



RJ Lang Lions



Principal: Shari Green-Brown **Vice-Principal:** Brian D'Andrade
Office Administrator: Paulina Espin **Secretary:** Dawn Brennan
Superintendent: Louie Papathanasakis **Trustee:** Alexander Brown

Monday, January 22 DAY 5	
Tuesday, January 23 DAY 1	
Wednesday, January 24 DAY 2	Grade 7 Students to Mono Cliffs
Thursday, January 25 DAY 3	Grade 7 Students to Mono Cliffs
Friday, January 26 DAY 4	Dental Screening January 26-Feb 1 Grade 7 Students return from Mono Cliffs

Upcoming Dates:

Jan. 24-26	Grade 7 Trip to Mono Cliffs
Jan 26-Feb 1	Dental Screening
Jan. 29-Feb2	Jungle Sports
Feb 5	SST (Morning), Early Literacy Parent Afternoon 3:15pm-5:00pm
Feb 7	Sight & Sound Clinic
Feb 12	IST (Morning)
Feb 14	Report Cards Go Home, Caribou Math Contest #4
Feb 15	Caribou Math Contest, Traffic Meeting 3:15pm
Feb 16	P.A. Day - Parent Teacher Interviews
Feb 19	Family Day - No School
Feb 21	Kindergarten Registration Begins, Marlies Game (Grade 7 & 8)



RJ Lang Lions



Principal: Shari Green-Brown **Vice-Principal:** Brian D'Andrade
Office Administrator: Paulina Espin **Secretary:** Dawn Brennan
Superintendent: Louie Papathanasakis **Trustee:** Alexander Brown



The Safe Arrival Program is in place to help ensure the safety of RJ Lang students. This is a 24-hour call-in system where parents can leave a message to let the school know that their child or children will be absent.

Here is how it works:

Call 416-395-2780 Press # 1

**BUILD CHARACTER
BUILD SUCCESS**

All of the positive character attributes chosen by the TDSB, are reflected in our daily lives throughout the year.

Character Attribute for January : *Teamwork*



Please visit the RJ Lang E &M School Website often at:
schools.tdsb.on.ca/rjlang

You will find resources for parents and students, teacher's blogs and websites, community links, Parent Council meeting agendas and minutes, weather reports and lots more information!



You can also follow us on Twitter @RJLANGTDSB



I send out an E Newsletter every Friday. Please make sure we have your correct email address. You can call Dawn or Paulina our fabulous office staff to check!



RJ Lang Lions



Principal: Shari Green-Brown **Vice-Principal:** Brian D'Andrade
Office Administrator: Paulina Espin **Secretary:** Dawn Brennan
Superintendent: Louie Papathanasakis **Trustee:** Alexander Brown

Let's sell some
FUN!



to raise a whole
lot of funds!
Popcorn for Sale Every
Friday \$2.00



RJ Lang Lions



Principal: Shari Green-Brown **Vice-Principal:** Brian D'Andrade
Office Administrator: Paulina Espin **Secretary:** Dawn Brennan
Superintendent: Louie Papathanasakis **Trustee:** Alexander Brown



Nutrition Programs Our mid-morning snack program has begun. Students receive a nutritious snack within the school day. Families will be asked every three months to contribute **\$20.00** per child to the program. Staff work to ensure that all foods served in the program are in line with Canada's Food Guide.



RJ LANG School Schedule

8:25 a.m.

8:30a.m. -9:00a.m.

9:00a.m.-9:40a.m.

9:40a.m.-9:55 a.m.

9:55a.m.-10:35a.m.

10:35a.m.-11:15a.m.

11:15a.m. -12:15p.m.

12:15p.m.-12:55p.m.

12:55p.m.-1:35p.m.

1:35p.m.-1:50p.m.

1:50p.m.-2:30p.m.

2:30p.m.-3:00p.m.

3:00p.m.

Entry Bell

P1-Homeroom

P2- Classroom Instruction

Recess (Grades 1-8)

P3- Classroom Instruction

P4-Classroom Instruction

Lunch

P5- Classroom Instruction

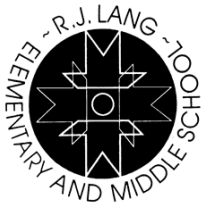
P6- Classroom Instruction

Recess (Grades 1-8)

P7- Classroom Instruction

P8-Homeroom

Dismissal/Bus



RJ Lang Lions



Principal: Shari Green-Brown **Vice-Principal:** Brian D'Andrade
Office Administrator: Paulina Espin **Secretary:** Dawn Brennan
Superintendent: Louie Papathanasakis **Trustee:** Alexander Brown

mabel's labels

FREE SHIPPING IN CANADA!

My Order **SUPPORT A FUNDRAISER**

Featured Products Holiday Combo Packs Peel and Stick Name Labels Clothing Labels Bag Tags Safety & Household

Ultimate Back-to-School Combo

Start the school year off right! This classic best-seller includes all the durable, waterproof labels needed to keep your things out of the lost and found. Perfect for backpacks, lunch containers, clothes, pencil cases and so much more, these labels are a must have on your back-to-school shopping list!

