

# Africentric Alternative School News

Newsletter January 2022

Volume 1, Issue 10



Hugh Reynolds, Principal  
Rogene Reid, Vice Principal  
Nandy Palmer, Superintendent  
Alexandra Lulka, Trustee

## School Council Co-Chairs:

Maureen Burbick  
Howard Ford



Email: [AfricentricAlternativeSchool@tdsb.on.ca](mailto:AfricentricAlternativeSchool@tdsb.on.ca)  
School Website: <https://schoolweb.tdsb.on.ca/africentricschool/>

1430 Sheppard Ave. W., North York, ON M3M 2W9, Phone: 416-395-5251

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## Principal's News

Dear Africentric Families,

We hope that you and your loved ones had a safe and relaxing winter break.

As you are aware, our scholars have been learning remotely since January 5<sup>th</sup> and we are looking forward to returning to in person learning on January 17, 2022.

It is extremely important that scholars return school issued devices (Chromebooks and iPads) on January 17<sup>th</sup> as they will be using these devices to continue their learning in person.

The Toronto Public Health has revised its screening tool that all scholars are to complete before coming to school each day. Everyone is required to follow required health and safety measures which include the wearing of face masks by all staff and students, appropriate physical distancing, proper hand washing and the completion of daily health screening using the updated screening form emailed to families earlier this week (also found at the end of this newsletter).

We will continue to do our best to keep all scholars and staff safe while at school as we continue to navigate our way through this pandemic.

Please note that there is a pause on Picture Day throughout the TDSB based on the new health and safety guidelines. You will be informed of the new dates as soon as we are allowed to proceed.

We are currently preparing our grade 8 scholars for transition to high school. Parents, guardians, and caregivers are encouraged to visit open houses and connect with high schools of interest, recognizing the importance of meeting application timelines.

As we are still in the winter months, please remember that all scholars are to continue to dress as the weather dictates. Dressing for the weather helps to keep us warm and can prevent hypothermia.

We are deeply grateful for your continued support as we do our best to keep our school safe and welcoming.

Best regards.

In Partnership,  
Hugh and Rogene

## Upcoming Events

- Friday, January 14 PA Day
- Martin Luther King Birthday is January 15 - Born in 1929.
- Friday, February 18 PA Day
- Monday, February 21 Family Day
- February 2022 - Black History Month

# School Council



Picture via internet

School Councils work to improve student achievement and enhance the accountability of the education system to parents and caregivers. They are legislated and governed by Regulation 612 of the Education Act.

School Councils work inclusively, recognizing that all parents/caregivers have an equitable place in our school's community, free from racism, classism, and other isms, intentional or unintentional. They recognize that participation can take many forms and work to:

- offer parents/caregivers a variety of ways to share their voices, knowledge, and expertise
- recognize that relationship building is key to breaking down walls and barriers
- strive to identify and eliminate barriers to participation for parents/caregivers
- disrupt practices that contribute to oppression based on race, class, nationality, abilities, gender, education, or language

Source: [School Councils \(tdsb.on.ca\)](https://tdsb.on.ca)



[TDSB School Council Webinar 10-19-2020 - YouTube](#)



Picture via internet

## Stay Safe



[Hand-washing heroes - YouTube](#)



Picture via internet

## Getting Involved

### Our Meeting Dates

School Council will meet on Wednesday nights  
@ 6:30 -7:30 pm (1 hour)

\*unless extra time needed for planning  
special events\*

### Upcoming Meetings

- ◆ Wednesday February 16, 2022  
6:30 -7:30 pm via zoom
- ◆ Wednesday April 13, 2022  
6:30 -7:30 pm via zoom
- ◆ Wednesday June 15, 2022  
6:30 -7:30 pm via zoom

Save the dates as we would love  
to see all our parents there.



