



Bridlewood Cares - Learning Together

Bridlewood Jr. PS is pleased to introduce our new SAC Executive for the 2024-2025 school year! Congratulations to

**John Anastakis
Maria Georgilas
Gina Karagianis
Liz Maclachlan
Tara Michailidis
Andrea Siomos
Nick Stavropoulos**

[Meet the 2024-2025 SAC Executive.pdf](#)

This year due to our large Grade 6 cohort, we have approximately 40 students going to SOES/Kearney from Tuesday, October 15th – Friday, October 18th. Accompanying our students will be Ms. Florea, Ms. Karygiannis, and Mr. Beer. We are wishing them an amazing excursion full of learning and fun!!!



Healthy Fundraising
for Ontario Schools

The SAC is accepting orders up to midnight on Tuesday, October 15th. The only way to pay is through School Cash Online. Thank you in advance to supporting Bridlewood and local farmers!!!

Have a wonderful Thanksgiving Day on Monday, October 14th!



Bridlewood Jr. P.S. Bulletin – October 11, 2024

60 Bridlewood Blvd., Scarborough, ON M1T 1P7



Let's Talk, Read and Write

The Board has organized a series of Parent Sessions around early literacy for Grade 1 students. These virtual sessions will be at night. Please see the flyer below or click on the following link for further information, and to register. [Let's Talk Read Write Registration Flyer 2024.pdf](#)

Early French Immersion (Junior Kindergarten Entry) Application Opens November 4

If your family is interested in the Toronto District School Board's Early French Immersion Program (begins in Junior Kindergarten), we are pleased to offer an online process to apply. Applications for September 2025 must be completed online by **November 29, 2024**. Families with an older sibling currently in an Early French Immersion program must complete an online application for the new student. Visit the [Early French Immersion](#) page for more information.

SEAC Town Hall for Parents/Guardians/Caregivers of Students with Disabilities/Special Education Needs

Date: November 4, 2024

Time: 7:00 p.m. - 9:00 p.m.

Location: Virtual or In-person (TDSB Board Office, 5050 Yonge St., North York)

TDSB's Special Education Advisory Committee (SEAC) includes volunteers who advise the TDSB on how to improve special education programs and services. We want your feedback and to learn from your experience.

TDSB SEAC is hosting a Town Hall. This is an opportunity for families who have a child with a disability/special education needs to share their experiences at school.

We will ask you 2 questions:

- What barriers to learning have you and your child encountered in school?
- What recommendations do you have to enhance services and experiences for students receiving special education services?

We will use this information to help develop recommendations for the TDSB on how it can better serve these students. The Town Hall is **not** set up to give you advice on how to navigate TDSB services. Families needing help with this regarding their child's services should contact their school's principal and superintendent.

At the Town Hall, you will get up to 5 minutes to share your experiences. If you want to attend in-person or online, please complete this [registration form](#). **If instead, you would like to** submit a pre-recorded video, your written comments, or even an artistic piece, email it to lianne.dixon@tdsb.on.ca.

At the Town Hall and in any feedback you send in, to respect privacy, please do not use the names of specific staff or schools. SEAC cannot investigate specific problems. We want to learn from your feedback on what system-wide reforms we should recommend to TDSB.

Register Now! Parents and Caregivers as Partners Conference

You are invited to join us for the Parents and Caregivers as Partners Conference on Saturday, November 16, 2024. This year's conference theme is Journey to Joy, Wellness, and Wholeness and will be a day full of presentations and workshops. Visit www.parentsaspartners.ca for more information and to register to attend.



PARENTS & CAREGIVERS
as PARTNERS
Journey to Joy, Wellness, and Wholeness
Conference 2024

November 16th, 2024
10:00 AM - 1:15 PM



Keep the batteries coming Bridlewood!!!



Dear Parents / Guardians,

In honour of Waste Reduction Week, Earth Rangers and Call2Recycle are challenging schools across Ontario to participate in the **Battery Blitz School Mission** contest.

