

The Humewood Howler

Web: <http://schoolweb.tdsb.on.ca/humewood/Home.aspx>

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Welcome Back!

Welcome Back to Humewood Community School! It has been an amazing first week to kick off the 2019-2020 school year! Students and staff are happy and excited to get back to their routines and there has been lots of energy both inside and outside the building. Thank you to our classroom teachers, support staff, office staff, and caretakers for ensuring the school was ready for the first day of school. We are looking forward to a very successful school year!

THE ANNUAL FALL FAIR

Welcome back! As we roll around to September, it's not only back to school at Humewood, but it's also time to start thinking about the Fall Fair, which is coming, **Saturday, September 21 from 10am-2pm**. The Fall Fair is key fundraiser for the Humewood Parent Council and last year raised over \$10 000 for the school. These funds help to pay for school band, spirit t-shirts, OPAL activities, field trips, sports, and arts initiatives, just to name a few.

As always, the Fall Fair needs volunteers. Anyone and everyone from grade 5-8, high school, and community adults can sign up. This year, with 181 volunteer hours to be filled, there is something for everyone (bouncy castles, book sale, and face painting, to name a few). If you are able to volunteer on the day of, or the evening before, please sign up 1,2 or even 3 hours.

NEW!!! Bring-A-Friend - A free freezie or coffee to all volunteers who refer a friend to also come to volunteer at the Fall Fair. Pass the word along, sign up together and come help get the year started off being a part of a great community event.

Sign up today!

Adults and teens:

<https://www.signupgenius.com/go/4090D44ADA623A0FC1-grade>

Grades 5 to 8:

<https://www.signupgenius.com/go/4090D44ADA623A0FC1-humewood>



To sponsor or donate to the fall fair please contact: cheryl.batty@utoronto.ca

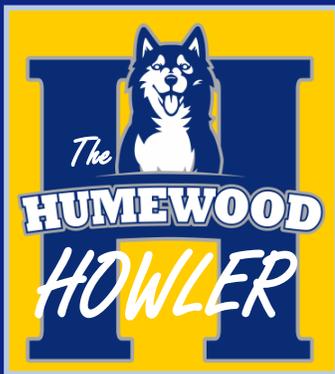
Donate your gently used books, DVDs, games, and costumes to be sold at the Book Nook at the Fall Fair. Please bring your donations to the back foyer of the school at the lost and found area in the first two weeks of school.

Purchase your pre-paid play all day passes and lunch vouchers at <https://humewoodcouncil.ecwid.com/> at a reduced rate, only available until September 19th 2019. The pre-paid play all day passes include unlimited use of all inflatables at the fair.

Donate a homemade or store bought salad and/or baked good to be sold at the salad bar and bake table at the fall fair. E-mail joannabarrs@gmail.com to let her know what you will be donating.

Enter your student bakers in the Humewood Cupcake Challenge where the kids make delicious and creative cupcakes to be judged for a chance to win prizes and have their cupcakes sold at the fair.

Visit <http://humewoodcouncil.com/> to learn more about the Humewood Fall Fair.



Important Dates

Calendar

SAC

SAC (7-9 pm)

September 21:

Fall Fair (10am-2pm)

September 26:

Terry Fox Run

September 27:

Photo Day

September 29:

Rosh Hashana begins at sundown

September 30:

Orange Shirt Day

October 1:

Rosh Hashana ends at sundown

October 3:

Cross Country Meet # 1
Curriculum Night (6:30-8:00pm)

October 4:

School Lice Check
Pizza Lunch

October 11:

PA DAY

October 14:

Thanksgiving

Curriculum Night 2019

Join us on **Thursday, October 3rd** for our Annual Curriculum Night. The evening will begin with a presentation at 6:30pm in the gym and then classroom presentations will begin at 7:00-8:00 p.m.

This evening is a wonderful opportunity to meet your child/ren's teacher(s) and get an insider's look at a day in the life of a Humewood student. We invite students in grades 1-8 to attend with parents however we do ask that parents with children in the JK/SK programs attend the Kinder presentations without the students so that teachers and parents can focus on information about the kindergarten program. Thank you for your understanding.

Choices for Grade 9

Grade 8 students and their families should check the website for Open Houses and Information Nights for Secondary Schools. Follow this link for dates and times. <http://www.tdsb.on.ca/highschool/goingtohighschool/openhousesandinformationnights.aspx>

TERRY FOX RUN 2019

Our Terry Fox School Run date is **Thursday, September 26, 2019**. Similar to last year, we are planning to do a whole-school run/walk in the afternoon. Students in grades 4-8 will run around the block with teachers posted along the route to supervise, while grades K - 3 will use the field. For safety reasons, students in grades 1 to 3 will run around the outer part of the field (not on the hill) and the JK/SK students will run/walk in the middle around their own track. Pylons will be set out to define their running/walking area.

