



August 2019

Dear Grade 9 HumberSide Students and Parents/Guardians,

We hope that you had an enjoyable and restful summer and are looking forward to starting the next steps in your educational journey. As a reminder, our Head Start to High School takes place on Thursday, August 29th. Information about the morning's program was sent via e-mail in July and we have attached the flyer for your convenience.

Tuesday, September 3rd is the first day of school when you will meet your peer leaders and home form teacher. You will also have an opportunity to become acquainted with the layout of the building. Please meet on the sports field at 8:30 a.m. where you will find our peer leaders eagerly awaiting your arrival. The peer leaders will organize you by home form and welcome you to the school with a fun activity! You will be dismissed before lunch. All students will follow a Day 1 schedule on Wednesday, September 4th from 8:45 a.m. until 3:10 p.m.

As a reminder, please return the Camp Robin Hood permission form with paid receipt to the main office. You will be receiving an email from the TDSB regarding other forms to be completed on-line such as emergency contact information and TDSB's internet policy, etc.

As always, should you have any questions or concerns about your child, please call the school at (416) 393-8122 and ask to speak with the appropriate teacher or the appropriate Vice Principal, Rob Palmer or Isabel Arias Lopez. The Principal, Kim McLaren, is also available and would be pleased to speak with you. You can follow her on Instagram @humberSideprincipal. It's a great way to hear what's happening at HumberSide and get reminders about late starts and early dismissals.

We are excited to begin the 2019-2020 school year with you. Welcome to the HumberSide family!

Sincerely,

Kim McLaren
Principal

Robert Palmer
Vice Principal (Surnames A-L)
Ext. 20011

Isabel Arias Lopez
Vice Principal (Surnames M-Z)
Ext. 20012



Graduating Class of 2023

Humberside Welcomes You



Mark Your Calendar:
Thursday, August 29th, 2019

Set your Alarm:
8:45am – 11:15am

Registration in the Foyer: 8:45 – 9:00 (no pre-reg. required)

Welcome in Lismer Hall: 9:00 – 9:10

Workshop Rotation:

9:15 – 9:50

9:55 – 10:30

10:35 – 11:10

WORKSHOPS:

Session A – The 411 on HCI Academics

Session B – What's App?

Communication beyond Snapchat

Session C – Navigating the HCI hallways

Parents & Guardians;

there is a session for you too: 10:30 – 11:10 in Lismer Hall

11:15 – 11:30 Q & A and Snack in the Foyer

See you on Thursday, August 29th to get a Head Start to Success!



WELCOME TO HUMBERSIDE C.I. 2019-2020

I hope that you have had an enjoyable summer and are excited about your first year as a Humberside Husky. I look forward to meeting you and wish you great success in your school year. You are the class of 2023 - Welcome to H.C.I.

*Kim McLaren
Principal*

WHAT HAPPENS ON THE FIRST DAY OF SCHOOL?

The first day of school is Tuesday, September 3rd. Please meet on the sports field at 8:30 a.m. Peer leaders will meet you there and organize you by home forms for a fun activity they have planned for you. In addition, there will be an assembly and an extended home form class. On Wednesday, September 4th, you will have a full day of classes following your Day 1 schedule.

WHAT SHOULD I BRING ON TUESDAY, SEPT. 3rd?

- ✓ Your smile 😊
- ✓ Pen and paper
- ✓ Receipt from School Cash Online for \$65.00 payment for your Student Activity Fee
- ✓ Receipt from School Cash Online for \$40.00 payment for the Camp Robin Hood trip
- ✓ Lock – If you have purchased a lock through School Cash Online, it can be picked-up in the main office beginning Wednesday, September 4th.

WHAT SHOULD I BRING ON WEDNESDAY SEPT. 4th - DAY 1?

- ✓ Pen and paper
- ✓ Student Agenda and timetable (received on Head Start day in August)
- ✓ Knapsack
- ✓ Lunch

WHAT SCHOOL SUPPLIES SHOULD I GET BEFORE SCHOOL?

- ✓ Pens, pencils, paper
- ✓ Wait until your subject teachers tell you what school supplies to buy



USE OF PERSONAL ELECTRONIC DEVICES

Personal electronic devices are not normally used during instructional time. (See your agenda for full policy.)

Students must not use their electronic devices in the classroom, library, gyms, Lismer Hall, offices and weight room without permission. Begin your journey at Humberside on the path to success. Keep your phone turned off and out of sight unless your teacher tells you otherwise.

