

Africentric Alternative School News

Newsletter November 2023



Hugh Reynolds, Principal
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Alexandra Lulka, Trustee

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Upcoming Events

- Nov 1 & 2 - Dental Screening
- Nov 7 - Photo Retake Day
- Nov 11 - Remembrance Day
- Nov 15 - Reports go home
- Nov 16/17 - Parent Teacher Conferences
- Nov 16 - Grade 7/8 immunizations
- Nov 17 - PA Day no school
- Nov 24 - Jean Day
- Nov 28 - Vision Screening
- Dec 8 - PA DAY
- December 21 - Kwanzaa Celebration
- Dec 22 - last day of school before holidays
- Jan 8 - Back to School 😊

Principal's News

Dear Africentric Alternative School Community,

I hope this message finds you in good health and high spirits as we enter the beautiful month of November. It's truly an honor to address you in this month's newsletter as we continue our journey towards excellence, unity, and empowerment.

As we move into November, I encourage all of you to carry forward the spirit of unity and cultural pride. The bonds we create within the Africentric Alternative School family are the foundation for our collective success. I would like to congratulate our new School Advisory Council Team. We look forward to working with you to address the needs of our school community.

This month, we will be recognizing Remembrance Day on November 13th. Progress reports will also be distributed on November 15th, after which, we will be conducting parent-teacher interviews on November 16th and 17th. Please check the left column of this page for more upcoming events.

Our students in grades 3-6 are receiving a once in a lifetime opportunity to participate in violin lessons through Sistema Toronto. This takes place on Tuesday afternoons. Sistema is also engaged in music and movement with our Kindergarten to grade 2 students.

