



# Parentview

## Glenview News / Les Nouvelles

September 22, 2017

- Website <http://schools.tdsb.on.ca/glenview>
- Twitter @TDSB\_Glenview

IMPORTANT DATES		STAY IN TOUCH
Sept. 25	QSP fundraising campaign begins	<b>Contact the school about absences:</b> 416-393-0330 Option "1"
Sept. 26	Picture Day	
Sept. 28	Curriculum Night (6:30 pm)	<b>Contact Principal: Mario Sirois</b> E-mail: <a href="mailto:mario.sirois@tdsb.on.ca">mario.sirois@tdsb.on.ca</a> Phone: 416-393-9390
Sept. 29	Terry Fox Run (Periods 4 & 5)/Orange Shirt Day	
Oct. 4	Sukkot begins at sunset	<b>Contact Vice-Principal: Marlene Calligan</b> E-mail: <a href="mailto:marlene.calligan@tdsb.on.ca">marlene.calligan@tdsb.on.ca</a> Phone: 416-393-9390
Oct. 6	PA Day (no classes)	
Oct. 9	Thanksgiving Day (no classes)	<b>Contact Superintendent: Vicky Branco</b> E-mail: <a href="mailto:vicky.branco@tdsb.on.ca">vicky.branco@tdsb.on.ca</a>
Oct. 11	Paul Davis presentation on Social Media-6:30 pm	
Oct. 18- Nov. 10	Food Drive	<b>Contact Trustee: Jennifer Arp</b> E-mail <a href="mailto:jennifer.arp@tdsb.on.ca">jennifer.arp@tdsb.on.ca</a>
Oct. 19	Diwali	
Oct. 25	Photo retakes-10:00 am – 2:00 pm	
Oct. 31	Halloween	
Nov. 2	Toronto Symphony Orchestra (whole school)	
Nov. 6	Secondary School Parent Info Night-6:30 pm	

### FROM THE OFFICE

Welcome to our first edition of Parentview for the 2017-18 school year! As stated in the information letter sent home on September 8, 2017, future issues of Parentview and other communication will be sent home electronically. Please make sure to inform the school of any email address changes.

The first three weeks of school have given our former students the opportunity to reconnect with friends and staff, and for our new students to meet new friends and staff. As you are aware, all of our Grade 8s were reassigned a class this year based on the input from our Grade 7 teachers. Overall, we have received positive feedback by our community, staff and students to say that this change has been a positive one. We are hoping that the upcoming year will be a very successful one for all of our students as we work together to prepare them to be responsible global citizens.

For your information, we have a total of 778 students in the building: 400 in Grade 7 and 378 in Grade 8. Starting on Monday, September 25<sup>th</sup>, students will be spread out over 28 classes (six Grade 7 English classes, five Grade 8 English classes, twelve French Immersion classes, six at each grade level and five Extended French classes, two grade 7 and three grade 8). Due to an increase in enrolment in our Grade 7 English students, we were allocated an extra teacher to reduce our class sizes. Students from our existing Grade 7 Core English classes will be moved around to create six new classes. We know that for students and parents, changing classes may be difficult and may

require an adjustment period. Students will be supported as they transition through these classroom changes. If you have any questions, please do not hesitate to contact the school.

Thank you to our Parent Council for funding the Parent Welcome Breakfast on Friday, September 15<sup>th</sup>. It was great to see so many familiar faces and to meet our new families.

If a student is leaving early for an appointment or signing out for lunch, they must come to school with a written note. Please be advised that all notes should include the date, students first and last name and whether/when they will be returning to school. The school office is very busy and phone calls for permission to leave at lunch will not be accepted. Our goal is to avoid disruptions to classes if students are leaving early. We appreciate your cooperation and support on this matter.

On Wednesday, October 4<sup>th</sup>, we are pleased to announce the return of our Turkey lunch in the cafeteria to celebrate Thanksgiving. Attached to this newsletter is the order form if you would like your child to participate. The cost is \$7.50.