LATE FOR SCHOOL?

- ✓ Bring a note to explain your lateness, go to the Vice Principals' Office (VPO) to **sign in** and leave the note at the Vice Principals' Office (VPO). You must be **in class** by 8:45 a.m. Punctuality is extremely important for your success.

SIGNING IN AND OUT

- ✓ You must have a note from your parent/guardian
- ✓ Take your note to the VPO
- ✓ NEVER LEAVE THE SCHOOL WITHOUT SIGNING-OUT IN THE VPO (*except at lunch time*)

NO SMOKING OR VAPING



Smoking and vaping on school property are prohibited by the Toronto District School Board and by provincial legislation. Students found smoking or vaping on school property will be disciplined and subject to a large fine from the province.

LUNCH



We have one lunch period at Humberside and 1300 students, so our cafeteria sometimes gets very full. Students may eat in the cafeteria or in other areas of the school provided they place all garbage and recyclables in the appropriate receptacles. Students may also leave school property and do not require permission to do so. However, you must be on time for class after lunch.

NO HATS OR BAGS IN LISMER HALL & LIBRARY



SCHOOL WEBSITE



Visit here for up-to-date news! <http://schoolweb.tdsb.on.ca/humbersideci>

Student General Information Sheet

2019-2020

FORMS PACKAGE

TDSB has moved all forms on-line. You will receive further communication about this soon.

STUDENT ACTIVITY PACKAGE FEE

All students pay the \$65.00 Student Activity Package Fee. This fee covers the following costs:

- A photo Student Activity Card which entitles students to:
 - ✓ Identify themselves for library and computer use
 - ✓ Play on athletic teams
 - ✓ Play intramural sports
 - ✓ Join clubs
 - ✓ Join bands and orchestras
 - ✓ Purchase dance tickets
 - ✓ Enjoy other activities and features of Humberside including many special events
- The Student Agenda Book (includes very important dates, policies, etc.)
- The School Yearbook, "Hermes"

Students who do not purchase the **Student Activity Package Fee** cannot purchase the Student Agenda Book, Hermes, or the S.A.C. separately. Students without the Student Activity Card are not eligible to participate in extra-curricular activities or school dances. The \$65.00 fee is a reasonable price for these very important services and activities. Families who have financial need should see their Vice Principal.

THE STUDENT ACTIVITY CARD

A temporary S.A.C. will be distributed upon payment of the Student Activity Package Fee. The permanent photo S.A.C. will be delivered after Photo Day.

TEXTBOOKS

Students will receive textbooks during the first week of school. Please be diligent about retaining your own textbook(s) as they must be returned at the end of the school year; there are costs associated with lost or damaged resources.

CASHLESS SCHOOLS

School Cash Online is available at <https://tdsb.schoolcashonline.com> and is now open for registration. This is an easy to use, safe and convenient way for parents/guardians to pay for their children's school fees, including agendas, yearbooks and class trips. Select "**Get Started Today**" and complete the (3) registration steps.

All school fees applicable to your child will be posted on School Cash Online. Once you have registered, you can choose to purchase the items or activities using a debit or credit card. You will be able to see when the school has a new item posted online for purchase and you will be notified whenever your child has a new school event requiring payment.

If you have questions about the registration process or using School Cash Online, please select the "Get Help" option on the top of School Cash Online web page. You can also contact the School Cash Online Parent Help Desk at 1-866-961-1803 and parenthelp@schoolcashonline.com. The Parent Help Desk is available to assist parents/guardians with the registration process, password recovery, accessing your account or payment issues.

LOCKS AND LOCKERS

Teachers will assign lockers to each student during the first week of school. Students are expected to use the locker assigned to them. All students must supply the homeform teacher with their lock serial and combination numbers. For your own safety, please do not give your locker combination to anyone except your homeform teacher. Students are advised to use a Dudley Guard Lock and these may be purchased on School Cash Online. Only combination locks are permitted at Humberside, locks with keys are not. **Students must not share lockers.**

ATTENDANCE

Tuesday, September 3rd, is the first official attendance day of the 2019-2020 school year. You are expected in your home form class on Tuesday, September 3rd. For students in grades 10 to 12, please arrive at school by 10:45 a.m. Dismissal is at 11:30 a.m. Students in grade 9 will meet on the sports field at 8:30 a.m. and dismissal will be at 11:00 a.m. Wednesday, September 4th is a regular DAY 1 on your schedule beginning at 8:45 a.m. and ending at 3:10 p.m.

