



Lambton Park **NEWS**

Important Dates

Nov. 2 – Photo Retake Day
 Nov. 5 – Daylight Saving Time ENDS
 Nov. 10 – Reports go home
 Nov. 16 – Parent-Teacher Interviews
 Nov. 17 – PA Day (no school)
 Nov. 23 – School Council
 Nov. 28 – City of Toronto presentation – Scarlett Road Bridge

Dec. 1 – PA Day (no school)
 Date TBA – Winter Concert
 Dec. 25 to Jan. 5 – Christmas Break

Jan. 19 – PA Day (no school)

Feb. 9 – Reports go home
 Feb. 15 – Parent-Teacher Interviews
 Feb. 19 – Family Day

Mar. 12-16 = Winter Break
 Mar. 30 – Good Friday

Apr. 2 – Easter Monday
 Apr. 27 – Gr.6 Grad Photos

May 21 – Victoria Day

June 8 – PA Day (no school)
 June 26 – Gr. 6 GRAD
 June 29 – PA Day (no school)



Principal's Message

October has been an active month here at Lambton Park.

Thank you so much to Coaches Fallis and Foster for working with about 45 students to get them ready for the Cross Country competition in the early part of the month. A little later, in mid-October one of our students made it to the Semi-Finals in Cross Country. We wish to congratulate all of the competitors who competed in early October and look forward to future opportunities, next year!

Speaking of opportunities, we're pleased that Mr. Frederic DeVries has continued piano instruction for our students. Instruction takes place every Wednesday over the lunch hour on the 3rd floor. There are still spaces remaining for any interested parents.

Last week we had our first Recognition Assembly. See elsewhere in the newsletter the "Respect Rap" that students from Ms Jones and Ms Mockler's classes performed ~ awesome!

Lambton Park was pleased to host our

annual health related event. We had the Four Villages Community Health Centre who worked with our youngest "early years" students around screening for vision, dental and hearing. This was well attended this year!

We've also had Photo Day where we took our class and individual photos. For those students who were absent there will be a make-up day on Thurs., Nov. 2nd!

Finally, remember Daylight saving time takes place this weekend. Turn your clocks back 1 hour on Saturday night (at about 1:00 a.m.)

Invitation – Progress Reports

Parents are asked to come and discuss their child's progress, so far:

- Thurs., Nov. 16 (evening)
- Fri., Nov. 17 (AM)

Friday is a PA Day (no school for students)

October 31, 2017

SNIPPETS OF NEWS YOU CAN USE

Introducing our Community Support Worker

Khadra Hussein: I am a Community Support Worker at Lambton Park CS. I work in close relations with the school staff, parents/guardians, and community members /organizations. Research shows that parents are the first teachers and the more they are involved in their child's education, the school becomes a better place to learn and grow. Parental involvement is key to student success because education is a partnership.

The school would like to offer different parenting workshops and training to all parents, guardians, and community members based on the needs or requests from parents. Please stay updated with all our flyers regarding the upcoming workshops and training for this school year.

Please feel free to contact me via phone at 416 998 5581 or via email: khadra.hussein@tdsb.on.ca I am looking forward to working together. Thanks!

*"Come on out for dinner -
A community potluck
...on Wed., Nov. 22nd!"*

School Council

Thank you to all members of the Lambton Park community who attended the School Council General meeting on Oct. 26.

Thank you to our parents who created the Autumn Celebration (today!) with all kinds of fun and entertaining activities!

In today's newsletter you will see information about the Council's next event: a community potluck dinner on Nov. 22nd and, of course, we need your support (and food!) to make it work.

Our next School Council meeting will take place on Thurs., Nov. 23 at 6:30 p.m. You are urged to come on out in support of our students – your children!



Halloween Safety

We remind all participating students who are trick or treating to practice street safety by being aware of their surroundings at all times!

Here are some basic safety rules to follow:

- Children should NEVER eat any treats until parents have had a chance to go through them and inspect them. Parents should look for tampering of packages and discard any they believe to be unsafe or unknown.
- Have your child carry a flashlight.
- NEVER go into a stranger's house.
- NEVER trick or treat with people you do not know.
- Trick or treat only at homes you know.
- Children should always stay in groups if no parent is present.
- Younger children should ALWAYS be accompanied by an older person.
- Accompany your child when trick or treating.
- If you can not accompany your child then know the route your child will take.
- Flame resistant (retardant) costumes are in order. Keep costumes short and remind children to stay away from pumpkins with candles in them.
- Remind children to stay away from pets they do not know.
- Remind children of road safety rules. Cross only at corners. Do not criss-cross the road. Go up one side of the road and down the other side. Never cross between parked cars. Walk facing on-coming traffic if there is no sidewalk
- If adults are driving their children, drive slowly, with lights on and be cautious when pulling to the side of the road.
- Children should wear their own shoes when trick or treating. Wearing costume shoes/boots can be dangerous and uncomfortable.
- Remind children that not everyone celebrates Halloween, and to avoid any homes that have no lights on. Also remind children not to run through neighbours yards or gardens.
- With older children, be sure to know what other events (such as parties) they plan on attending.

