



# MORRISH P.S.



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Principal: Arif Nathoo

Superintendent of Education: Sheryl Robinson Petrazzini

School Trustee: Anu Sriskandarajah

<http://schools.tdsb.on.ca/morrish>

December 2, 2019

<http://www.tdsb.on.ca>

## DECEMBER'S CHARACTER ATTRIBUTE: KINDNESS AND CARING

### PRINCIPAL'S MESSAGE

Our halls have been bustling with activity this past month, from Progress Reports to Shoelace tying Club, School Council Initiatives to Youth Wellness Club, our students are finding many ways to be engaged in their learning. Congratulations to all our Grade 5, 6, Junior / Intermediate volleyball and basketball teams for representing our school at local tournaments. All our teams demonstrated great sportsmanship and skill development and represented Morrish P.S. in a positive manner. We are proud of all of you!

Please see the attachments for information on the following:

- 1 **Our Annual Family Movie Night**
2. **Talking with your Teen about Vaping**

If you haven't already done so, we encourage you to visit the Education Quality and Accountability (EQAO) Office website

(<http://www.eqao.com/Parents/parents.aspx?Lang=E>) to find ways to support your child's learning. It is only through staff, students and parents working together that our students can continue to make gains with The Ontario Curriculum and specifically achieving at or above the provincial standard. To review our EQAO results, please visit <http://eqaoweb.eqao.com/eqaoweborgprofile/profile.aspx?Mident=3136>.

### MORRISH CALENDAR

Please visit our school website where you will find our new school calendar with upcoming dates and events. We've included monthly spirit days, field trips, lunches, etc.

HOLIDAY COOKIES will be sold at the office on December 19th @ \$1.00 each while quantities last.

### KINDNESS AND CARING

Your child is involved in learning activities designed to develop good character and help children make good choices. Our focus this month will be on **KINDNESS AND CARING**. *What does "kindness and caring" mean to you?*

#### **Your child can show kindness and caring by:**

- demonstrating these attributes toward themselves and others, including family, friends, and pets
- being aware of others' feelings without teasing or using put-downs
- helping someone who is having a bad day

### **Questions to discuss with your child:**

- How do we show kindness and caring toward each other in our family?
- What other things *could* we do to show kindness and caring toward our family members?
- What kinds of things can we do to show kindness and caring toward our friends?
- What does it mean to be kind and caring to animals?

### **Projects to do together:**

- Engage your child in being kind and caring toward others by reflecting on his or her behaviour and identifying his or her acts of kindness.
- Write thank-you notes to those who have shown kindness and caring toward your child/family.
- Do something that shows kindness and caring for someone less fortunate.

### **Encouraging kindness and caring in your child:**

- Show your child the importance of being kind and caring by displaying kindness and caring to your child and others.
- Share your feelings with your child, which provides him or her with the opportunity to be kind and caring.
- Expose your child to the power of kindness through random acts of kindness toward people, animals, and the environment.
- Read and discuss media stories that depict acts of kindness and caring.

### **Thank you for supporting our Character Development program.**

### **DECEMBER HOLIDAY CONCERT**

We are pleased to announce that our annual Holiday Concert will be held on the Monday, December 16, 2019 at 6:00 p.m. Admission is free and we will be collecting



unwrapped toys and canned food items to donate to local charities. As you may have heard in the news, donations for the month of November were below expectations. The need is great this year and donations will help keep the food hampers full until the end of the year.

### MESSAGE FROM SCHOOL COUNCIL

Our council meetings are in full swing; lots of great ideas are being discussed and we are looking forward to sharing them with you. These funds are used to help with costs for transportation for field trips.

