

Africentric Alternative School News

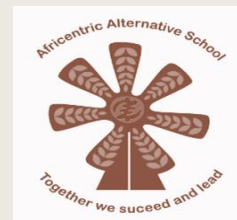
Newsletter September and October 2022



Hugh Reynolds, Principal
Kurt McIntosh, Superintendent
Alexandra Lulka, Trustee

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Upcoming Events

- Sept 21 - Parent Council Mtg.
- Sept 29 - Curriculum Night
- Sept 30 - Orange Shirt Day - National Day for Truth & Reconciliation
- Terry Fox Walk - Oct 6
- Oct 7 - PA Day no school
- Oct 10 - Thanksgiving
- Oct 21 - Picture Day
- Oct 28 - Spirit Day - Favourite Colour Day
- Oct 31 - Halloween

Principal's News

Dear Africentric Families,

We hope you and your loved ones are healthy and that all students have successfully settled into school routines! It is great to see most of our returning and new students back to in person learning. This certainly reflects some form of normalcy. Our educators have taken much time to complete, co-create and establish routines and diagnostic assessments to use as benchmarks to determine programming. We would like to wholeheartedly express sincere appreciation to House of Jua, Afro Crush and Downsview Community Services Organization for their generous gift of \$500 to our snack program. This will go along way in ensuring that our students are provided with healthy snacks daily. We would also like to thank Ms. Tamra Palmer for volunteering in our snack program.

We are looking forward to welcoming parents, guardians and caregivers to our Curriculum Evening which will be held on Thursday, September 29,

2022, at 6 p.m. This is an opportunity for you to meet your child's teacher and hear about all the amazing learning which will take place this school year.

Even though many COVID-19 mandates have been lifted, we strongly encourage staff and students to follow guidelines established by Toronto Public Health such as proper handwashing and remaining home when they are sick.

Our school assemblies have resumed, and we encourage you to join us on Monday mornings at 9 in the large gym.

Thank you for all your emails of encouragement and offers to help! It is truly amazing to teach, learn and lead in this community. Thank you for being a part of our team and we look forward to continuing to create a happy, safe and thriving school for our students together!

Yours in partnership,

Hugh Reynolds,
Principal AAS.



National Day for Truth and Reconciliation

Each year, September 30 marks the National Day for Truth and Reconciliation.

The day honours the children who never returned home and Survivors of residential schools, as well as their families and communities. Public commemoration of the tragic and painful history and ongoing impacts of residential schools is a vital component of the reconciliation process.

This federal statutory holiday was created through legislative amendments in Parliament.

Wear orange

Both the National Day for Truth and Reconciliation and [Orange Shirt Day](#) take place on September 30.

Orange Shirt Day is an Indigenous-led grassroots commemorative day intended to raise awareness of the individual, family and community inter-generational impacts of residential schools, and to promote the concept of “Every Child Matters”. The orange shirt is a symbol of the stripping away of culture, freedom and self-esteem experienced by Indigenous children over generations.

On September 30, we encourage all Canadians to wear orange to honour the thousands of Survivors of residential schools. (Source: Canada.ca)

To learn more:

<https://www.canada.ca/en/canadian-heritage/campaigns/national-day-truth-reconciliation.html>

Back to School Procedures

What to bring to school?

Label all items that come to school with the child's name and grade. Every day the child needs the following items:

1. Lunch & snack

2. Re-usable water bottle

3. Clothing for the weather (e.g., raincoat/umbrella, sunscreen, and sunhat - we need to have our students out often to allow for "mask breaks" - please ensure your child is dressed for the weather)
4. Indoor and outdoor shoes – this will ensure hallways and classrooms stay clean
5. JK/SK students please bring a change of clothes as well as the above

We will be focusing on outdoor education and daily physical activity this year to allow for "mask breaks" for our students and staff.

Lockers

As part of their preparation for high school the grade 7 and 8 students will be permitted to have lockers this year.

Cell Phones

If a student has a cell phone, please remind him/her that it must be turned off during the entire school day and it is his/her responsibility to take care of it (without a locker) this year. Please discuss if your child can handle this responsibility. **Our school does not take responsibility for any lost or stolen items.**

TDSB Health and Safety Guidelines

It is more important than ever for families and the school to align and share responsibility for public health and safety. Thank you in advance for being strong allies and advocates for our students, the community, and our staff. Please do not send your child to school if they are ill.