French Program Application Deadlines

For families interested in the Toronto District School Board's French Immersion or Extended French programs, we offer an online process for applying to:

- **Early French Immersion (EFI)** which begins in Senior Kindergarten;
- **Junior Extended French (JEF)** which begins in Grade 4

We guarantee an offer of placement in the program (not a specific school) to all on-time applicants.

Transportation is provided as per the Board's Transportation policy.

This year, there is an important change to the timelines for applying for these programs for September 2018.

November

- **Applications for Early French Immersion** (for a Junior Kindergarten aged child), must be completed online between November 1 to November 30, 2017.

January

- **Applications for Junior Extended French or Middle French Immersion** (for a child currently in Grade 3), must be completed online between January 8th to Feb. 8, 2018.

Offers of placement within your chosen program will be made to all on-time applicants in the weeks following the close of the application window.

Please note: families with an older sibling currently in a French program are still required to complete an online application for the new student.

Further information on French as a Second Language programs and the application process is available online at www.tdsb.on.ca/pars

Student Absences – Please call!

One measure of keeping our students safe is to ensure we can account for any absences or reasons for being late to school. We would like to remind you that if your child is going to be absent or late for any reason, we ask that you contact the school immediately and report the reason for the absence. If we are not informed about the absence, we will make attempts to contact you through our automated

call-out system to determine the reason for the absence. To find out how this automated system works please visit <http://www.tdsb.on.ca/HighSchool/CaringSafeSchools/SafeArrivalProgram.aspx>

Please let the office know by calling Ms. Frances at 416-394-3070 if your contact information, including phone number, changes at any time throughout the school year.

Thank you for your continued cooperation to keep your children safe and accounted for.

Keeping Kids Safe

Drivers are reminded to do their part to keep children safe near school buses. Drivers should follow these tips:

- **Stop and never pass a school bus when its red lights are flashing.**
- **Leave space around school buses and avoid blocking school bus loading zones** so children can enter and exit safely.
- **Be prepared to stop for a school bus at any time, not just during school hours.**
- **Always obey the rules of the road and watch for children, especially in school zones.**
- **Stop for pedestrians at crosswalks and school crossings.**

Parents can also help keep their children safe by reminding them to be aware of their surroundings when they are on or near school buses.

Contact Information

Absence Reporting – 416-394-3070 (press #1)

School Phone: 416 / 394-3070 Fax: 416 / 394-4090

E-mail: lambtonparkcommunityschool@tdsb.on.ca

Address: 50 Bernice Crescent, York ON, M6N 1W9

Twitter: @LambtonParkTDSB

Website:

<http://schoolweb.tdsb.on.ca/lambtonpark/home.aspx>



11th Annual Parent Involvement Makes a Difference Conference

Nurturing Family Engagement



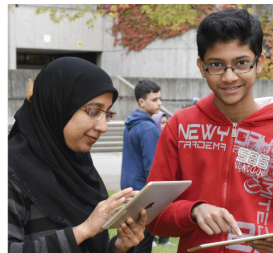
Saturday, November 25, 2017
8:00 a.m. to 3:30 p.m.
Earl Haig Secondary School
100 Princess Avenue, Toronto, Ontario



Register at www.tdsb.on.ca/parentconference

Program

- 8:00 a.m. Registration, Refreshments and Market place
- 9:00 a.m. Opening remarks
- 9:30 a.m. Keynote speaker: Dr. Stuart Shanker
- 10:30 a.m. Workshop # 1
- 11:40 a.m. Workshop # 2
- 12:45 p.m. Lunch and Market place
- 1:45 p.m. Workshop # 3
- 3:00 p.m. Closing remarks



Information Marketplace (Available all day)

Stroll through the information marketplace and collect ideas, strategies, resources, tools and gifts that will support you and your child's education journey. The marketplace will feature an array of community agencies, TDSB programs and services and vendors offering great educational ideas and giveaways throughout the day.