Our school is participating and students are being asked to bring in their used batteries to school for the next four weeks, in order to be recycled. Any battery under 5 kg (with the exception of wet-cell batteries) can be brought in. Refer to www.earthrangers.com/EN/CA/batteryblitzschoolcontest for guidelines on how to prepare household batteries for recycling.

Schools from all across Ontario are participating in the **Battery Blitz School Mission**. Seven amazing Cash Grand Prizes available for the 7 schools that bring in the most batteries by weight. 1st place - \$5,000, 2nd place - \$3,000 and 3rd-7th place - \$500. For more details, please visit www.earthrangers.com/EN/CA/batteryblitzschoolcontest

Call2Recycle has collected and recycled almost 30 million kgs of batteries since the program has started!

Generously supported by:



To find the nearest Call2Recycle collection site, please visit <http://www.call2recycle.ca/>

* In order to receive this prize, there must be a battery submission on record. No purchase necessary. The "Battery Blitz School Mission Challenge" (the "Challenge") closes on Friday, November 3, 2023 at 5:00pm ET. Open only to elementary schools in Ontario that have been registered for the Challenge. For more information and full rules and regulations, visit <https://www.earthrangers.com/EN/CA/batteryblitzschoolcontest>

Battery Blitz School Mission

Help Keep Batteries Out of Landfills!

When batteries are not recycled properly, they can end up in landfills where they not only add to solid waste but can also potentially release harmful materials into the environment. Call2Recycle collects and recycles almost 3 million kg of batteries each year. That's more than the weight of 500 African elephants! You can do your part to make sure more batteries are recycled by participating in the **Battery Blitz School Mission!**

Your Mission is to recycle as many used batteries as you can by bringing them into your school and disposing of them in the Call2Recycle collection box.

The school that recycles the most batteries (by weight) will win* \$5,000!

[Recycle Your Batteries, Canada! Battery Blitz School Mission Contest - Earth Rangers](http://www.earthrangers.com/EN/CA/batteryblitzschoolcontest)

THE DOUBLE AA
DROP



THE 9 VOLT
VOLLEY



THE TRIPLE AAA
TOSS



How do YOU recycle your batteries, Canada?

Take the Battery Recycling Challenge For Circular Economy Month



Scan this QR code for a chance to

WIN UP TO \$5,000

And other great cash prizes

Contest runs from October 1-31, 2023.

RecycleYourBatteries.ca

call 2 recycle

©2023 call 2 recycle. Take the challenge during October 2023. Odds of winning will depend on the total number of eligible entries received. Winning amount may vary by system. Full contest rules and details available at www.call2recycle.ca





A fresh take on school fundraising

Healthy Fundraising
for Ontario Schools

Since Fresh from the Farm's launch in 2013, 2,600 schools have sold over \$5.5 million of Ontario grown fruits and vegetables, equating to over 4.6 million pounds of product. This has resulted in \$2 million raised by schools and \$3.2 million being returned to local farmers.

14lb Vegetable Bundle

\$22.00

LESS THAN
\$1.60/lb

Includes

- 5 lb bag White Potatoes
- 3 lb bag Sweet Potatoes
- 3 lb bag Yellow Onions
- 3 lb bag Orange Carrots



8lb Apple Bundle

\$24.00

ONLY
\$3.00/lb

NEW - 8 lb bag Ambrosia apples

Ambrosia apples are a beautiful bright pinkish red and light yellow coloured apple. They are crisp and juicy with a distinct sweet aroma and sweet low acid flavour. Excellent for eating fresh.