TIMETABLE PROBLEMS/CHANGES

All Grade 9, 10 and 11 students must have eight subjects on their timetable unless there are extenuating circumstances. Grade 12 students may have a spare but must be taking six, seven or eight courses in order to be a full-time student. Students are expected to be full-time for the entire school year. Teachers will not admit you into their classes until you present a timetable with the proper course code, name and timeslot listed. Teachers do not have the authority to give you permission to join their class due to waiting lists, etc.

ATHLETICS PARTICIPATION & FULL-TIME STATUS

In order to participate in TDSB inter-school athletics, it is necessary to be a full-time student and to have a current Student Activity Card.

STUDENT ACCIDENT INSURANCE

The TDSB does not provide accident insurance for student injuries and the Board's insurance does not cover student injuries. Please see our website (<http://schoolweb.tdsb.on.ca/humbersideci>) to find information on student accident insurance offered through Reliable Life Insurance Company (www.insuremykids.com).



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 signs and symptoms of a concussion?

Your child does not need to be knocked out (lose consciousness) to have had a concussion. Your child might experience one or more of the following:

Thinking Problems	Child's Complaints	Other Problems
<ul style="list-style-type: none"> Does not know time, date, place, details about a recent activity General confusion Cannot remember things that happened before and after the injury Knocked out 	<ul style="list-style-type: none"> Headache Dizziness Feels dazed Feels “dinged” or stunned; “having my bell rung” Sees stars, flashing lights Ringing in the ears Sleepiness Loss of vision Sees double or blurry Stomachache, stomach pain, nausea 	<ul style="list-style-type: none"> Poor co-ordination or balance Blank stare/glassy-eyed Vomiting Slurred speech Slow to answer questions or follow directions Easily distracted Poor concentration Strange or inappropriate emotions (i.e., laughing, crying, getting mad easily) Not participating well

It is harder for infants, toddlers, and preschoolers to communicate how they are feeling. If you have a young child, you might notice any of the following: crying more than usual; unsteady walking; lack of interest in favourite toys; changes in nursing, eating or sleeping patterns; or loss of new skills, such as toilet training.

Get medical help immediately if your child has any “red flag” symptoms such as neck pain, repeated vomiting, growing confusion, seizures, and weakness or tingling in their arms or legs. These may be signs of a more serious injury.



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 (e.g., a ball to the head, colliding with another person).

What should I do if I suspect my child has a concussion?

In all suspected cases of concussion, your child should stop the activity right away. Continuing increases their risk of more severe, longer-lasting concussion symptoms, as well as increases their risk of other injury.

The [Concussion Recognition Tool 5 \(CRT5\)](#) can be used by anyone to help recognize the signs and symptoms of a possible concussion.

Your child should not be left alone and should be seen by a doctor as soon as possible that day.

If your child loses consciousness, call an ambulance to take them to the hospital right away. Do not move your child or remove any equipment such as a helmet.

Your child should not return to play the same day.

How long before my child gets better?

The signs and symptoms of a concussion often last for one to four weeks but may last longer. In some cases, children may take many weeks or months to heal. If your child has had a concussion before, they may take longer to heal.

If your child's symptoms are persistent (i.e., last longer than four weeks in youth under 18 years old), they should be referred to a healthcare professional who is an expert in the management of concussion.

How is concussion treated?

After an initial short period of rest (24 to 48 hours), light cognitive and physical activity can begin, as long as these don't worsen symptoms. A medical doctor, preferably one with experience managing concussions, should be consulted before beginning step-wise [Return-to-School](#) and [Return-to-Sport](#) Strategies.

As your child is recovering from concussion, they should not do any activities that may make their symptoms worse. This might mean limiting activities such as riding their bike, play wrestling, reading, working on the computer or playing video games.

Recovering from concussion is a process that takes patience. If your child goes back to activities before they are ready, it is likely to make their symptoms worse, and their recovery might take longer.

When should my child go to the doctor?

Anyone with a possible head injury should be seen by a doctor as soon as possible. If your child is diagnosed with a concussion, the doctor should schedule a follow-up visit within the next one to two weeks.

Take your child back to the doctor immediately if, after being told they have a concussion, they have worsening symptoms, such as:

- being more confused
- headache that is getting worse
- vomiting more than twice
- not waking up
- having any trouble walking
- having a seizure
- strange behaviour

When can my child return to school?

Your child may find it hard to concentrate in class, may get a worse headache, or feel sick to their

stomach. Your child should stay home from school if being in class makes their symptoms worse. Once they feel better, they can try going back to school part time to start (i.e., for half days) and if they are OK with that, then they can go back full time.

