

# Churchill Heights P.S. Newsletter December 2020



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School Website <http://churchillheightsps.on.ca>

School Council Email [ChurchillheightsSC@gmail.com](mailto:ChurchillheightsSC@gmail.com)

## Message from the Principal

Hello, Churchill Heights families,

The countdown is on! December is always a short but busy month as we get ready for the holidays.

This is an important time for us to stop, and take time to remember to be grateful for all of the people in our lives - our families, our friends, our neighbours. Don't forget to take a minute amidst the hustle and bustle to enjoy each other.

We are well into the snow season as Mother Nature prepares to usher in winter. Please be reminded to dress your children for the weather: hats, scarves, mittens and boots.

I would also like to thank our wonderful staff team for their hard work throughout the year, and especially for their support throughout these difficult times we face as a global community. Our teachers and support staff who are so caring of the children and passionate in their desire to help all students achieve. Our admin staff - the office staff, who greet all visitors, answer the phone AND complete all the unseen admin tasks that keep the school functioning. Michael and Lila, who look after the school and the grounds, clean, generally keep the school running. The work load at the end of the year is quite daunting and they continue smiling throughout. I'm sure you would like to join with me in wishing them a happy and restful holiday break.

As the festive season is just around the corner, I want to take a moment to thank all parents/guardians and staff for your support and dedication in giving our students the best educational experience. I hope each family has a happy and healthy holiday. Merry Christmas, Happy Hanukkah, Happy Kwanzaa and all the best in the New Year! We're all in this together,

*Talcia & David*

## Character Trait Winners

### November - Empathy

Rm 1	Arianna
Rm 3	Mahi, Nathan
Rm 6	Sanuka, Thenuja
Rm 7	Yashvi, Zaviyar
Rm 8	Aadie, Yaseen
Rm 21	Melissa, Niya
Rm 23	Magesh, Sumaira
Rm 26	Abdulghfar, Sameeran
Rm 28	Gwyneth, Nora

## Your Child's Safety

- \* Line up at your door at the back by **8:10 a.m.**
- \* Have your health pass ready.
- \* Remember your mask.
- \* Be on time to **avoid entering through the front doors.**
- \* If you need to speak with the office, please call first and/or make an appointment to visit.



## Call the School for Absences

We would like to remind you that if your child is going to be absent or late for any reason, we ask that you **call the school immediately**. If we are not informed about the absence, we will make attempts to contact you through our automated call-out system to determine the reason for the absence. Thank you for your continued cooperation to keep your children safe and accounted for.



# Malala's Magic Pencil

## Malala's Magic Pencil – Our School's Journey

Through the month of November every class from Kindergarten to Grade 8 read the book "Malala's Magic Pencil" by Nobel Prize winner Malala Yousafzai. Each class explored various themes and ideas including the rights of children, the role of women in society and universal human rights. The learning has been outstanding, and students have come away with a deeper connection to the ideas of social justice and advocacy. As some examples, the Kindergarten students looked at the importance of fairness and what they would do if they had a magic pencil to help people they knew.



The grade 4/5 class looked at other kids who inspired them through their actions and contributions to the greater good, and our grade 7 and 8 students looked at the roles and rights of women and girls from around the world. And this is just a small sample of the work the students and teachers have done this month.



See our website for more details.

# Start of Year Forms

TDSB pushed out the Start of Year Forms via email at the beginning of the school year. If you did not receive this email, please contact the school. If you received a paper copy, please fill it out and return it as soon as possible. It is very important to complete these forms in full as they contain vital information regarding your child, as well as various permission forms.



# Adult ESL

Gaining proficiency in English is a critical skill for many newcomers to our city. Every year, nearly 20,000 adults benefit from the TDSB's English as a Second Language classes. Through general language training, and a host of specialized courses, we serve learners at all levels - from those with little or no formal education to those with post-secondary degrees. Currently, all Adult ESL classes are on-line.

Visit [www.ESLToronto.ca](http://www.ESLToronto.ca) for more information. @TDSB\_ConEd



# International Languages

The International Languages – Elementary / African Heritage Program is offering online language classes to students (TDSB and non TDSB) Kindergarten to Grade 8. One day each week, students have live face-to-face interactive lessons with their instructor and classmates for approximately 30 minutes. Activities are focused on building student's abilities in oral communication, reading and writing.