Late arrivals

If your child is late for school, they have to formally be checked in with the office staff – i.e., they must obtain a late slip. We do not have supervision available once the instructional day has begun at 8:55 am. PLEASE BE ON TIME as late students disrupt the other students and the teacher in the class. Thank you for your assistance in this matter.

Dress appropriately for the weather – the drinking function on our water fountains has been disabled due to COVID. **Students will need a water bottle to fill up during the warmer weather.**

Please ensure your child is dressed for the weather.

Thank you 😊

Back to School Procedures

Medical Appointments and Early Pick Ups

Please try to avoid scheduling appointments (i.e., dentist, doctor) during the school day. If it is unavoidable, **please notify the office one half hour prior to your picking them. When you arrive, please buzz the office to come in to sign your child out. Children will not be permitted to exit the school without a parent – the parking lot is not safe.**

Dropping things off

Please send children to school with everything they need to avoid the need for drop off. Please send all lunches to school with children in the morning. We are unable to have a drop-off table for school lunches any longer and hence every dropped off item would mean a disruption to the entire class. For safety reasons, families are encouraged to not come and drop off anything during the day!

Lunch at School

We are **STRONGLY** encouraging parents to allow students to stay in their routine for the whole day. Students are expected to stay at school for lunch. Not only is this crucial for their social wellbeing during nutrition breaks, but it is safer for everyone when no one is leaving and returning to the building. No student can leave school property during lunch hour.

School Parking Lot

A reminder that we share the building with another school. Please Park in the designated parking lot and not in the bus route. Please support us with this again and allow us to use our supervision allocation on our students rather than parking lot expectations.

Happy Thanksgiving!



Theme of the Month - SEPTEMBER

UMOJA - RESPECT

*Theme for the
Month of
SEPTEMBER is
Respect*



“True respect cannot
be demanded.

It is earned.” Unknown



Theme of the Month - OCTOBER

UJIMA - RESPONSIBILITY



“I believe we are here on planet earth to live,
grow up, and do what we can to make this world
a better place for all people to enjoy freedom.”

Rosa Parks.

Your child's safety is very important to us.

To keep your child safe the TDSB requires that parents advise the school of a child's absence or lateness. This is done to ensure children arrive to school safely and are accounted for accurately. If you do not advise the school, you will receive an automated Safe Arrival Call and/or a call from the school.

If your child is going to be absent or late for school - please call the school at 416-395-5251.

Please call the school office - 416-395-5251, for the occasional instance that you are going to be late picking up your child at the end of the day. This allows the school to plan proper supervision for your child.

If you need to pick up your child early, please give the school office a call and give us sufficient time to call down your child.

The Benefits of Being on Time - Punctuality

Punctuality is a habit of:

- Attending a task on time.
- Doing things at the right time.
- Not missing parts of the lesson and school routines
- Managing your work and personal life

Punctuality is one of the keys to a successful life.

The following are a few reasons that prove why punctuality is important for life:

1. Punctuality and time management **affects the process of learning.**
2. **A key to success...** Being punctual gives you a sense of stability, security and self-confidence.
3. **It shows your integrity and demonstrates respect for others...** being late affects those around you by interrupting other students and teachers in the class.

Africentric Alternative School 2022-2023 Daily Schedule Have a Happy Day!

Entry Time	8:50 - 8:55 a.m.
Period 1	8:55 - 9:25 a.m.
Period 2	9:25 - 10:05 a.m.
Recess	10:05 - 10:20 a.m.
Period 3	10:20 - 11:00 a.m.
Period 4	11:00 - 11:40 a.m.
Lunch	11:40 - 12:30 p.m.
Entry Time	12:30 - 12:35 p.m.
Period 5	12:35 - 1:15 p.m.
Period 6	1:15 - 1:55 p.m.
Recess	1:55 - 2:05 p.m.
Period 7	2:05 - 2:45 p.m.
Period 8	2:45 - 3:15 p.m.



GENERAL HOUSEKEEPING ITEMS



NO SMOKING

TDSB Policy PR502 prohibits smoking on school property. Please help us keep a healthy learning environment that is free from smoking.



Access to Building

Reducing the number of people in the building is crucial to our success during this critical time. Only students and staff may enter the building. Essential visitors (i.e., maintenance) will be allowed into the building during the school day; however, parents and visitors will be permitted in the school on a limited basis. Please call the school if you would like to schedule an appointment with administration or staff.

