November 19, 2020

Quote of the Week:

**“You just can't beat the person who never gives up.”**

**~ Babe Ruth**

Dear RH McGregor Families,

Please see below for this week's updates:

**Friday, November 20th - PA Day**

Please note Friday, November 20th is a P.A. Day for parent/teacher interviews and there will not be classes for students.

See you on Monday!

**Public Health Reminders**

Toronto Public Health (TPH) has stated we all need to work together and put forth our best efforts to reduce contact with individuals outside our households due to the increasing rates of COVID 19 in the community, in addition to continuing to practise social distancing, mask wearing, and hand hygiene.

Please see the TPH updates below:

Key points to keep in mind

* Social gatherings should only be with those you live with and/or 1 or 2 essential supports
* Restrict close contacts only to those you live with and your essential supports
* Limit in-person activities outside the home to essential activities only – going to work or school, health care, shopping for your household and health needs, and getting exercise and physical activity

[https://www.toronto.ca/home/covid-19/covid-19-reopening-recovery-rebuild/covid-19-reopening-guidelines-for-businesses-organizations/](http://track.spe.schoolmessenger.com/f/a/8dlNoPlH0emDsQLF4NWbiQ~~/AAAAAQA~/RgRhl-lEP0SEaHR0cHM6Ly93d3cudG9yb250by5jYS9ob21lL2NvdmlkLTE5L2NvdmlkLTE5LXJlb3BlbmluZy1yZWNvdmVyeS1yZWJ1aWxkL2NvdmlkLTE5LXJlb3BlbmluZy1ndWlkZWxpbmVzLWZvci1idXNpbmVzc2VzLW9yZ2FuaXphdGlvbnMvVwdzY2hvb2xtQgoARsS1tl_4SwYMUh12YXNpbGlraS5ib3VyZWxpYXNAdGRzYi5vbi5jYVgEAAAAAg~~)

**A Message from the YMCA Regarding the Yard After School**

After school, the YMCA program is outside with the children.  There are 7 groups, and they need to remain separate, in their cohorts.  You will see them on the field.  Please be mindful not to be in close proximity to any of the groups when you and your child are using the field.  The YMCA appreciates your understanding in this matter.”

**Bulletin Boards Around RH!**

[Recipe for Peace](http://track.spe.schoolmessenger.com/f/a/WGlXv9OTe_wyREo5XOfUKQ~~/AAAAAQA~/RgRhl-lEP0R0aHR0cHM6Ly9tc2cuc2Nob29sbWVzc2VuZ2VyLmNhL20vP3M9RmRPLV9BLUZXcm8mbWFsPWI1Zjg4MjFmY2FjMzJmOWZlMzY2ZDVjNmI1NTA3YmJkZjk1MTg1Y2Q0MzBkYmU0ZmEzZDZmNzA1ZDA1M2YyNmJXB3NjaG9vbG1CCgBGxLW2X_hLBgxSHXZhc2lsaWtpLmJvdXJlbGlhc0B0ZHNiLm9uLmNhWAQAAAAC)

[Watercolour Poppies](http://track.spe.schoolmessenger.com/f/a/OSrQ2Xb3Tbu9wcaE5QIXZQ~~/AAAAAQA~/RgRhl-lEP0R0aHR0cHM6Ly9tc2cuc2Nob29sbWVzc2VuZ2VyLmNhL20vP3M9RmRPLV9BLUZXcm8mbWFsPTgzYTVjMWEyYjZjOWY3YmFlOWRlYzE1MWE2NzY3ZWZlN2M5MTNkMTk4MmM1ZTU1NjY2MDMxMGQzNGFlOTQ5NWZXB3NjaG9vbG1CCgBGxLW2X_hLBgxSHXZhc2lsaWtpLmJvdXJlbGlhc0B0ZHNiLm9uLmNhWAQAAAAC)

