

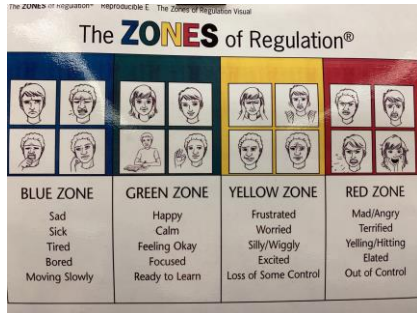


November 2019

The Toronto Foundation for Student Success was established to ensure that all students are ready and able to learn through a number of initiatives. This clinic is an optional service offered for families in our school. The funds from the fees are used by the TFSS for TDSB programs and services for students (i.e. breakfast programs, homework clubs, etc.). If you would like your child(ren) to access this service, please fill in and **return the form with payment by November 8<sup>th</sup>**. This form was previously sent home with your child.

## CLASSROOM NEWS

### Primary Division.. Zones of Regulation



The primary division has been implementing a self-regulating program that monitors emotions in different zones that we experience throughout the day.

**Green** - happy, focused, relaxed  
**Blue** - sad, bored, sleepy  
**Yellow** - silly, anxious, worried  
**Red** - out of control, frustrated, angry

We are learning strategies and tools to help handle these feelings. If you're feeling blue, take a break! Talking to an adult or counting to 10, may help to relieve stress and anger. We hope to find you in the green zone and ready to learn! Be happy! Be calm and Smile!

### GRADE 8 - MR. GORRY

The grade 8 students have been working on their science unit on cells. In this experiment Mr. Gorry's students are comparing and contrasting the differences between onion cells and human cheek cells. Our students are becoming very skilled at using the microscopes. Well done grade 8's.



## GRADE 2 .....MS. COSTAS

We continue to learn the importance of family, celebrations and traditions in our Social Studies unit. We are thankful for holidays like Thanksgiving when we can enjoy family gatherings. The Festival of Lights known as Diwali honoured the traditions of exchanging gifts and lighting candles. Beware of those ghosts, goblins and witches that left a trail at HVV on Hallowe'en night! Let's join hands and celebrate together!



### MRS. BROWN.....JKSK

Wow! October has been such a fun filled month in room 8 with the JK/SK class. We learned about Fall and all the good food we eat at our Thanksgiving dinners. The students in class had a fun time painting their turkeys orange and adding specially selected colours of feathers for their backs. We estimated (made a very good guess) how many seeds were in our pumpkin. We then painted, cut and glued our 'window pumpkins' which were on display near the entry doors. Halloween Day found us in creative costumes as we enjoyed our school Parade.

## SPORTS/CLUB NEWS CROSS COUNTRY....



Despite a cold and rainy season, our HVV Grizzlies had an exceptional cross country season. Runners came out to practice on Monday, Wednesday and Friday mornings preparing for our first West Meet at Centennial Park on Wed., Oct. 2. The rain could not dampen our spirits as we supported each other and raced to amazing finishes. Our grades 3 - 8 top 50 finishers advanced to the West Conference Championship at Centennial Park on Wed. Oct. 16. Again the rain and cold tried to derail us perseverance brought outstanding results. Our grade 4 to 8 athletes



represented HVV in an outstanding manner at the City Championships on Thurs. Oct. 24. Coaches Mrs. Brown/ Mr. Thompson and HVV are so proud of our athletes' great

show of sportsmanship. Thanks for a wonderful season!

#### **SENIOR GIRLS SOCCER.....Mr. Singh**

Congratulations to the senior girls' soccer team on a great season. We fought hard all season and battled quite a few injuries throughout. We played very well at our tournament and managed to score the most goals in the group! Unfortunately we were eliminated by a pretty harsh tiebreaker rule. Our girls could leave with their heads held high knowing that they left it all out on the field. Looking forward to next season!

#### **SENIOR BOYS SOCCER....Mr. Singh**

Congratulations to the senior boys' soccer team on a great season. Our boys went 2-0 in our round robin tournament at Richview CI and secured a spot in the playoffs. We came up against Norseman which is a tough team that often gives us trouble. The game was tied 2-2 after extra time and we ultimately lost in heartbreaking fashion on penalties. Looking forward to next season and hopefully playing Norseman again!