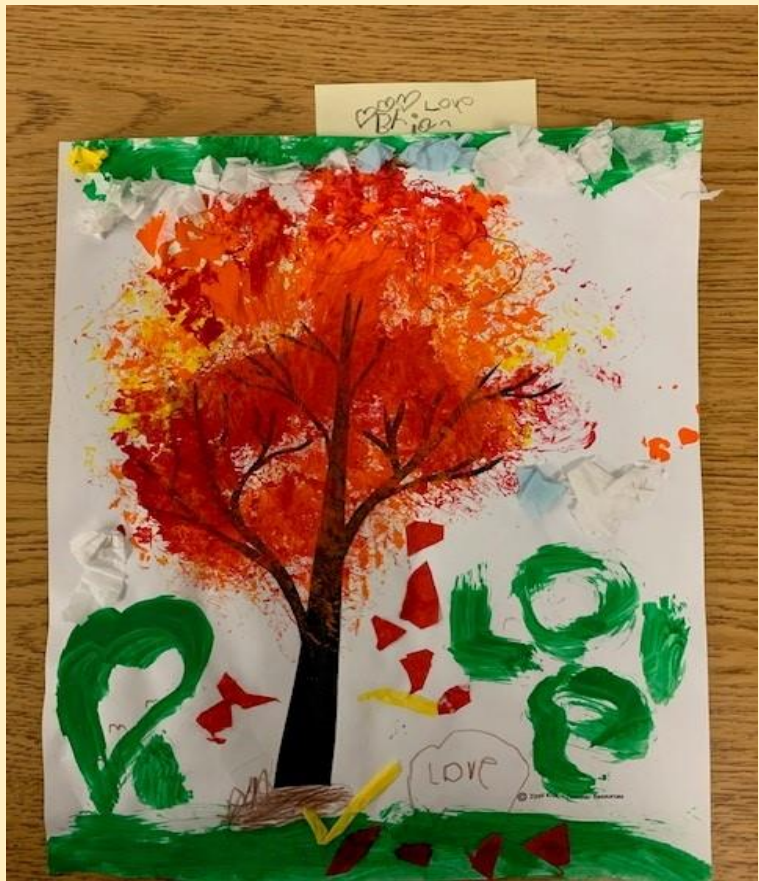
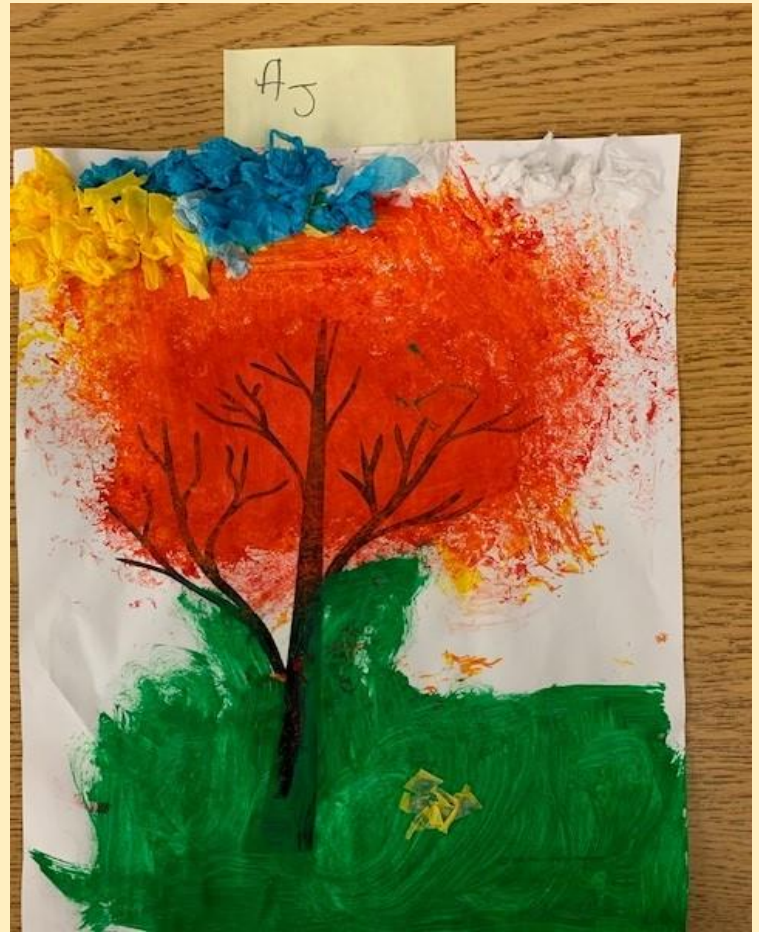
Our teachers are also scheduling out of school experiences in the form of trips for our students. You are welcome to volunteer on these trips when you are available. I would like to express my deepest gratitude to our dedicated staff, committed students, and supportive parents and guardians. Together, we continue to create a nurturing, empowering, and culturally rich educational environment. Thank you for your unwavering commitment to our school's mission. Let's embrace the month of November with enthusiasm, learning, and the spirit of togetherness.

We appreciate 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!