Our school-wide fundraising goal this year is \$2000! To help raise funds for this worthy cause, we are promoting the concept that each student can help by bringing in a **Toonie for Terry**. Students and their families can also donate on line. Our school fundraising page is: <http://www.terryfox.ca/HumewoodCommSchToronto>

Students will participate in classroom activities focusing on creative writing, reading, and watching documentaries about Terry. The whole school assembled in the gym on Friday, September 6th to listen to a guest speaker from the Terry Fox Foundation. They learned about Terry's prosthetic leg and watched a multimedia presentation that encompassed the life and story of Terry Fox and his Marathon of Hope. help with this, speak with a committee member.

On the day of the run, students can choose to **wear red and white** (Canada's colours) and/or a Terry Fox t-shirt.

Our annual Terry Fox Run will be successful with our school spirit and donations raised for a very worthy cause! Thanks in advance for your support!



HUMEWOOD FALL AFTER FOUR

There are a number of optional after school programs offered to Humewood School children that begin at the end of the school day on Tuesdays and Thursdays. To learn about the after-four programs available for the Fall term visit: humewoodcouncil.com



Student Drop-Off

As we move into Week #2 of school, we wanted to remind parents about morning drop-off routines at Humewood. Students from grades 1- 8 should be near the back doors, lining up on their class "letter" by 8:45am (letters are posted on the doors). Parents are asked to wait behind the lines so that students can line up in their classes easily and teachers can see that all of their students are ready to enter. Staff supervision begins at 8:35am at the back doors.

For our Kindergarten students, students should line up outside Door 3 at their class number (or the classroom doors for Ms. Braun & Ms. Musabelli students and for Mme Clark & Ms. Ibrahim's students). Parents of kindergarten students could help their children get into line and allow them enter the school with their class at 8:50am. Parents are reminded to wait outside the school at the start and end of each school day. It is important for the students to develop their independence, and also makes drop-off and pick-up calmer and more efficient.



Orange Shirt Day - Monday, September 30
(Recognized throughout the week)



Phyllis Webstad, a member of the Stswecem'c Xgat'tem First Nation in British Columbia, was forced to attend St. Joseph's Mission Residential School, as her relatives before her. She entered the school in 1973 wearing a brand new orange shirt which was immediately confiscated by the staff and replaced with a uniform. She never saw the shirt again, and began to associate the colour with the traumatic experiences in the school and the loss of language and cultural identity she suffered.

In 2013, Webstad transformed her negative experiences into something positive by creating a Nationally recognized Orange Shirt Day. Celebrated annually on September 30th, this day acknowledges the residential school system in Canada, honours those who survived, and remembers those who did not. It is a day to demonstrate, by wearing orange, that all students matter.

Orange Shirt Day has been marked in schools across Canada in a variety of ways, including Orange Ribbon campaigns, commemorative walks, and wearing orange shirts. Over 6,500 survivor statements have been collected by the Truth and Reconciliation Commission of Canada, which concluded in 2016 after six years of research and testimonies. Senator Murray Sinclair has stated that "reconciliation must fall in the hands of Canadians, not solely with Indigenous peoples." Ultimately, wearing orange shirts on September 30 is a visual reminder of our shared past as Aboriginal and non-Aboriginal peoples in Canada, and provides an opportunity for dialogue between Aboriginal and non-Aboriginal peoples in shaping our shared future. <http://www.orangeshirtday.org/>



What is OPAL?

“OPAL (Outdoor Play and Learning) is the first program in Canada that aims to make play an integral part of the school day. Children engage in self-directed play with “loose parts” (tools, boxes, spare tires, fabric, etc.), boosting their sense of agency and creating a more inclusive and reciprocal social environment.

OPAL is grounded in the child’s right to play and the UN Convention on the Rights of the Child, to which Canada is a signatory. In partnership with the Toronto District School Board (TDSB), the OPAL program will roll out to 42 schools by 2020. Our goal is to bring the program to schools across the country.” (From the Earth Day Canada website)

For more information on the OPAL program, check out: <https://earthday.ca/earthplay/schoolplay/>

Humewood’s Play Prompts

Is it safe enough for us, the environment and the equipment?