Student Pick up and Drop off

We are reminding you that the bus loop at the front of our school should not be used for student drop off or pick up. To ensure the safety of all students, please park in the designated parents' or visitors' parking area at the side or back of the building. Thank you for helping us to keep our students safe.



Making sure your child is safe!

When picking up your child from school please make sure to check in with either the office or the outdoor supervisor. Children are not safe in the parking lot without an adult.

Picking up your child early:

If you wish to pick up your child prior to the end of the school day, please make sure that the office staff are given sufficient time to collect your child from the class. We recommend a minimum of one-half hour. To limit the interruptions to instruction time, we ask that this only be done in rare instances i.e., doctors' appointments. Thank you for your anticipated cooperation.



Thank you to our School's Nutrition/Snack Program Supporters.

We would like to acknowledge and thank President's Choice for the President's Choice Children's Charity School Nutrition Grant (PCC). Our Nutrition Program is also supported by the Toronto Foundation for Student Success (TFSS), City of Toronto – Public Health, Ministry of Children & Youth Services and Parents and Community

Sample Two Week Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Clementine	Apple Sauce Pouch	Apple Slices	Clementine	Apple Slices
Oat Bar	WW Melba Toast	WW Bread Sticks	WW Cheerios	Oatmeal Biscuit
Baby Bel Cheese	Yogurt Cup	Laughing Cow Cheese	Milk	Yogurt cup
Monday	Tuesday	Wednesday	Thursday	Friday
Clementines	Apple Sauce Pouch	Apple Slices	Apple Sauce Pouch	Clementine
WW Bagel	Granola Bar	Breton Bites Crackers	WW Pretzel Sticks	WW Cheerios
Laughing Cow Cheese	Baby Bel Cheese	Cheese String	Laughing Cow Cheese	Milk

We are **grateful** for the support of the following organizations:

Afro Crush -

Donated funds for the Nutrition Snack Program

Angus Systems -

a very substantial donation to assist classroom technology needs

Barilla Canada -

donated cooking demonstration, pasta, and a very substantial financial contribution for Chromebooks and music program supplies

Downsview Community Services Organization

Donated funds for the Nutrition Snack Program

House of Jua

Donated funds for the Nutrition Snack Program

MLSE - Maple Leaf Sports & Entertainment -

Substantial donation towards school improvements in classroom and gym

Moez and Marissa Kassam Foundation and TFSS - (Toronto Foundation for Student Success)