#### STUDENT DROP-OFF AND PICK-UP

For safety reasons, we would like to remind our parents to ONLY use the east side of Rosewell Avenue when dropping off or picking up students. Crossing Rosewell Avenue at drop off and pick-up time can be very dangerous. Pylons will be placed at the entrance of the driveway every morning to prevent students from being dropped off in front of the school. It is extremely dangerous for our students when cars are backing up from our driveway. In addition, we are noticing cars making U-turns on Rosewell Avenue in front of the school which creates another dangerous situation for all. Thank you for your cooperation!

#### PHONE USE FOR STUDENTS

In the past, we received numerous and some serious concerns from students, staff and parents regarding inappropriate use of cell phones during the school day. We feel that it is important to share with you our cell phone policy to ensure that the expectations and consequences are clear. Glenview's rule about cell phone use is very simple. Before the students enter the building, they must power off their cell phones and then store them in their locker until dismissal time at 3:15 p.m. Students do not need to access their cell phone during the day and should not be using them at lunch time, in their classes, in the hallways or in the washrooms. If parents need to reach their child between 9:00 a.m. and 3:15 p.m. they are asked to please contact our office at 416-393-9390, and a message will be relayed to their child. Please do not call or text your child during the day. Students have been informed not to text from 9:00 a.m. until 3:15 p.m.

If a student is caught using his/her cell phone during school hours, the student will be asked to power it off and it will remain in the office until the end of the day. When a student's phone is confiscated, it will be placed in our office and they will be asked to sign off on our tracking sheet. If this happens a second time, parents will be asked to come in to retrieve it; it will not be handed back to the student. We understand that this policy may be an inconvenience for parents and students alike, however, compliance with this request is asked from the Glenview community.



## SPORTS TEAMS AND CLUBS 2017-2018

Please find below a list of the sport teams we will have this year at Glenview, arranged by season:

### FALL (September-December)

- Girls Touch Football
- Boys Touch Football
- Co-ed Cross Country
- Girls Soccer
- Boys Soccer
- Girls Basketball (late Oct.)
- Boys Volleyball

### WINTER (January-March)

- Co-ed Hockey (tryouts in Dec.)
- Girls Ice Hockey tournament
- Girls Volleyball
- Boys Basketball
- Co-ed Swim Team

### SPRING (March – June)

- Co-ed Badminton
- Girls Slo-Pitch
- Boys Slo-Pitch
- Co-ed Track and Field
- Ultimate Frisbee

Please find a list below of the Clubs expected to run at Glenview this year:

- Robotics Club
- Green Gryphon –Echo Club
- Yearbook
- Glenview Green Thumbs
- Performing Arts Festival
- Choir
- Maker Club

- Animanga & Games Club
- Pathfinders
- Yoga Club
- Calligraphy Club
- Junior Band
- French Club
- Spelling Bee

- Debate Club
- Prefects
- Rock Band
- Concert Band
- Strings
- Kids Lit
- Homework Club

\*We always encourage students to listen to the daily morning announcements for information about meetings, try-outs, practices and games. There is also a *What's Happening* bulletin board located on the 2<sup>nd</sup> floor across from room 201.

## WASTE-FREE LUNCH - GREEN GRYPHONS

We would like to reinforce the waste-free lunch program this year at Glenview and we need your help. A waste-free lunch is a lunch that does not produce any garbage. The waste-free lunch program helps reduce garbage and encourages students to bring reusable materials for lunch that they can bring home after they are done eating. Since the average student produces about 67 pounds of lunch waste each school year, our goal is to reduce garbage and bring awareness to students and their parents. Last year our environmental club, the Green Gryphons, did a school wide waste audit to see how well our students understood how to sort their garbage and we discovered that 50% of Glenview's garbage should have been reused or recycled. Please help your child take on this responsibility by analyzing their lunches and developing ideas on how to reduce garbage. We would also like to encourage parents to please keep the environment in mind when shopping for lunch options.

Some things you can bring:

- A reusable lunch bag or box
- Reusable containers for packing food
- Reusable drink containers
- Non-disposable cutlery
- Cloth napkins

Some things you can try to reduce:

- Plastic grocery bags
- Juice boxes

- Drink cans
- Wax paper
- Foil wrap
- Plastic wrap
- Aluminum bags (e.g. chip bags)

When you're packing your child's lunch please remember the 3 R's, Reduce, Reuse, and Recycle. These ideas will save you money and help save our world. We all have to do our part to help save the environment as we know that every little bit helps.

