



Bridlewood Cares - Learning Together

This is a reminder that our Meet-the-Teacher/Family Night will be on Thursday, September 19th. Please see the flyer below. We are looking forward to seeing all our returning families as well as meeting all our families who are new to Bridlewood! We look forward to seeing everyone at 6:00 pm. Please have your child take you directly to their classroom. At 6:30 pm, an announcement will be made and we will invite families who would like to, to assemble in the gym to meet our staff. This part is optional, however, we encourage all our new families to attend.

Our first School Advisory Council meeting will be Tuesday, September 24th at 6:30 pm. All parents/guardians/caregivers are invited to join us! Please see the flyer below.

We have a wonderful staff and if you ever need to reach out to your child's teacher or a staff member, please don't hesitate to email us or call the school at 416-396-6080 between the hours of 8:30 am – 3:30 pm. Please see below for a list of staff and their TDSB email addresses.

On Friday, September 20 at approximately 9:00 am, students will be participating in our school-based Terry Fox Run/Walk in the morning. We are asking families to consider donating a toonie, loonie, or any amount to support the fight against cancer. We will be collecting donations at our Meet-the-Teacher/Family Night on September 19th and for the remainder of September. Thank you in advance for your generosity and for helping us with the fight against cancer!

Please see below for important Back-to-School information from Toronto Public Health.

Grade 1 parents, 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 attached flyer for further information and to register.

[Let's Talk Read Write Registration Flyer 2024.pdf](#)

Bridlewood Jr. P.S. Bulletin – September 13, 2024

60 Bridlewood Blvd., Scarborough, ON M1T 1P7



Bridlewood Staff 2024 – 2025

Grade/Position	Staff Member	TDSB Email Address
JK/SK	Mina Monte	Mina.Monte@tdsb.on.ca
JK/SK DECE	Julia Torres	Julia.Torres@tdsb.on.ca
JK/SK	Crystal Ng	Crystal.Ng@tdsb.on.ca
JK/SK DECE	Rathy Krishnakumar	Rathy.Krishnakumar@tdsb.on.ca
Grade 1/2A	Franca Esposito	Franca.Esposito@tdsb.on.ca
Grade 1/2B	Helen Bevilacqua	Helen.Bevilacqua@tdsb.on.ca
Grade 3	Cherie Ling	Cherie.Ling@tdsb.on.ca
Grade 3/4	Lyndsay Tessier	Lyndsay.Tessier@tdsb.on.ca
Grade 4/5	Robert Beer	Robert.Beer@tdsb.on.ca
Grade 5/6	Andreia-Irina Florea	Andreia-Irina.Florea@tdsb.on.ca
Grade 6	Penny Karygiannis	Penny.Karygiannis@tdsb.on.ca
DHH Gr. 1 – 3	Lisa Hough	Lisa.Hough@tdsb.on.ca
EA - DHH	Christine Davies	Christine.Davies@tdsb.on.ca
DHH Gr. 4 – 6	Sarah King	Sarah.King@tdsb.on.ca
EA - DHH	Leila Damiao Farah	Leila.DamiaoFarah@tdsb.on.ca
Resource	Stephanie Belanger	Stephanie.Belanger@tdsb.on.ca
Library	Stephanie Belanger	
Resource	Laura Condello	Laura.Condello@tdsb.on.ca
ESL Resource	Laura Condello	
Physical Education / Health Education	Bill Skicos	Bill.Skicos@tdsb.on.ca
Primary Music / Drama / Dance	Moustapha Sy (LTO)	Moustapha.Sy@tdsb.on.ca
French	Moustapha Sy	
Educational Assistant 0.5 AM	Lisa (Samantha) Blanchard	Samantha.Blanchard@tdsb.on.ca
Special Needs Assistant	Mirka Pacewicz	Mirka.Pacewicz@tdsb.on.ca
Lunchroom Supervisor – JK/SK – Room 3	Angel Hyginus	Angel.Hyginus@tdsb.on.ca
Lunchroom Supervisor – JK/SK – Room 4	Asmaa Majeed	Asmaa.Majeed@tdsb.on.ca
Lunchroom Supervisor – Gr. 1-6	Janany Selvarajah	Janany.Selvarajah@tdsb.on.ca
Lunchroom Supervisor – Gr. 1-6	Stella Objewe	Stella.Objewe@tdsb.on.ca
Head Caretaker	Eric Feng	Zhaoying.Feng@tdsb.on.ca
Evening Caretaker	Nancy Miller	Nancy.Miller2@tdsb.on.ca
Office Administrator	Avery Thomas	Avery.Thomas@tdsb.on.ca
Principal	Gaynor Lim	Gaynor.Lim@tdsb.on.ca

On Thursday, September 19th we are excited to hold a Meet-the-Teacher/Family Night. Please see the information below.

