

Africentric Alternative School News

Newsletter December 2022



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

School Council Co-Chairs:

Crystal Palmer
Lotoya Jackson
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Principal's News

Dear Africentric Families,
We sincerely hope that you and your family are doing well and staying safe.

We are only a few weeks away from the winter break! We are pleased to see the positive progress being made by our scholars as we experience some form of normalcy post pandemic.

Thanks to all parents and caregivers who have volunteered your time to assist us in various ways. We truly appreciate your support and look forward to continued partnerships throughout the school year.

We would like to express appreciation to all who contributed to our Poppy drive in November. This was a chance for us to honour veterans and remember the sacrifices they made for the freedom we enjoy today. With your efforts, we raised over \$400!

As we get closer to the holidays, we are happy to inform you that we will be hosting our Kwanzaa celebrations (in person) on December 22, 2022, starting at 1 p.m. Our scholars are busy rehearsing for this event, and we know that those in attendance will enjoy the talent that will be displayed. We extend an invitation to all parents and caregivers to this event. Also, on December 21, 2022 at 1 p.m. we will be having Chef Tim from

Barilla Canada demonstrating his culinary skills via Zoom. We will be sharing the zoom link with our school community as we get closer to the date. Please see the recipe on page 6.

We are so proud to inform you that our Student Council is doing a tremendous job. Thank you for supporting them in their advocacy.

As we draw closer to the winter months, please remember that all students are to dress as the weather dictates. Dressing for the weather helps to keep us warm and can prevent hypothermia.

Hoping you and your family members are keeping healthy and staying safe.

Yours in partnership,

Hugh Reynolds,
Principal AAS.

Upcoming Events

- Djembe Drum Lessons grades 1/2 & 3/4 Wednesday's start Nov 2
- Dec 2 - PA Day no school
- Dec 16 - Vision Clinic - Grades 5 & 7
- Dec 19 - 26 Hanukkah
- Dec 21 - Barilla - Chef Tim, Virtual cooking demo
- Dec 22 - Kwanzaa Celebration 1-3 p.m.
- Dec 23 - last day of school before holidays
- Dec 25 - Christmas Day
- Dec 26-01 Jan - KWANZAA Celebrations
- Jan 9 - back to school

“Take Out Food” Days

Starting Monthly in January 2023



We need parent volunteers Please!

Parent volunteers for “Take Out Food” days will be responsible for collecting forms and money, totaling orders and money, setting up tables for food pick up, etc. Depending on how many volunteers we have, this is likely to be a commitment of two to three hours a month.

If you are interested, please call – 416-395-5251, email (janet.limoges@tdsb.on.ca) or visit the office.

In keeping with the TFSS Nutrition Guidelines – juice or pop will not be offered. We recommend that children have water bottles.

These “Days” will serve as fundraising events for AAS. Proceeds can be used for the Snack Program and school spirit events.

PLEASE REMEMBER: There are no refunds if your child is absent on the day of the “Take Out Food” day. Thank you for your understanding.



Grade 3 & 4 Student Work

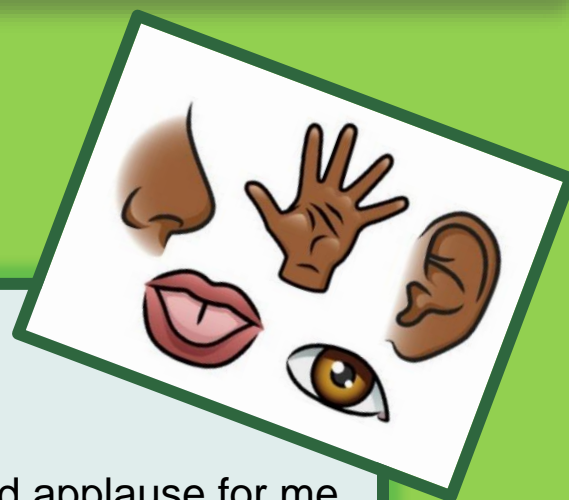


Snowflakes are falling.
Nice pretty snow is on the ground.
On the ground and in the sky is snow.
Winter is coming!

An Acrostic Poem
by Alivia F. in Grade 3

Snow is falling from the sky
Next week is December first
Open the door to a bunch of snow
Wishing you merry Christmas!

An Acrostic Poem
by Saskia V. in Grade 3



What am I?

I am some people's favorite food.
I smell like cheese and bread!
When I come into the room everybody cheers a loud applause for me.
I look like a triangle with cheese and pepperoni on me.
I feel spongy, rough, and scrappy.
I taste like cheesy goodness when you put me in your mouth.
What am I?