Thank you,  
The Green Gryphons

#### NEWS AND CUES FROM THE GUIDANCE OFFICE

Welcome to Glenview Guidance!

Welcome back to school. My name is Nishi Meghji. I am excited to join Glenview as the Elementary Counsellor and look forward to working with students and families.

My goal is to keep students and parents informed of all things related to guidance at Glenview.

The Guidance program is designed to help students develop the knowledge and skills they need to make informed education and career/life choices through the effective application of a four-step inquiry process where students will explore the following four questions:

Who am I?

What are my opportunities?

What do I want to become?

What is my plan for achieving my goals?

In addition to helping students plan for the future, we are here to foster and support their emotional, social and academic well-being. Our goal is for every student to feel comfortable and safe at school.

#### How to Make an Appointment

Students wanting to see Ms. Meghji can fill out an appointment request form available in the main office. If I am in my office, students are welcome to drop in as well.

#### Important Information for the Transition to Grade 9

Over the next few months, Grade 8 students will receive very important information about their transition to high school. It is imperative that students share this information with their parents/guardians. Here are some items to watch for:

- Choices for 9 Parent Information Night at Glenview (November 6th @ 6:30PM)
- Choices for 9 Student Assembly (November 7th @ 9:15am)  
Some speciality schools will be here to present to our grade 8 students as well.
- High School Open Houses are now available on the TDSB Website. Please click on the link below to be directed to this page.



([List of high school information nights and open houses](#)) (Hold down the Ctrl key as you click on the link)

- Please check with specialized programs/schools for application procedures and deadlines
- All optional attendance forms for **regular programs** are due to Secondary Schools by February 2nd (Students can pick up forms from the Guidance office in December when we receive the list of schools accepting applications)
- Students will be completing course selection (hard copies & online using myBlueprint) with me in January. Further information will be shared with parents as we get closer to this date.

### Student Council

Our student council is off to a great start. Many Grade 8 students have been picking up application forms which are available outside the Guidance Office. Elections will be held on Thursday, October 12. I am looking forward to a committed and busy year with the prefects this year.

### Contact Information

Please feel free to contact me via phone or email:

Email: [Nishi.Meghji@tdsb.on.ca](mailto:Nishi.Meghji@tdsb.on.ca)

Phone: (416)393-9390 x 20040

### QSP FUNDRAISER



#### Glenview QSP Fundraiser!

**What is it?** Online site to purchase Magazines, Gifts, Chocolates & More, and any item purchased online will provide our school with profits! This is the main school fundraiser. Last year \$6300 was raised for Glenview!

**Where do I access?** WWW.QSP.CA

**Online ID:** 3721123

**How do my kids get prizes?** For every purchase registered under Glenview AND your child's name, points will be collected. Just sending out

12 emails gets the sellers a prize!

**When?** Campaign runs Monday, Sept 25 –Friday, Oct 13th

**How do we get involved?** There will be an assembly Sept 25<sup>th</sup> for QSP. All packages will come home with the kids. Those that want to participate can be Glenview Sellers for QSP Fundraiser!

#### Prizes Include:

- ✓ Earn a Snifty Scented Pencil or highlighter for each order!
- ✓ Win Prizes for Top Sales at the end of Campaign! \$75 gift card + 4 Skyzone passes for the top seller
- ✓ Prizes for the Top 10 sellers!
- ✓ Participation Draws -1 entry per student -just one order to get into the participation draws!
- ✓ Win a prize for sending 12 emails out to advertise.. 12 emails and you get a prize!

## INTERNATIONAL LANGUAGES

In order to help students learn their own / new language, culture or heritage, Toronto District School Board offers after-school International Languages Elementary / African Heritage programs. At **Flemington PS**, **Arabic** classes are offered on Monday evenings from 5:00 to 7:30 pm. Students take 2.5 hours of language instruction every week for 30 weeks. Classes mix academic study with fun. Through games, songs, hands on activities, story-telling and writing, students can learn a language and have fun discovering more about Arabic culture, customs and traditions.

Please note that a minimum of 23 registrations is required in order to open a class. For further information, contact Rong Xue at 416 395-3252.

