



Web: <http://schoolweb.tdsb.on.ca/humewood/Home.aspx>

Twitter: [https://twitter.com/TDSB\\_Humewood](https://twitter.com/TDSB_Humewood)

Thursday, October 126, 2017

J. Whitfield, Principal

A Mani, Vice-Principal

### IMPORTANT DATES

[Calendar](#)

Pizza Lunch, Friday, October 27<sup>th</sup>

Halloween Parade, October 31<sup>st</sup> AM

Photo Re-take Day, Thursday,  
November 2<sup>nd</sup>

Pizza Lunch, November 10<sup>th</sup>,

Progress Reports home, Monday,  
November 13<sup>th</sup>

PA Day, Report to Parents, Friday,  
November 17<sup>th</sup>

Pizza Lunch, Friday, November 24<sup>th</sup>

Sight and Sound Clinic, Tuesday,  
November 28<sup>th</sup>

### OPAL Play Day

We had an amazing day for our OPAL Play Day. Every student had an opportunity to play with “loose parts” that consisted of boxes, tires, sono tubes, pots, pans, shovels, tires, wood planks and more. The kids turned those materials into a wonderland of incredible, creative play. Ask your child about it! Thanks to our parent crew who helped with set up and take down.

We value your input, let us know what your child thought about it!



### French Immersion

If you are interested in the early French Immersion Program please use the link below to apply. The deadline to apply for the Early French Immersion Program is: Thursday, November 30 2017.

<http://www.tdsb.on.ca/Elementary-School/School-Choices/French-Programs/Application-Process/Early-French-Immersion>

## **Class Communicators**

This year, at Humewood the role of class representative has changed. Communication about each classroom will come directly from the teacher. While some of the Humewood Staff have requested a formal Class Representative, many of the classes will have a Class Communicators with a more limited role. The role of the class communicator is as follows:

**Class List Collections and Distribution:** Class Communicators collect contact information from the families in their class to compile a class list with email addresses and phone numbers. Once the class list is created, the Class Communicator will email it to the class families who provided their information. Many families in the past have appreciated this list when trying to coordinate play dates, birthday parties and other informal contacts.

**Communication:** The class communicator will use the class email list to forward messages from the school council to the parent community, such as messages related to fundraisers and volunteer needs. All email communications are strictly to forward messages from council and will use the "Bcc" field to ensure privacy. Some class communicators may choose to pick 2 or 3 salient points from the school and/or HCSC newsletter and send those points to the class.

The Class Communicators will not be communicating information to or from the classroom teacher except in the instances where the teacher has requested a Class Representative. (We will notify these Communicators specifically so they can coordinate with the teachers.)

We are still looking for Class Communicators for the following classes: Mme. Clarke, Ms. Rodrigues, Mme Cumbaa, Ms. Salamon, Mme. Riehle, Ms. Carrotte, Ms. Pearlman, Ms. Watkins, Ms. Acheampong, and Mr. Singbeil.

Please let us know if you have any questions about the role of Class Communicator, or if you would like to volunteer for one of the above mentioned classes.

Justine Cappel & Sam Barkin

[HumewoodClassReps@gmail.com](mailto:HumewoodClassReps@gmail.com)

### **Parent Volunteer Hub**

Want to find out about volunteer opportunities for the 2017/18 school year? From pizza lunches to the Snowball, these fundraisers and events happen at Humewood all because of the amazing people that volunteer their time to put them on. Should you wish to get involved please sign up anytime! <https://goo.gl/forms/Dtg00TXxCfC9K3Fw2>

### **Choices for Grade 9**

Grade 8 students and their families should check the website for Open Houses and Information Nights for Secondary Schools. Follow this link for dates and times.

