture
- Remove all strands of hair from the infected individual's hairbrush and wash the brush in hot soapy water. You can also place all hair items and accessories in a sealed plastic bag in the freezer for 24 hours
- Do not share personal belongings such as hairbrushes, hair accessories and hats

Halloween Safety



Halloween can be a fun and exciting time for kids. These safety tips for parents and children can help to keep everyone safe and happy this Halloween.

For parents:

- Do not use masks. Masks make it hard for children to see what's around them, including cars.
- Make or buy costumes in light-coloured material.
- Place strips of reflective tape on the back and front of costumes, so that drivers can better see your child.
- Costumes should fit properly to prevent trips and falls. Avoid items such as oversized shoes, high heels, long dresses and long capes.
- Dress your child for the weather. Add layers if needed.
- Children under 10 should be accompanied by an adult for trick or treating. By the age of 10, some children are ready to go trick-or-treating with a group of friends.
- Keep in mind that gum and hard candy can pose a choking risk for young children.
- Remove make-up before bedtime to prevent possible skin and eye irritation.

If your child is going out without an adult:

- Make sure your child is in a group of at least 3 people.
- Give them a flashlight. A cell phone is also a good idea if you have one.
- Discuss in advance the route they should follow. Ask them to call you if they plan to go on a street that isn't on the route.
- Set a curfew
- Tell your children not to eat anything until they get home.

For children and youth:

- Carry a white bag or pillowcase for your candy, and add some reflective tape.
- Dress for the weather. Cold weather or water absorbent materials in the rain can be very uncomfortable.
- Bring a cell phone, in case you need to make an emergency phone call.
- Always travel in groups. Be sure there are at least 3 of you at all times.
- Let your parents know where you're going to be at all times.
- Don't visit houses that are not well lit. Never go inside a stranger's house.
- Use the sidewalk whenever possible. If there's no sidewalk, walk on the side of the road facing traffic.
- Don't criss-cross back and forth across the street. Work your way up one side of the street, and then start on the other.
- If you have any allergies, tell the person who is giving out the treats.
- Don't eat any of your treats before you get home. Once home, ask your parents to look through your treats with you to make sure everything is okay.

Halloween Dance-a-thon



On Monday we will be having our annual Halloween Dance-a-thon for all students who would like to participate.

Monday will also be our first Pizza Day run by the Elkhorn School Advisory Council.