Picture via internet

## Workshops

Model Schools Parent/Caregiver  
Academy 2022 – Launch

This year's workshops include:

### Indigenous Readings and Teachings

Wednesday January 12, 2022, 6:30-8:30 pm

### Food Security Part 1

Wednesday January 26, 2022, 6:30-8:30 pm

### Book Club

Wednesday February 16, 2022, 6:30 - 8:30 pm

### Resources and Information to Support Learning K-12

Wednesday March 9, 2022, 6:30-8:30 pm

### Food Security Part 2

Wednesday April 20, 2022, 6:30-8:30 pm

### Family FUN! Hip Hop Dance, Parks and Rec, and Toronto Library

Wednesday May 25, 2022, 6:30-8:30 pm

To join any workshop, click [here](#)

Model Schools Community Support Workers have created Model Schools Parent/Caregiver Academy 2022. This is a great opportunity to participate in free workshops that support community well-being and student success. Parents, staff and community are welcome to attend.



Picture via internet



Picture via internet

## CHANGES TO THE SNACK PROGRAM!

Thank you to our school's Nutrition Program supporters.

We would like to acknowledge and thank President's Choice for the President's Choice Children's Charity School Nutrition Grant. Our Nutrition Program is supported in part by President's Choice Children's Charity and the Toronto Foundation for Student Success (TFSS).



### Sample Snack Menu:

Monday	Tuesday	Wednesday	Thursday	Friday
Clementine	Red apple slices	Carrots & Ranch dip	Clementine	Red apple slices
Organic Granola Bar	Apple currant flat	WW Carrot muffin	WW Bagel with jam	Breton Crackers and jam
White milk	Cheese string	Yogurt drink	Yogurt tube	Cheese string
Monday	Tuesday	Wednesday	Thursday	Friday
Red Grapes	Carrots & ranch dressing	WW Veggie samosa (Delivered on the morning of serving)	Red grapes	Carrots & ranch dressing
Digestive Cookie	Bread sticks	Yogurt drink	Blueberry Scone	WW Breadsticks
Cheese String			Yogurt tube	Cheese string

## February – Black History Month

Black History Month is about honouring the enormous contributions that Black people have made, and continue to make, in all sectors of society. It is about celebrating resilience, innovation, and determination to work towards a more inclusive and diverse Canada—a Canada in which everyone has every opportunity to flourish.





## 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. Facemasks (minimum 2) Please note: Face masks are required for grades JK/SK to grade 8. Please send more than one labelled mask each day; practice wearing the mask at home to build stamina.
4. Clothing for the weather; cold weather gear i.e. coat, mittens, hat, scarf, winter boots/indoor shoes, etc. We need to have our students out often to allow for "mask breaks". Please ensure your child is dressed for the weather.
5. **School Uniform is black pants/skirt, white shirt (not a t-shirt) and black shoes.**
6. Kleenex and hand sanitizer. There will be Kleenex in the classroom and hand sanitizer for students to use, however, having a small (unscented) hand sanitizer and a small Kleenex package in the lunch bag would be very helpful
7. Indoor and outdoor shoes – this will ensure hallways and classrooms stay clean
8. 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

Students will not be using lockers at this time. Please keep in mind that students will be keeping their backpacks, sweaters, etc. at their desk. Try to keep that in mind while shopping!

### 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.**

### 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.

**Dress appropriately for the weather** - cold weather gear (i.e. coat, mittens, hat, scarf, winter boots/indoor shoes). We need to have our students out often to allow for "mask breaks".  
**Please ensure your child is dressed for the weather.**

Thank you 😊

### 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. Here's an update: We have installed hand sanitizer stations at all our main entrances for students and staff, installed directional arrow decals on the floors of the school to direct traffic and keep everyone safe, prepared protocols for any suspected Covid cases and implemented cleaning procedures that will ensure everyone's safety. In addition to all the safety protocols we mentioned above, here are a few great things we have done at the school level to help keep everyone safe.

#### Cohorts

Students in Kindergarten to grade 8 will remain with students in their own classes for the entire day. We will not be combining any classes for gym, reading buddies, library time, etc. and hence reduce the contact of your child to students in their classroom only while indoors. They will also be strongly encouraged (please help us with this) to play with students in their classroom while they are outside on the playground.

#### Late arrivals

Due to new policies mentioned above, late arrivals will be lining up on marked spots outside the school building and checked in by our school office staff. Please lineup with your child if you are late until they have formally been checked in with the office staff. We do not have supervision available once the instructional day has begun at 8:55 am. PLEASE BE ON TIME as this will be a much longer process this year and will impact the flow of the school and the instructional day.