Morning Meal/Snack Program Freezer donation

Shutterstock -

Donated books and puzzles created by black authors and illustrators

Starbucks Coffee Canada -

Employees donated hats, mitts, scarves, socks

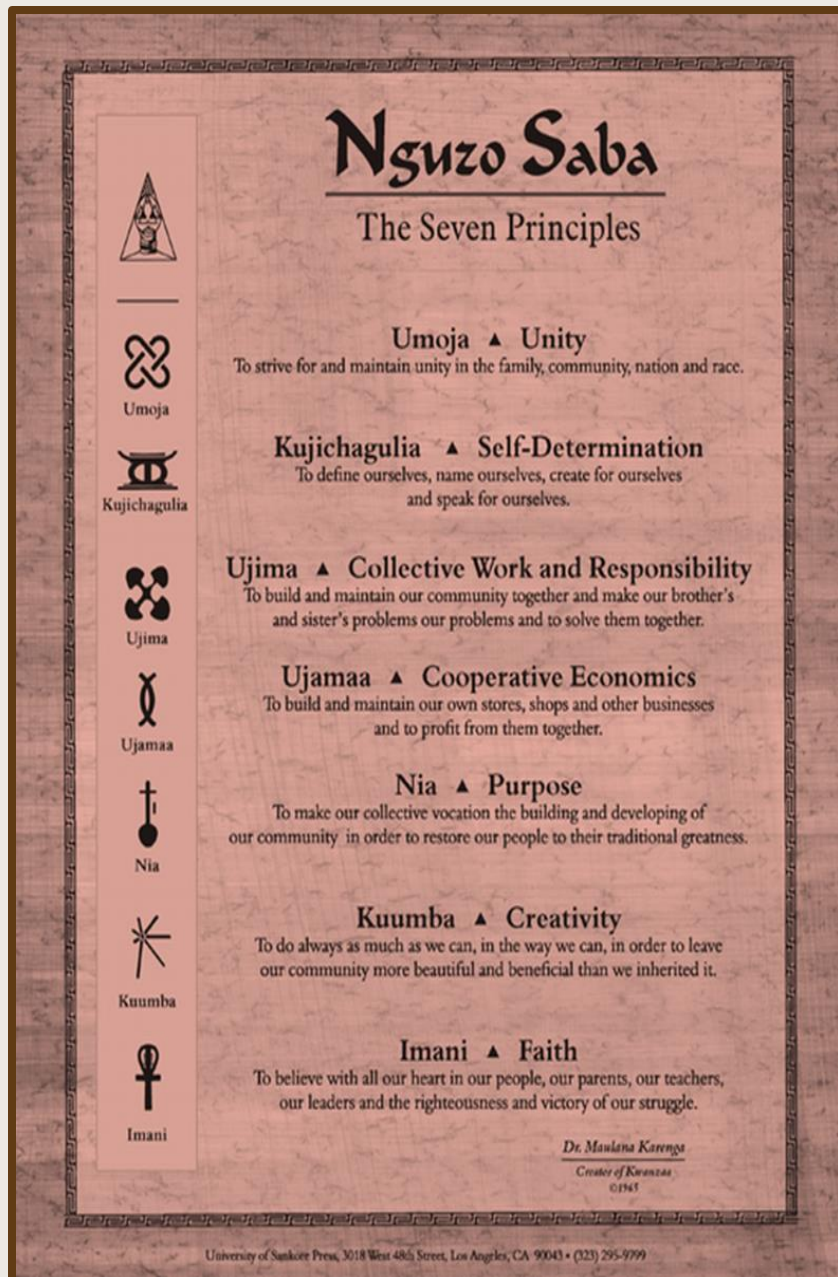
Taste of Life Restaurant

Donation towards Grade 8 graduation

Turner Consulting Group Inc. -

Tana Turner, Principal Consultant generously donated books and resources for our library





Africentric Alternative School School Pledge

Today I pledge to be the best possible me.
No matter how good I am, I know that I
can become better.

Today I pledge to build on the work of
yesterday which will lead me into the
rewards of tomorrow.

Today I pledge to feed my mind
knowledge, my body strength, and my
spirit faith.

Today I pledge to take my education
seriously and I will always do my best, at
school, at home, and in my community.

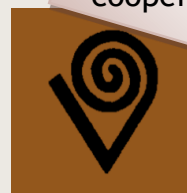
Today I pledge to be focused, self-
disciplined and ready to learn
Today I pledge to believe in me.

Ashe

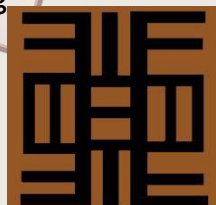
Adinkra symbol, in
the Akan language,
which means – None
is greater than God,
the Creator.
The symbol is called
Gye Nyame
(pronounced Gee-Nah-
May)



Adinkra
symbol,
meaning
cooperation



Adinkra
symbol,
meaning
lifelong
learning





TORONTO DISTRICT SCHOOL BOARD

Africentric Alternative School

2022-2023

H	Statutory Holiday
B	Sch. Designated Break
PA	PA Day

September						
S	M	T	W	Th	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	
Respect						

October						
S	M	T	W	Th	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
Responsibility						

November						
S	M	T	W	Th	F	S
30	31	1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			
Empathy						

December						
S	M	T	W	Th	F	S
					1	2
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31
Kindness & Caring						

January						
S	M	T	W	Th	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				
Teamwork						

February						
S	M	T	W	Th	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28				
Fairness						

March						
S	M	T	W	Th	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	
Honesty						

April						
S	M	T	W	Th	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
Co-operation						

May						
S	M	T	W	Th	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			
Integrity						

June						
S	M	T	W	Th	F	S
					1	2
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	
Perseverance						

Professional Activity Days:

Tuesday, September 6, 2022
 Friday, October 7, 2022
 Friday, November 18, 2022
 Friday, December 2, 2022
 Friday, January 13, 2023
 Friday, February 17, 2023
 Friday, June 2, 2023

First Day of School:

Wednesday, September 7, 2022

Last day of school for

Elementary students:
 Thursday, June 30, 2023

Dates to Remember:

Labour Day: September 5, 2022
 Thanksgiving: October 10, 2022
 Winter Break: December 26, 2022 -
 January 6, 2023 (last day of school
 December 23, 2022;
 School resumes January 9, 2023
 Provincial Family Day: February 20,
 2023
 Mid-Winter Break: March 13 - 17
 2023
 Good Friday: April 7, 2023
 Easter Monday: April 10, 2023
 Victoria Day: May 22, 2023



COVID-19 & Respiratory Viruses

Daily screening for children/students/adults. A parent/guardian can complete for their child.