Is it fun for everybody?

Is it inclusive?

SAFE WORD: Respect.

Humewood’s Play Policy

- At Humewood we recognise that all play is at the heart of healthy development for children. Play is self-directed, fluid, flexible and open involving experimentation and imagination.
- We recognise that in order to learn, children must push the boundaries of what is already known and already easily accomplished and this requires children to experience risks and challenges.
- We encourage children to understand and challenge their own limits and we provide a supportive environment for risk-taking. We teach and use a risk-benefit approach to manage our duty of care to protect and provide for children’s needs.
- All students are provided with a range of choices and opportunities to play in order to build connections with and to care for their environment and community.
- We believe it is our responsibility to safeguard and support all children’s right to play.

We Play in ALL Weather!

It’s no surprise that the majority of students would rather be outside for recess/outdoor learning time than inside. Cancelling recess is usually met with, “But it’s just raining a little bit!” and a lot of unspent energy. At Humewood, we believe that playing in the rain, snow and sunshine are part of the natural and healthy development of our students. We know that children need to move, explore and play outside EVERY DAY in order to be ready to learn in the classroom. Aside from cases where there is lightning, all students and supervising staff will be going outside during recesses or outdoor learning times. Please check the weather reports each morning and send your child(ren) well-prepared to go outside. This includes: rubber boots, a proper rain jacket, an umbrella, etc. We would like to start building a “clothing library” for students are aren’t prepared for the weather, so if you have any wet-weather gear that is no longer used, we would love the donation!

Call-out for LOOSE PARTS!

As an OPAL school, we provide opportunities to play and learn outside with open-ended materials, called loose parts. Earth Day Canada generously donated collections of materials, but many of these items have succumbed to “too much love” or the environment (cardboard tubes can only survive so long in the rain). We are in need of many more materials to replenish our stock of loose parts. Each month, we will put a call out for different items. Please refrain from sending anything with sharp edges

HUMEWOOD COMMUNITY SCHOOL – FOOD SHARING POLICY AND SAFE SNACK LIST

Food Sharing Approach:

In an effort to create an inclusive and safe environment, we have been reviewing our approach to food sharing at Humewood. Together with a parent representative and staff from Humewood, we looked at times of the year when food sharing has typically taken place and how we can do so most appropriately. We know that our Pizza Lunch team has worked hard to source products that can safely feed the majority of our student body and we are going to continue in this direction. Moving forward, our approach will be as follows:

1. Birthdays – Please refrain from sending food or any toys or trinkets for your child’s class in honor of their birthday. Our staff will meet and determine other options for acknowledging birthdays in the Primary grades such as encouraging the birthday child to choose a book to read with the class. As well, we will continue our school wide tradition of announcing birthdays over the intercom and giving each child a birthday pencil and a bookmark with their picture from photo day.

2. Halloween and Valentine’s Day – We recognize that there are a range of family traditions in respect to both Halloween and Valentine’s Day. We host a costume parade on Halloween and classes often share affirmations within the class on Valentine’s Day. Students are welcome to bring a treat for themselves to be eaten at lunch or recess but we will not permit students to share treats with their classmates during the school day.

3. Class Celebrations – Generally classes have at least two celebrations a year – once in December and once in June. We recognize that food can be an enjoyable aspect of these experiences. Below please find the “approved provider” list. When teachers want to plan a celebration, they will contact their students’ families. We ask that families who wish to send in food, select food from the approved provider list only. ** Please note that this is a slight revision to our original plan and we think this update will be more manageable for everyone.

4. Curriculum Based Food Experiences – At times, staff feel there is value in using food to teach a new skill such as following a recipe to teach procedural writing or baking to teach measurement. In these situations, staff will be asked to look through their medical information list and contact families with children who have medical issues related to food and make a plan with those families.

5. Rewards/School Contests & Fundraisers – School fundraising events that occur during the day will make every effort to avoid using food. Teachers will work together to assess how/if food is being used as a reward and its efficacy and then update this policy. There are occasions when there may be a pizza party or something similar and, in those cases, we will use the approved provider list.

This approach is a work in progress and we have aimed to retain the best of what was enjoyable and beneficial for the students at Humewood and embed some new practices that we feel will minimize food-related concerns. We will try this approach and our staff will provide us with feedback and we also welcome feedback and involvement in this conversation from parents. This approach was developed with equity, health & well-being at the forefront of our minds.

See the attached PDF for the approved provider list.

Humewood Pizza Lunch 2019-2020!