Keynote: Dr. Stuart Shanker



Bio of Keynote Dr. Stuart Shanker

An internationally acclaimed speaker, educator, author and the creator of The MEHRIT Centre (www.self-reg.ca) and the Self Regulation Institute



PIAC

invites all TDSB parents/guardians to take part in our FREE conference. Please join us for an opportunity to make connections with other TDSB parents/guardians and communities while participating in informative and empowering workshops on a wide range of topics related to parenting, student learning, and school councils.

Busing, Child-minding and Interpretation will be available through pre-registration ONLY



For more information
email: conference@torontopiac.com



IN COLLABORATION WITH



September 2017

Dear Parents and Guardians,

As you may know, there has been an increase in overdoses in Toronto. More people are coming to hospital emergency departments for help, and more people are dying from drug overdoses, in particular from opioid drugs. Toronto Public Health is very concerned about this issue, and is working hard to find solutions. For more information about what we are doing about this issue, please see the [Toronto Overdose Action Plan](#).

I am reaching out to you today with information about opioid overdoses. While not all youth are at a high level of risk for overdose, this important issue is affecting many individuals and families in our community.

Talking with youth is important:

The best way to keep your children safe is to have open, non-judgmental conversations about issues they are concerned about. Children and youth who have regular, open conversations with parents and caregivers on topics like substance use are more confident and make better decisions. While adults may want youth to avoid using drugs, the reality is that many youth will try them.

What are opioids?

- Opioids are drugs that are usually prescribed by a doctor, but they are also sold in the illegal drug market
- When opioids are taken as prescribed, they help people to manage pain. However, opioids can also cause overdoses
- Prescription opioids may be pills like morphine or codeine, or fentanyl skin patches
- Illegal opioids can include powders or pills that look like prescription drugs. But these drugs can contain anything, including very strong opioids such as fentanyl. Fentanyl has caused many overdose deaths

What causes an overdose?

- An overdose is a poisoning in the body caused by the drugs taken
- An overdose can be caused by:
 - taking alcohol and other drugs within the same few hours
 - taking several different drugs within the same few hours
 - taking a drug that the person's body is not used to
- No one should use drugs alone. The greatest risk for death during an overdose is when there is no one there to help

What does an opioid overdose look like?

- The person won't wake up
- Their breathing is slow or has stopped
- They are snoring or are making gurgling sounds
- Their fingernails and lips are blue or purple
- Their pupils are tiny (pinned) or their eyes are rolled back
- Their body is limp

What can you do as a parent or caregiver?

- Talk to your children about opioids and the risk for overdose (see resources at the end of this letter)
- Make a plan with your child about what they will do if they are at a party or other event where an overdose happens
- Keep your prescription medications in your home away from children and youth by storing them in a safe and secure place such as a locked cabinet
- Take your unused or expired prescription medications to your local pharmacy for safe disposal
- If you have people in your life who you think may be at risk for overdose, get a free naloxone kit and training on how to use it from a participating pharmacy (go to <https://www.ontario.ca/page/get-naloxone-kits-free> to find a location near you)
- Naloxone is a medicine that can reverse an opioid overdose. If it turns out the person was not having an opioid overdose, naloxone will not harm them

What to do if an overdose happens:

- If you think someone has overdosed, call 911 immediately
- If naloxone is available, give it to the person as soon as possible and stay with them until help arrives
- When someone calls 911, the dispatcher can also tell you how to use naloxone until emergency responders arrive
- Some people do not want to call 911 because they fear arrest by police if illegal drugs are involved. Canada now has a Good Samaritan law that protects people from charges of drug possession at an overdose scene

Often people use alcohol or other drugs to cope with other problems. Family and friends can support them by having open, supportive conversations about the stresses and challenges they may be facing. Talking to a teacher, doctor or nurse can also help.

I hope this information is helpful. By working together we can save lives, and support our loved ones struggling with substance use.

Yours truly,



Dr. Eileen de Villa
Medical Officer of Health

Resources:

For information about drug treatment programs:

Drug and Alcohol Helpline

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

1-800-565-8603

For information on how to talk with children and youth about substance use:

School Mental Health Assist

<https://smh-assist.ca/blog/new-info-sheet-on-opioid-misuse/>

Centre for Addiction and Mental Health

http://www.camh.ca/en/hospital/health_information/for_parents/Pages/default.aspx

Centre for Addiction and Mental Health resources in multiple languages

http://www.camh.ca/en/hospital/health_information/Pages/information_in_other_languages.aspx

Health Canada

<https://www.canada.ca/en/health-canada/services/substance-abuse/talking-about-drugs.html>

Health Link BC

www.healthlinkbc.ca/substance-use/parenting-articles

DPA EVERY DAY!



