

Castlebar Junior School



Castlebears...
Embrace diversity,
Empower everyone,
Know love is love,
Fight injustice,
Care for the environment.



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Cross Country

It was wonderful to see so many students running! On Monday, October 3, Castlebar will send 72 runners to the TDSB West Conference Cross Country Meet. We are excited to participate in this amazing event. The students will take the bus from Castlebar to Centennial Park where they will compete. The race times are posted below:

10:00	Grade 1 Girls
10:10	Grade 1 Boys
10:20	Grade 2 Girls
10:30	Grade 2 Boys
10:40	Grade 3 Girls
10:55	Grade 3 Boys
11:20	Grade 4 Girls
11:40	Grade 4 Boys
12:00	Grade 5 Girls
12:20	Grade 5 Boys

The bus will leave Centennial Park at 1:00 pm. If you wish to take your child home from the meet please let a teacher know. The meet is very busy. If you wish to volunteer please let Ms. Hibbert know. Please wear your Castlebar shirt.

I want to extend a huge thank you to Ms. Hibbert, Ms. Best, Mr. Hwang and Ms. Siddiqui-Malik for coaching our runners and for offering a wide variety of times to practice. GO Castlebears GO!

Parent Council Wants You!

As we gear up for our first 'regular' year in quite a while, we are looking for involved, enthusiastic parents to join our parent council as Voting Members, Executive Members, Fundraisers, Community Coordinators, Social Media Coordinators and more!

If you are interested, please fill out [THIS FORM](#) and let us know which position(s) you are interested in - you are welcome to sign up for more than 1 one unless you choose an Executive position. For example, you can choose Community Coordinator and Voting Member. Executive positions are automatically voting positions.

If you have any questions, please do not hesitate to email us at: castlebarrocks@gmail.com.

If you require a paper copy, please request one from Ms. Bellehumeur.

All forms (electronic and paper) MUST be received by October 5 at 4 pm.

Note: Our first council meeting will be held on October 6 at 6:30 pm via Zoom (details to follow).

Orange Shirt Day

Established in 2013, Orange Shirt Day was inspired by Phyllis Webstad, who was excited to wear her new orange shirt to her first day of school in 1973. However, when she arrived at St. Joseph Mission Residential School, her shirt was taken and never returned. From that day forward, the colour orange, for Phyllis, "reminded me of that [moment] and how my feelings didn't matter, how no one cared and I felt like I was worth nothing. All of us little children were crying and no one cared." (Taken from Phyllis' Story Building Bridges 2019/2020: Level 1, Issue 1)

Now, on this day, we recognize the legacy of the residential school system for First Nations, Métis and Inuit families and communities.

We acknowledge the legacy of residential schools in Canada by wearing orange and we honour the survivors..

Castlebar students have been learning about the importance of Orange Shirt Day and Truth and Reconciliation Day.

Terry Fox Walk/Run

Our Terry Fox donation window is still open. Donations can be made at: <https://schools.terryfox.ca/CastlebarJuniorSchoolEtobicoke>.

Upcoming Events

Oct. 3 – Cross Country Meet

Oct. 7 – Professional Development Day – NO SCHOOL

Oct. 10 – Thanksgiving – NO SCHOOL

Oct. 12 – Pizza Day

Oct. 18 – Siddiqui, Yu, Ellenberger, Lopes Field Trip to Downey's Farm

Oct. 26 – Pizza Day

Oct. 31 – Halloween Parade

Nov. 2 – Picture Re-Take Day

Nov. 13 -18 – Scholastic Book Fair

Nov. 14 – Progress Reports Go Home

Nov. 16 – Parent Teacher Interviews PM

Nov. 17 – Parent Teacher Interviews AM

What is happening at Castlebar

Orange Shirt Day Activities

With Our Orange Hearts

The kindergarten students at Castlebar each created a little orange heart to contribute to the honouring of, and commitment to reconciliation and continued dialogue about residential schooling. We shared the story written by Phyllis Webstad, **With Our Orange Hearts**. We emphasized the importance of being kind to one another, paying tribute to the land and the ground that we learn on, and many other basic principles that promoted an age-appropriate understanding of this very important lesson. The kindergarten students are beginning to gain an understanding that Orange Shirt Day is about far more than the shirt, yet rather a symbol that is worn to let others know that 'Every Child Matters.'

The Kindergarten Team



Grade 1

This week the students in Ms. Siddiqui-Malik's class have been learning about both the sorrow of residential schools and the joys and traditions of some First Nations communities. Students read the book "Phyllis' Orange Shirt" and learned about Phyllis Webstad's story. They discussed why we now have Truth and Reconciliation Day and wear orange shirts to remember.

On Friday, students read the Book "Trudy's Healing Stone" by Trudy Spiller who is part of the Gitsan Nation in British Columbia. Her story shares a tradition of going into nature and looking for a stone when you feel angry, sad or blue. Children are encouraged to share their worries with the stone and keep it with them wherever they go. Once they feel ready, whether days, months or years, they are encouraged to return the stone to nature.

Our class then went out into nature and found our own healing stones. We also spent time talking about all of the ways in which trees provide for us, they give us oxygen, food, shelter, shade and many useful things made from wood. We ended our nature walk with a mindful meditation using our 5 senses in nature.