S E P T E M B E R 2 0 1 7

# Get Connected

Glenview School Council



## Glenview School Council

Co-Chairs: Zillah DaCosta, Robin Conliffe

Secretary: Lana Sheinbaum

Co- Treasurers: Ian Aukema, John Hiddema

Co – Ward Reps: Fred Koeman, Dave Heath

### September News

On Friday September 15, we welcomed grade 7 and grade 8 parents to our Welcome Parent Breakfast. This event was a great way for parents and teachers to put a face to the name as we say. We had a great turnout and a big thank you to Starbucks for donating our morning coffee!

We held our first council meeting on September 19. The meeting was charged with enthusiasm, creativity and new faces! It looks to be a promising year. Throughout the year, we plan fun and exciting events and fundraising activities and many dedicated parents have already stepped up to lead these exciting activities.

Volunteers are needed to ensure the safety of our students at drop off. If you are interested in being on the committee or able to help out from 8:45-9:00am, please contact us.

Enjoy the warm and sunny weekend!

### Save the dates!

Council Meetings  
**November 21,**  
**February 20,**  
**April 17, May 15**  
**All at 6:30pm**

QSP  
**Sept 25- Oct13**  
Our QSP  
fundraising  
campaign kicks off  
on Monday!

Guest Speaker  
**October 11, 6:30p**  
Paul Davis, expert  
on social  
networking and  
online safety.



# Glenview's Thanksgiving Meal

Wednesday, October 4, 2017

Oven Roasted Turkey  
Cranberry Sauce  
Savory Stuffing  
Gravy  
Creamy Mashed Potatoes  
Seasonal Vegetables  
Juice

\$7.50

Please send form and money by Monday, October 2<sup>nd</sup>



Student's Name: \_\_\_\_\_ Class: \_\_\_\_\_



**SOCIAL NETWORKING AND  
ONLINE SAFETY  
AN EVENING FOR PARENTS  
WITH PAUL DAVIS**

**OCTOBER 11, 2017  
6:30 PM  
GLENVIEW PS**

**TOPICS INCLUDE:**

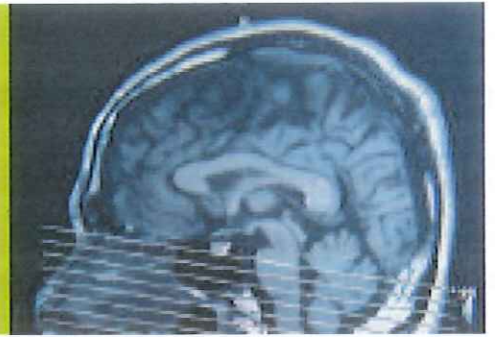
**SNAPCHAT / INSTAGRAM / FACEBOOK  
SMARTPHONES AND DIGITAL TRAILS  
CYBERBULLYING - TEXTING - SEXTING  
ONLINE GAMING & ONLINE SECURITY**

**PAUL HAS DELIVERED HIS MESSAGE TO 380,000  
STUDENTS ALONG WITH THE ONTARIO PROVINCIAL  
POLICE, DEPARTMENT OF DEFENCE &  
BORDER SERVICES**



**TWITTER: @PAULDAVISSNS**

# PARENTS & CAREGIVERS



## WHAT IS A CONCUSSION?

A concussion is a brain injury that cannot be seen on routine x-rays, CT scans, or MRIs. It affects the way a child may think and remember things, and can cause a variety of symptoms.

## WHAT ARE THE SYMPTOMS AND SIGNS OF CONCUSSION?

A CHILD DOES NOT NEED TO BE KNOCKED OUT (LOSE CONSCIOUSNESS) TO HAVE HAD A CONCUSSION.