**Early French Immersion Program - Application Information**

For families interested in the Toronto District School Board's[Early French Immersion](http://track.spe.schoolmessenger.com/f/a/-BJo-9xxVck1GM7RdNiSQQ~~/AAAAAQA~/RgRhl-lEP4SfA2h0dHA6Ly90cmFjay5zcGUuc2Nob29sbWVzc2VuZ2VyLmNvbS9mL2EvQkJOOWpMXzNVcmhRNnR6dUUydlpwZ35-L0FBQUFBUUF--EsGDFIddmFzaWxpa2kuYm91cmVsaWFzQHRkc2Iub24uY2FYBAAAAAI~) Program (begins in Senior Kindergarten), we offer an online process to apply. [Attached](http://track.spe.schoolmessenger.com/f/a/0l9mDLrJeb5rVlZxgvG2Yg~~/AAAAAQA~/RgRhl-lEP4RbA2h0dHA6Ly90cmFjay5zcGUuc2Nob29sbWVzc2VuZ2VyLmNvbS9mL2EvM3RaQ1hNVkhfWVBabTJnOTRKeWxGd35-L0FBQUFBUUF-_hLBgxSHXZhc2lsaWtpLmJvdXJlbGlhc0B0ZHNiLm9uLmNhWAQAAAAC)please find an important information package.

To apply for the Early French Immersion Program (SK entry) for September 2021, applications must be completed online between[November 2 and November 27, 2020](http://track.spe.schoolmessenger.com/f/a/-BJo-9xxVck1GM7RdNiSQQ~~/AAAAAQA~/RgRhl-lEP4SfA2h0dHA6Ly90cmFjay5zcGUuc2Nob29sbWVzc2VuZ2VyLmNvbS9mL2EvQkJOOWpMXzNVcmhRNnR6dUUydlpwZ35-L0FBQUFBUUF--EsGDFIddmFzaWxpa2kuYm91cmVsaWFzQHRkc2Iub24uY2FYBAAAAAI~).

An offer of placement in the program (not a specific school) is guaranteed to all on-time applicants and will be made in the weeks following the close of the application window.

Please note: Families with an older sibling currently enrolled in the same French program and who will be in attendance next year are still required to complete an online application for the new student. Please select the “sibling option” within the online application.

For more information about the Early French Immersion (SK) application process, please join us for a[Virtual Information Session](http://track.spe.schoolmessenger.com/f/a/dW6K44aVbvYHbZteu67nvA~~/AAAAAQA~/RgRhl-lEP4RvA2h0dHA6Ly90cmFjay5zcGUuc2Nob29sbWVzc2VuZ2VyLmNvbS9mL2EvcFhZTGZBQkhJR3BKRU9ldnZTVHFxZ35-L0FBQUFBUUF--EsGDFIddmFzaWxpa2kuYm91cmVsaWFzQHRkc2Iub24uY2FYBAAAAAI~) on one of the following dates:

* November 2, 2020, 7 p.m.
* November 12, 2020, 7 p.m.
* November 19, 2020, 10 a.m.

For more information about French as a Second Language programs, the application process and important dates, please visit[www.tdsb.on.ca/french](http://track.spe.schoolmessenger.com/f/a/kJxXYgCQJeeHAic4R9O6jQ~~/AAAAAQA~/RgRhl-lEP4TbAmh0dHA6Ly90cmFjay5zcGUuc2Nob29sbWVzc2VuZ2VyLmNvbS9mL2EvdU81LWNHZUllay0wOWVaSUFVVHAxQX5-L0FBQUFBUUF--VwdzY2hvb2xtQgoARsS1tl_4SwYMUh12YXNpbGlraS5ib3VyZWxpYXNAdGRzYi5vbi5jYVgEAAAAAg~~).

**School Council Updates**

**Call for Class Parents**

Parent and School Council (PSC) are looking for class parents. Class parents play an important role at RH McGregor: they help to support and build community within the classroom as well as foster communication between the classroom families and the PSC. If you are interested in becoming a class parent for your child’s class please email [RHClassParent@gmail.com](mailto:RHClassParent@gmail.com) stating the teacher’s name, grade and room number.

**Pizza Lunch Refunds**

Earlier this year, information was sent to families about how to request a refund of the pizza lunch monies for lunches that could not be fulfilled as a result of the school closure.   
To date, we have not heard from many families about whether they wish to have their fundraiser contributions refunded or donated, despite reaching out by various channels. We appreciate how hectic life has been with the addition of a pandemic, and that there was significant email volume both before and after the start of the school year from both the school and the TDSB.