#### Appointments

Please try to avoid scheduling appointments (i.e. dentist, doctor) during the school day. If it is unavoidable, **call the school when you arrive**, and we will call your child down to meet you outside of the school. This will be a longer process than usual as we can't have students waiting in the office. Students will be walked out to meet their parents outside our front doors.

#### Dropping things off

Please send your child 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 health & safety reasons, families are encouraged to not come and drop off anything during the day! Students are expected to take a packed lunch and snacks from home.

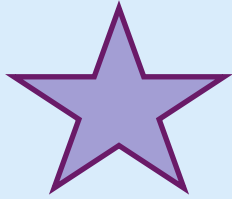
#### Lunch at School

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.

Theme of the Month - January

# Teamwork - UJIMA

Theme for the  
Month of January  
is **UJIMA -  
Teamwork**



"Whatever affects one directly, affects all indirectly. I can never be what I ought to be until you are what you ought to be. This is the interrelated structure of reality."  
– Martin Luther King, Jr.



**Africentric Alternative School  
2021-2022 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.

# JANUARY

COLD  
FROZEN  
GLOVES  
ICICLES  
IGLOO  
MITTENS  
NEW YEAR  
PENGUIN

RESOLUTION  
RUNNY NOSE  
SCARF  
SHOVEL  
SKIING  
SLEDDING  
SNOWBALLS  
SNOWFLAKES



S C S O L D F P G L O V E S R  
K N G N E Z L E V O H S O R E  
I L O E E O V N E S I E C I S  
I D O W O T L G I S E K L C O  
N L M Y B I T U T F R A C S L  
G O W E N A S I N R E L T E U  
Y C E A R P L N M O E F N L T  
L O S R E R N L I Z U W G C I  
U R U N N Y N O S E T O N I O  
I G L O O E S N Y N U N R C N  
S A C R G N I D D E L S F I S

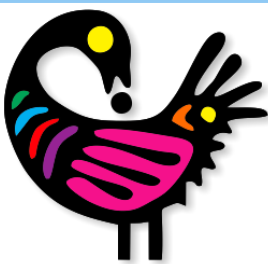


## Africentric Alternative School Parent Council Members:

Co-Chair	Maureen Burbick
Co-Chair	Howard Ford
Treasurer	Robert Griffiths



Adinkra  
symbol,  
meaning Love,  
Faithfulness &  
Harmony



Sinkofa: A symbol of the wisdom of  
learning from the past to build for the  
future.



ODO NNEW FIE  
KWAN

Odo Nnew Fie Kwan  
meaning...Love does  
not lose its way home.  
Those led by love  
always end up in the  
right place.

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  
adaptability



Umoja

## Nguzo Saba

### The Seven Principles

**Umoja ▲ Unity**  
To strive for and maintain unity in the family, community, nation and race.

**Kujichagulia ▲ Self-Determination**  
To define ourselves, name ourselves, create for ourselves  
and speak for ourselves.

**Ujima ▲ Collective Work and Responsibility**  
To build and maintain our community together and make our brother's  
and sister's problems our problems and to solve them together.

**Ujamaa ▲ Cooperative Economics**  
To build and maintain our own stores, shops and other businesses  
and to profit from them together.

**Nia ▲ Purpose**  
To make our collective vocation the building and developing of  
our community in order to restore our people to their traditional greatness.

**Kuumba ▲ Creativity**  
To do always as much as we can, in the way we can, in order to leave  
our community more beautiful and beneficial than we inherited it.

**Imani ▲ Faith**  
To believe with all our heart in our people, our parents, our teachers,  
our leaders and the righteousness and victory of our struggle.