Please return the Student Order Form and submit collected payments to the school by: October 15th, 2024

Thank you for supporting school based initiatives and Ontario farmers

brought to you by



Welcome All Grade 1 Parents, Caregivers, and Educators



Let's Talk, Read & Write!



tdsbHUB.ca

Learn how to help your child read and spell words in a fun and playful way

Learn how to help your child develop their academic language skills



5 Virtual Sessions

6:30 - 7:30pm

- Sept. 24 Let's Play With Sounds
- Oct 8 From Sounds to Words
- Oct 15 Let's Read
- Oct 29 Let's Write
- Nov 12 Let's Keep Learning



For more information, contact
Donna Cardoza, Parent Caregiver & Community
Engagement Worker

647-403-5821

Donna.Cardoza@tdsb.on.ca

A collaboration between TDSB Speech
Language Pathologists and Donna Cardoza
(PCCEW)

REGISTER by
scanning the
QR code or
type the code



rb.gy/52jzie



TDSB Online Interpreter Training Program

Are you a parent/caregiver with a child registered in the TDSB who:

- has full proficiency in English and another language (ie., Pashto, Farsi, Roma, Ukrainian);
- is interested in being trained as an interpreter to work with the TDSB;
- is comfortable with virtual/online learning;
- has access to a computer, internet & has intermediate computer fluency;
- has recording device, headphones & dictionaries.

WANT TO LEARN MORE?

Join us on October 21, 2024, at
6:30 p.m. to learn more!

[Click the link](#)
for the
registration.



Bridlewood Jr. PS has several children with severe allergies which can potentially be life threatening. Please ensure your child comes to school with a peanut/nut-free lunch and snack(s). Please read the labels. Even if the label says “may contain nuts”, we ask that your child enjoys this product at home. Please also remind your child that no sharing of food is allowed due to student allergies (known and unknown). We thank you in advance for your assistance!

? FAQs

1 What is food allergy?



When you have a food allergy, your immune system mistakes something in a particular food (most often, the protein) as harmful. Your body responds to the food (an allergen) by having an allergic reaction.

2 What are the most common food allergens?

In Canada, the “priority food allergens” are:



Peanut



Tree nuts



Sesame



Milk



Egg



Fish



Crustaceans
(e.g. lobster, shrimp)
and **Molluscs**
(e.g. scallops, clams)



Soy



**Wheat and
Triticale**



Mustard

3 How much of a food allergen does it take to cause a reaction, and how quickly can it happen?



The amount required to cause a reaction varies by person, and in some people, it can be triggered by a small amount. Most allergic reactions happen within minutes, but some can occur a few hours after exposure.

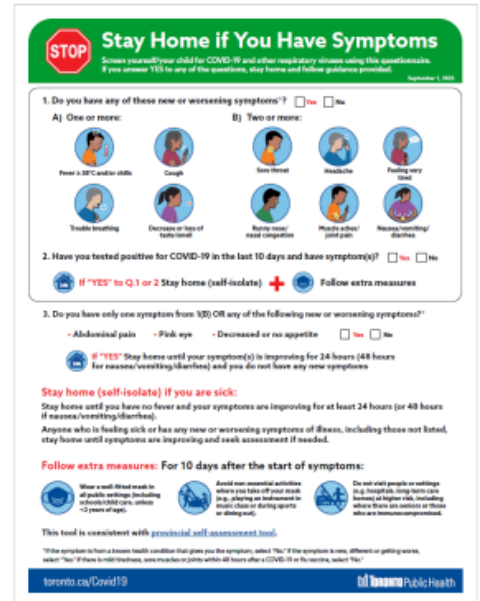
4 What is anaphylaxis?



Anaphylaxis is the most serious type of allergic reaction. It can be life-threatening, but there are ways to minimize risks and be prepared for an emergency.