[http://www.tdsb.on.ca/highschool/goingtotohighschool/openhousesandinformati  
onnights.aspx](http://www.tdsb.on.ca/highschool/goingtotohighschool/openhousesandinformati<br/>onnights.aspx)

## Volunteers Wanted

Mr. McNamara is looking for a couple of volunteers to work in the school library on a regular basis. Training is provided in order for you to assist with book cataloging, book repair, organizing books and materials, and possibly working with students. Volunteers are requested to have a police check and the school office can provide more details about this.

Parent volunteers are also needed to help organize and run the Scholastic Book fair which will take place November 13-16 this year. Please contact Mr McNamara directly if you are interested at [todd.mcnamara@tdsb.on.ca](mailto:todd.mcnamara@tdsb.on.ca)

Donations to the school Maker Space are welcome. These may include interesting household items that can be used in a craft center, fabric for sewing, old electronics for disassembly, or LEGO for building.

## HUMEWOOD COMMUNITY SCHOOL – FOOD SHARING POLICY AND SAFE SNACK LIST

### Food Sharing Approach:

In an effort to create an inclusive and safe environment, we have been reviewing our approach to food sharing at Humewood. Together with a parent representative and staff from Humewood, we looked at times of the year when food sharing has typically taken place and how we can do so most appropriately. We know that our Pizza Lunch team has worked hard to source products that can safely feed the majority of our student body and we are going to continue in this direction. Moving forward, our approach will be as follows:

1. Birthdays – Please refrain from sending food or any toys or trinkets for your child’s class in honor of their birthday. Our staff will meet and determine other options for acknowledging birthdays in the Primary grades such as encouraging the birthday child to choose a book to read with the class. As well, we will continue our school wide tradition of announcing birthdays over the intercom and giving each child a birthday pencil and a bookmark with their picture from photo day.
2. Halloween and Valentine’s Day – We recognize that there are a range of family traditions in respect to both Halloween and Valentine’s Day. We host a costume parade on Halloween and classes often share affirmations within the class on Valentine’s Day. Students are welcome to bring a treat for themselves to be eaten at lunch or recess but we will not permit students to share treats with their classmates during the school day.
3. Class Celebrations – Generally classes have at least two celebrations a year – once in December and once in June. We recognize that food can be an enjoyable aspect of these experiences. **Below please find the “approved provider” list. When teachers want to plan a celebration, they will contact their students’ families. We ask that families who wish to send in food, select food from the approved provider list only. \*\* Please note that this is a slight revision to our original plan and we think this update will be more manageable for everyone.**
4. Curriculum Based Food Experiences – At times, staff feel there is value in using food to teach a new skill such as following a recipe to teach procedural writing or baking to teach measurement. In these situations, staff will be asked to look through their medical information list and contact families with children who have medical issues related to food and make a plan with those families.
5. Rewards/School Contests & Fundraisers – School fundraising events that occur during the day will make every effort to avoid using food. Teachers will work together to assess how/if food is being used as a reward and its efficacy and then update this policy. There are occasions when there may be a pizza party or something similar and, in those cases, we will use the approved provider list.

This approach is a work in progress and we have aimed to retain the best of what was enjoyable and beneficial for the students at Humewood and embed some new practices that we feel will minimize food-related concerns. We will try this approach and our staff will provide us with feedback and we also welcome feedback and involvement in this conversation from parents. This approach was developed with equity, health & well-being at the forefront of our minds.

See below for the approved provider list.

## APPROVED PROVIDER LIST

- Fruit and Veggie trays are always great additions to one or two treats from the list below. Fruit or veggie trays can be purchased at most grocery stores, as well as Costco. Pre-packaged carrot sticks, celery sticks and other fruit and veggies are ok. Please refrain from bringing fruit or veggies chopped at home, to avoid any cross contamination. If cutting at school, please wash all utensils and dishware before cutting and serving.
- Items that have a “processed in a facility that also uses nuts” or “may contain nuts” warning are considered unsafe, and should not be used
- Manufacturers often change ingredients, so please look for warning labels on all products, even if listed below as “safe”
- There are options in all price ranges, so each class can decide on one or two items from the list

### BAKERIES:

**Hermes Bakery**– 416-787-1234 – 2885 Bathurst St, north of Glencairn – Kosher, peanut and tree nut-free, lactose and dairy free. Be advised that during Passover, this bakery is not nut-free as it contains almonds.