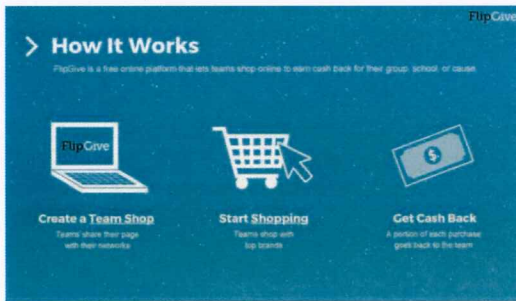
**JOIN FLIPGIVE**

We are pleased to announce our new FUNDRAISER. FLIPGIVE, a team funding app that earns us cash for the things you're already buying. With family favorites like Walmart, Esso™, Swiss Chalet, Nike and Under Armour all you have to do is continue to buy the things you need. When you buy you earn cash for the school.

FLIPGIVE is FREE to use! Simply download the app ([www.flipgive.com/join](http://www.flipgive.com/join)) and enter our unique CODE **72LKWH**

Share this code with family and friends and invite them to use the App.

Time is an expensive currency that you can't get back. So visit the website, purchase your gift cards and other items online and earn cash for our school all in the comfort of your home.



**TEAMWORK MAKES THE DREAM WORK!**

*Our next school council event is on: Thursday, December 5<sup>th</sup>, 2019. Please see flyer for more information for our Movie and Coat Swap evening.*

**NUTRITION PROGRAM and MILK PROGRAM**

If you would like your child to be enrolled for the second half of the school year (February to June, 2020), kindly send in or pay online by January 20<sup>th</sup>, 2020.

|  |  |
|--|--|
| <b>Morrish's Cool Fuel Nutrition Program</b> | <b>\$80.00</b><br>February to June, 2020 |
| <b>Milk Program</b><br><i>Tuesday's Only</i> | <b>\$20.00</b><br>February to June, 2020 |

Both the Nutrition Program and Milk Program are available online for payment. Tax receipts can be issued only for cheques of \$10.00 or more. The cheques must be made payable to TFSS / Morrish PS and sent in to the school office to be processed.

The nutrition program is supervised by Toronto Public Health and only partially funded by the Toronto Foundation for Student Success. The success of the program relies heavily on parental contributions.

***Thank you for your continued support!***

**Secondary Program Review and Optional Attendance**

The Toronto District School Board (TDSB) is undertaking a review of secondary schools to ensure all students have equitable access to programs and opportunities, as close to home as possible. As part of

the Secondary Program Review, the TDSB is reviewing the **Optional Attendance** policy (P013), which allows students to apply to schools other than their designated school by home address.

A public consultation process for both the Secondary Review and P013 started in November 2019. Please visit the TDSB website for more information and opportunities to provide feedback: <https://www.tdsb.on.ca/High-School/Secondary-Program-Review>.

If you have any questions and/or comments, please email [SecondaryReview@tdsb.on.ca](mailto:SecondaryReview@tdsb.on.ca)

**WEATHER GUIDELINES**

Children need an opportunity to get exercise and free play time outdoors, however, weather

Conditions, sometimes, warrant that indoor recesses, lunch periods and pre-entry periods be considered necessary for student and staff safety, such as:

(a) Rain, thunderstorms, lightning, hail, extreme winds and extreme cold.

(b) Cold weather: When temperature and/or wind chill factor indicates -28C or lower, children remain indoors due to risk of frost nip and frostbite.

When temperature and/or wind chill factor indicates -20 to -28C, recesses may be shortened to 10 minutes and lunch recess to 20 minutes depending on local conditions. Children should be monitored closely for signs of frost nip, frostbite or difficulty breathing.

(c) Humidity, Heat and Smog Alerts: The City of Toronto issues heat alerts and heat emergencies based on the daily forecast from May to September. Alerts are posted on the Web site [www.toronto.ca/health](http://www.toronto.ca/health) or by calling (416) 338-7600. Staff and students should be vigilant about their level of activity and should take frequent breaks for water in order to remain adequately hydrated.

Other conditions: Weather conditions change during the day. When necessary and if the weather is questionable, the school Principal will consult the Environment Canada's [www.weatheroffice.ec.gc.ca](http://www.weatheroffice.ec.gc.ca) or Toronto Public Health Web sites for information.