Visit [www.ILPrograms.ca](http://www.ILPrograms.ca) for more information. @TDSB\_ConEd

# School Council

## Be a part of the CHPS family by joining a Committee.

We are looking for members for the following School Council Committees. Any parent or community member can be a part of these Committees.

1. **The Parent Engagement Committee** works to engage and inform the parent and community on topics of interest. They host workshops, update the SSON, and look for innovative ways to engage parents in the success of their school and children. If you have a passion for people, then this Committee is for you.

2. **The Budget Committee** works to prepare the budget and oversee the spending of the school council funds. If you like to handle the purse strings, then this Committee is for you.

3. **The Greening Committee** is always looking for ways to beautify and enhances the amazing school yard we have. They do such important maintenance such as outdoor furniture, learning circles, tree planting, weeding, watering and painting, etc. If you love the outdoors, then this Committee is for you.

4. **The Fundraising Committee** works with different ideas and initiatives to help raise the funds to enrich the learning environment at the school with support for music instruments, extracurricular activities, equitable classrooms, graduations, etc. If you have the gift of gab, then this Committee is for you.

We are also looking for members for these School Committees. Only parents can be part of these Committees.

1. **The Caring and Safe School Committee** is responsible for fostering a safe, inclusive, and accepting school climate and ensuring a positive and peaceful school environment.

2. **The Staffing Committee** helps with the staffing resources for the school and their working conditions.

3. **The School Improvement Committee** assists with the implementation and ongoing review of the School Improvement Plan (SIP).

If you are interested, please send an email to [ChurchillHeightSC@gmail.com](mailto:ChurchillHeightSC@gmail.com) with your name, whether you are a parent or community member, and the committee you wish to participate in by **December 8<sup>th</sup>, 2020**.

## Benefits of Walking for Kids

One great way to include moderate aerobic activity into your child's daily routine is by encouraging him or her to walk more. Research shows that at least 150 minutes a week of moderate-intensity aerobic activity, such as brisk walking, consistently reduces the risk of many chronic diseases and other adverse health outcomes.

### Walking to School

One easy way to incorporate walking into your child's routine is to have him or her walk to school. Some [studies](#) show that children who walk to school have been found to have "higher academic performance in terms of attention and alertness, verbal, numeric, and reasoning abilities; higher degree of pleasantness and lower levels of stress during the school day; and higher levels of happiness, excitement and relaxation on the journey to school."

Walking to school automatically adds more physical activity to a child's daily schedule, and more physical activity may correspond with "increased metabolism, improved cardio-respiratory fitness, and lower weight and BMI." If walking to school isn't an option for your child, try to incorporate an after-dinner family walk three-to-five days a week.

### Health benefits of walking

You carry your own body weight when you walk. This is known as weight-bearing exercise. Some of the benefits include:

- increased cardiovascular and pulmonary (heart and lung) fitness
- reduced risk of heart disease and stroke
- stronger bones and improved balance
- increased muscle strength and endurance
- reduced body fat.

Parents, please encourage your children to walk to school. This is a healthy option for children living in the community. This will also minimize the traffic build up in the mornings and after school.



## December 2020

### Kindness & Caring

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
6	7	8 Virtual Math Night 6-7 p.m.	9 Virtual School Council Meeting 6:00 p.m.	10	11	12
13	14	15	16	17 Virtual Assem- bly for Kindness & Caring 12:15 p.m.	18	19
20	21 Christmas Break Begins	22	23	24	25	26
27	28	29	30	31		

### Upcoming Events

Jan. 4	Return to School	Mar. 25	Virtual Assembly for Honesty
Jan. 13	Virtual School Council Meeting 6:00 p.m.	Apr. 2	Good Friday (no school)
Jan. 28	Virtual Assembly for Teamwork	Apr. 5	Easter Monday (no school)
Feb. 10	Virtual School Council Meeting 6:00 p.m.	April 14	Virtual School Council Meeting 6:00 p.m.
Feb. 12	P.A. Day (no school)	May 9	Mother's Day
Feb. 14	Valentine's Day	May 12	Virtual School Council Meeting 6:00 p.m.
Feb. 15	Family Day (no school)	May 24	Victoria Day (no school)
Feb. 25	Virtual Assembly for Fairness	June 4	P.A. Day (no school)
Mar. 10	Virtual School Council Meeting 6:00 p.m.	June 9	Virtual School Council Meeting 6:00 p.m.
Mar. 14	Daylight Savings (set clocks forward 1 hour)	June 29	Last Day of School for Students
Mar. 15 - 19	March Break		