



# DUKE OF CONNAUGHT



SEPTEMBER/OCTOBER 2020

## Duke of Connaught Observes Orange Shirt Day

On September 30<sup>th</sup>, staff and students at Duke wore orange as a way of showing support for the indigenous children who were victimized by the residential school system. The day grew out of the experiences of Phyllis Webstad, and the orange shirt has become a symbol of her experiences and those of many others. [Here is a link to a video featuring Phyllis:](#)

Students at Duke took part in classroom discussions and creating their own responses to Orange Shirt Day. Here are some examples from Mme Riggs' and Mme Kirk's classes:





## **Phys-Ed. at DUKE!**

Welcome Back to the 2020-2021 school year!

It has been great to see everyone over the past few weeks! A friendly note from the Phys. Ed. Department:

- \* Please wear running shoes, a t-shirt, sweat shirt, track/sweat pants (no sandals, boots, crocs etc.)
- \* Dress in layers so that you can remove a layer when you get warm
- \* Stay hydrated and bring your own labelled water bottle
- \* All athletics, intramurals and related events are unfortunately cancelled until further notice

Coming soon in all P.E. classes - outdoor recess games! Students will be learning some fun, active games that can be used at free times during recesses and lunch. It is great to have the extra time for free play outdoors throughout the day!

We have been witnessing first-hand how much Physical Education and COVID-friendly games have meant to our students. The joy that Physical Education brings to our students is just amazing and it is super important that this continues.

Looking forward to a great year!

Ms. Oliveira, Ms. Hodgins and Ms .Cho



Hi Duke Parents and Guardians,

Our Morning Meal Program has been up and running for two weeks now and it is going well. Due to our present situation all items are pre-packaged (excluding whole fruit that can be peeled). This of course is for health and safety. Once things have settled down we will return to our more eco-friendly program.

The Lunch Program will start on Monday October 19. We will be offering sandwiches, wraps a few specialty items, as well as fruit or a vegetable (no drinks offered) for a reduced price of \$2.00 per meal a day for this school year ONLY! A vegetarian option is available and our menu is Halal acceptable. Lunch will be prepared in our kitchen. All staff will be following TDSB and Public Health Covid-19 protocols. All sandwiches, wraps etc., will be individually wrapped, delivered to each class and handed out by your child's teacher who will be provided with gloves.

The November Lunch menu can be found on the NTR Nutrition Site on October 18.

Thank you for supporting Duke's Student Nutrition Programs.

Maureen Allen-Doorley,  
SNPC-Duke



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# DUKE OF CONNAUGHT SCHOOL ADVISORY COUNCIL

## Welcome to Duke!

### Who is SAC?

The Duke of Connaught **School Advisory Council (SAC)** is composed of parent volunteers who work with staff, administration, and other parents to enrich the experiences of our students. SAC organizes and supports Movie Nights, Pizza Lunches, numerous sports teams, arts programs, Caring & Safe Schools committee, and much more. During the 2020/21 school year, SAC will be coming up with innovative and exciting ways to engage the school community with virtual social events and we will continue to support families with the Duke Cares program.

### What do we do?

In the 2019-2020 school year SAC organized our annual Halloween Dance, and several popcorn-filled Family Movie nights as well as a skate party at the Greenwood Rink complete with an outdoor fire, chili, and hot cocoa. Duke has a wonderful, engaged parent community, and we're thankful for all the volunteers who contributed their time and efforts in the past by helping SAC run these events, supplying baked goods, and coming out to enjoy the fun. We hope to continue some of these events in a revised capacity for the 2020/21 school year.