During extreme weather conditions, students may wait inside Morrish P.S. up to 15 minutes prior to the entry or dismissal bells.

Severe weather conditions may require the TDSB to cancel transportation or, in extreme conditions, close schools. The decision to close schools is made by the director of education. In the event transportation is cancelled or schools are closed, the local media will be informed before the beginning of the school day. Tune in to your radio and television news stations for the latest information or visit <http://www.tdsb.on.ca/>.

If weather conditions become extreme after students are in school, a decision to close schools will be made by 11:00 a.m. and broadcast by noon. In this case, elementary students will remain in the school until they are picked up by a parent or parent designate. If there is no announcement about school closing by noon, schools will remain open for the day.

**TRAFFIC SAFETY TIPS: HELP  
MAKE THIS A SAFE WINTER SEASON**

As winter approaches, we know that severe weather will be part of our daily lives for the next several months. While traffic safety is an important matter all year long, this is a particularly good time to review what we can do to keep students safe.

The need to be aware and alert at all times, on any road, and even in the most routine circumstances is key to traffic safety. This applies to students and drivers alike. Road conditions can be challenging in the winter months. So to those of us who drive, please take extra care on the roads and in parking lots, especially in areas where children might be present.

Periodically, school staff will review street and traffic safety with students. Parents can help **reinforce** these safety messages with children at home. Below are some tips that might be helpful to review.

- Stop, look, and listen for traffic.
- Only cross at corners and crosswalks.
- Make eye contact with drivers.
- Walk on the right side of the crosswalk.
- Wear appropriate footwear to reduce the chances of slipping.
- Never run into the street.
- Obey crossing signals.
- Cross only if clear.
- Walk on sidewalks.
- Where there are no sidewalks, walk as far away from traffic as possible, facing traffic.

The safety of our students is always a top priority. Let's work together to make the winter season safe so we can enjoy all it has to offer.

**STAY HEALTHY DURING THE FLU SEASON**

Flu season is here again. In Canada, flu season tends to run between October and April. The Ontario government is encouraging Ontarians to avoid getting sick this flu season by getting their annual flu shot.

Toronto Public Health is recommending that whenever students and staff experience flu-like symptoms, they are sent home and do not return to school until they are no longer infectious to others. Therefore, ill students and staff should be symptom-free (especially from vomiting and diarrhea) for at least 48 hours before returning to school.

The primary concern is for the health and safety of all students and staff. Please note that no special measures are required when there is a case of influenza in a school or daycare. However, everyone should do their part to stop the spread of the flu. As parents, you can also assist by:

- reminding children to wash their hands often especially after using the washroom and before and after eating;
- reminding children to cover their sneeze and cough;
- watching for symptoms of vomiting, diarrhea, dizziness, and/or high fever;
- informing the school if your child is ill;
- keeping your child at home when he/she is ill.

For more information, please visit the Toronto Public Health website [www.toronto.ca/health](http://www.toronto.ca/health), contact your family doctor, or Telehealth Ontario. 1-866-797-0000.

To learn more about Active Transportation & Road Safety, please visit the [TDSB website](#).

## Food Bank



## PLEASE DONATE

The Food Bank is in **GREAT NEED** of food items. We appreciate food items in the form of:

- pasta (all types)
- cereal (whole grain)
- turkey stuffing
- canned vegetables
- canned meat
- baby formula
- peanut butter
- ketchup
- cranberry sauce
- boxed/canned juice
- canned chili
- instant mashed potatoes
- sugar
- flour
- tomato sauce
- baking mixes
- gravy
- canned fruit
- rice
- baby food
- jelly/jam
- snacks
- canned soups
- crackers
- vegetable oil
- granola bars



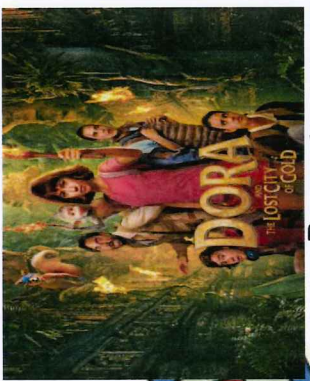
**The last day of school is  
Friday, December 20th, and,  
school re-opens on January 6<sup>th</sup>, 2020**