MEET YOUR



TEACHER



Bridlewood Junior Public School warmly invites parents/guardians/caregivers to attend our:

Meet-the-Teacher /
Family Night

Thursday, September 19, 2024

6:00–6:45 pm

Meet and Greet Staff in Classrooms

6:00 - 6:30 pm – Meet and Greet teachers/staff in their Classrooms

6:30 - 6:45 pm – Welcome and Meet the Entire Staff in the Gym

‘Toonies for Terry’ donations in the foyer



Bridlewood Families,

We are having our first School Advisory Council Meeting on **Tuesday, September 24, 2024 at 6:30 pm** in the school library.

Everyone is welcome and we hope to see you there!

Toronto Public Health Back-to-School Information

Dear Parent/Guardian,

As you prepare your child for a healthy and successful 2024-2025 school year, here is some important information from Toronto Public Health (TPH) to help support you. Reducing the Spread of Communicable Diseases To help protect our school communities, staff, students, and visitors are reminded to:

- Stay home if they are sick or have symptoms of illness.
- [Wash or sanitize their hands](#) often.
- [Cover their cough or sneeze with their elbow or a tissue](#).
- Stay up to date on vaccinations:
 - Your child needs to be up to date with vaccinations, as outlined in Ontario's [Immunization of School Pupils Act \(ISPA\)](#), or have a valid exemption.
 - This includes vaccinations for measles, mumps, rubella, diphtheria, tetanus, polio, [pertussis](#) (whooping cough), meningococcal and varicella (chicken pox).
 - Toronto is seeing an increase in pertussis (whooping cough), similar to what is being reported across Ontario and Canada. Infection from this vaccine preventable disease starts like a common cold, with mild fever, runny nose, red watery eyes and a mild cough. It can then turn into coughing fits that last weeks or even months.
 - Vaccines are available through your primary care provider or at a [TPH vaccination clinic](#). Appointments can be made at tphbookings.ca.
 - Vaccinations need to be reported to TPH using [Immunization Connect Ontario \(ICON\)](#).

- Students in grade 7 and 8 will be offered the hepatitis B, human papillomavirus (HPV) and meningococcal vaccines in school through TPH's [School Immunization Program \(SIP\)](#).
 - Students in grades 9 to 12 who have missed these vaccines can still get them for free at a [TPH vaccination clinic](#).
- Updated COVID-19 and influenza (flu) vaccines will be available this fall.
 - Both vaccines will be important to prevent serious illness from these viruses during peak [respiratory illness season](#).

Dental Screening Program

TPH's [Dental & Oral Health Services](#) staff will be conducting dental screening in elementary schools. For children with identified dental care needs, TPH will assist families with finding a dental provider and will provide information about good oral health habits.

Heat Safety Tips

Hot weather can put your child's health at risk. Infants and young children are at greater risk for heat related illnesses. Some tips to beat the heat when outside include:

- Drink plenty of water, even before you feel thirsty.
- Wear loose, light-coloured, breathable clothing and when outdoors wear a wide-brimmed hat.
- Avoid the sun and stay in the shade or use an umbrella.
- Reschedule or plan outdoor exercise (e.g., run, walk, bike) during the cooler parts of the day (morning or evening).

Spending time in a cool space can help protect against the effects of hot weather. To find a place to stay cool, visit toronto.ca/KeepCool. Visit the [Staying Healthy in Hot Weather](#) webpage for more information.

School Health Services

TPH's team of health professionals work to serve school communities using the Healthy Schools approach, based on the Ontario Ministry of Education's [Foundations for a Healthy School](#). Our School Liaison Public Health Nurses (SLPHNs) provide consultation, resources, referrals and other supports to Toronto schools.

More Information

Stay tuned for more information via your child's school principal or visit toronto.ca/health to learn more about:

- [Healthy Schools](#)
- [Health Information for School Age Parents & Caregivers](#)
- [Immunizations](#)
- [Mental health resources](#)
- [Respiratory viruses](#)
- [Sexual health promotion resources to support parents and caregivers](#)
- [Vaping](#)

Questions?

Contact TPH at publichealth@toronto.ca or 416-338-7600, Monday to Friday from 8:30 a.m. to 4:30 p.m. Service is available in multiple languages.

Wishing you and your family a happy and healthy school year ahead.

Sincerely,

Joanne Figliano-Scott
Acting Chief Nursing Officer
Acting Director of Community Health and Well-being



Lunchtime Beginner 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: Wednesdays October 2nd to November 6, 2024

Time: Lunchtime

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

To Register Go Online to:

**www.LittleJammerz.com or Scan 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



RECYCLE YOUR BATTERIES, CANADA!
powered by **call2recycle**



Recycle Your Batteries, Canada! Battery Blitz School Mission Contest

Did you know that properly recycling your batteries can help protect wildlife?