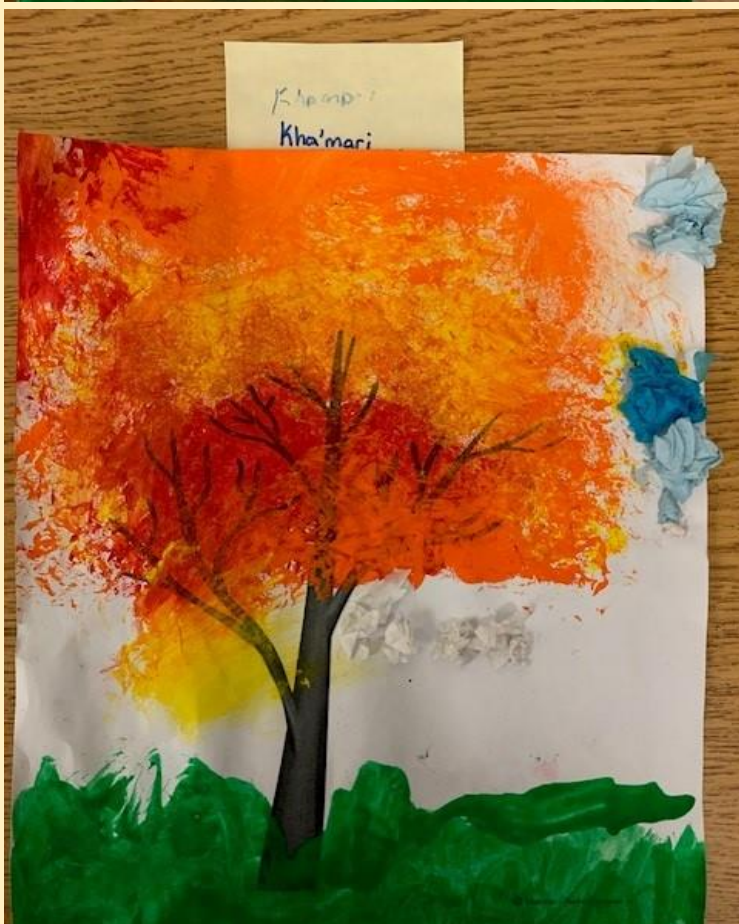
Yours in partnership,

Hugh Reynolds,
Principal AAS.

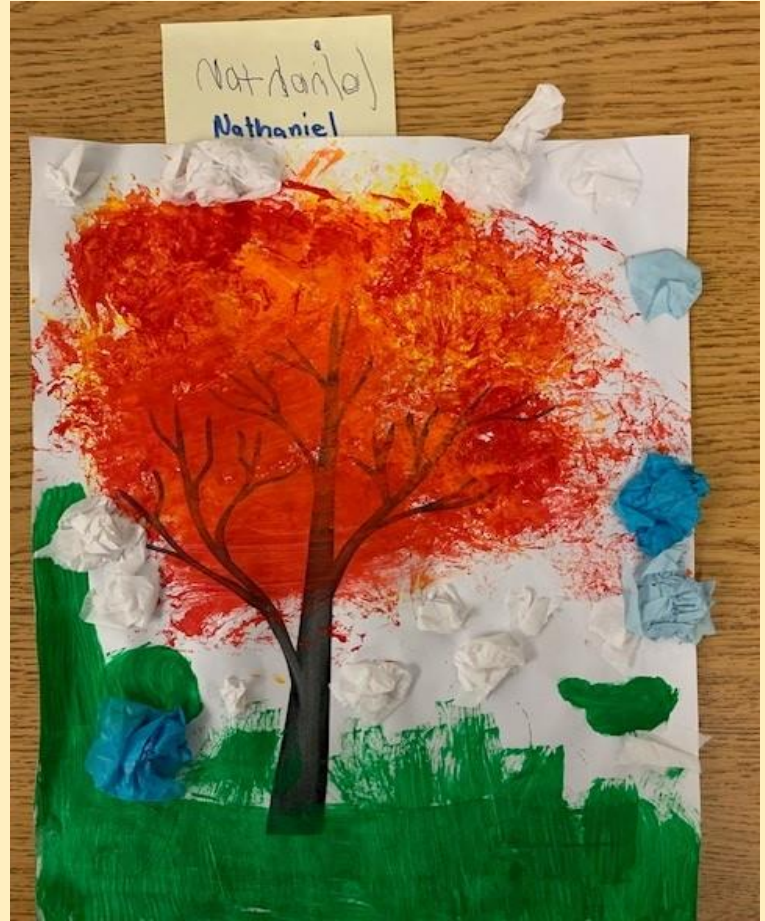
Fall Art by Grade 1 and 2 Students at Africentric