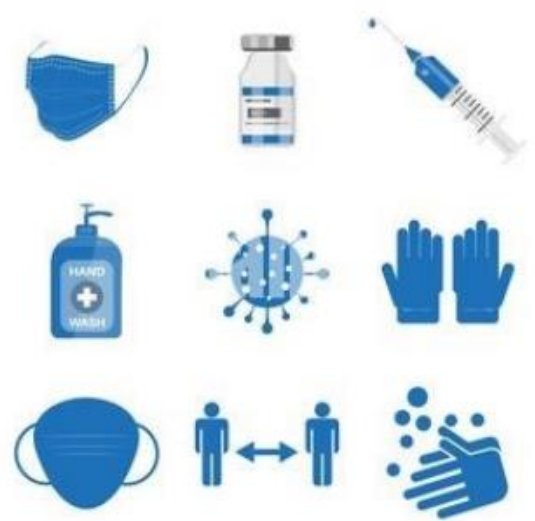
Reduce the Spread of Respiratory Illness

- Stay home when sick to prevent the spread of infections.
- [Screen](#) if symptoms of illness - Provincial [Self-Assessment Tool](#)
- [Clean your hands](#) often
- [Cover your cough](#)
- Disinfect surfaces
- Promote good ventilation
- [Stay up to date](#) with vaccines



2024-2025 Respiratory Illness Season

- Respiratory viruses are expected to increase (Respiratory Syncytial Virus RSV), influenza (Flu), COVID-19 & other viruses
- RSV and influenza can be more serious in children
- New – an infant RSV vaccination
- New- Pertussis (whooping cough) increase this year



2024-2025 Respiratory Virus Season: Vaccines

COVID-19 & Influenza Vaccines for Six months of age and older:

- Updated **COVID-19** vaccine (KP2 mRNA formulation) beginning in October 2024
 - Moderna, Pfizer-BioNTech
- Updated **influenza** vaccine (including senior specific vaccines)
- Can receive both at same time
- **RSV** prevention products:
 - Abrysvo™-vaccine (publicly funded for adults 60 years of age and older in a high risk category and pregnant individuals)
 - Beyfortus®- monoclonal antibody (publicly funded for infants born in 2024 and high risk children)
- Staying up-to date with vaccinations gives the best protection

Immunization School Pupils Act (ISPA)

Purpose:

Increase the protection of the health of children. Working collectively, we can keep all students healthy and in school.

Under the ISPA, Toronto Public Health (TPH) collects and assesses student immunization records to ensure students have the required vaccinations for their age or a valid exemption.

[ontario.ca/laws/statute/90i01](https://www.ontario.ca/laws/statute/90i01)

ISPA Compliance

Routine vaccines required under the ISPA:

- Measles
- Mumps
- Rubella
- Diphtheria
- Meningococcal (MenACYW in grade 7 or later)
- Tetanus
- Polio
- Pertussis
- Chicken pox (Born in or after 2010)



OR a valid exemption (medical or philosophical/religious)



Scan the QR Code. It's the fastest and easiest way to report your vaccinations through ICON.

Other Options:



Mail a copy to:

Toronto Public Health
Vaccine Preventable Diseases
5100 Yonge Street, 2nd Floor
Toronto, ON
M2N 5W4



Fax to:

416-338-2487
On the cover sheet, be sure to include identifying information, (child's name, DOB, OIID, Health Card Number) and parent's contact information.



Email to:

immunization@toronto.ca
Note: Email is not a secure form of communication, but you may use it if you wish.

You can also use these options to report vaccinations from outside Ontario/Canada or records in languages other than English.

Reporting student vaccine information

Ontario's Immunization of School Pupils Act (ISPA) requires that students attending school be vaccinated against 9 diseases or have a valid exemption.

Parents/legal guardians and students 16 years of age and older are responsible for reporting vaccines directly to Toronto Public Health.

Health care providers DO NOT do this for you.



1
Visit
[Toronto.ca/
StudentVaccines](https://toronto.ca/studentvaccines)



2
Verify with
student's health
card or Ontario
Immunization ID#*



3
Input name &
dates of vaccines
received



4
Review.
Confirmation
email to follow

Need help?

Reporting student vaccine records online is fast and easy!

If you need help entering student vaccine information online:

Call 416-338-7600

Email immunization@toronto.ca



*An Ontario Immunization ID# (OIID#) is a 10-digit number given to people without a health card to access ICON. Find it in a letter from TPH or by contacting TPH at 416-338-7600.