# Free Family Movie Night

Join us in the **Morrish P.S** gymnasium on Thursday December 5<sup>th</sup> at 6:00pm

Dora and the Lost City of Gold



**FREE POPCORN FOR EVERYONE!**

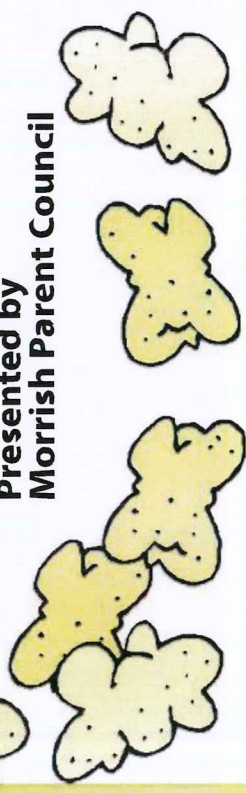
*Please bring a non-perishable food item to donate to our local food bank!*

Parents are welcome to browse through our Winter Coat Swap while children watch a movie. All items are gently used and free for anyone who needs them.

ALL Students must be accompanied by their parent or guardian for the entire evening

Bring a blanket or pillow and your favourite stuffed animal and get comfortable!!

Presented by Morrish Parent Council



*Please bring a non-perishable food item!*



# Morrish P.S. Winter Coat Swap



Winter is here! Have your children grown out of their coats?

SWAP THEM for a clean gently used one instead!

Morrish P.S. School Council would like to ask parents to donate gently used and unwanted children's winter coats, snow pants, boots in good condition.

Please wash and send your items to school beginning:



December 2<sup>nd</sup>

On Family Movie Night, parents are invited to browse through the donated items and take what they can use for FREE!

# TALKING WITH YOUR TEEN ABOUT VAPING

## A TIP SHEET FOR PARENTS



### BEFORE THE TALK: GET THE FACTS

#### Vaping is not harmless

- > Vaping can increase your exposure to harmful chemicals.
- > Vaping can lead to nicotine addiction.
- > The long-term consequences of vaping are unknown.
- > It's rare, but defective vaping products (especially batteries) may catch fire or explode, leading to burns and injuries.

#### Risks of nicotine

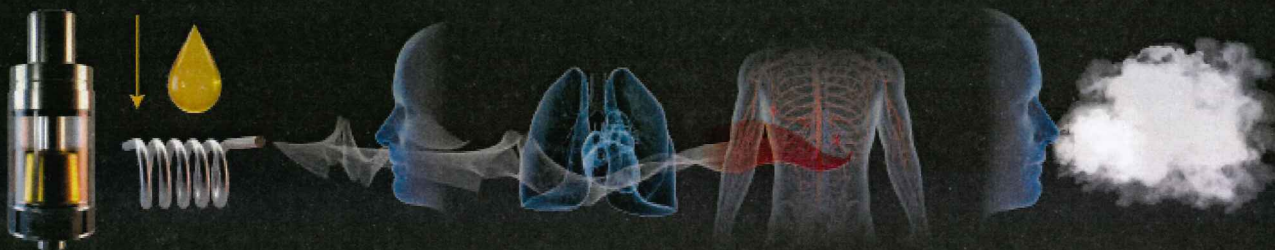
Nicotine is a highly addictive chemical. Youth are especially susceptible to its negative effects, as it can alter their brain development and can affect memory and concentration. It can also lead to addiction and physical dependence. Children and youth may become dependent on nicotine more rapidly than adults.

Although not all vaping products contain nicotine, the majority of them do, and the level of nicotine can vary widely. Some vaping liquids have low levels, but many have levels of nicotine similar or higher than in a typical cigarette. Quitting vaping can be challenging once a teen has developed an addiction to nicotine. Nicotine withdrawal symptoms can be unpleasant.