**Richmond Bakery** – 647-776-5995 – 4119 Bathurst St, north of Wilson – Kosher, peanut and tree nut-free, dairy free. Some sesame free and gluten free\* are available by order. *\*Since the food is made in a bakery that contains gluten, be sure to ask whether there is a risk of cross-contamination. If so, this is not suitable for people with celiac disease.*

**Amazing Donuts** – 416-398-7546 – 3772 Bathurst St at Wilson – Kosher, peanut and tree nut-free, sesame free and dairy free. Donuts are great, and they also make cookies and cupcakes. Can order mini-donuts instead of regular sized ones.

**Sweets from the Earth** – 647-436-2004 – 234 Canartic Drive - They have 2 facilities, one of which is nut, peanut, dairy, egg and sesame free. The other is gluten free but contains nuts (so forget that one for school!). Products include cookies, cupcakes, muffins, cakes and bars. Products are available in many grocery and health food stores.

<https://sweetsfromtheearth.com>

**Sorelle and Co.** – 905-303-1073 – 1050 Rutherford Rd in Vaughn; Saks Food Hall on Yonge St – Free from: gluten, nuts, dairy, soy and preservatives. Delicious cookies and cupcakes and more, but it’s a shlep and, like all GF bakeries, \$\$\$.

<http://sorelleandco.com>

**Goodbye Gluten** – 416-781-9191 – 2066 Avenue Rd – A grocery store and bakery that is free from gluten, nuts, dairy, eggs and soy. Products include cupcakes, cookies and many other sweet and savoury treats.

<http://www.goodbyegluten.com>

**Bakes and Goods** – 647-847-8111 – 2523 Yonge St, north of Eglinton – Nut-free bakery Cupcakes and gourmet cookies. Gluten free, egg free and dairy free options available. \$\$\$

<http://bakesandgoods.com>

### **SOMETHING SWEET:**

**School Safe** – Made by Treasure Mills – A Canadian owned company which has many options to choose from. They are peanut free, tree-nut free and dairy free. A lot of their items are individually packed so great for class picnics or parties. They are very reasonably priced. Items include banana chocolate chip loaves, brownies, chocolate chip cookies, cupcakes, vanilla chocolate chip loaves. They can be bought at most grocery stores like Loblaws/Metro or Costco.

<http://www.treasuremills.com/about-us/>

**RealFruit** – Made by Dare – Gummies, sours and fruit chew snacks. They are peanut free, tree-nut free, gluten free and some are gelatin free. A lot of their items are individually packed so great for class picnics or parties. They are very reasonably priced. They can be bought at most grocery stores like Loblaws/Metro or Costco.

[http://www.darefoods.com/ca\\_en/brand/dare-candy-co/33](http://www.darefoods.com/ca_en/brand/dare-candy-co/33)

**Surf Sweets** – Gummy worms and bears and chewy sour candies. Free of high fructose corn syrup, artificial colors and flavours, and the top 10 allergens, including gluten.

<http://www.surfsweets.com>

**Bear Paws** – Made by Dare – Paw shaped soft cookies. They are peanut free and tree nut free. A lot of their items are individually packed so great for class picnics or parties. They are very reasonably priced. There are fruit chews, banana chocolate chip paws, brownie paws, chocolate chip paws, oatmeal paws etc. They can be bought at most grocery stores like Loblaws/Metro or Costco

[http://www.darefoods.com/ca\\_en/brand/Bear%20Paws/29](http://www.darefoods.com/ca_en/brand/Bear%20Paws/29)

**Made Good** – Individually wrapped cereal bars or mini balls, flavours are chocolate banana, strawberry, mixed berry and apple cinnamon. Gluten free, dairy free, peanut and tree nut free, kosher options are available. Products can be bought at most grocery stores like Loblaws/Metro or Costco.