September 6, 2022

1. Do you have any of these new or worsening symptoms*?

A) One or more:



Fever $> 37.8^{\circ}\text{C}$ and/or chills



Cough



Trouble breathing



Decrease or loss of taste/smell

B) Two or more:



Sore throat



Headache



Feeling very tired



Runny nose/
nasal congestion



Muscle aches/
joint pain



Nausea/vomiting/
diarrhea

2. Have you tested positive for COVID-19 in the last 10 days and have symptom(s)?

Yes ☐

No ☐



If "YES" to Q.1 or 2 Stay home & self-isolate



Follow extra measures

3. Do you have only one symptom from 1(B) OR any of the following new or worsening symptoms*?

Yes ☐

No ☐

- Abdominal pain
- Pink eye
- Decreased or no appetite



If "YES" Stay home until your symptom is improving for 24 hours (48 hours for nausea/vomiting/diarrhea) and you do not have any new symptoms

4. Have you been told that you should be quarantining, isolating, staying at home, or not attending school or child care right now? (e.g. by a doctor, federal border agent, public health)?

Yes ☐

No ☐



If "YES" Stay home + Follow instructions you were given

5. Have you been told you are a close contact of someone who has symptoms OR someone who tested positive for COVID-19?

Yes ☐

No ☐



If "YES" Follow extra measures + If symptoms* develop, self-isolate right away

*If the symptom is from a known health condition that gives you the symptom, select "No". If the symptom is new, different or getting worse, select "Yes".
If there is mild tiredness, sore muscles or joints within 48 hours after a COVID-19 or flu vaccine, select "No".



COVID-19 & Respiratory Viruses Screening Tool Next Steps

If you answered "YES" to any of the questions on page 1, follow the below instructions:

Stay Home & Self-Isolate if You are Sick:

Stay home until you have no fever and your symptoms are improving for at least 24 hours (or 48 hours if nausea/vomiting/diarrhea).

Anyone who is feeling sick or has any new or worsening symptoms of illness, including those not listed in this screening tool, should stay home until their symptoms are improving and seek assessment from their health care provider if needed.

Follow Extra Measures:

For 10 days after the start of symptoms **OR** a positive COVID-19 test (whichever came first) **OR** for 10 days after your last close contact with a person who has symptoms or a positive COVID-19 test:



- Wear a well-fitted mask in all public settings (including schools/child care, unless <2 years of age);



- Avoid non-essential activities where you need to take off your mask (e.g., dining out, playing a wind instrument, high contact sports where masks cannot be safely worn), with reasonable exceptions such as when eating in a shared space at school while maintaining as much distancing as possible;



- Do not visit people or settings (e.g. hospitals, long-term care homes) at higher risk, including where there are seniors or those who are immunocompromised.

Follow this advice even if you test negative for COVID-19 or you did not do a test.

These measures are an added layer of prevention against the spread of COVID-19 and respiratory viruses.

Follow Additional Guidance if Immunocompromised OR Living in a Highest-Risk Congregate Care Setting:

If residing in a highest-risk setting OR immunocompromised OR hospitalized for COVID-19 related illness, your isolation requirements may differ. See the [provincial screening tool](#) for additional guidance.

Follow Additional Guidance as Instructed:

If you have been told that you should be quarantining, isolating, staying at home, or not attending school or child care right now (e.g., by a doctor, federal border agent, public health):

- Follow the guidance or directions that have been provided to you.
- If you travelled outside of Canada in the last 14 days, follow federal [requirements](#) for quarantine and testing after returning from international travel.

Get Tested and Treated if Eligible:

- COVID-19 testing and treatments are available to certain groups. See [here](#) for more information.

This tool is consistent with provincial guidance: [COVID-19 School and Childcare Screening and Management of Cases & Contacts of COVID-19 in Ontario \(gov.on.ca\)](#)

PLEASE SIGN THIS FORM FOR YOUR CHILD TO PARTICIPATE in the SNACK PROGRAM



AFRICENTRIC ALTERNATIVE SCHOOL

Fall Snack Program 2022



This year, Africentric Alternative School will continue to provide to all students a **healthy Snack Program** which includes food from 2-3 food groups found in Canada's Food Guide: fruits/vegetables, milk/dairy, and breads/cereals. Ensuring that students have a healthy meal in the morning has been linked to student success; students are ready and focused on learning and have a successful start to the day.