THINKING PROBLEMS	CHILD'S COMPLAINTS	OTHER PROBLEMS
<ul style="list-style-type: none"><li>• Does not know time, date, place, period of game, opposing team, score of game</li><li>• General confusion</li><li>• Cannot remember things that happened before and after the injury</li><li>• Knocked out</li></ul>	<ul style="list-style-type: none"><li>• Headache</li><li>• Dizziness</li><li>• Feels dazed</li><li>• Feels "dinged" or stunned; "having my bell rung"</li><li>• Sees stars, flashing lights</li><li>• Ringing in the ears</li><li>• Sleepiness</li><li>• Loss of vision</li><li>• Sees double or blurry</li><li>• Stomachache, stomach pain, nausea</li></ul>	<ul style="list-style-type: none"><li>• Poor coordination or balance</li><li>• Blank stare/glassy eyed</li><li>• Vomiting</li><li>• Slurred speech</li><li>• Slow to answer questions or follow directions</li><li>• Easily distracted</li><li>• Poor concentration</li><li>• Strange or inappropriate emotions (ie. laughing, crying, getting mad easily)</li><li>• Not playing as well</li></ul>

## WHAT CAUSES A CONCUSSION?

Any blow to the head, face or neck, or a blow to the body which causes a sudden jarring of the head may cause a concussion (ie. a ball to the head, being checked into the boards in hockey).

## WHAT SHOULD YOU DO IF YOUR CHILD GETS A CONCUSSION?

**Your child should stop playing the sport right away.**

They should not be left alone and should be seen by a doctor as soon as possible that day. If your child is knocked out, call an ambulance to take him/her to the hospital immediately. Do not move your child or remove any equipment such as helmet, in case of a cervical spine injury. Wait for paramedics to arrive.



## HOW LONG WILL IT TAKE FOR MY CHILD TO GET BETTER?

The signs and symptoms of a concussion often last for 7-10 days but may last much longer. In some cases, children may take many weeks or months to heal. Having had previous concussions may increase the chance that a person may take longer to heal.

## HOW IS A CONCUSSION TREATED?

### THE MOST IMPORTANT TREATMENT FOR A CONCUSSION IS REST.

The child should not exercise, go to school or do any activities that may make them worse, like riding a bike, play wrestling, reading, working on the computer or playing video games. If your child goes back to activities before they are completely better, they are more likely to get worse, and to have symptoms longer. Even though it is very hard for an active child to rest, this is the most important step.

Once your child is completely better at rest (all symptoms have resolved), they can start a step-wise increase in activities. It is important that your child is seen by a doctor before he/she begins the steps needed to return to activity, to make sure he/she is completely better. If possible, your child should be seen by a doctor with experience in treating concussions.

## WHEN CAN MY CHILD RETURN TO SCHOOL?

Sometimes children who have a concussion may find it hard to concentrate in school and may get a worse headache or feel sick to their stomach if they are in school. Children should stay home from school if their symptoms get worse while they are in class. Once they feel better, they can try going back to school part time to start (eg. for half days initially) and if they are okay with that, then they can go back full time.

## WHEN CAN MY CHILD RETURN TO SPORT?

**It is very important that your child not go back to sports if he/she has any concussion symptoms or signs.** Return to sport and activity must follow a step-wise approach:

**STEP 1)** No activity, complete rest. Once back to normal and cleared by a doctor, go to step 2.

**STEP 2)** Light exercise such as walking or stationary cycling, for 10-15 minutes.

**STEP 3)** Sport specific aerobic activity (ie. skating in hockey, running in soccer), for 20-30 minutes. **NO CONTACT.**

**STEP 4)** "On field" practice such as ball drills, shooting drills, and other activities with **NO CONTACT** (ie. no checking, no heading the ball, etc.).

**STEP 5)** "On field" practice with body contact, once cleared by a doctor.

**STEP 6)** Game play.

**Note: Each step must take a minimum of one day.** If your child has any symptoms of a concussion (e.g. headache, feeling sick to his/her stomach) that come back at any step, **STOP** activity, wait 24-48 hours, and resume activity at previous step.

