



Back to School 2024



Bridlewood Cares - Learning Together

We hope our Bridlewood families are enjoying the remaining days of their summer holidays and have had opportunities to make many wonderful memories!

Our teachers and staff have been in this past week and have been setting up their classrooms and they are looking forward to an awesome 2024-2025 school year!

We would like to take this opportunity to welcome all our returning families and to extend a very warm welcome to all our new families!

Student Classroom Placement emails were sent to families on Friday, August 30, 2024 in the afternoon.

Please remember that the first day of school is **Tuesday, September 3rd at 8:46 am.**



Bridlewood Jr. PS Bell Times



**Before School Supervision:
8:31 – 8:46 AM**

School Entry Bell: 8:46 AM

**Morning Recess: 10:00 –
10:15AM**

Lunch: 11:35 AM – 12:42 PM

Afternoon Recess: 2:05 – 2:20 PM

Dismissal: 3:30 PM

**After School Supervision:
3:30 – 3:45 PM**

Bridlewood Jr. P.S. Newsletter

60 Bridlewood Blvd., Scarborough, ON M1T 1P7



African Heritage Program – Elementary 2024 – 2025

Program Information

The African Heritage Program connects students to the contributions, histories, legacies, cultures and traditions of people of African descent through inquiry and experiential learning. The curriculum is designed to provide students with the opportunity to learn and explore experiences inspired by the principles of Nguzo Saba, a Swahili word also known as the Seven Principles of Kwanzaa that honours the people of African Ancestry, their rich heritage and past, celebrations, thanksgiving, empowerment, and daily affirmations. Student inquiry and classroom learning are delivered through four main content areas focusing on: Early Civilizations of Africa, Celebrations and Traditions, Achievements and Contributions, and Rights and Equality. Nguzo Saba, a Swahili word also known as the Seven Principles of Kwanzaa are embedded throughout all of the inquiry in the curriculum to provide guidance in the learning.

Cost

\$20 material fee required at the time of registration.

Where and When

The African Heritage program is in-person only and is currently being offered in the North end of Toronto. Classes are held one day a week for 2.5 hours for 30 weeks, after regular day school or Saturday, starting from September to June 2025.

Please note that there are no classes on PA Days, long weekends, December Break and March Break.

International Languages Elementary Program 2024 – 2025

Program Information

The International Languages – Elementary / African Heritage Program is now offering language classes to students (TDSB and non TDSB) Kindergarten to Grade 8. Activities will be focused on building student's abilities in oral communication, reading and writing.

Please note that a minimum of 25 students is required to open a language class.

Languages

Albanian, American Sign Language, Amharic, Arabic, Aramaic, Armenian, Azerbaijan, Bengali, Bosnian, Bulgarian, Cantonese, Creole, Dari, Edo, Farsi/Persian, German, Greek, Greek Cypriot, Gujarati, Hebrew, Hindi, Italian, Japanese, Karen, Korean, Macedonian, Mandarin Simplified, Mandarin Traditional, Marathi, Mongolian, Nepalese, Pashtu, Portuguese, Punjabi, Romanian, Russian, Sanskrit, Serbian, Sinhalese, Somali, Spanish, Tagalog, Tamil, Telugu, Tibetan, Tigrinya, Turkish, Twi, Ukrainian, Urdu and Vietnamese.

Please note that additional languages may be offered. Please contact 416 338-4100 for more information.

Cost

\$20 material fee required at the time of registration

Where and When

The International Languages Elementary program is in-person only. Classes are held one day a week for 2.5 hours for 30 weeks, after regular day school or Saturday starting from September to June 2025.

Please note that there are no classes on PA Days, long weekends, December Break and March Break.

[View a list of school locations and language classes](#)

August 2024 Issue

Learn4Life

Registration for our fall term is OPEN and classes are starting
September 14!



Unlock new skills and fuel your passion! Don't miss the chance to turn your free time into something rewarding—sign up today and discover a hobby or learn a skill that could become a lifelong love!

Please email communityprograms@tdsb.on.ca for inquiries.

<https://www.tdsb.on.ca/Portals/0/adultlearners/docs/Learn4Life%20Fall%202024%20AODA%20Brochure.pdf>

BACK-TO-SCHOOL WITH FOOD ALLERGY

CHECKLIST FOR STUDENTS

 FOLLOW THIS CHECKLIST AND MANAGE YOUR FOOD ALLERGY WITH CONFIDENCE.



EAT SAFELY



Avoid sharing food.



Only eat approved food from home or food that a parent or guardian has approved.



Don't share utensils, straws or containers.



Always read food labels yourself and don't eat anything with precautionary warnings, like "may contain".



Wash your hands before and after eating. Wipe down tables and other surfaces.



BE PREPARED



Tell others about your food allergy. Let them know where you keep your epinephrine auto-injector(s).



Always carry at least one **epinephrine auto-injector** with you. You never know when you may need it.



Wear **medical identification**, like a MedicAlert[®] bracelet.



TALK TO ADULTS AND OTHERS



Tell an adult when you don't feel well.



If you are being bullied or excluded because of your food allergy, **speak to an adult**.



Learn how others your age **manage their food allergies** at foodallergy.ca/teens.