As such, we are putting out one final call for refunds. Please email [Mcgregor.matters@gmail.com](mailto:Mcgregor.matters@gmail.com) to request a refund if you wish to do so by not later than Friday, November 13th.

Refunds will be issued via a cheque in the mail.

If we do not receive a request for a refund, please know that the contributions will be put to use by parent council to make several purchases this year to benefit your children and their teachers, including voice amplifiers and water filling stations.

**Do you have any questions for the MGH School Outreach Team?**

We are in the process of organizing a virtual session for the RH McGregor parent community with the Michael Garron Hospital school outreach team (exact date TBD). They recently came in to do a session with our school staff which they found very helpful!

This is a great opportunity to ask any questions that you may have to those working within the healthcare system. Some of the areas that they covered in the staff presentation included: how to keep the classrooms safe, protocol around positive COVID cases and mask wearing.  Please submit your questions here - [https://forms.gle/Uxs5RN4gsAipJ75a7](http://track.spe.schoolmessenger.com/f/a/2KatTZxmITkG9iw7p9R8PA~~/AAAAAQA~/RgRhl-lEP0QjaHR0cHM6Ly9mb3Jtcy5nbGUvVXhzNVJONGdzQWlwSjc1YTdXB3NjaG9vbG1CCgBGxLW2X_hLBgxSHXZhc2lsaWtpLmJvdXJlbGlhc0B0ZHNiLm9uLmNhWAQAAAAC) by **Friday, November 13th**.

**Next Parent and School Council Meeting**

December 9, 7 p.m. via Zoom - link to be shared closer to the date.

**Parent/Caregiver/Teacher Resources**

1.      Most recent Psychology Newsletter (Hearts and Minds).  This month the Newsletter speaks to **ADHD**, **Executive Functioning** and related topics.  [Hearts and Minds Newsletter - November 2020](http://track.spe.schoolmessenger.com/f/a/0o2iooPmqp6wpYG2yYaMTQ~~/AAAAAQA~/RgRhl-lEP0R0aHR0cHM6Ly9tc2cuc2Nob29sbWVzc2VuZ2VyLmNhL20vP3M9RmRPLV9BLUZXcm8mbWFsPTI5ZWQ1N2QzMmIxZGE0OWJkM2ZiNDIwOTgxZWM1YjMwMzg1MGY5YjM0ODhkOWQ4YjlhNTNhYzhiZjRlMzljNGJXB3NjaG9vbG1CCgBGxLW2X_hLBgxSHXZhc2lsaWtpLmJvdXJlbGlhc0B0ZHNiLm9uLmNhWAQAAAAC)

2.      PDF from **School Mental Health Ontario** of activities caregivers can do with their children at home to manage stress and support mental and emotional health.[Parent Activities to Support Mental Health](http://track.spe.schoolmessenger.com/f/a/FeprWbZ_vmO7Sc3db8NtyQ~~/AAAAAQA~/RgRhl-lEP0R0aHR0cHM6Ly9tc2cuc2Nob29sbWVzc2VuZ2VyLmNhL20vP3M9RmRPLV9BLUZXcm8mbWFsPTBhMTYwYzZiZGZlZjYyOWJhYTFiOGRlNmNhN2U1ZWJmNmMzZTdkZjc3NTZhYTg0NTQ2ZGZlNmRiMjBjMTYxZGFXB3NjaG9vbG1CCgBGxLW2X_hLBgxSHXZhc2lsaWtpLmJvdXJlbGlhc0B0ZHNiLm9uLmNhWAQAAAAC)   Also accessible online at [https://smho-smso.ca/blog/12-easy-and-fun-mental-health-practices-to-try-with-your-children-at-home/](http://track.spe.schoolmessenger.com/f/a/hLX_TCMjAq9OeiV678qZDg~~/AAAAAQA~/RgRhl-lEP0RkaHR0cHM6Ly9zbWhvLXNtc28uY2EvYmxvZy8xMi1lYXN5LWFuZC1mdW4tbWVudGFsLWhlYWx0aC1wcmFjdGljZXMtdG8tdHJ5LXdpdGgteW91ci1jaGlsZHJlbi1hdC1ob21lL1cHc2Nob29sbUIKAEbEtbZf-EsGDFIddmFzaWxpa2kuYm91cmVsaWFzQHRkc2Iub24uY2FYBAAAAAI~)

**Mark Your Calendars for the PIAC Annual Parent Conference!**

PIAC invites all parents and caregivers to take part in our 14th annual parent conference – Ready. Set. Engage! Navigating the School Year Together – in partnership with TDSB.