A Five Senses Poem
by Sahara O. in Grade 4

What Am I?

It's my favourite sport
You shoot it in a net
Your hands touch it while you bounce it
You smell the rubber
You see it at the Scotiabank arena
What am I?

A Five Senses Poem
by Charles O. in Grade 4

Grade 3 & 4 Student Work cont.

The Beautiful Garden

I smell fresh flowers.
I see flowers blooming from the ground.
I hear the birds chirping towards the flowers.
I taste the flowers in my salad.
I touch the soft petals.
I love walking in the garden.

A Five Sense Poem
by Sashanea A. in Grade 3



Kwanzaa Special Event At Africentric Alternative School

Please mark your calendar
December 22, 2022, 1:00 p.m. - 3:00 p.m.
For a Showstopping Kwanzaa Celebration
with drums, dancers and singing.

Student Work – Grade 1 and 2

I like to Learn at school
I like to be responsible
Angst 9599

My teacher Helps Me Have a
education.

Mason

I Love my School.
my School is Fun.
Keshana

I love my school

I love my teacher

CALEB

Special Event: Dec. 21 at 1:00 p.m.

Barilla Virtual Cooking Demo - Featuring Chef Tim Minefee

Fiesta Penne with pork, black beans, poblano peppers, and mozzarella cheese

Ingredients :

- 1 Box Barilla Penne
- 4 Tablespoons Extra Virgin Olive Oil
- 3 Garlic cloves, minced
- 12 Oz. Lean pork, diced
- 1 15 Oz. can black beans (drained)
- 1 C. Onion, minced
- 1 C. Cherry tomatoes, halved
- 1 C. Poblano peppers, diced
- ½ C. Mozzarella cheese, shredded
- ¼ C. Cilantro, chopped to taste
- ¼ C. Green onions, sliced thin
- 1 Tsp. Paprika
- 1 Tsp. Cayenne pepper
- Salt & pepper, to taste



Instructions:

Bring a pot of water to a boil. Cook pasta according to package directions, reserving 1 C. of cooking water. Meanwhile in a skillet over low heat add oil, paprika, cayenne, and garlic. Cook gently for 1 min. Add onion, cooking for 1 min. then peppers cooking an additional minute. Add pork, season, and cook over medium/high heat until pork is browned. Add beans and tomatoes. Cook for 1-2 min. Drain pasta and add to the sauce along with the cooking water. Cook for 1-2 min or until most of the water has absorbed. Remove from the fire, stir in ½ of the cheese, half of the cilantro and green onion. Garnish with additional herbs and cheese.

Here are some links for more information on the Barilla company and their products:

- Canadian website
<https://www.barilla.com/en-ca>
- Company History
<https://www.barillagroup.com/en/who-we-are/history/>
- Our Commitment to Sustainability
<https://www.barillagroup.com/en/purpose/sustainable-sourcing/>
- Our Diversity and Inclusion journey
<https://www.barillagroup.com/en/purpose/diversity-inclusion/>



Barilla Canada Corporate Chef Tim Minefee is the chef/product development professional for the culinary department at Barilla in Northbrook, Illinois. He was born and raised in Chicago, Illinois, studying culinary arts at Kendall College in Evanston, Illinois. He has held many culinary positions and titles over the last 25 years including chef of campus services, executive chef of senior services, and owner/operator of a food truck. Tim looks forward to sharing his unique culinary experiences with you.

VERY IMPORTANT INFORMATION PLEASE READ - School Procedures



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 - 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

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.

VERY IMPORTANT INFORMATION PLEASE READ - 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



Theme of the Month - December

UJAMAA - KINDNESS & CARING

*Theme for the Month of
December is
Kindness & Caring*



Kindness is a
language which
the blind can
see and the
deaf can hear.

~African proverb

Try to be a rainbow
in someone else's cloud.

~Maya Angelou



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.



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.



2022-2023 Parent Council



Cristal Palmer -Co-Chair

Lotoya Jackson --Co-Chair

Norgie Williams -Secretary

Nawah Banyamyan -Secretary

Robert Griffiths -Treasurer

Melderick Hodge -Fundraising

**Maureen Burbick – Past Chair &
Fundraising**

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.