VISIT
FOODALLERGYCANADA.CA/SCHOOL
FOR MORE INFORMATION

 Food
Allergy
Canada

DIABETES

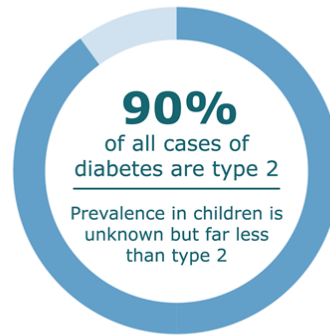
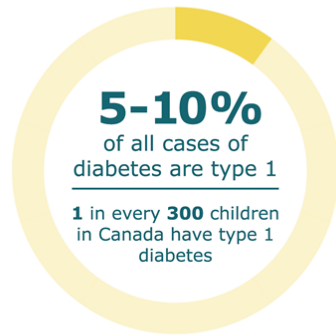
TYPE 1 vs TYPE 2

PREVIOUSLY KNOWN AS

- Insulin-dependent diabetes mellitus (IDDM)
- Juvenile diabetes
- Childhood diabetes

- Non-insulin dependent diabetes mellitus (NIDDM)
- Adult-onset diabetes

RATE



INSULIN PRODUCTION

None or very little

when beta cells in the pancreas cannot produce insulin well



Too little or too ineffective

when the cells do not use insulin well (insulin resistance)

AGE OF DIAGNOSIS

Usually **ages 0-40**

Mostly young children or teens



Usually **ages 40+**

Mostly adults but increasingly occurring in children and teens who are overweight and obese



TREATMENT

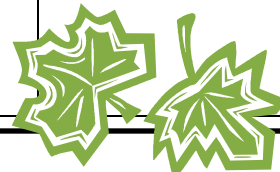
- Healthy eating and meal planning
- Increased physical activity
- Blood sugar checks
- Insulin injections

- Healthy eating and meal planning for healthier weight and decreasing insulin resistance
- Increased physical activity
- Blood sugar checks
- Insulin injections may be needed
- Oral medication may be needed

September

Character Trait for September: Responsibility

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
					August 30 Parents will receive Student Classroom Placement emails	31
September 1	2 LABOUR DAY No School	3 – Day 1 Welcome Back! First Day of School for all JK/SK – Grade 6 students	4 – Day 2	5 – Day 3	6 – Day 4	7
8	9 – Day 5	10 – Day 1	11 – Day 2	12 – Day 3	13 – Day 4	14
15	16 – Day 5	17 – Day 1	18 – Day 2	19 – Day 3	20 – Day 4	21
22	23 – Day 5	24 – Day 1	25 – Day 2	26 – Day 3 Recognition Assembly, am Staff and Students are encouraged to wear orange shirts	27 PA Day No school	28
29	30 – Day 4 National Day for Truth and Reconciliation Orange Shirt Day					



2024



TORONTO DISTRICT SCHOOL BOARD
Bridlewood Jr. Public School
2024 - 2025

H Statutory Holiday
B Board Designated Break
PA PA Day
X Non Instructional

September

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

Respect

October

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

Responsibility

November

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

Empathy

December

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

Kindness & Caring

January

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

Teamwork

February

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

Fairness

March

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

Honesty

April

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

Co-operation

May

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

Integrity

June

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

Perseverance

Professional Activity Days:
 1. Friday September 27, 2024
 2. Friday October 11, 2024
 3. Friday November 15, 2024
 4. Friday November 29, 2024
 5. Friday January 17, 2025
 6. Friday February 14, 2025
 7. Friday June 6, 2025

Dates to Remember:
Labour Day: September 2, 2024
Thanksgiving: October 14, 2024
Winter Break: December 23, 2024 - January 3, 2025 (last day of school December 20, 2024; school resumes January 6, 2025)
Provincial Family Day: February 17, 2025
Mid-Winter Break: March 10 - 14, 2025
Good Friday: April 18, 2025
Easter Monday: April 21, 2025
Victoria Day: May 19, 2025

First Day of School:
 Tuesday September 3, 2024

Last day of school for Elementary students:
 Friday June 27, 2025

KEY DATES - SCHOOL YEAR CALENDAR 2024-2025

The official school year calendar for the Toronto District School Board runs from
September 1, 2024 to June 30, 2025, inclusive

Professional Activity Days	September	October	November	January	February	June
Elementary Schools	27	11	15, 29	17	14	6
Secondary Schools		11	15, 29	30	14	26, 27

Designation of Professional Activity Days	
Elementary	Secondary
<ol style="list-style-type: none"> 1. September 27, 2024 – Professional Development 2. October 11, 2024 – Professional Development 3. November 15, 2024 – Parent Teacher Conferences 4. November 29, 2024– Professional Development 5. January 17, 2025 – Assessment and Reporting 6. February 14, 2025 – Parent Teacher Conferences 7. June 6, 2025 – Assessment and Reporting 	<ol style="list-style-type: none"> 1. October 11, 2024 – Professional Development 2. November 15, 2024 - Professional Development 3. November 29, 2024 - Professional Development 4. January 30, 2025 - Professional Development 5. February 14, 2025 - Professional Development 6. June 26, 2025 - Professional Development 7. June 27, 2025 - Professional Development

EQAO: - The following dates have been established:

Gr. 9 Math: TBD
Gr. 9 Math: TBD

OSSLT: TBD
Primary/Junior EQAO: TBD

Dates to Remember - School Year Holidays (as per Ministry of Education)	
Labour Day:	September 2, 2024
Thanksgiving:	October 14, 2024
Winter Break:	December 23, 2024 – January 3, 2025
Family Day:	February 17, 2025
Mid-Winter Break:	March 10-14, 2025
Good Friday:	April 18, 2025
Easter Monday:	April 21, 2025
Victoria Day:	May 19, 2025



Toronto District School Board

Days of Significance 2024 – 2025

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