

Bowmore Road Bulletin

80 Bowmore Rd, Toronto, ON M4L 3J3 | Tel: (416) 393-9450

[School Website](#) | [School Council](#)

Date: Monday, November 24, 2025

Principal's Message

Dear Bowmore Families,

As we enter the last week of November, we want to take a moment to centre our shared commitment to **student mental health, well-being, and a safe learning environment**. Supporting our children emotionally is just as important as supporting them academically, and this work is strengthened when home and school work together.

This week and next, **all Bowmore staff will be engaging in Restorative Practices training**, which aligns closely with our School Improvement Plan goals. What Are Restorative Practices? Restorative practices are a relationship-focused approach to building community and addressing conflict. Instead of relying on punishment, they help students talk through what happened, understand the impact, repair harm, and rebuild trust. This training focuses on building strong relationships, addressing conflicts in healthy ways, repairing harm through dialogue, and creating classrooms where every student feels safe, seen, and heard. These are essential skills for learning and for life, and we look forward to deepening this work across the school.

It's also important to be clear about what restorative practices do not mean. They do not replace consequences or safety procedures, and they do not mean that we overlook harmful behaviour. Restorative approaches are meant to strengthen accountability by supporting students to reflect on their actions, understand the impact on others, and actively make things right. For very serious safety incidents, we will continue to follow all TDSB policies, the Code of Conduct, and Caring & Safe Schools procedures, and restorative approaches may be used alongside these responses where appropriate, not instead of them. For families who would like to learn more about TDSB's approach to creating safe, inclusive learning environments, please visit the [Caring & Safe Schools website](#).

We also want to share a few community resources below that families may find helpful. Mental health and well-being are strengthened when children have caring adults, predictable routines, safe spaces to express feelings, and access to appropriate supports, and we are grateful to partner with you in this important work. Have questions or concerns about mental health and well-being? Interested in accessing useful resources? The TDSB has pulled together a collection of great places to start your search. Don't forget, you can always speak with a teacher, principal or someone in the school. [TDSB Student Resources](#).

Finally, through **Bowmore Cares**, we remain committed to ensuring that every student can fully participate in school life. If your family is facing challenges or could benefit from support, please reach out to us in confidence. We are here to help. Through Bowmore Cares, we:

- Cover the costs for students to participate in school trips, events, and special activities when needed
- Support families with daily essentials when circumstances arise.
- Provide opportunities for students, staff, and families to come together to give back to our wider community.

If you wish to make a monetary donation, you can do so through our online school cash online.

[Bowmore Cares Donation Link](#). When donating, please indicate "Bowmore Cares" in the Message field so that your gift is directed appropriately. Tax receipts are issued instantly by email through the School Cash Online system. We want to express our heartfelt gratitude for your ongoing support and generosity. Your contributions have made a significant difference in the lives of our Bowmore Families.

Warm regards,

Kosta, Jacquie & Andreyia

Upcoming Important Dates

November 25: Photo Retakes

December 4-11: Film in a Day workshops for Grade 8. We are delighted to announce the return of the popular Film In a Day workshop to Bowmore for the Grade 8s (Core & FI). This is a unique and hands-on experience that allows students to learn about all aspects of filmmaking, and participate in the creation of a short film - from the writing, to the filming and directing, to the acting.

December 5: Pizza lunch

December 11: Winter Concert (4:30-5:30 pm in the Senior Gym)

December 19: Last Day before Holiday Break

December 22 to January 2: Holiday Break

January 5: First day back at school

Nutrition Program

Nov 24-Nov 28	
Monday	Waffle Crisps
Tuesday	Bananas/Tangerines
Wednesday	Muffins
Thursday	Cheesestrings + Crackers
Friday	Popcorn

Beyond Grade 8 News!

Use the following link to join our [Bowmore Guidance Google Classroom](#)

- **Class Code:** 5wsbbhjf
- **Direct Link:** <https://classroom.google.com/c/ODAxODAxMTE3NTk4?cjc=5wsbbhjf>

Dear Grade 8 Families,

As you begin exploring high school options for September 2026, we wanted to share information about the upcoming Central Toronto Academy (CTA) Grade 8 Open House.

CTA is a welcoming, right-sized TDSB secondary school known for strong academics, a wide range of arts opportunities, and competitive athletics. The school offers enriched learning experiences such as AP courses (Math, Chemistry, Biology) and Specialist High Skills Majors (SHSM) in both Business and Sports.

Central Toronto Academy – Grade 8 Open House

- Date: Thursday, December 4, 2025
- Time: 6:00 p.m.
- Location: 570 Shaw St., Toronto

Families will be able to learn more about CTA's programs, meet staff, and explore the school environment.

Important: Entrance to CTA for Grade 9 is by application, with the application process opening in January 2026.

To learn more about the school, please visit CTA's Open House website:

<https://linktr.ee/ctawolves>. For application details, please check this [link](#) in January"

Grade 8 to 9 (Gifted ISP) with the Specialized Programs.

Offers for Specialized Programs will be made:

1. February 11, 2026
2. February 18, 2026
3. February 25, 2026 (**no additional offers will be made after this date)

Offers for Gifted ISPs (Secondary) will begin on January 29th, 2026.

**offers will continue as students are brought forward to IPRC; and spaces are available*

For students seeking a Gifted ISP offer AND applying to a Specialized Program:

- During the Grade 8-9 Annual Review, please discuss with parents/legal guardians the change of placement.
- Students who move from a Gifted ISP in grade 8 to a Specialized Program for grade 9 will retain their exceptionality but will be considered as attending a regular program so a change of placement would take place in the IPRC paperwork. If parents/legal guardians decide to continue placement in a Special Education program (Gifted ISP), families would decline their Specialized Program seat.
 - If you receive BOTH an offer of placement for a Gifted ISP AND a spot in a Specialized Program, you will have to choose between the Gifted ISP and the Specialized Program by the deadline. You will not be able to hold and accept both offers.
 - If you are not awaiting an offer for a Specialized Program, we asked that you please accept the Gifted ISP offer as soon as possible and by the deadline. There will be no extensions.

