

NMPPS Weekly Message
Sunday June 15, 2025

Sponsored Book Fair - Free Books for All Students

Thank you to Spin Master and Scholastic for our book fair! On Tuesday, June 10th, each student was able to choose and take home two books each. Look at the excitement!



NMPPS Library

Thank you to all of our readers this year - June 16 to 20th is the last week for students to visit the Mandela library. A few books are still at home or in backpacks - please find any borrowed books and return them on Monday. Hoping that all of you spend lots of time at our local Toronto Public Library and the Book Bank this summer! We can not wait to welcome you all back to the library in September!

Endangered Kentucky Coffee Trees - Ms. Xavier's 1/2s

In Ms. Xavier's Class, Aiden from Green Thumbs helped us learn about endangered Kentucky coffee trees. We have 2 of these trees in our school yard that we investigated. We learned that these trees are endangered because we no longer have mammoths spreading the seeds. As a class we decided to show stewardship by planting seeds to keep these trees alive!



Life Cycle of Butterflies - Ms. Xavier's 1/2s

In Ms. Xavier's Class, we learned about many life cycles. We observed the metamorphosis of painted lady caterpillars in our class. As our continued commitment to be caretakers of this land, we are very happy to know that these butterflies will pollinate many plants and flowers!



Parent/Caregiver & Community Newsletter - TDSB Resources for Parents

PCCEW Newsletter Volume 9 - June 2025

Trustee Update June 2025

Read the latest newsletter from Trustee Deborah Williams here: [Trustee Update June 2025](#)

Summer Message from Toronto Public Health:

Protect You & Your Loved Ones Against Measles

Measles continues to spread in Ontario and around the world. Measles is a very contagious virus that spreads when an infected person breathes, coughs, sneezes or talks. The measles vaccine is safe and effective to prevent the spread of measles. One dose provides about 85 per cent protection and two doses provide more than 95 per cent protection.

Take this time to check your child's and your family's measles vaccinations in their yellow vaccine card, online at [ICON](#) or speak with your primary health care provider. Anyone born

in 1970 or later should have two doses of vaccine. Students who are not up to date with their measles vaccinations can miss school or summer camps if there is a case of measles at their school or camp.

Visit toronto.ca/measles for more information.

Stay Up to Date with Vaccinations and Report them to Toronto Public Health

With summer fast approaching, we encourage parents and students to stay up to date with all vaccinations, as outlined in the [Immunization of School Pupils Act \(ISPA\)](#). This includes vaccinations for measles, mumps, rubella, diphtheria, tetanus, polio, pertussis (whooping cough), meningococcal disease and varicella (chickenpox).

If students in grades 7 to 12 missed one or more school-based vaccines in Grade 7, they can still receive them for free until the end of high school through primary health care providers or at a Toronto Public Health (TPH) summer vaccination clinic. Appointments can be made at TPHBookings.ca.

Vaccinations received from a health care provider must be reported by the parent/guardian or student (16 years of age and older) to Toronto Public Health. This can be done online at toronto.ca/StudentVaccines.

Sun Safety and Hydration

This summer, the [#BeSunSafe](#) program is back, providing sunscreen and shade tents for City of Toronto camp and park recreation programs and free sunscreen at various locations across the city. Protect your skin when enjoying the summer weather by:

- Seeking shade and limiting time in the sun between 11 a.m. and 3 p.m. or when the UV index is 3 or higher.
- Wearing clothes that cover as much skin as possible including a wide-brim hat and sunglasses that provide 100% UV protection.
- Using sunscreen with SPF 30 or higher. Reapply every 2 hours and after swimming or sweating.

Make water your drink of choice this summer. [Very hot weather](#) can pose health risks.

Encourage children to drink plenty of fluids because they may not feel thirsty while at play.

Staying Active and Preventing Injuries

Encourage everyone in the family to be active together. Children five to 17 years of age need at least 60 minutes of moderate to vigorous physical activity per day (three- to four-year-olds need even more active time!). Reduce the “non-active” time children spend on computers, electronic games or watching TV to less than one hour per day for three- to four-year-olds and less than two hours per day for five- to 17-year-olds. Less is better!

Stay safe this summer while enjoying wheeled activities (bikes, scooters, inline skates/roller blades, skateboards). Wearing a [properly fitted helmet](#) will help protect your head. A head injury can permanently change the way a child walks, talks, plays and thinks. Children and youth under 18 are [required by law](#) to wear a helmet when cycling in Ontario. TPH encourages all people participating in wheeled activities to wear a helmet, regardless of age. Did you know? E-Scooters are not allowed to be ridden in the City of Toronto regardless of your age and e-bikes are only allowed in Toronto for those 16 years and older. Visit the City of Toronto’s [Electric Scooters & Electric Bicycles](#) webpage for more information.