Little Jammerz – Date Change – Please see below. There is still plenty of time to sign up for beginner guitar lessons.



NEW DATES Guitar Program (Grades 1-6)

Little Jammerz Guitar Program is coming to Bridlewood Junior Public School.

Students will learn to play notes and chords on the guitar. We develop strumming techniques and learn to play pop songs.

There is an optional \$20 guitar rental fee for students who do not have their own guitar. Students take the rental guitar home and bring it back each week for their lesson. (it comes with a small backpack carrying case)

The program consists of six lessons; which run once per week during lunchtime at Bridlewood Junior Public School.

Dates: Fridays Oct 25th to Dec 13, 2024 (no class Nov 15 & 29)

Time: lunchtime

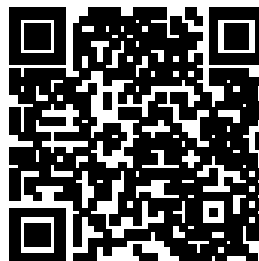
Cost: \$99 + \$20 (guitar rental fee optional) = \$119

To Register Go Online to:

www.LittleJammerz.com or Scan the QR Code below

enter "Bridlewood" in the Name Of Your Child's School Field

Register Early!



For any questions please contact: info@littlejammerz.com
416-787-1782

October

Character Trait for October: Responsibility

10	Mon	Tue	Wed	Thu	Fri	Sat
13	<p>14</p>  <p>Happy Thanksgiving</p> <p>No School</p>	<p>15 – Day 3</p>  <p>Grade 6 Excursion to SOES/Kearney with Ms. Florea, Ms. Karygiannis, Mr. Beer</p> <p>Cross Country Practice, 3:30 - 4:00 pm</p> <p>Fresh from the Farm Fundraising Orders due</p> <p>Let's Talk, Read & Write – Let's Read Gr. 1 Parent virtual session, 6:30 pm – Please see flyer above</p> 	<p>16 – Day 4</p>  <p>Grade 6 Excursion to SOES/Kearney with Ms. Florea, Ms. Karygiannis, Mr. Beer</p>  <p>Popcorn delivered to students who ordered</p> 	<p>17 – Day 5</p>  <p>Grade 6 Excursion to SOES/Kearney with Ms. Florea, Ms. Karygiannis, Mr. Beer</p> <p>Cross Country Conference Finals @ Earl Bales Park</p> 	<p>18 – Day 1</p>  <p>Grade 6 Excursion to SOES/Kearney with Ms. Florea, Ms. Karygiannis, Mr. Beer</p>  <p>Willowgrove Farm Excursion with Gr. 1/2A, Gr. 1/2B, Gr. 1-3 DHH classes with Ms. Esposito, Mrs. Bevilacqua, Mrs. Hough, Mrs. Davies</p> 	19
20	<p>21 – Day 2</p> <p>Girls Soccer Tournament hosted at Bridlewood, Mr. Skicos, Mr. Beer</p> <p>TDSB Universal Screening Process - Gr. 3 Students</p> <p>TDSB Online Interpreter Training Program for parents Please see flyer above</p> 	<p>22 – Day 3</p> <p>Boys Soccer Tournament hosted at Bridlewood, Mr. Skicos, Mr. Beer</p> <p>TDSB Universal Screening Process - Gr. 3 Students</p> 	<p>23 – Day 4</p> <p>Cross Country City Finals @ Sunnybrook Park, Mr. Skicos</p> <p>TDSB Universal Screening Process - Gr. 3 Students</p> 	<p>24 – Day 5</p> <p>TDSB Universal Screening Process - Gr. 3 Students</p> <p>Girls Soccer Practice, 12:05 pm</p> <p>Boys Soccer Practice, 3:30 – 4:30 pm</p> 	<p>25 – Day 1</p> <p>Recognition Assembly, 9:00 am</p> <p>TDSB Universal Screening Process - Gr. 3 Students</p>  <p>Little Jammerz Guitar Lessons start, lunch – Please see date change Please see flyer above</p> 	26
27	<p>28 – Day 2</p> <p>Girls Soccer Practice, 3:30 – 4:30 pm</p> 	<p>29 – Day 3</p>  <p>11:30</p> <p>Brooks Farm Excursion with Gr. 3, Gr. 3/4, Gr. 4/5, Gr. 4-6 DHH with Ms. Ling, Ms. Tessier, Mr. Beer, Ms. King, Ms. Leila</p> <p>Soccer Finals (Girls and Boys) @ Zion Heights, Mr. Skicos</p> <p>Let's Talk, Read & Write – Let's Write Gr. 1 Parent virtual session, 6:30 pm – Please see flyer above</p> 	<p>30 – Day 4</p>  <p>Popcorn delivered to students who ordered</p> 	<p>31 – Day 5</p>  <p>Hallowe'en Parade, afternoon --students and staff are welcome to dress up if they wish</p>  <p>Battery Blitz School Mission ends Thank you to all families who brought in batteries!</p> 	<p>November 1 – Day 1</p>	2



