

# Norman Ingram PS

50 Duncairn Rd, North York, ON M3B 1C8 | Tel: (416) 395-2720

Date: Thursday, April 2, 2026

[School Website](#) / [2025-26 School Year 5-Day Calendar](#)



## Principal's Message

Dear Norman Ingram Families,

As we move through April, the weather remains unpredictable. Some days feel like spring, while others are much colder, wetter, and muddier than expected. Please help your child come to school prepared for the changing conditions by dressing in layers and bringing appropriate outdoor clothing. It is also very helpful for students to have an extra set of clothes at school, especially during this muddy season.

A few important reminders for families:

We kindly ask that students not bring very strongly scented products to school, such as hand sanitizer, lotions, or sprays. Some members of our school community experience allergic or sensitivity reactions to certain scents, so we appreciate your support in keeping our learning environment safe and comfortable for everyone.

This is also a good time to review allergy-related supports. If your child requires an EpiPen or other emergency medication, please ensure that it is current, clearly labelled, and provided to the school as needed. Student safety remains a top priority, and your attention to this is greatly appreciated.

For students bringing lunch from home, please remember to include cutlery when needed. We sometimes have extra spoons or forks available at school, but we do run out, so it is helpful when students come prepared.

We are also confirming that **Grade 5 graduation photo retakes** will take place on **Thursday, April 9, in the mid-morning**. The photographer is expected to arrive at approximately **10:45 a.m.** to set up, following a visit to a nearby school.

During April, members of our community may be observing important faith and cultural celebrations and commemorations. We recognize that this is a meaningful time for many families, including those observing **Passover** and those celebrating **Easter**. A reminder that there will be **no school on Friday, April 3 and Monday, April 6**, for the Easter long weekend. We wish all of our families a restful and enjoyable long weekend, and we extend warm wishes to those observing Passover and celebrating Easter.

Sincerely,  
Kostas Flegas  
Principal

### **Student Medication Reminder: EpiPens and Puffers**

To help us keep all students safe, we ask families to please ensure that any EpiPens and puffers/inhalers sent to school are current, clearly labelled with your child's name, and not expired. Typically, one EpiPen travels with the student, and a second is kept at school as a backup. Puffers must also be readily accessible at all times, and families should let the school know if there have been any changes to their child's medication or medical needs. If your child has an anaphylaxis or asthma plan, please notify the main office of any updates so that school records, forms, and emergency procedures can be kept current.

Please contact the main office if you need to update your child's medical information or replace medication kept at school.

### **Allergy Awareness Reminder: Food, Scents, and Shared Items**

To help us maintain a safe and caring school environment for all learners, we ask families to please be mindful of the foods, snacks, scents, and other items brought into the school. Some students and staff have life-threatening allergies or sensitivities, and even limited exposure can create serious health concerns.

Before sending in food, treats, or craft materials for a classroom or school event, please check with your child's teacher or the school first. In some cases, families may be asked to provide an ingredient list to help us support student safety.

We also ask families to avoid sending strongly scented products, such as fragranced hand sanitizers (e.g., Bath & Body Works–style scented sanitizers), perfumes, colognes, and heavily scented lotions. Where possible, please choose unscented or fragrance-free options (e.g., plain alcohol-based hand sanitizer labelled "fragrance-free"), as these are safer for students and staff with sensitivities.

Thank you for your care, cooperation, and partnership in helping us create a safe learning environment for everyone.

### **Significant Dates:**

- April 3: No School (Good Friday)
- April 6: No School (Easter Monday)
- April 9: Grade 5 grad photo retakes
- April 27: Grade 3 Universal Screening
- April 30: Grade 3 Universal Screening
- May 11: School Council Meeting
- May 14: Spring Choral Concert
- May 18, 2026: No School (Victoria Day)
- May 20: Kindergarten Open House (5:30 pm to 6:30 pm)
- May 25-May 30: EQAO (Grade 3)
- June 4: Fun Fair & Art Exhibit
- June 5: No School (PA Day)
- June 11: Jump Rope Event
- June 16: Grade 5 Trip
- June 23: Grade 5 Graduation / Farewell
- June 25: Last day for students
- June 26: No School (PA DAY)

## Messages from our School Council:

### 1) Pizza Lunch Fridays:

- April 10
- April 17

### Pizza Lunches:

Upcoming: Cash Online for Pizza Lunch Spring Registration will open Tuesday, April 7th, 2026. Registration will be open until April 16th, 2026.

### Dance Social ([Poster Link](#))

Dear Families,

We're excited to invite you to our upcoming **Family Dance Social & Bake Sale**, hosted by the Parent Council! This fun-filled evening is open to everyone and will feature great music from a DJ, plenty of dancing, and delicious treats available for purchase.



**Date:** Thursday, April 23, 2026



**Time:** 5:30 PM – 7:30 PM

We are currently looking for volunteers to help make our bake sale a success. If you enjoy baking, we would love your support! A sign-up form for baking volunteers will be sent out next week, so please keep an eye out for that.

We hope to see you there for an evening of music, community, and fun!

Warm regards,  
Parent Council

### **Track and Field 2026**

If your child has expressed an interest in trying out for the Track and Field team. Please see the schedule below for practice times and meets. **Please note that practices will still take place in the gymnasium if it is raining outside.** Further, the practice dates following the Area Meet are only for Grade 4 and 5 students who qualify for Conference Finals or City Championships; they will continue to practice up until their respective meets.

It is important that students attend all practices and arrive promptly, so we can maximize our workouts with longer warm-ups, improve running techniques, and prevent injury. There are limited spots on the team, so the most committed and hard-working athletes will more likely qualify for one or more events. Further, proper footwear is a must for all athletes. Please invest in a good pair of running shoes. Students in Grades 4 and 5 will be able to try out for the following events:

Grade 4 and 5 boys/girls	80m
	200m
	400m
	800m
	1200m
	4 x 100m relay boys/girls

Please fill out the form at the link <https://parent.ema.tdsb.on.ca/> if you want your child to try out. Members of the track team will be chosen and notified by Tuesday, April 21. We look forward to seeing many participants.

Sincerely,

Ms. Panela and Ms. Lam

### **Track and Field Schedule**

Please meet at the back of the school at 8:15 am and be on time for all practices. Practices: You must have your parents' permission form to participate in the first practice. Students will not be permitted to try out for the team without a parent's permission form.

### **Tuesdays and Thursdays**

- April 9, 14, 16, 21, 23, 28, 30, May 5, 7, 12
- Conference Qualifiers – May 19, 21, 26, 28
- City Qualifiers – June 4

### **Track and Field Meets:**

- Area Championships – Thursday, May 14 at Esther Shriner Stadium
- Conference Championships – Tuesday, June 4 at Esther Shriner (qualifiers – Top 4 finishers)
- City Championships – Tuesday, June 9 at Birchmount Stadium (qualifiers – Top 4 finishers)