If you have any questions, please feel free to reach out.

Best regards,

Geetika Jaura (Ms. Gupta)

Ms. Silva's Class

We are thrilled to announce that our Grade 5/6 Gifted class has been accepted to participate in the TDSB Classroom Skills Challenge! In this exciting opportunity, students will work in teams to design, build, and program autonomous LEGO robots, putting their critical thinking, problem-solving, creativity, and collaboration skills into action. Our students are buzzing with excitement as they prepare to tackle this hands-on challenge and explore innovative solutions. We look forward to sharing updates throughout the competition and celebrating their journey every step of the way! -Mrs. Silva's Grade 5/6 Gifted Class.

SCHOOL COUNCIL UPDATES

School Council Updates

Thanks to everyone that came out to our School Council meeting this week. We appreciate the robust attendance and vigorous discussion on the issues that matter to you. Please mark your calendar for our next scheduled meeting on **Wednesday, January 14.**

Staying in Touch with School Council

We've heard from parents how important it is to be able to hear and learn more about what's happening at Bowmore. In addition to our updates in the weekly bulletin there are lots of other ways to connect with School Council:

- Check out our website - www.bowmoreschoolcouncil.ca/
- Follow us on instagram [@bowmoresc](https://www.instagram.com/bowmoresc)
- Reach out by email any time - bowmoresc@gmail.com
- We are also introducing a new "[Caregiver Connection Form](#)" - hosted on the School Council website. It's a fast, easy way to get in touch with us with a few clicks of a button. Have a question? Have a concern? Want to send thanks to faculty and staff? The good, the bad, the excellent - we want to hear from you! The form will make it easy for us to help direct your question to the best person to respond.

Note: In terms of submissions to the Caregiver Connection Form, your responses are confidential and will be viewed only by School Council Executive for the purpose of supporting community engagement - please don't include any sensitive personal details. And please remember, any urgent or sensitive concerns should be reported directly to the administration or TDSB in accordance with board policies.

Reminder: Pizza Lunch Ordering is Open

A reminder that our next pizza lunch is next Friday, December 5th. Ordering will close *at noon on Sunday, November 30th*, so please place your orders now! If you have any questions about our pizza lunch fundraisers, including how to order, please see our Pizza Lunch FAQ [here](#). If you need any assistance with setting up your School Cash Online account, please see a step by step how to guide [here](#). If you need support in ensuring your kids have access to pizza lunch, please reach out to Principal Flegas at <konstantinos.flegas@tdsb.on.ca>

If you have any questions about pizza lunch, please email us at bowmorepizza@gmail.com or reach out to the School Council at bowmoresc@gmail.com

Thank you for your support of our School Council fundraising!

Grade 8 Grad Committee

It might only be November, but the year is going to fly by - and we'd love to get a strong start on planning an amazing Grade 8 Grad for our kids.

We're inviting all Grade 8 families to our in-person kickoff meeting on Tuesday December 2.

Grad Committee Kick Off Meeting

Tuesday, December 2

6:15 PM

NonSensical Kids – 1614 Gerrard St East

[Click here to RSVP and for more information](#)

We're hoping for a great group of parents to help make this a fun and memorable year-end celebration for the 178 graduating students.

Questions? Email bowmoregrad2026@gmail.com.

Carnival

The current Carnival leads are stepping back for next year and we are still looking for 2-4 volunteers to help organize our Bowmore Fun Fair next year. This event is such a great community builder, and is one of the biggest fundraising initiatives for School Council to allow us to support students and learning. The team in place will help support the transition to a new team, so you won't be on your own!

Please reach out to bowmoresc@gmail.com if you're interested in helping to lead the Carnival efforts for 2026.

EmpowerHer – MLSE LaunchPad (Girls 14–18)

MLSE LaunchPad is hosting EmpowerHer, a girls-only sports and leadership event.

- Date: December 3, 2025
- Time: 11:00 a.m. – 2:30 p.m. (lunch included)
- Location: MLSE LaunchPad (259 Jarvis St.)
- Who: Girls ages 14–18

The day includes on-court activities, workshops, and time with women leaders in sport, focused on confidence, leadership, and staying engaged in sport long-term.

[Please see the poster for more information.](#)

For more information, please contact MLSE LaunchPad at info@mlselaunchpad.org or 416-637-7588.

Kind regards,

Palolo Apulu | Youth Outreach Worker, Community Engagement

Palolo.apulu@mlselaunchpad.org | 259 Jarvis Street, M5B 2C2

Community Food Supports in Our Area

If you know any families in our community who may be experiencing food insecurity, here are a few local resources that may be helpful:

- **Nourish East End** – Offers a food bank (Daily Bread partner) and hosts monthly community dinners.
<https://nourisheastend.ca/>
- **Grace Pascoe Care Centre Food Bank** – A nearby food bank also partnered with Daily Bread.
<https://www.gracepascoefoodbank.ca/>

Please note: Daily Bread Food Bank clients can access one partner food bank **once per week**.

A full list of food programs across Toronto can be found in this city-wide guide:

<https://foodshare.net/wp-content/uploads/2024/01/YCAI-Food-Guide-complete-updated.pdf>

If you become aware of a family needing additional support, please feel free to connect with the school office confidentially.