- **DONATIONS** are needed due to decreases in funding and food/operational costs have risen substantially. We would very much welcome a donation towards this program of \$25/child for the fall term. This works out to less than .40 cents a day for your child's snack. If you require a tax receipt (available for amounts over \$10) please complete the form attached.
- Please indicate, on the form below, if your child is unable to eat a specific food due to allergies/religious restrictions
- The Snack Program will begin on Monday, September 19, 2022 and go until December 23, 2022
- **Please return the bottom portion of this form to ensure your child is on the list to receive snack. Please NOTE: we cannot provide a snack to a child without a consent form due to the risk of allergies.**
- Please note if your child returns home with leftover dairy snack food it should be disposed of immediately.

Please return the signed form by Wednesday, September 14, 2022.

If you have any questions or concerns, please feel free to contact us at 416-395-5251.

Yours Truly, Mr. Hugh Reynolds, Principal



Please return this bottom form to the school by Wednesday, September 14, 2022

- Parent Name: _____, I give permission for _____ (Child's Name) in _____ (Room #) to participate in the Snack Program at Africentric Alternative School.
- OR**
- Parent Name: _____, **I DO NOT give permission** for _____ (Child's Name) in _____ (Room #) to participate in the Snack Program at Africentric Alternative School.

- **Is your child allergic to any foods or have any food restrictions?** Yes _____ No _____
- **If yes, please indicate the allergy/restriction:** _____

Parent/Guardian's Name (please print name): _____

Parent/Guardian's Signature: _____

Date: _____

STUDENT NUTRITION PROGRAM DONATION FORM

School: <u>AFRICENTRIC ALTERNATIVE SCHOOL</u>	
Student's Name: _____	
Teacher's Name: _____	
Donation amount: \$ _____	<input type="checkbox"/> Cash or <input type="checkbox"/> Cheque
Donations of \$10 or more are eligible for a tax receipt. Please fill in all the fields below to ensure tax receipt is processed and mailed to you.	
Donor's/Parent Name: _____	
Address: _____	
City: _____	Postal Code: _____
Email (optional): _____	
Phone #: _____	
Please attach donation to this form and return to the school with your child.	

Thank you for supporting our school's nutrition program!

For TFSS Office Use:

School: _____	_____
_____	_____



Africentric Alternative School

1430 Sheppard Ave. West, Toronto, ON M3M 2W9 • Tel: (416) 395-5251 • Fax: (416) 395-8047

Hugh Reynolds, Principal



September 14, 2022

Dear Africentric Alternative School Parents/Guardians and Families:

You may have encountered many cancer survivors in your life. You may even be able to name at least one or two people whose cancer is either in remission or are cancer-free. Forty years ago, however, cancer was a much scarier disease than it is today. Researchers have come a long way in curing this deadly disease. If cancer is no longer a death sentence, it is due to the contributions of people who cared to help fund the research. Among those people, however, one name stands out, **Terry Fox**, the great Canadian hero.

The AAS Terry Fox School Run/ Walk event will be on Thursday, October 6, 2022.

The story is simple but powerful. Terry lost his leg to osteogenic sarcoma at age 18. He underwent 16 months of treatment but was not fully cured. Terry decided he wanted to do something to raise awareness about cancer research. So instead of complaining, he came up with a brilliant plan, the **Marathon of Hope**. Terry started running 42 kilometers a day across Canada and passed through Newfoundland and Labrador, Prince Edward Island, Nova Scotia, New Brunswick, Quebec, and Ontario on his journey. He ran through snow, rain, wind, heat, and humidity. Terry stopped in more than 400 towns, schools, and cities to talk about his ambition. Sometimes he started running at 4:30 a.m. and finished his last mile by 7 p.m. Even though he died before finishing his race across Canada, he was already a household name and Canadians were talking about his **Marathon of Hope**.

Today Canadians have not forgotten Terry's heroism and are holding Marathon of Hope alive.

The TDSB holds the Terry Fox run every year in September to uphold Terry's legacy and to help fellow citizens who suffer from cancer get cured and above all to promote the spirit of selflessness and courage.

Thank you for your support,

Mr. Hugh Reynolds
Principal