Join us in our first-ever virtual conference on November 21 and 22 for two days of workshops for parents and school councils. Connect with others from across TDSB as we adapt to a new educational landscape and school year unlike any we have experienced before.

Learn more at: [www.tdsb.on.ca/Community/How-to-Get-Involved/Conferences/PIAC-Conference](http://track.spe.schoolmessenger.com/f/a/2I1IZZJcspy54f8R0-Do1w~~/AAAAAQA~/RgRhl-lEP4QHAmh0dHA6Ly90cmFjay5zcGUuc2Nob29sbWVzc2VuZ2VyLmNvbS9mL2EvTlF3NjE5cVBiaGtPR2JMc1ZtNGtqQX5-L0FBQUFBUUF--flcHc2Nob29sbUIKAEbEtbZf-EsGDFIddmFzaWxpa2kuYm91cmVsaWFzQHRkc2Iub24uY2FYBAAAAAI~)

Registration opens soon!

**Covid Testing Sites in East Toronto**

[Testing Sites](http://track.spe.schoolmessenger.com/f/a/UWK8zKyXBoIQfqcPxH3a2w~~/AAAAAQA~/RgRhl-lEP4Q7AWh0dHA6Ly90cmFjay5zcGUuc2Nob29sbWVzc2VuZ2VyLmNvbS9mL2EvMmdqSHNoXzQ2ZldFbWlNTVVVcmdIZ35-L0FBQUFBUUF-L1JnUmhqXzBBUDBSMGFIUjBjSE02THk5dGMyY3VjMk5vYjI5c2JXVnpjMlZ1WjJWeUxtTmhMMjB2UDNNOVFWaFNVMjVhVjBzM1QwVW1iV0ZzUFdRd1lUUXhNR05sTUdOak4yRmxZVEEyTWpZeU1EWmhPVGRoTm1Sa1pEUmhaV0UxT0RjM01ESXhNRGRqTXpkbVpUQTFZalV6T1RBME5ETXhOR00xTURKWEIzTmphRzl2YkcxQ0NnQklnTW11WDRNYmZQRlNHVTFoY21saExreHZRbWxoYm1OdlFIUmtjMkl1YjI0dVkyRllCQUFBQUFJflcHc2Nob29sbUIKAEbEtbZf-EsGDFIddmFzaWxpa2kuYm91cmVsaWFzQHRkc2Iub24uY2FYBAAAAAI~)

**Influenza Vaccine Information**

We have received notice the Flu Clinics scheduled at South Riverdale Community Health Centre for Saturday November 21 and 28 have been cancelled due to a city wide vaccine shortage.

[Influenza Fact Sheet - City of Toronto](http://track.spe.schoolmessenger.com/f/a/z6AHzT_nIVCBRp_EZRSkYQ~~/AAAAAQA~/RgRhl-lEP4Q7AWh0dHA6Ly90cmFjay5zcGUuc2Nob29sbWVzc2VuZ2VyLmNvbS9mL2Evd3YxSXlFWF8yQ2RTRGNEUjN5U2doQX5-L0FBQUFBUUF-L1JnUmhqXzBBUDBSMGFIUjBjSE02THk5dGMyY3VjMk5vYjI5c2JXVnpjMlZ1WjJWeUxtTmhMMjB2UDNNOVFWaFNVMjVhVjBzM1QwVW1iV0ZzUFRNek56RTFPVE0xTW1Rd1ptSTBaRE5qTURBMk1qVmlaVFl5TW1WalkyVTBNMlV6TURrNU5qaGlZVEpoWWprd1l6UmlabVV5WWpSa01UWTJOREkxWmpWWEIzTmphRzl2YkcxQ0NnQklnTW11WDRNYmZQRlNHVTFoY21saExreHZRbWxoYm1OdlFIUmtjMkl1YjI0dVkyRllCQUFBQUFJflcHc2Nob29sbUIKAEbEtbZf-EsGDFIddmFzaWxpa2kuYm91cmVsaWFzQHRkc2Iub24uY2FYBAAAAAI~)