<http://www.madegoodfoods.com/us/>

**Enjoy Life Foods** – Sweet (mini cookies) and salty (Plentil chips) options. All are free from gluten, wheat, dairy, peanuts, tree nuts, egg, soy, fish and shellfish. Products available at most grocery and health food stores.

<https://enjoylifefoods.com>

### **SOMETHING SALTY:**

**Skinny Pop** – A variety of flavoured popcorn such as original, sea salt, cheddar, naturally sweet and jalapeno. They have regular size bags as well as individually wrapped packages. Gluten free, dairy free, peanut free and tree nut free. . They are very reasonably priced. Can be bought at most grocery stores like Loblaws/Metro or Costco.

<https://www.skinnypop.com/>

**Lays** – A variety of flavoured chips such as regular, sour cream and onion, ketchup etc. They have regular size bags as well as individually wrapped packages. *\*Gluten free except for BBQ flavour.* They do not advertise as peanut free, but no peanuts or tree nuts are used.

<http://www.lays.ca/products>

**Sensible Portions** - Garden Veggie Straws – Crunchy veggie straws with potato and veggies, similar to a chip. Gluten free. They do not advertise as peanut free, but no peanuts or tree nuts are used.

<http://www.sensibleportions.com/>

**Snyder's of Hanover** – All of their pretzels, including the gluten-free ones, are made in a peanut-free facility. Gluten-free version is available at Goodbye Gluten.

<http://www.snydersofhanover.com>

#### **SOMETHING FROSTY:**

**Chapmans** – Ice cream sandwiches and popsicles. Not all their products are peanut free, but there are many types of them that are peanut and tree nut free, as well as gluten free. Lolly's is their popsicle line that is peanut free, tree nut free as well as gluten free. They are very reasonably priced. Can be bought at most grocery stores like Loblaws/Metro. Please read package carefully to ensure that the product chosen is peanut/nut free.

<http://www.chapmans.ca/>

**Kisco** – Freezie pops and juice pops - All Kisco products are peanut free and nut free, dairy free, gluten free, soy free and egg free. Most products are also kosher.

<http://www.kiskofreezies.com>

#### **FRUIT/VEGETABLES:**

Fruit or veggie trays can be purchased at most grocery stores, as well as Costco. Pre-packaged carrot sticks, celery sticks and other fruit and veggies are ok. Please refrain from bringing fruit or veggies chopped at home, to avoid any cross contamination.

#### **PIZZA:**

Humewood currently use 1 Plus 1 Pizza, which is located at 361 Oakwood Ave, for regular pizza options. For gluten free pizza, Humewood uses Pizza Nova.

# SARA WESTBROOK



TUESDAY  
NOVEMBER 7<sup>th</sup>  
COTTINGHAM  
JUNIOR PS  
6:30 PM – 7:45 PM

AN ADULTS ONLY PRESENTATION

*'I wanted to let you know that you are powerful! I was engaged, amazed and felt empowered that I could be a coach for assisting my children to make the best choices for whatever circumstance they are dealing with.'* Parent SJPII School Council Chair

## 3 HABITS OF RESILIENT FAMILIES

As parents and guardians, it's important to support children in making character-based choices that develop the skills of Resilience, Confidence and Mental Well-Being.

Many of their choices are being made based on how they feel (anger, sadness, disappointment etc). Since emotions are constantly changing, they are not a reliable place to make all choices from. It's essential to teach children how to move through emotions in healthy ways so they can make choices from a more reliable place - their character.

In this presentation you will learn 3 Habits to coach your children to:

- Make character-based choices.
- Bounce back from tough emotions and challenging circumstances.
- Train their brain to think and act beyond tough emotions.
- Learn healthy ways to release emotions.



FOR MORE INFORMATION ABOUT  
SARA WESTBROOK PLEASE VISIT

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AS SEEN ON