*Dr. Maulana Karenga*  
*Creator of Kwanzaa*  
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**TORONTO DISTRICT SCHOOL BOARD**  
**Africentric Alternative School**  
 2021 - 2022

H	Statutory Holiday
B	Bd. Designated Brea
PA	PA Day

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

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

Responsibility

S	M	T	W	Th	F	S
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

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	

Kindness & Caring

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

Teamwork

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	

Fairness

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

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

Co-operation

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

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		

Persistence

**Professional Activity Days:**  
 Thursday, September 2, 2021  
 Friday, September 3, 2021  
 Wednesday, September 8, 2021  
 Friday, November 19, 2021  
 Friday, January 14, 2022  
 Friday, February 18, 2022  
 Friday, June 3, 2022

**First Day of School:**  
 Thursday, September 9, 2021

**Last day of school for Elementary students:**  
 Thursday, June 30, 2022

**Dates to Remember:**  
 Labour Day: September 6, 2021  
 Thanksgiving: October 11, 2021  
 Winter Break: December 20, 2021 - December 31, 2021 (last day of school December 17, 2021; school resumes January 3, 2022)  
 Provincial Family Day: February 21, 2022  
 Mid-Winter Break: March 14 - 18, 2022  
 Good Friday: April 15, 2022  
 Easter Monday: April 18, 2022  
 Victoria Day: May 23, 2022  
 Total Instructional Days: 187

## Black History Month

### in Canada

In 1995, after a motion by politician [Jean Augustine](#), representing the riding of [Etobicoke—Lakeshore](#) in Ontario, Canada's [House of Commons](#) officially recognized February as Black History Month and honored [Black Canadians](#). In 2008, Senator [Donald Oliver](#) moved to have the [Senate](#) officially recognize Black History Month, which was unanimously approved.



## 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





# 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.



## 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'/visitors' parking area at the side or back of the building. Thank you for helping us to keep our students safe.



## 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 not be permitted in the school. Any parent meetings will take place virtually or over the phone. Please call the school if you would like to schedule an appointment with administration or staff.



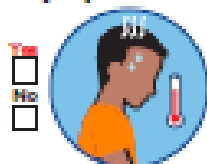


# COVID-19 Screening for children/students

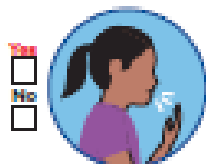
Please complete before entering the child care/JK-12 school setting.

Updated January 10, 2022

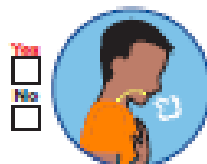
1. A) Does the child/student or anyone in the household have 1 or more of these new or worsening symptoms, today, or in the last 5 or 10 days\*?



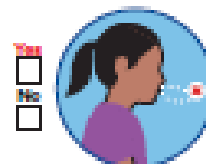
Fever  $> 37.8^{\circ}\text{C}$  and/or chills



Cough

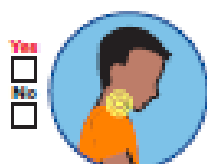


Difficulty breathing



Decrease or loss of taste/smell

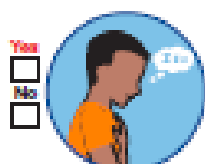
B) Does the child/student or anyone in the household have 2 or more of these new or worsening symptoms today, or in the last 5 or 10 days\*?



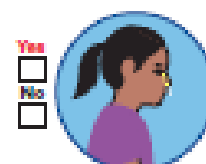
Sore throat



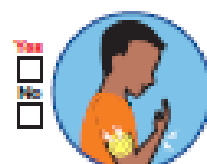
Headache



Feeling very tired



Runny nose/  
nasal congestion



Muscle aches/  
joint pain



Nausea, vomiting  
or diarrhea

- If the symptom is from a known health condition that gives them 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 vaccine, select "No". If longer than 48 hours, select "Yes."
- Anyone who is sick or has any symptoms of illness, should stay home and seek assessment from their health care provider if needed.



If "YES": Stay home & self-isolate.



Your household including siblings must self-isolate, regardless of vaccination status.

\* If child/student has one symptom from Part B stay home until symptoms improve for at least 24 hours or 48 hours if nausea/vomiting/diarrhea.

2. Has the student/child or anyone in the household had a positive COVID-19 test in the last 5 or 10 days\*, or has the student/child been told to stay home and self-isolate?

Yes ☐  
No ☐



If "YES": Stay home & self-isolate.

3. In the last 10 days has the student/child been notified as a close contact of someone with COVID-19, or received a COVID Alert notification?