We are grateful for the support of the following:

Afro Crush -

Donated funds for the Nutrition Snack Program

Augustine Asa Nte-Frempong -

Donated Kente Strips/Sashes to the 2021/2022 graduating class

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

Jays Care Foundation

Donated winter wear

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 and a large quantity of school supplies

Start2Finish -

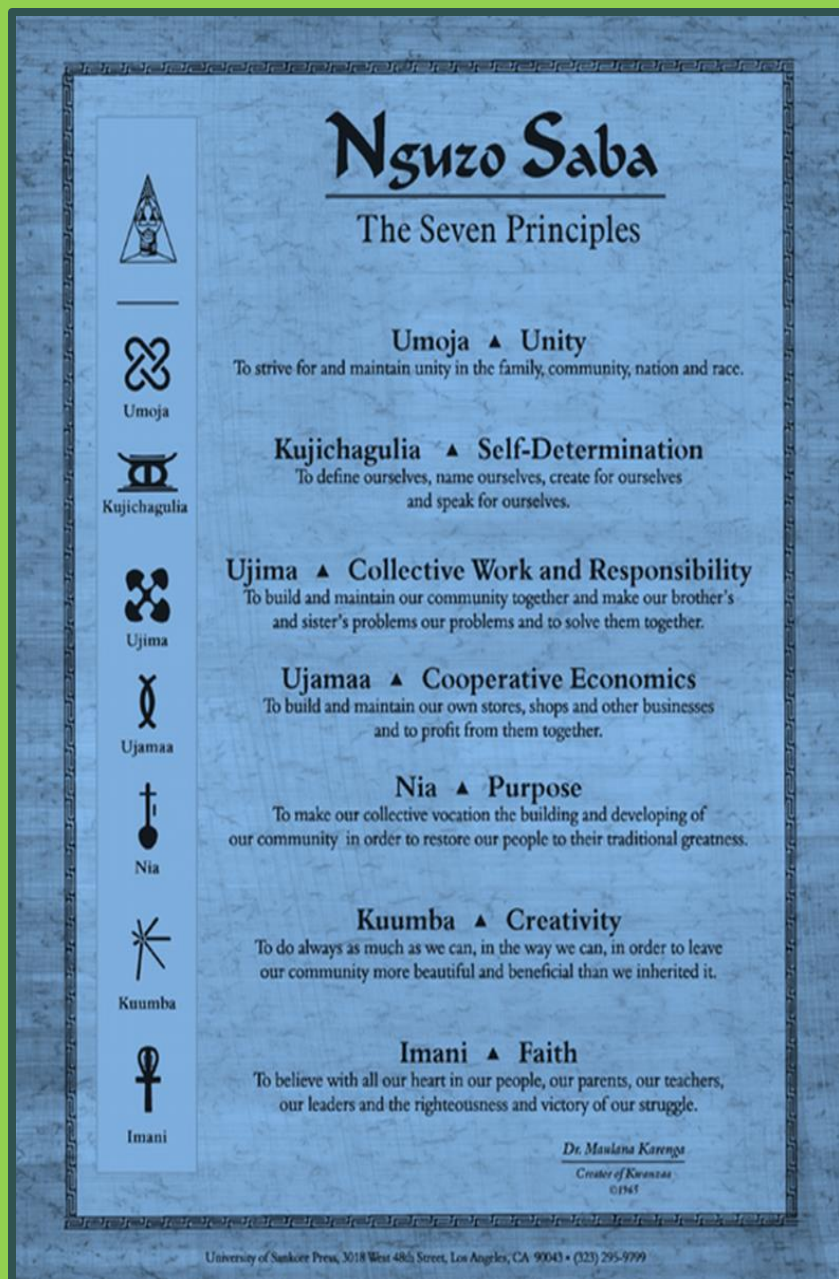
Donated backpacks and school supplies

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

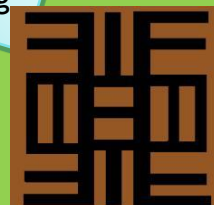
Adinkra symbol, in the Akan language, which means – None is greater than God, the Creator.
The symbol is called Gye Nyame (pronounced Gee-Nah-May)



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:

Yes ☐
No ☐



Fever > 37.8°C and/or chills

Yes ☐
No ☐



Cough

Yes ☐
No ☐



Trouble breathing

Yes ☐
No ☐



Decrease or loss of taste/smell

B) Two or more:

Yes ☐
No ☐



Sore throat

Yes ☐
No ☐



Headache

Yes ☐
No ☐



Feeling very tired

Yes ☐
No ☐



Runny nose/
nasal congestion

Yes ☐
No ☐



Muscle aches/
joint pain

Yes ☐
No ☐



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 \(gov.on.ca\)](#)