### How can you get involved?

- **Stay informed!** [Subscribe](#) to the weekly **Need-to-Read Newsletter (NTR)**. This newsletter is filled with details of what is happening in and around the school:
  - Duke SAC's website, [DukeSAC.ca](#), is filled with information about lunch and breakfast programs, athletics and clubs, SAC meetings, fundraising, and more
  - **SAC Meetings** generally happen once a month, depending upon the time of the year. These meetings are a great opportunity for parents to check in with SAC and the school administration (principal, etc.) to hear school news, discuss ideas, and ask questions. All SAC meetings will be held virtually until we are directed otherwise.
- **Have fun!** The best way to be involved in the Duke community is to attend our events. Stay tuned as we pivot this year to COVID-friendly, socially distanced activities

**Reach out!** 2020/21 will be a school year like no other. If you have suggestions that you would like to share with the SAC feel free to send us an email [info@dukesac.ca](mailto:info@dukesac.ca)



Thanks to all of our classes who participated in our first Eco-Schools initiative of the year, Walk to School Day. We had 80 percent participation across all grades. There are many benefits to walking, biking or taking a scooter to school: It enables children to incorporate the regular physical activity they need each day while also forming healthy habits that can last a lifetime. Regular physical activity helps children build strong bones, muscles and joints, and it decreases the risk of obesity. In contrast, insufficient physical activity can contribute to chronic diseases, such as diabetes, heart disease, cancer and stroke.

Also important is the effect it has on the environment: When families decide to lace up their sneakers or strap on their bike helmets to get to school instead of riding in a car, they help reduce the amount of air pollutants emitted by automobiles. Vehicles release a variety of air pollutants, resulting in increases in ground-level ozone, nitrogen oxides and particulate matter such as particles of dust, soot, smoke, dirt and liquid droplets.

Becoming healthier while helping the planet is an unbeatable combination - thanks to all who participated!



## The View from Room 30

Mme Dupont's class has been busy creating their bulletin board outside the classroom, making art and enjoying nature's art show right outside their window!





## Inquiry in Room 7A

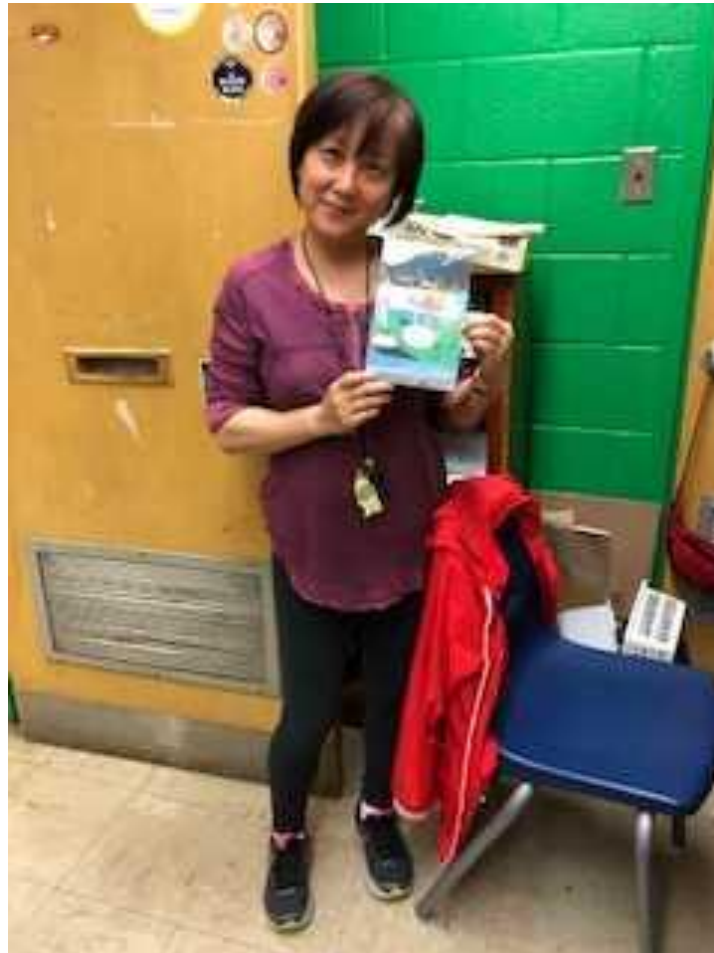
Students in Mme Michalski's SK class got a chance to see a sunflower up close, thanks to a generous parent! They cut into the plant to see what they would find, examined the seeds and they also discussed what plants need to survive!