- 40 Mini Custom Name Stickers: 38mm x 8mm (1-1/2" x 5/16")
- 50 Tag Mates™ Stick On Clothing Labels: 21mm x 10mm (13/16" x 3/8")
- 16 Custom Shoe Stickers (8 pairs): 33mm (1.3")
- 2 Personalized Mini Tags: 30mm x 20mm (1-1/4" x 3/4")

100% Satisfaction Guaranteed

Please note: Tag Mates™ are very small and are meant to be applied to clothing care tags only and are not guaranteed if applied directly to the clothing fabric.

Dimensions: Mixed

108 Labels & Tags
CAD\$42.00

FREE SHIPPING!

Learn how the program works. It's really easy!

Your first step is to visit campaigns.mabelslabels.com and find our school name from the drop-down list. You will then be directed to a landing page that says "RJ Lang EMS Welcomes You to Our Page > Click Here to Buy"

Next, click the pink "click here to buy" button. You are now on our website and are ready to shop through your fundraiser.

To ensure your order gets credited to our campaign, make sure you see our organization name listed on the top left of each page.

Credit will also appear in your order confirmation email.

Tell parents, friends and family to shop Mabel's Labels and support our school. We suggest that you ask anyone and everyone you know to help spread the word. Orders do not have to be from our parents only! And remember, we offer free shipping! Share this link:

campaigns.mabelslabels.com

Thank you for your support!



RJ Lang Lions



Principal: Shari Green-Brown **Vice-Principal:** Brian D'Andrade
Office Administrator: Paulina Espin **Secretary:** Dawn Brennan
Superintendent: Louie Papathanasakis **Trustee:** Alexander Brown

R. J. LANG PIZZA LUNCH

R.J. Lang Pizza Lunch is BACK!!

• **Friday January 26th, 2018**

• **Student Name:** _____ **Teacher Name:** _____



Please Circle Package Choice

<p>Package A</p> <p>1- Slice of pizza</p> <p>◇ Cheese</p> <p>Plus Snack and Water</p> <p>\$ 5.00</p>	<p>Package B</p> <p>1- Slice of pizza</p> <p>◇ Pepperoni</p> <p>Plus Snack and Water</p> <p>\$ 5.00</p>	<p>Package C</p> <p>1- Slice of pizza</p> <p>◇ Veggie</p> <p>Plus Snack and Water</p> <p>\$ 5.00</p>	<p>Package D</p> <p>2- Slice of pizza</p> <p>◇ Cheese</p> <p>Plus Snack and Water</p> <p>\$ 6:00</p>
<p>Package E</p> <p>2- Slice of pizza</p> <p>◇ Pepperoni</p> <p>Plus Snack and Water</p> <p>\$ 6.00</p>	<p>Package F</p> <p>2- Slice of pizza</p> <p>◇ Veggie</p> <p>Plus Snack and Water</p> <p>\$ 6.00</p>	<p>Package G</p> <p>1- Slice of pizza</p> <p>◇ Chicken & Cheese</p> <p>Plus Snack and Water</p> <p>\$ 6.00</p>	<p>Package H</p> <p>2- Slice of pizza</p> <p>◇ Chicken & Cheese</p> <p>Plus Snack and Water</p> <p>\$ 7.00</p>

Package Price: \$ _____ TOTAL: \$ _____

Payment due Monday January 22nd, 2018

CASH ONLY PLEASE



RJ Lang Lions



Principal: Shari Green-Brown **Vice-Principal:** Brian D'Andrade
Office Administrator: Paulina Espin **Secretary:** Dawn Brennan
Superintendent: Louie Papathanasakis **Trustee:** Alexander Brown



January 8, 2018

Dear Parent/Guardian,

Junglesport Inc. climbing and adventure programs are coming to our school **January 29th-February 2, 2018!**

Junglesport has run programs in schools across Ontario and Quebec for over 15 years, serving over 100,000 participants every year. Their programs have been designed to benefit students of all ages, abilities and needs. It is board approved and full liability insurance is in place.

The philosophy behind their programs is S.A.F.E. – Safe, Active, Fun, Educational. Junglesport sets up its climbing jungle gym in our school gymnasium and two qualified Junglesport instructors guide the students through a range of climbing and ropes course activities. There is always one teacher per class present in the gymnasium as well.

Junglesport supplies all the safety equipment required for all activities and each student is provided with a helmet and where appropriate, a harness. The helmets are constructed of a material that does not harbor lice and are cleaned on a regular basis. All Junglesport activities follow strict safety rules.

Some of the activities on offer are: Wall Climbing; Traversing; Low Ropes; Ascending & Descending Static Lines; Obstacle Courses; Zip Ride and Gorilla Gym! The activities take place on the Junglesport structure in the safety and security of the school gymnasium. Students will have the opportunity to try different activities, learn new skills, achieve success and increase self-awareness.