2024

October is Islamic History Month
 October is Latin America History Month
 October is Somali Heritage Month
 October is Learning Disabilities Month <https://www.ldao.ca/>
 October is ADHD Awareness Month <https://www.adhdawarenessmonth.org/>

ISLAMIC HERITAGE MONTH

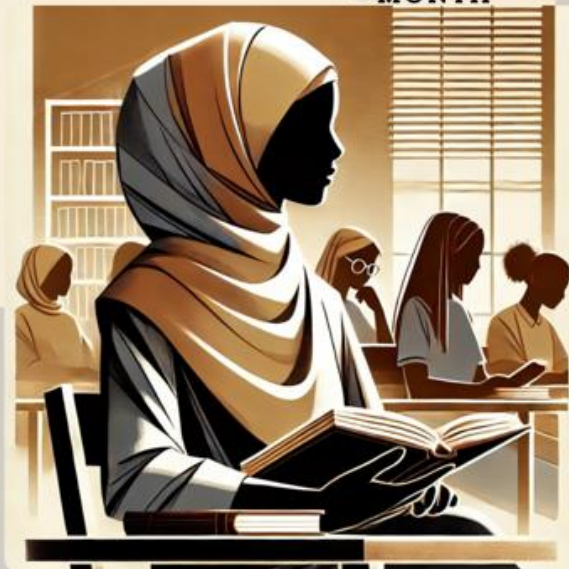
OCTOBER 2024



SABR & SHUKR: EMBODIED BY MUSLIM OLYMPIC ATHLETES



Somali Heritage MONTH



October 2024

AQOON LA'AANI, WAA IFTIINLA'AAN

THE ABSENCE OF KNOWLEDGE IS THE ABSENCE OF LIGHT



October 2024

Day of Week	Date	Event	Source	Website
Tuesday	01	International Day for Older Persons	United Nations	https://www.un.org/en/observances/older-persons-day
Wednesday	02	International Day of Non-Violence	United Nations	https://www.un.org/en/observances/non-violence-day
Wednesday	02	Mehregan	Zoroastrian	https://en.wikipedia.org/wiki/Mehregan
Wednesday	02	Walk to School Day	Adopted by Toronto District School Board (TDSB)	https://www.walkbiketoschool.org/learn-more/why-walkbike/
Thursday and Friday	03 - 04	Rosh Hashanah*	Judaism	http://www.jewfaq.org/holiday2.htm
Thursday to Saturday	03 - 12	Navratri	Hinduism	https://www.britannica.com/topic/Navratri
Friday	04	Sisters in Spirit	Status of Women Canada	https://www.alberta.ca/sisters-in-spirit.aspx
Saturday	05	World Teachers' Day	United Nations	https://en.wikipedia.org/wiki/World_Teachers%27_Day
Sunday to Saturday	06 - 12	Body Confidence Awareness Week	Canadian Women's Foundation (Adopted by Toronto District School Board TDSB)	https://canadianwomen.org/blog/october-celebrate-body-confidence/
Wednesday to Sunday	09 - 13	Durga Puja	Hinduism	https://www.transitionsabroad.com/listings/travel/articles/india-durga-purga-honoring-goddess.shtml
Thursday	10	World Mental Health Day	World Health Organization	https://en.wikipedia.org/wiki/World_Mental_Health_Day