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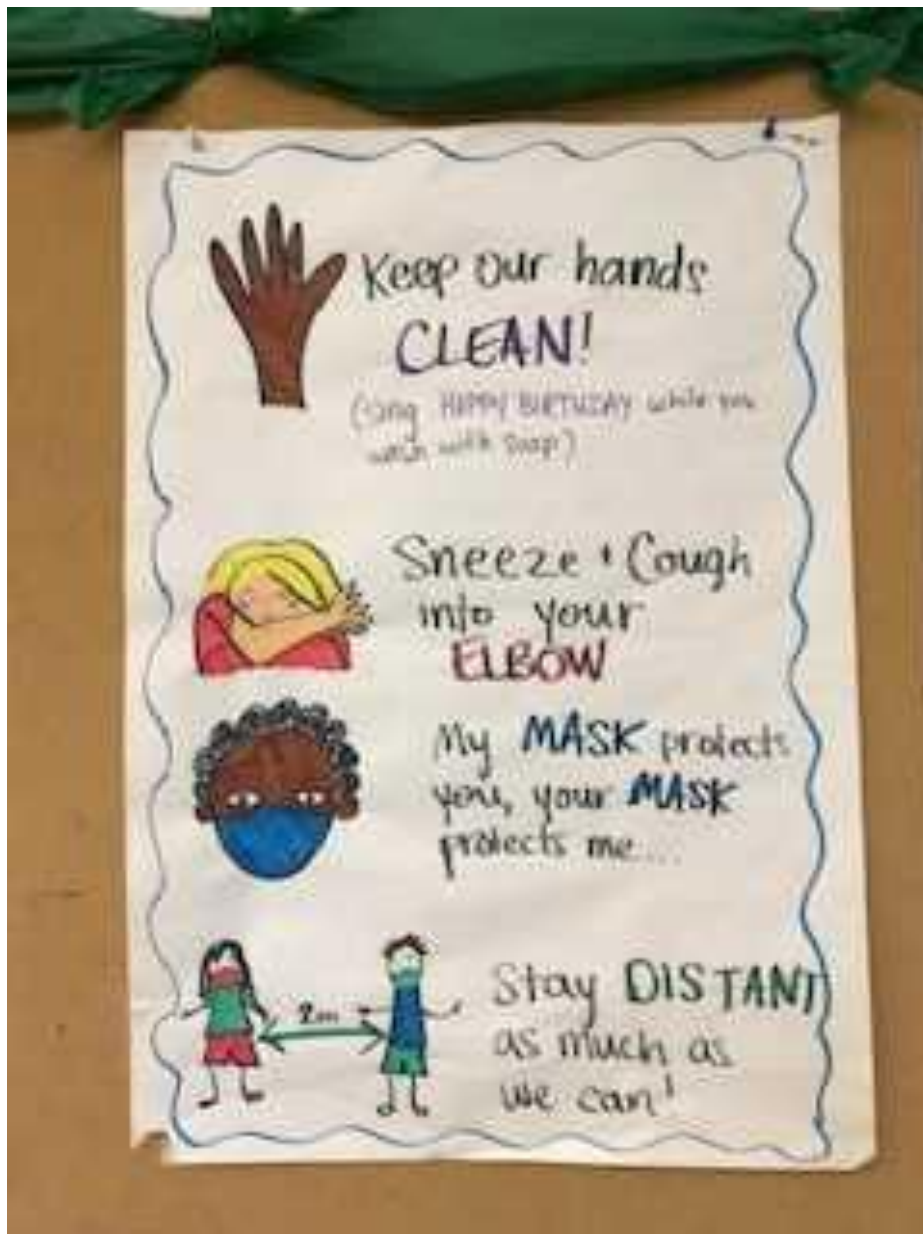
## Thank-you Ms. Shi!

We have seen her here so often we considered her a member of our staff! Ms. Shi has been a supply teacher at the Duke for many years, but in September she officially retired from the Board. The staff wish her well on her new adventure – she is currently on her way to BC to be with her daughter, who is about to give birth to a new grandchild for Ms. Shi! We wish her well on her journey and thank her for her many years of commitment to the students at Duke!





And finally, the students of Ms. Lennox's class would like to remind us to:



**Let's stay safe!**