Batteries contain toxic materials that can harm the environment if they end up in landfill. That's why it's important to properly recycle your batteries!

When you collect batteries at your school, you're keeping them out of landfills and protecting wildlife. You're also helping to recover valuable materials that can be re-used to make new products, like new batteries, golf clubs, and the stainless steel pots and pans! The possibilities are endless.

Last year, the Recycle Your Batteries, Canada! program collected and recycled over 4 million kg of batteries. That's about the weight of 500 African elephants!

Participate in the Battery Blitz School Mission and do your part to recycle batteries!

From **Sept 30, 2024 to October 31, 2024**, Earth Rangers and **Recycle Your Batteries, Canada!** are running Battery Blitz School Mission contests, in Manitoba, Ontario and Saskatchewan.

Elementary schools will compete with other schools within their province, for a chance to win amazing cash prizes!

Your School Mission is to recycle as many used batteries as you can by encouraging students, parents, staff, and community members to bring them into your school and place them in the Recycle Your Batteries, Canada! collection boxes.











[Recycle Your Batteries, Canada! Battery Blitz School Mission Contest - Earth Rangers](#)

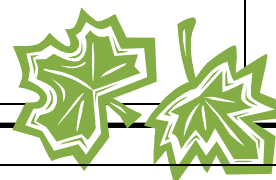
Director of Education Search Survey

As the TDSB searches for its next Director of Education, they want to hear from you! A survey is being conducted to learn more about insights on the appointment of the TDSB's next leader. Students, staff, parents/guardians/caregivers and members of the broader community are encouraged to take the time to share their thoughts on opportunities that lie ahead for the new Director of Education in the coming years. The results of this survey will be used to develop criteria to select the next Director of Education who will shape the TDSB's future strategy, key performance indicators, and will build upon the TDSB's commitments to its diverse community of students, staff, and stakeholders. Survey responses will be confidential and reported anonymously as group data. Please submit your survey no later than September 22, 2024 at 11:59 pm. Access the survey at bit.ly/TDSBDirector

September

Character Trait for September: Respect

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
15	16 – Day 5 Kilometre Club, morning recess Gr. 4 – 6 Girls Soccer, 3:30 – 4:30 pm	17 – Day 1 Gr. 4 – 6 Boys Soccer, 12:05 pm Gr. 3 – 6 Cross Country, 3:30 – 4:00 pm	18 – Day 2 Kilometre Club, morning recess Gr. 4 – 6 Boys Soccer, 3:30 – 4:30 pm	19 – Day 3 Gr. 4 – 6 Girls Soccer, 12:05 pm Gr. 3 – 6 Cross Country, 3:30 – 4:00 pm  Meet-the-Teacher/ Family Night, 6:00 – 6:45 pm  Toonies for Terry! Everyone is encouraged to bring a toonie (or any amount) as a donation to help with the fight against cancer!	20 – Day 4  School-Based Terry Fox Walk/Run, 9:00 am  Toonies for Terry! Everyone is encouraged to bring a toonie (or any amount) as a donation to help with the fight against cancer! Kilometre Club, morning recess Teams posted at afternoon recess	21	
22	 Kilometre Club, morning recess Gr. 4 – 6 Girls Soccer, 3:30 – 4:30 pm	 Gr. 4 – 6 Boys Soccer, 12:05 pm Gr. 3 – 6 Cross Country, 3:30 – 4:00 pm  School Advisory Council Meeting, 7:00 pm in the Library Grade 1 Let's Talk, Read, and Write – Let's Play with Sounds Virtual Session, 6:30 – 7:30 pm	 Kilometre Club, morning recess Gr. 4 – 6 Boys Soccer, 3:30 – 4:30 pm	 Gr. 4 – 6 Girls Soccer, 12:05 pm Gr. 3 – 6 Cross Country, 3:30 – 4:00 pm	27 PA Day No school	28	
29	 National Day for Truth and Reconciliation  Orange Shirt Day Recognition Assembly, 9:00 am Staff and Students are encouraged to wear orange shirts Gr. 4 – 6 Girls Soccer, 3:30 – 4:30 pm						