The Pizza lunch program plays a crucial role in the fundraising campaign for our school! The funds raised benefit our kids in so many ways: including much needed technological equipment, arts and science enrichment (e.g., Scientists in School, Visiting Artists), and securing instruments for our growing band program!

It's also a nice break for parents from making lunches every so often and the kids absolutely love pizza lunch!

Order your pizza online here by
October 1:

<https://humewoodcouncil.ecwid.com/>

Payment is by credit card. If you prefer to pay with cash or cheque, please email humewoodpizza@gmail.com to make arrangements.

No child will be excluded from pizza lunch for financial reasons. If you have any concerns regarding payment, please feel free to contact Principal Julie Whitfield (julie.whitfield@tdsb.on.ca) or Vice Principal Rachelle Najman (rachelle.najman@tdsb.on.ca)

For general questions regarding Pizza Lunch please email humewoodpizza@gmail.com.

Put the following pizza lunch dates in your calendar or keep this list handy!

October 4, 27
November 1, 22
December 13
January 10, 24
February 7, 21
March 6, 27
April 17
May 1, 15
June 12

Choose between cheese only, cheese and pepperoni, gluten-free pizza (cheese only), or vegan/dairy free.

Choose the number of slices (1, 2, or 3)

\$4.50 for 1 slice

\$5.50 for 2 slices

\$6.50 for 3 slices

Sign up for the whole year or just the first half now. You can register for the second half in January. All orders come with fruit and a snack, including gluten-free and vegan/dairy free.

Parent volunteers run pizza lunches!

If you think you might be able to spare some time to help distribute pizza to the kids please get your name on the list by sending an email with the subject line: "Pizza Lunch Volunteer" to humewoodpizza@gmail.com

Many thanks in advance for any time you can spare!

APPROVED PROVIDER LIST

- Fruit and Veggie trays are always great additions to one or two treats from the list below. Fruit or veggie trays can be purchased at most grocery stores, as well as Costco. Pre-packaged carrot sticks, celery sticks and other fruit and veggies are ok. Please refrain from bringing fruit or veggies chopped at home, to avoid any cross contamination. If cutting at school, please wash all utensils and dishware before cutting and serving.
- Items that have a “processed in a facility that also uses nuts” or “may contain nuts” warning are considered unsafe, and should not be used
- Manufacturers often change ingredients, so please look for warning labels on all products, even if listed below as “safe”
- There are options in all price ranges, so each class can decide on one or two items from the list

BAKERIES:

Hermes Bakery– 416-787-1234 – 2885 Bathurst St, north of Glencairn – Kosher, peanut and tree nut-free, lactose and dairy free. Be advised that during Passover, this bakery is not nut-free as it contains almonds.

Richmond Bakery – 647-776-5995 – 4119 Bathurst St, north of Wilson – Kosher, peanut and tree nut-free, dairy free. Some sesame free and gluten free* are available by order. *Since the food is made in a bakery that contains gluten, be sure to ask whether there is a risk of cross-contamination. If so, this is not suitable for people with celiac disease.

Amazing Donuts – 416-398-7546 – 3772 Bathurst St at Wilson – Kosher, peanut and tree nut-free, sesame free and dairy free. Donuts are great, and they also make cookies and cupcakes. Can order mini-donuts instead of regular sized ones.

Sweets from the Earth – 647-436-2004 – 234 Canartic Drive - They have 2 facilities, one of which is nut, peanut, dairy, egg and sesame free. The other is gluten free but contains nuts (so forget that one for school!). Products include cookies, cupcakes, muffins, cakes and bars. Products are available in many grocery and health food stores.

<https://sweetsfromtheearth.com/>

Sorelle and Co. – 905-303-1073 – 1050 Rutherford Rd in Vaughn; Saks Food Hall on Yonge St – Free from: gluten, nuts, dairy, soy and preservatives. Delicious cookies and cupcakes and more, but it’s a shlep and, like all GF bakeries, \$\$\$.

<http://www.sorelleandco.com/>

Goodbye Gluten – 416-781-9191 – 2066 Avenue Rd – A grocery store and bakery that is free from gluten, nuts, dairy, eggs and soy. Products include cupcakes, cookies and many other sweet and savoury treats.

<http://www.goodbyegluten.com/>

Bakes and Goods – 647-847-8111 – 2523 Yonge St, north of Eglinton – Nut-free bakery Cupcakes and gourmet cookies. Gluten free, egg free and dairy free options available. \$\$\$

<http://www.bakesandgoods.com/>

Lollicakes – 416-482-2253 - 500 Lawrence Ave West (Lawrence Plaza) - Peanut, tree-nut and sesame free and gluten-free cupcakes and cakes (made in a separate kitchen so they are celiac-safe!).

