



Important Dates Calendar

- **October 3:**
Cross Country Meet #1
- **October 4:**
School Lice Check
- **October 5:**
PA Day
- **October 8:**
Thanksgiving
- **October 12:**
Pizza Lunch
- **October 15-17 & October 17-19:**
Grade 6s to Sheldon Outdoor Education Centre (overnight trip)
- **October 23:**
Photo Re-take Day (am)
- **October 26:**
Pizza Lunch
- **November 2:**
Pizza Lunch
- **November 12-15:**
Book Fair!
- **November 14:**
Pizza Lunch

The Humewood Howler

Web: <http://schoolweb.tdsb.on.ca/humewood/Home.aspx>
 Twitter: https://twitter.com/TDSB_Humewood

J. Whitfield, Principal
 A. Mani, Vice-Principal



The Humewood Fall Fair!

We had another very successful Fall Fair! Thank you to the organizers and all of the volunteers who helped make the annual event so wonderful. There were smiles all around as castles were bounced in, faces were painted, and cupcakes were eaten!

Fall Sports



Grade 6 Boys Soccer – Mr. Herman
Grade 6 Girls Soccer - Mr. Herman
Grade 8 Boys Soccer - Mr. Herman
Grade 8 Girls Soccer – Ms. Acheampong & Mme Dyson
Grade 6 Boys Touch Football – Mr. Chichelnik
Grade 8 Boys Touch Football - Mr. Chichelnik
Grade 6 Girls Touch Football - Mr. Herman
Grade 8 Girls Touch Football - Mr. Herman
Cross Country - Mr. Polak, Mme Clarke, Ms. Watkins, Ms. Robinson, Mme Riehle

Terry Fox Run

On September 26, Humewood students participated in the annual Terry Fox Run. Messages of hope and remembrance written on paper “shoes” decorate our school. Thank you for your “Tloonies for Terry” donations to the Terry Fox Foundation.



Sarah and Claire’s Food Drive

Humewood is, once again, participating in Sarah and Claire’s Food Drive. It will run all this week until October 4th. Help “Team West” collect more food than “Team East”! Bragging rights go to the winners. Collection boxes are inside the main doors and also inside the kindergarten/daycare doors. If you prefer to donate on line go to: [Humewood Supports Sarah and Claire's Food Drive](#) . Thanks for your contributions!

CELL PHONE/DIGITAL DEVICE POLICY

Our current cellphone policy states that students in Grade 6 and below will not use personal digital devices/cell phones at all during the school day. Grade 7 and 8's may use cell phones ONLY during class time and ONLY under teacher's direction and ONLY for academic purposes. We encourage face to face interaction and socializing at recess times and during lunch time when they are on school property.

If you need to get in touch with your child during the school day when they are on school property, please contact the office instead of calling or texting your child.

We value the use of technology to access the curriculum and to engage learners and we encourage our students to use unstructured time for physical activity and socializing.



Grade 8 Family Information Night

On **Monday, October 22 at 6:30pm**, our Guidance Counsellor, Yvette Blackburn, will be facilitating an information night for families of our Grade 8 students. This will be your chance to ask questions about transitions to grade 9.

Until then, 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.



Humewood Food-Sharing Policy

Please take a moment to read Humewood's Food-Sharing Policy (attached at the end of the newsletter), along with a list of safe snack providers. The list was created to have safe food options, keeping in mind the many different types of dietary restrictions that kids may have. Everything is peanut and tree-nut free, but in addition we have kosher, gluten free, dairy free, soy free, etc. options, as well as low carb items for diabetics. It was designed to create a safe and inclusive environment, so at times of the year when food sharing has typically taken place, it can be done so most appropriately.



What is OPAL?

“OPAL (Outdoor Play and Learning) is the first program in Canada that aims to make play an integral part of the school day. Children engage in self-directed play with “loose parts” (tools, boxes, spare tires, fabric, etc.), boosting their sense of agency and creating a more inclusive and reciprocal social environment.

OPAL is grounded in the child’s right to play and the UN Convention on the Rights of the Child, to which Canada is a signatory.

In partnership with the Toronto District School Board (TDSB), the OPAL program will roll out to 42 schools by 2020. Our goal is to bring the program to schools across the country.” (From the Earth Day Canada website)

For more information on the OPAL program, check out:

<https://earthday.ca/earthplay/schoolplay/>



So Far, So FUN!

Being an OPAL School has changed our outdoor time in a very positive way! Students who may not have been keen to venture outside, are now filled with excitement to create, construct and explore. The overlying questions, “*Is it safe enough for us, the environment and the equipment?*”, “*Is it fun for everybody?*” and “*Is it inclusive?*” have guided our play and the way in which our students interact with each other. Students are working towards being more respectful of each other and the environment, and strengthening their problem-solving skills.



We Play in ALL Weather!

It’s no surprise that the majority of students would rather be outside for recess/outdoor learning time than inside. Cancelling recess is usually met with, “But it’s just raining a little bit!” and a lot of unspent energy. At Humewood, we believe that playing in the rain, snow and sunshine are part of the natural and healthy development of our students. We know that children need to move, explore and play outside EVERY DAY in order to be ready to learn in the classroom. Aside from cases where there is lightning, all students and supervising staff will be going outside during recesses or outdoor learning times. Please check the weather reports each morning and send your child(ren) well-prepared to go outside. This includes: rubber boots, a proper rain jacket, an umbrella, etc. We would like to

start building a “clothing library” for students are aren’t prepared for the weather, so if you have any wet-weather gear that is no longer used, we would love the donation!

Call-out for LOOSE PARTS!

As an OPAL school, we provide opportunities to play and learn outside with open-ended materials, called loose parts. Earth Day Canada generously donated collections of materials, but many of these items have succumbed to “too much love” or the environment (cardboard tubes can only survive so long in the rain). We are in need of many more materials to replenish our stock of loose parts. Each month, we will put a call out for different items. Please refrain from sending anything with sharp edges.



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://www.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://www.bakesandgoods.com/>

Lollicakes – 416-482-2253 - 500 Lawrence Ave West (Lawrence Plaza) - Peanut, tree-nut and sesame free and gluten-free cupcakes and cakes (made in a separate kitchen so they are celiac-safe!).

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

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/>

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/>

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://wholesomesweet.com/brands/surf-sweets/>

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>

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/ca/?set-region=CA>

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.

<https://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.

<https://www.sensibleportions.com/en/>

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.

<https://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.