Yes ☐  
No ☐

- If the person is not a household member AND the student/child is fully vaccinated \*\* or public health has told you that you do not need to self-isolate, select "No"



If "YES": Stay home & self-isolate.

4. In the last 14 days, has the student/child travelled outside of Canada?

Yes ☐  
No ☐



If "YES": Follow federal quarantine [travel rules](#).



\* Use 5 days: If the person is fully vaccinated or 11 years or younger. Use 10 days: If they are 12 years or older and not fully vaccinated; or immune compromised.  
\*\* Fully vaccinated means 14 days or more after a second dose of a COVID-19 vaccine series, or as defined by the Ontario Ministry of Health.



## MY CHILD MUST SELF-ISOLATE - FOR HOW LONG?

### Child/Student has symptoms\*\*\* of COVID-19 or has tested positive

#### If Child/Student is:

- 12 years of age or older AND fully vaccinated, OR
- 11 years or younger, regardless of vaccination status

#### Stay home & Self-isolate:

- Must self-isolate for at least 5 days from the day symptoms started and until symptoms have been improving for 24 hours (or 48 hours if nausea/vomiting/diarrhea), whichever is longer
- Use test date if no symptoms

#### If Child/Student is:

- 12 years of age or older AND either partially vaccinated or unvaccinated, OR
- Immune compromised

#### Stay home & Self-isolate:

- Must self-isolate for 10 days from the day their symptoms started, or longer if symptoms last longer than 10 days
- Use test date if no symptoms

### Someone in the household has symptoms\*\*\* of COVID-19 or has tested positive

#### Stay home & Self-isolate:

- The child/student must self-isolate for the duration of the household member's isolation period

#### If the household member is:

- 12 years of age or older AND fully vaccinated, OR
- 11 years or younger, regardless of vaccination status

#### Stay home & Self-isolate:

- The child/student must self-isolate for at least 5 days from the day the household member's symptoms started and until their symptoms have been improving for 24 hours (or 48 hours if nausea/vomiting/diarrhea)
- Use test date if no symptoms

#### If the household member is:

- 12 years of age or older AND is not fully vaccinated, OR
- Immune compromised

#### Stay home & Self-isolate:

- The child/student must self-isolate for 10 days from the day the household member's symptoms started

### Child/Student has been notified as a close contact of someone with COVID-19 outside of the household, or received a COVID Alert notification

#### If Child/Student is:

- Fully vaccinated AND no symptoms, **Do not need to self-isolate**
- Monitor for symptoms for 10 days and self-isolate immediately if symptoms develop
- If leaving home, they should maintain masking, physical distancing and all other public health measures. They should NOT visit any highest risk settings or individuals who may be at higher risk of illness (e.g., seniors) for 10 days from their last exposure.

#### If Child/Student is:

- 12 years and older AND either partially vaccinated, unvaccinated OR
- Immune compromised

#### Stay home & Self-isolate:

- Must self-isolate for 10 days from their last exposure

#### If Child/Student is:

- 11 years and under AND either partially vaccinated, unvaccinated
- #### Stay home & Self-isolate:
- Must self-isolate for 5 days from last exposure

**All household members, including students and siblings, must self-isolate for the duration of time that the person with symptoms/COVID-19 positive person is isolating.**

**If the Child/Student/Household member's symptoms are improving for 24 hours AND tests negative on a PCR test OR 2 rapid antigen tests taken 24 to 48 hours apart, self-isolation ends.**



\*\*\*Symptoms include 1 or more symptom from 1.A or 2 or more symptoms from 1.B on the screening tool

- If the student/child has one symptom from 1.B, other household members do not have to self-isolate.
- This tool is consistent with provincial guidance: [COVID-19 School and Childcare Screening and COVID-19 Integrated Testing & Case, Contact and Outbreak Management Interim Guidance](#), [Omicron Surge](#) ([gov.on.ca](https://gov.on.ca))



### If the child/student travelled outside of Canada in the last 14 days:

- The child/student must follow federal [requirements](#) for quarantine and testing after returning from international travel.
- If the child/student is not fully vaccinated, they are not to attend school/child care for 14 days, even if they traveled with a vaccinated companion.