Fall Art by Grade 1 and 2 Students at Africentric



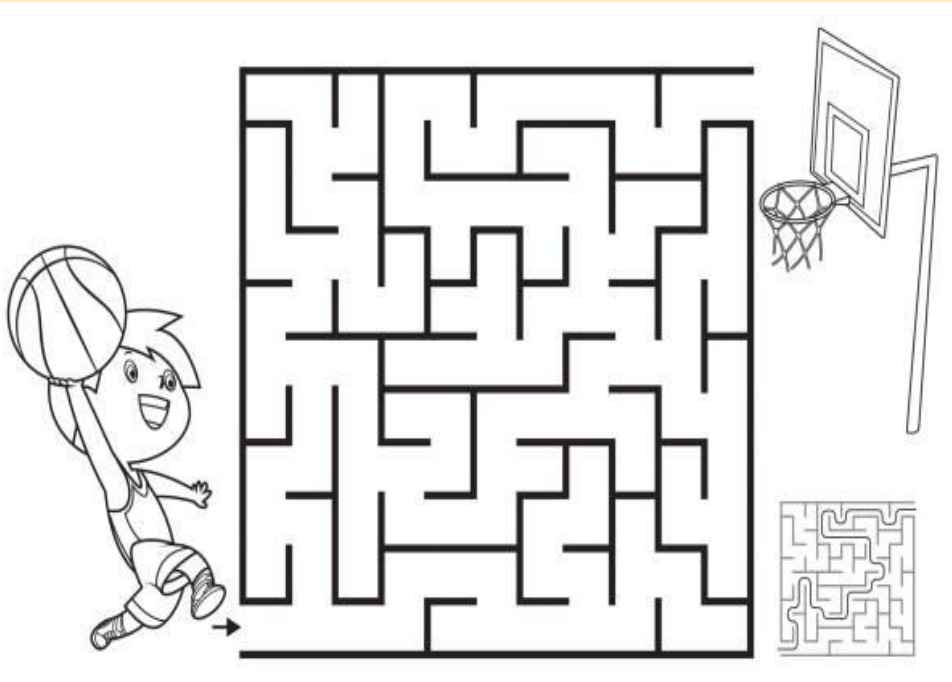
Fall Art by Grade 1 and 2 Students at Africentric



Fall Art by Grade 1 and 2 Students at Africentric



Canadians in most time zones can “fall back” on Saturday, Nov. 4 this year before they head to bed, as the clocks roll back in the wee morning hours of Nov. 5 while most people are sleeping. However, The Yukon, most of Saskatchewan and some parts of British Columbia and Quebec stay on standard time.



VERY IMPORTANT INFORMATION PLEASE READ - School Procedures



Please ensure your child is dressed for the weather. Thank you 😊

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 allow us to use our supervision allocation on our students rather than parking lot expectations.



Theme of the Month - November

NIA(Purpose) & EMPATHY

***Theme for the Month of
November is
EMPATHY & NIA***



Empathy is

*seeing with the eyes of another,
listening with the ears of another,
and feeling with the heart of another.*

What is empathy?

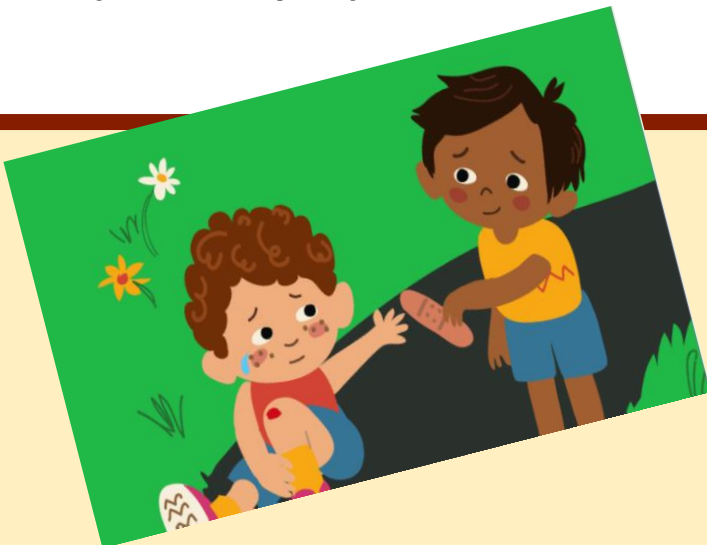
It's the ability to understand another person's thoughts and feelings in a situation from their point of view, rather than your own. It differs from sympathy, where one is moved by the thoughts and feelings of another but maintains an emotional distance.