Saturday	12	Yom Kippur*	Judaism	https://en.wikipedia.org/wiki/Yom_Kippur
Monday	14	Thanksgiving Day - Canada	Government of Canada	https://www.canadashistory.ca/explore/arts-culture-society/the-history-of-thanksgiving-in-canada
Monday to Friday	14 - 18	Week Without Violence	YMCA	https://ywcaweekwithoutviolence.org/
Wednesday	16	World Food Day	United Nations	https://www.worldfooddaycanada.ca/about/
Thursday	17	International Day for the Eradication of Poverty	United Nations	https://www.timeanddate.com/holidays/un/international-day-for-poverty-eradication
Thursday	17	Kathina Festival	Buddhism	https://feast-guide.com/en/celebrations/521.html
Thursday to Wednesday	17 - 23	Sukkot*	Judaism	https://www.myjewishlearning.com/article/sukkot-101/
Sunday	20	Karva Chauth*	Hinduism	https://indianculture.gov.in/stories/karva-chauth
Sunday	20	Gurgadi of the Holy Scriptures of Guru Granth Sahib Ji <u>as Guru</u>	Sikhism	https://en.wikipedia.org/wiki/Guru_Granth_Sahib
Thursday	24	Shemini Atzeret*	Judaism	http://www.jewfaq.org/holiday6.htm
Friday	25	Simchat Torah*	Judaism	http://www.jewfaq.org/holiday6.htm

Asterisk * indicates religious holy day or other event begins on the **Evening Before** the beginning date indicated

NOTE: holy day / holiday dates may vary from the indicated date due to date conflicts between websites, regions where observance takes place, Ecclesiastical Declarations, etc.

Optimistic October 2024

MONDAY



TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

1 Write down three things you can look forward to this month

2 Find something to be optimistic about (even if it's a difficult time)

3 Take a small step towards a goal that really matters to you

4 Start your day with the most important thing on your to-do list

5 Be a realistic optimist. See life as it is, but focus on what's good

6 Remind yourself that things can change for the better

7 Look for the good in people around you today

8 Make some progress on a project or task you have been avoiding

9 Share an important goal with someone you trust

10 Take time to reflect on what you have accomplished recently

11 Avoid blaming yourself or others. Find a helpful way forward

12 Look out for positive news and reasons to be cheerful today

13 Ask for help to overcome an obstacle you are facing

14 Do something constructive to improve a difficult situation

15 Thank yourself for achieving the things you often take for granted

16 Put down your to-do list and do something fun or uplifting

17 Take a small step towards a positive change you want to see in society

18 Set hopeful but realistic goals for the days ahead

19 Identify one of your positive qualities that will be helpful in the future

20 Find joy in tackling a task you've put off for some time

21 Let go of the expectations of others and focus on what matters to you

22 Share a hopeful quote, picture or video with a friend or colleague

23 Recognise that you have a choice about what to prioritise

24 Write down three specific things that have gone well recently

25 You can't do everything! What are your three priorities right now?

26 Find a new perspective on a problem you face

27 Be kind to yourself today. Remember, progress takes time

28 Ask yourself, will this still matter a year from now?

29 Plan a fun or exciting activity to look forward to

30 Identify three things that give you hope for the future

31 Set a goal that brings a sense of purpose for the coming month



ACTION FOR HAPPINESS

Happier · Kinder · Together