Vaping nicotine can alter teen brain development.



Even if a vaping product does not contain nicotine, there is still a risk of being exposed to other harmful chemicals.



**1** Vaping liquid, which contains chemicals, is heated to become an aerosol

**2** The aerosol is inhaled through the **mouth and lungs** where it is absorbed into the **bloodstream**

**3** The remaining aerosol is exhaled

### Did you know?

- > Data from a recent Health Canada survey showed that 23% of students in grades 7–12 have tried an electronic cigarette.
- > Vaping devices may also be used for other substances like cannabis.
- > Vaping products can be difficult to recognize:
  - Devices come in a variety of shapes and sizes, and some resemble a USB flash drive;
  - Liquids can have high levels of nicotine and come in a variety of flavours;
  - Vaping may not leave a lingering identifiable smell; and,
  - Add-ons like vinyl “skins” or wraps can also make these items harder to recognize.
- > Vaping products have many names, such as: e-cigarettes, vape pens, vapes, mods, tanks, and e-hookahs. They may also be known by various brand names.
- > The *Tobacco and Vaping Products Act* prohibits vaping products to be sold or given to anyone under the age of 18. Be aware of the laws in your province or territory, as some have increased the age to 19.



### Vaping versus smoking

For people who smoke, completely replacing cigarette smoking with vaping will reduce their exposure to harmful chemicals. However, it is not safe for youth to use any nicotine products, including cigarettes and vaping products. If you suspect your child is addicted to nicotine, talk to your healthcare provider.

Vaping is not for youth and non-smokers.



### Vaping liquids

The ingredients typically found in vaping liquids include glycerol, flavours, propylene glycol and varying levels of nicotine. The long-term safety of inhaling these substances in vaping products is unknown and continues to be assessed.

The heating process can cause reactions and create new chemicals, such as formaldehyde. Some contaminants, such as metals, might also get into the vaping products and then into the aerosol.

### SET A POSITIVE EXAMPLE

If you use tobacco or vaping products, be honest with your teen about the risks, and any regrets, difficulties and health effects resulting from your experience. Talk with your teen about when and why you started to smoke/vape and explain how you thought it would make you feel, and how it is affecting your health.

It is never too late to quit smoking. If you are vaping to help you quit smoking, talk with your teen about it. Talk to them about addiction and how hard it can be to quit smoking. And remember, quitting smoking is possible. For free help, visit [gosmokefree.gc.ca/quit](http://gosmokefree.gc.ca/quit) or call 1-866-366-3667.

## START THE CONVERSATION

### Find the right moment

Take advantage of situations where you can talk about vaping. It doesn't have to be formal. For example, when passing by a group of teenagers who are vaping, take the opportunity to have a conversation with your teen about it. Discuss the facts and correct any misconceptions.

### Be patient and ready to listen

- > Avoid criticism and encourage an open dialogue.
- > Remember, your goal is to have a meaningful conversation, not to give a lecture.
- > Thank your teen for being honest with you if they tell you that they have tried vaping or vape regularly. Then offer to share some information about the risks of vaping, and discuss the benefits of being smoke- and vape-free.

### Get support

- > Ask your healthcare provider to talk with you and your teen about the risks of vaping and ways to be smoke- and vape-free.
- > Consider suggesting that your teen talk with other trusted adults, such as relatives, teachers, faith leaders, coaches, or counsellors whom you know are aware of the risks of vaping. These supportive adults can help reinforce your message.

## KEEP THE CONVERSATION GOING

- > Don't expect to have just one conversation with your teen. Odds are you will probably need to talk about the subject many times and in many different places.
- > Strike up a conversation again whenever you have some time together. You will also find that as your teen grows, your conversations about vaping will change and reflect their growing maturity, intellectual abilities and the pressures they face.
- > Keep in mind that talking about it can also set the stage for important discussions about tobacco, alcohol, cannabis, drugs and other risky behaviours.

