

# Bessborough Elementary and Middle School Newsletter

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416.467.0389

## Upcoming Events March/April

- ◆ Pizza Lunch - Mar. 28<sup>th</sup>
- ◆ Joint Ward Forum - March 28<sup>th</sup>
- ◆ Sub Lunch - April 1<sup>st</sup>
- ◆ Dental Screening - April 24<sup>th</sup>

## Joint Ward Forum at Cosburn Middle School

Thursday March 28, 2019 from 6:30 pm to 8:30 pm

How do messages about health impact your children and families? Join our panelists as they share their perspectives on navigating messaging about health, recognizing when eating and exercise behaviours may be harmful, and how to support young people who have a challenging relationships with food, exercise and body image.

We will hear from parents, clinicians, and individuals with lived experience of an eating disorder. Come out to learn more about health, disordered eating and exercise, and how to navigate the difference. This panel is open to all family members who have an interest in learning more about food and weight preoccupation, disordered eating, and supporting healthy lifestyles within their families.

Guest Speakers: A panel comprised of parents, doctors, therapists, and staff from the National Eating Disorder Information Centre

With Chris Moise, Trustee Ward 10, University - Rosedale and Toronto Centre; Rachel Chernos Lin, Trustee Ward 11, Don Valley West; Jennifer Story, Trustee Ward 15, Toronto-Danforth; and Michelle Aarts, Trustee Ward 16, Beaches-East York

## Dental Screening

416.338.7600 [toronto.ca/health](http://toronto.ca/health) | TORONTO Public Health

Toronto Public Health will provide free dental screening for all students on Wednesday April 24<sup>th</sup>.

The screening program is offered to students in accordance with Ontario Ministry of Health requirements.

## Crossing Flags Initiative

We are certainly very excited to see bright orange flags at nearly all of the intersections in and around Bessborough Public School.

*See the THANKS section on page 5 for a few words of appreciation for those responsible for this important initiative.*

For those families who are using the flags or those independent students who walk themselves to/from school, please review the suggested instructions below.

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- 1 Take Flag**
- 2 Look Both Ways**
- 3 Maintain Eye Contact With Driver**
- 4 Cross Street**
- 5 Place Flag on Other Side**

**Be AWARE and Make Others AWARE**

## H & S Screening of Screenagers Documentary: Please Vote

Members of our H&S community are encouraged to click on the link below to vote to approve (or not) the spending of H&S funds (cost for our association would be \$700) which would come out of our Enrichment Budget.



- Please click on this link to vote: [Screenagers Event Vote](#)
- The Bessborough Home and School would like to offer a screening of the documentary **Screenagers** in the Library on Tuesday April 23rd, 2019 at 7:00 p.m.



*Are you watching kids scroll through life, with their rapid-fire thumbs and a six-second attention span? Physician and filmmaker Delaney Ruston saw that with her own kids and learned that the average kid spends 6.5 hours a day looking at screens. She wondered about the impact of all this time and about the friction occurring in homes and schools around negotiating screen time—friction she knew all too well..... SCREENAGERS reveals how tech time impacts kids' development and offers solutions on how adults can empower kids to best navigate the digital world and find balance.*

## Support a Plastic-Free Canada! We can't do it without YOU!

**Exciting Update!** Andre has informed us that an MP has reached out to him due to the overwhelming support of #plasticfreeforever, and has spoken to Justin Trudeau specifically about this movement. Andre and the MP will be speaking about setting up a Parliamentary e-petition to gather support, in order for the discussion to be tabled at the House of Commons!

*As you may be aware, Andre Craig, a Leaside resident and his daughter, Alianna (a student at Bessborough) recently appeared on Breakfast Television to speak about their efforts to evoke change and the overwhelming support they received when they started a Facebook page called PlasticFreeFebruary, currently updated to #plasticfreeforever. Andre's goal is to reach 1000 signatures to support the ban of single use plastics and to change packaging laws asap!*



### Spring is HERE and Lunch Programs are OPEN for Registration!

Our lunch programming committee has been working hard to arrange for more amazing programs for the spring. *Happy Minds - Yoga and Meditation* is back, *Hip Hop iPad Music* is also offered, and we're calling on all aspiring *On Broadway* stars to register! Many more activities; browse below!!!

Head over to the Home and School website for information and registration forms:  
<https://www.bessboroughhomeandschool.com/spring-programs>

### Pizza Day Reminder! March 28th - Next Thursday!

\*\* Contact your class parent if your class still needs volunteers for this much loved lunch time event! \*\*

Contact Lisa Jones with any pizza lunch related questions:  
[lisa.am.jones@gmail.com](mailto:lisa.am.jones@gmail.com)



## ANNOUNCING the winner of the Mayfair Poster Contest

Our winner of the Mayfair Poster Contest and a Mayfair bracelet is...*drumroll...*

**Emily Knight** in 7B! CONGRATULATIONS, **Emily**! Honourable mention goes out to Sarah Gupta in 6B and Claire in 7B for their designs. They will each receive tickets to use at Mayfair!

Save the date - **Saturday June 1st from 11 am – 3 pm** for a fun-filled family day at school. Now, this big event can't run without your help! We need volunteers to join our Mayfair committee. If you are interested please contact: Cabrina Skillen ([Cabrina.Skillen@hotspex.com](mailto:Cabrina.Skillen@hotspex.com)) or Lauren Morgan ([lauren\\_swinburne@hotmail.com](mailto:lauren_swinburne@hotmail.com))

**Please Note:** We would appreciate donations of your gently used stuffies for our **Teddy Bear Hospital**. They can be dropped off in the bin provided outside of the school office. Thank you!

### Silent Auction items needed:

- Event tickets
- Memorabilia
- Gift baskets
- Cool experiences



Please contact Christine Davis at [brent.christine.davis@gmail.com](mailto:brent.christine.davis@gmail.com) if you have donations. *Also, if you know of anyone in the community interested in sponsorship we'd love to hear from you!*



A BIG thank you to the Morgan family, Alison Steinman, Karen Craig and Jeff Little who were instrumental in getting our street crossing flag initiative up and running! Alison was responsible for the sourcing of the flags and holders. The Morgan family worked to install them. Thank you to each of you for your efforts to make our kids a little safer on our busy Leaside streets.



**Thursday March 28 - Pizza lunch**  
**Monday April 1 - Sub lunch**