<http://www.lollicakes.ca/>

SOMETHING SWEET:

School Safe – Made by Treasure Mills – A Canadian owned company which has many options to choose from. They are peanut free, tree-nut free and dairy free. A lot of their items are individually packed so great for class picnics or parties. They are very reasonably priced. Items include banana chocolate chip loaves, brownies, chocolate chip cookies, cupcakes, vanilla chocolate chip loaves. They can be bought at most grocery stores like Loblaws/Metro or Costco.

<http://www.treasuremills.com/>

RealFruit – Made by Dare – Gummies, sours and fruit chew snacks. They are peanut free, tree-nut free, gluten free and some are gelatin free. A lot of their items are individually packed so great for class picnics or parties. They are very reasonably priced. They can be bought at most grocery stores like Loblaws/Metro or Costco.

<http://www.darefoods.com/>

Surf Sweets – Gummy worms and bears and chewy sour candies. Free of high fructose corn syrup, artificial colors and flavours, and the top 10 allergens, including gluten.

<http://wholesomesweet.com/brands/surf-sweets/>

Bear Paws – Made by Dare – Paw shaped soft cookies. They are peanut free and tree nut free. A lot of their items are individually packed so great for class picnics or parties. They are very reasonably priced. There are fruit chews, banana chocolate chip paws, brownie paws, chocolate chip paws, oatmeal paws etc. They can be bought at most grocery stores like Loblaws/Metro or Costco

<http://www.darefoods.com>

Made Good – Individually wrapped cereal bars or mini balls, flavours are chocolate banana, strawberry, mixed berry and apple cinnamon. Gluten free, dairy free, peanut and tree nut free, kosher options are available. Products can be bought at most grocery stores like Loblaws/Metro or Costco.

<http://www.madegoodfoods.com/ca/?set-region=CA>

Enjoy Life Foods – Sweet (mini cookies) and salty (Plentil chips) options. All are free from gluten, wheat, dairy, peanuts, tree nuts, egg, soy, fish and shellfish. Products available at most grocery and health food stores.

<https://enjoylifefoods.com/>

SOMETHING SALTY:

Skinny Pop – A variety of flavoured popcorn such as original, sea salt, cheddar, naturally sweet and jalapeno. They have regular size bags as well as individually wrapped packages. Gluten free, dairy free, peanut free and tree nut free. . They are very reasonably priced. Can be bought at most grocery stores like Loblaws/Metro or Costco.

<https://www.skinnypop.com/>

Lays – A variety of flavoured chips such as regular, sour cream and onion, ketchup etc. They have regular size bags as well as individually wrapped packages. *Gluten free except for BBQ flavour. They do not advertise as peanut free, but no peanuts or tree nuts are used.

<https://www.lays.ca/products>

Sensible Portions - Garden Veggie Straws – Crunchy veggie straws with potato and veggies, similar to a chip. Gluten free. They do not advertise as peanut free, but no peanuts or tree nuts are used.

<https://www.sensibleportions.com/en/>

Snyder's of Hanover – All of their pretzels, including the gluten-free ones, are made in a peanut-free facility. Gluten-free version is available at Goodbye Gluten.

<http://www.snydersofhanover.com/>

SOMETHING FROSTY:

Chapmans – Ice cream sandwiches and popsicles. Not all their products are peanut free, but there are many types of them that are peanut and tree nut free, as well as gluten free. Lolly's is their popsicle line that is peanut free, tree nut free as well as gluten free. They are very reasonably priced. Can be bought at most grocery stores like Loblaws/Metro. Please read package carefully to ensure that the product chosen is peanut/nut free.

<https://www.chapmans.ca/>

Kisco – Freezie pops and juice pops - All Kisco products are peanut free and nut free, dairy free, gluten free, soy free and egg free. Most products are also kosher.

<http://www.kiskofreezies.com/>

FRUIT/VEGETABLES:

Fruit or veggie trays can be purchased at most grocery stores, as well as Costco. Pre-packaged carrot sticks, celery sticks and other fruit and veggies are ok. Please refrain from bringing fruit or veggies chopped at home, to avoid any cross contamination.

PIZZA:

Humewood currently use 1 Plus 1 Pizza, which is located at 361 Oakwood Ave, for regular pizza options. For gluten free pizza, Humewood uses Pizza Nova.