Three types of empathy:

- Cognitive Empathy: the ability to understand another's perspective. ...
- Emotional Empathy: the ability to physically feel what another person feels. ...
- Empathic Concern: the ability to sense what another needs from you.

Synonyms for empathy: understanding, compassion, commiseration, sensitivity

Antonyms for empathy: hard-heartedness, un-charitableness



A citizen of the world in the fullest sense is one whose vision and culture gave him a deep empathy with fellow human beings of every creed and colour. Kofi Annan

Kofi Annan (8 April 1938 – 18 August 2018) was a Ghanaian diplomat who served as the seventh Secretary-General of the United Nations (UN)

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.



2023-2024 Parent Council



Norgie Williams -- Co-Chair

Ria Clarke -- Co-Chair

Cristal Palmer -- Past Co-Chair

Lotoya Jackson -- Secretary

Robert Griffiths --Treasurer

Left We Forget



We will remember them

Parents are welcome.

Monday November 13, 2022

We are hosting a joint
assembly with
AAS at 9:15 a.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	Apple Slices
Oat Bar	WW Melba Toast	WW Bread Sticks	WW Cheerios	Oatmeal Biscuit	Oatmeal Biscuit
Baby Bel Cheese	Yogurt Cup	Laughing Cow Cheese	Milk	Yogurt cup	Yogurt cup
Monday	Tuesday	Wednesday	Thursday	Friday	
Clementines	Apple Sauce Pouch	Apple Slices	Apple Sauce Pouch	Clementine	Clementine
WW Bagel	Granola Bar	Breton Bites Crackers	WW Pretzel Sticks	WW Cheerios	WW Cheerios
Laughing Cow Cheese	Baby Bel Cheese	Cheese String	Laughing Cow Cheese	Milk	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 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



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
©1967*

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**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.

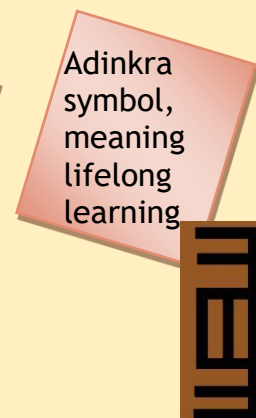
Today I pledge to take my education seriously and I will always do my best, at school, at home, and in my community.

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)





TORONTO DISTRICT SCHOOL BOARD
Africentric Alternative School
2023 - 2024

H	Statutory Holiday
B	Bd. Designated Break
PA	PA Day

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

Respect

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

Responsibility

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

Empathy

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

Kindness & Caring

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

Teamwork

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

Fairness

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

Honesty

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

Co-operation

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

Integrity

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

Perseverance

Professional Activity Days:

1. Friday, October 6, 2023
2. Friday, November 17, 2023
3. Friday, December 8, 2023
4. Friday, January 19, 2024
5. Friday, February 16, 2024
6. Friday, April 19, 2024
7. Friday, June 7, 2024

First Day of School:

Tuesday, September 5, 2023

Last day of school for Elementary students:

Friday, June 28, 2024

Dates to Remember:

Labour Day: September 4, 2023

Thanksgiving: October 9, 2023

Winter Break: December 25, 2023 - January 5, 2024 (last day of school December 22, 2023; school resumes January 8, 2024)

Provincial Family Day: February 19, 2024

Mid-Winter Break: March 11 - 15, 2024

Good Friday: March 29, 2024

Easter Monday: April 1, 2024

Victoria Day: May 20, 2024