On average, children with concussion miss one to four days of school. Each concussion is unique, so your child may progress at a different rate than others.

The [Return-to-School Strategy](#) provides information on the stages of returning to the classroom. Return to school must come before full return to sport.

When can my child return to sport and physical activity?

It is very important that your child does not go back to full participation in sport if they have any concussion signs or symptoms. Return to sport and physical activity must follow a step-wise approach.

In this approach:

- Each stage is at least 24 hours.
- Your child moves on to the next stage when they can tolerate activities without new or worsening symptoms.
- If any of your child's symptoms worsen, they should stop and go back to the previous stage for at least 24 hours.

Stage 1: After an initial 24 to 48 hours of rest, light cognitive and physical activity can begin, as long as these don't worsen symptoms. Your child can start with daily activities such as moving around the home and simple chores, such as making their bed.

Stage 2: Light aerobic activity such as walking or stationary cycling, for 10 to 15 minutes. Your child shouldn't do any heavy lifting or resistance training (e.g., bodyweight exercises, weight training).

Stage 3: Individual physical activity with no risk of contact for 20 to 30 minutes. Your child can participate in simple, individual activities, such as going for a walk at recess or shooting a basketball. Your child shouldn't do any resistance training.

Stage 4: Begin practising with no contact (no checking, no heading the ball, etc.). Add in longer and more challenging physical activity. Start to add in resistance training (if appropriate for your child).

Get clearance from a doctor before moving on to Stages 5 and 6.

Stage 5: Participate in full practice with contact, if your child plays a contact sport.

Stage 6: Full game play or competition.

The [Return-to-Sport Strategy](#) provides more information on the stages of returning to sport.

Your child should not return to sport until cleared by a doctor!

Returning too soon before full recovery from concussion puts your child at higher risk of sustaining another concussion, with symptoms that may be more severe and last longer.

Additional Resources

Return-to-School Strategy

<http://horizon.parachutecanada.org/en/article/parachutes-return-to-learn-protocol>

Return-to-Sport Strategy

<http://horizon.parachutecanada.org/wp-content/uploads/2017/06/Concussion-ReturnToSport.pdf>

Canadian Guideline on Concussion in Sport

<http://www.parachutecanada.org/guideline>

Concussion: Baseline Testing

<http://www.parachutecanada.org/downloads/injurytopics/BaselineTesting-FactSheet-Parachute.pdf>



HumberSide Collegiate Institute Math Department

August 19, 2019

Re: Calculators for Assessments

Dear parent/guardian,

In the HumberSide Math Department, teachers agree that students should be effectively communicating their understanding of the math curriculum. While we acknowledge and embrace the use of technology in learning and in assessment, it is important that students demonstrate the reasoning behind their mathematical solutions. This is supported by leaders in mathematical pedagogy throughout the province and was even highlighted by John Mighton and Brent Davis in a *Globe and Mail* article about the importance of both basic math skills and the necessity of a deeper understanding of the subject itself.

Over the past few years, it has been brought to our attention that some calculators can perform operations for students, allowing students to answer questions without understanding the fundamental concepts. Unfortunately, this put some students at an advantage over others. As of last year, the HumberSide Math Department only permitted the following two calculators for assessments: **Texas Instruments TI-30X IIS** and **Sharp EL-510RN**. These two models were chosen as they are familiar to staff and are available to purchase through the school at cost. HumberSide is not the only school in the TDSB with a calculator policy: North Toronto Collegiate Institute also has a similar policy.

If your son/daughter/ward already has another calculator, it is not absolutely necessary to purchase a new one. The Math Department has extra calculators for students to use during assessments, if necessary. It is, however, advantageous for students to use on a regular basis the same calculator which will be required for assessments. These calculators can be purchased commercially as well as in school. Please refer to the second page of this letter for images and model numbers of the accepted calculators. The Math Department has ordered a number of these calculators, which can be purchased online using the KEV system for school purchases. Should a student be unable to purchase one due to financial circumstances, the student should speak to the math teacher privately.

If you have any questions, please do not hesitate to contact Andrew Mancini, the ACL of Mathematics, at 416-393-8122 x.20080.

Sincerely,

HumberSide Mathematics Department

Accepted Calculators for Assessments



Texas Instruments TI-30X IIS
Available at HumberSide for \$18



Sharp EL-510RN
Available at HumberSide for \$12