20 minutes of Daily Physical Activity (DPA)

during instructional time contributes to the goal of getting children and youth active for 60 minutes every day.

To learn more visit: ontario.ca/healthyschools

#DPAEVERYDAY



Dr. Eileen de Villa
Medical Officer of Health

Public Health
277 Victoria Street
5th Floor
Toronto, Ontario M5B 1W2

Reply: Health Connection
Tel: 416-338-7600
www.toronto.ca/health

October 2017

Dear Parent/Guardian:

Re: Tips to stay healthy this flu season

If you've ever looked after a child who was sick with the flu, you know how sick they can become. Each year, 30% of children get sick from the influenza virus. The virus spreads easily in schools.

Protect your child's health. Here are a few easy action steps.

1. Get your family vaccinated - vaccination is the best protection.
 - Children 2 to 17 years old can get either an injection or nasal spray vaccine.
 - The vaccine is free for everyone
 - It is available at doctor's offices, pharmacies (for children 5 years and older), or book an appointment at a Toronto Public Health clinic www.tphbookings.ca.
2. Practice good health habits:
 - Encourage kids to wash their hands often
 - Cover their cough or sneeze
 - Stay home when they are sick
3. Have questions? Talk to your health care provider; visit our website or call our Immunization Line at 416-392-1250.

Sincerely,

A handwritten signature in black ink, appearing to read "Vinita Dubey".

Dr. Vinita Dubey, MD CCFP FRCPC
Associate Medical Officer of Health

RESPECT RAP



It's called respect. R-E-S-P-E-C-T
I give it to you and you give it to me.
It's called respect. R-E-S-P-E-C-T
You gotta treat people respectfully.
It's called respect. R-E-S-P-E-C-T
I give it to you and you give it to me.
It's called respect. R-E-S-P-E-C-T
You gotta treat people respectfully.
It's called respect.
It's all about the Golden Rule.
You respect me and I respect you.
Now we're cool so please respect my personal space.
Keep your hands to yourself please stay out of my face.
And your words, words can hurt as strong as a fist
So use them very gently like a flick of the wrist.
You get my gist? Now you see how I feel.
See feelings ain't a game I got a name and I'm real.
So all you bullies, back up, back off and get back
Listen to yourself before you start and attack.
Some people have a reason to do what they do.
Maybe they saw it before. Maybe it happened to you.
Or maybe it's something in your life that you've seen.
Like maybe on the TV or computer screen.
But it doesn't make it right if you know that it's wrong
You know the truth all along inside, be strong
It's called respect. R-E-S-P-E-C-T
I give it to you and you give it to me.
It's called respect. R-E-S-P-E-C-T
You gotta treat people respectfully.
It's called respect. R-E-S-P-E-C-T
I give it to you and you give it to me.
It's called respect. R-E-S-P-E-C-T
You gotta treat people respectfully.

by The Fearless Lions

Tutor It Up!

Build skills in reading, science & math

Get help with homework

Learn study tips to ace that exam!

**Mondays,
4:00 to 6:00 pm**

**The Four Villages
Community Health
Centre - Dundas Site
(3446 Dundas St. W.)**



Free program for students in grades 5-12.

For more info:

Call Camilla at 416-604-0640 x6454



PARENT COUNCIL NEWS

www.facebook.com/groups/LPCSparents/

We need YOU!

**Next meeting:
Thursday, November 23
6:30pm, In the office**

More parents are needed this year to act in an advisory capacity, help with fundraising and other school-community initiatives.



Are you on Facebook?
So are we!
LPCSparents



UPCOMING EVENTS

Community Potluck

November 22 - details to follow

- Dec. 7 - Holiday Concert & **BAKE SALE**
- Jan./Feb. - Family Wellness Night
- March/April - Family "Sleep-In" PJ movie night
- May/June - BBQ

VOLUNTEERS?

Are you available to help out during an event?

IDEAS?

Have an idea for a fundraiser, spirit day or community building?



Be sure to visit

ISPYCLOTHING.COM

and use the code **LAMBTON** at checkout - 15% will be donated in support of our school!

Thank you for your continued support!

Your council,
Marissa, Debbie and Adam

LET US KNOW!

lpcsparents@gmail.com