## When should I take my child to the doctor?

Every child who gets a head injury should be seen by a doctor as soon as possible. Your child should go back to the doctor **IMMEDIATELY** if, after being told he/she has a concussion, he/she has worsening of symptoms such as:

1. being more confused
2. headache that is getting worse
3. vomiting more than twice
4. strange behaviour
5. not waking up
6. having any trouble walking
7. having a seizure

Problems caused by a head injury can get worse later that day or night. The child should not be left alone and should be checked throughout the night. If you have any concerns about the child's breathing or how they are sleeping, wake them up. Otherwise, let them sleep. If they seem to be getting worse, you should see your doctor immediately. **NO CHILD SHOULD GO BACK TO SPORT UNTIL THEY HAVE BEEN CLEARED TO DO SO BY A DOCTOR.**



# Who to Contact when you have Questions or Concerns about issues in the Classroom, School or the TDSB.

1

Step  
One

## Classroom Teacher

If you have any questions or concerns, the first person to go to is your classroom teacher. The classroom teacher can help with:

- Any questions about the classroom
- Classroom rules and consequences
- Homework and assignments

2

Step  
Two

## School Principal

If you would like more information or you have questions that are beyond the classroom, the school principal can help.

- Concerns about an individual school
- Student registration
- Student schedules
- Student suspensions
- Report card concerns
- Classroom concerns
- Code of Conduct
- Safety and security
- Budget and fundraising
- School Council

3

Step  
Three

## School Superintendents

Superintendents are responsible for a Family of Schools. They support school staff and can be contacted if you have questions that have not been answered or for help with:

- Alternate attendance request
- Suspension appeals

4

Step  
Four

## Trustees

Trustees are your elected community officials. They are available to help you with the following areas of the TDSB:

- Items on Board Agenda
- Board policies under review
- Board budget
- Concerns about your community
- Ideas and suggestions for the Board
- Collective bargaining questions
- Intergovernmental affairs

## Trustee Jennifer Arp



Your School Trustee  
Jennifer Arp  
Eglinton-Lawrence - Ward 8 Schools  
416-395-8787  
Jennifer.Arp@tdsb.on.ca



Your School Superintendent  
Vicky Branco  
Learning Centre 1  
416-394-2044  
Vicky.Branco@tdsb.on.ca

## Board Office

You can contact the Board Office directly for any questions or concerns related to:

- Continuing Education
- Night and summer school
- Adult education
- ESL
- Board documents

Phone: 416-397-3000  
Email: GeneralInquiries@TDSB.on.ca



# Sizzlin' Hot Stuff

Week 1

<p><b>Monday</b></p> <p>Spaghetti with Zesty Tomato Meat Sauce served with Garden Salad</p> <p>Caesar Salad</p>	<p><b>Tuesday</b></p> <p>Caribbean Jerk Chicken served with Rice &amp; Beans Corn on the Cob</p> <p>Bean Salad</p>	<p><b>Wednesday</b></p> <p>Oven Baked Veggie or Meat Lasagna served with Garden Salad</p> <p>Coleslaw</p>	<p><b>Thursday</b></p> <p>Chicken or Vegetarian Biryani served with Broiled Field Tomato</p> <p>Pasta Salad</p>	<p><b>Friday</b></p> <p>Vegetarian or Beef Teriyaki Noodles served with Coleslaw</p> <p>Coleslaw</p>
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Energizer Meal

Fresh Energy Small

Week 2

# Sizzlin' Hot Stuff

Energizer  
Meal

Fresh Energy  
Small

Monday	Cheese Tortellini with Zesty Tomato Sauce served with Caesar Salad	Caesar Salad
Tuesday	BBQ Chicken served with Mashed Potatoes Corn on a Cob	Coleslaw
Wednesday	Cabbage Roll Casserole served with Italian Mixed Vegetables	Pasta Salad
Thursday	Garlic Chicken & Orzo served with Broiled Field Tomato	Veggies & Dip
Friday	Chicken Souvlaki served with Lemon Rice Greek Salad	Greek Salad



Week 3

# Sizzlin' Hot Stuff

Energizer  
Meal

Fresh Energy  
Small

Monday

Cheesy Pasta  
with Baked  
Tomato Slice  
served with  
Caesar Salad

Tuesday

Chicken Tikka  
Masala  
served with  
Coconut  
Basmati Rice  
Coleslaw

Wednesday

Shepherd's Pie  
served with  
Corn on the  
Cob

Thursday

Crispy Panko  
Breaded Sole  
served with  
Oven Roast  
Potatoes  
Broiled Field  
Tomato

Friday

Vegetarian  
or Beef Fried  
Rice  
served with  
Italian Mixed  
Vegetables

Caesar Salad

Coleslaw

Veggies & Dip

Pasta Salad

Greek Salad