September 2024

Day of Week	Date	Event	Source	Website
Sunday	01	Installation of the Holy Scriptures of Guru Granth Sahib Ji	Sikhism	https://www.sikhdharma.org/sikh-history/siri-guru-granth-sahib/
Monday	02	Labour Day	Government of Canada	http://www.thecanadianencyclopedia.ca/en/article/origins-of-labour-day-feature/
Saturday	07	Ganesh Chaturthi	Hinduism	https://en.wikipedia.org/wiki/Ganesh_Chaturthi
Sunday	08	International Day of Literacy	United Nations	https://www.wincalendar.com/ca/International-Literacy-Day
Sunday	08	Nativity of Mary	Christianity (Eastern Orthodox and Western)	https://www.franciscanmedia.org/saint-of-the-day/nativity-of-the-blessed-virgin-mary
Monday	09	International Day to Protect Education from Attack	United Nations	https://www.un.org/en/observances/protect-education-day
Wednesday	11	Ethiopian New Year	Government of Ethiopia and Christianity (Eastern Orthodox) Rastafarian holy day	https://publicholidays.africa/ethiopia/new-years-day/
Wednesday	11	Coptic New Year	Christianity (Coptic Orthodox Church)	https://en.wikipedia.org/wiki/Nayrouz#:~:text=Nayrouz%20or%20Neyrouz%20(Arabic%20%D9%86%D8%A7%D8%B1%D988%D8%B2,and%20its%20first%20month%2C%20Thout.
Sunday	15	International Day of Democracy	United Nations	https://www.un.org/en/observances/democracy-day
Sunday	15	Terry Fox Run	Terry Fox Foundation	https://en.wikipedia.org/wiki/Terry_Fox_Run
Monday	16	Anant Chaturdashi	Jainism	https://en.wikipedia.org/wiki/Anant_Chaturdashi

Monday	16	Mawlid-al-Nabi - Prophet's Birthday*	Islam	https://www.britannica.com/topic/mawlid
Thursday	19	Powley Day	First Nations, Métis	https://www.metisnation.org/news/september-19-powley-day/
Thursday to Wednesday	19 - 25	Ohigan - Autumn Festival	Government of Japan and Buddhism (Shintoism)	https://en.wikipedia.org/wiki/Higan
Saturday	21	International Day of Peace	United Nations	www.un.org/events/peaceday/
Saturday to Sunday	21 - 29	Mabon	Wicca/Pagan	https://en.wikipedia.org/wiki/Wheel_of_the_Year#Autumn_Equinox_(Mabon)
Monday	23	International Day of Sign Languages	World Federation of the Deaf and United Nations	https://www.un.org/en/observances/sign-languages-day
Monday to Saturday	23 - 28	International Week of the Deaf	Canadian Association and World Federation of the Deaf	https://www.nad.org/resources/american-sign-language/international-week-of-the-deaf/
Wednesday	25	Franco-Ontarian Day	Government of Ontario	https://www.uottawa.ca/gazette/en/news/franco-ontarian-perspectives-green-and-white
Friday	27	Elevation of the Holy Cross	Christianity (Eastern Orthodox)	https://orthodoxwiki.org/Elevation_of_the_Holy_Cross
Monday	30	National Day for Truth and Reconciliation	Government of Canada	https://www.cbc.ca/news/canada/first-national-truth-reconciliation-day-1.6188540
Monday	30	Orange Shirt Day	First Nations, Métis, Inuit	https://www.orangeshirtday.org/about-us.html

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.

Self-Care September 2024

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

1 Find time for self-care. It's not selfish, it's essential

2 Notice the things you do well, however small

3 Let go of self-criticism and speak to yourself kindly

4 Plan a fun or relaxing activity and make time for it

5 Forgive yourself when things go wrong. Everyone makes mistakes

6 Focus on the basics: eat well, exercise and go to bed on time

7 Give yourself permission to say 'no'

8 Be willing to share how you feel and ask for help when needed

9 Aim to be good enough, rather than perfect

10 When you find things hard, remember it's ok not to be ok

11 Make time to do something you really enjoy

12 Get active outside and give your mind and body a natural boost

13 Be as kind to yourself as you would to a loved one

14 If you're busy, allow yourself to pause and take a break

15 Find a caring, calming phrase to use when you feel low

16 Leave positive messages for yourself to see regularly

17 No plans day. Make time to slow down and be kind to yourself

18 Ask a trusted friend to tell you what strengths they see in you

19 Notice what you are feeling, without any judgement

20 Enjoy photos from a time with happy memories

21 Don't compare how you feel inside to how others appear outside

22 Take your time. Make space to just breathe and be still

23 Let go of other people's expectations of you

24 Accept yourself and remember that you are worthy of love

25 Avoid saying 'I should' and make time to do nothing

26 Find a new way to use one of your strengths or talents

27 Free up time by cancelling any unnecessary plans

28 Choose to see your mistakes as steps to help you learn

29 Write down three things you appreciate about yourself

30 Remind yourself that you are enough, just as you are



ACTION FOR HAPPINESS

Happier · Kinder · Together