All our students Kindergarten –Grade 8 will be participating in this climbing adventure at least 3 times during the week. This activity will be counted as part of the Physical Education mark for the term.

Please send \$10.00 with your child by January 18th, 2018.

To find out more information about Junglesport please visit their website www.junglesport.ca or [facebook.com/JungleSport](https://www.facebook.com/JungleSport)



RJ Lang Lions



Principal: Shari Green-Brown **Vice-Principal:** Brian D'Andrade
Office Administrator: Paulina Espin **Secretary:** Dawn Brennan
Superintendent: Louie Papathanasakis **Trustee:** Alexander Brown



INFORMED CONSENT/PERMISSION FORM FOR EDUCATION TRIPS

(Students Under 18 Years)

RJ Lang EMS is arranging for
 'Junglesport climbing & ropes course program' to be at our school

THIS FORM MUST BE READ AND SIGNED BY EVERY STUDENT WHO WISHES TO PARTICIPATE AND BY A PARENT OR GUARDIAN OF A PARTICIPATING STUDENT.

ELEMENTS OF RISK:

Educational activity programs, such as "Junglesport" involve certain elements of risk. Injuries may occur while participating in these activities. The following list includes, but is not limited to, examples of the types of injury which may result from participating in 'Junglesport climbing & ropes course activities':

1. Broken bones _____
2. Sprains and strains _____
3. Bumps and bruises _____

The risk of sustaining these types of injuries result from the nature of the activity and can occur without any fault of either the student, or the school board, its' employees/agents or the facility where the activity is taking place. By choosing to take part in this activity, you are accepting the risk that you/your child may be injured.

The chance of an injury occurring can be reduced by carefully following instructions at all times while engaged in the activity.

If you choose to participate in Jungle Sports on Jan 29 - Feb 2, 2018, you must understand that you bear the responsibility for any injury that might occur.

The TDSB does not provide accidental death, disability, dismemberment or medical expense insurance on behalf of the students participating in this activity.
(name of school board)

ACKNOWLEDGEMENT

WE HAVE READ THE ABOVE. WE UNDERSTAND THAT IN PARTICIPATING IN THE ACTIVITY DESCRIBED ABOVE, WE ARE ASSUMING THE RISKS ASSOCIATED WITH DOING SO.

Signature of Student: _____ Date: _____

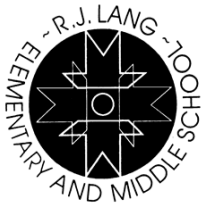
* Signature of Parent/Guardian: _____ Date: _____

PERMISSION

* I give _____ permission to participate in the Junglesport program
(name of student)
 to be held on or about _____
(date)

* Signature of Parent/ Guardian: _____ Date: _____

**Please sign
and Return**



RJ Lang Lions



Principal: Shari Green-Brown **Vice-Principal:** Brian D'Andrade
Office Administrator: Paulina Espin **Secretary:** Dawn Brennan
Superintendent: Louie Papathanasakis **Trustee:** Alexander Brown

Elementary School

Junglesport runs popular programs in K-5, K-6 and K-8 schools.

Discovery Program Kindergarten - Grade 3

Fun low ropes obstacle courses are at the heart of our discovery program. It promotes fundamental movement skills, coordination and cooperation. Students climb, crawl, swing, leap, balance and always have a smile on their faces. All students wear a helmet.



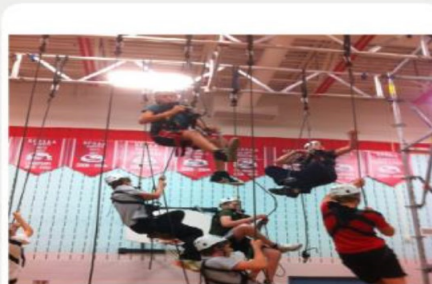
Explore Program - Grades 4 to 5/6

Students love to climb and travel rope bridges. They feel great while learning about trust and responsibility in our explore program. Students learn the basics of climbing on our rock walls and other vertical challenges. They build self-confidence and an awareness of what their bodies can do. All students wear a harness and a helmet.



Challenge Program - Grades 7 to 8

From swinging through the Gorilla gym to scaling the climbing walls our challenge program is perfect for active teens. Students develop their climbing skills and challenge themselves to reach greater heights. They learn how to ascend a fixed line solo style and have fun on our cave wall. They develop communication skills and strategic thinking. All students wear a harness and a helmet.



Just a reminder....Students will not be able to participate unless the informed consent form is signed.



RJ Lang Lions



Principal: Shari Green-Brown **Vice-Principal:** Brian D'Andrade
Office Administrator: Paulina Espin **Secretary:** Dawn Brennan
Superintendent: Louie Papathanasakis **Trustee:** Alexander Brown



Kids Have Stress Too!

For parents who have children 4-9 years old

A program that helps parents
to better understand stress in children

Tuesday, January 23, 2018
6:00-8:30pm



This Presentation is at Pleasant Public School

The program covers:

- What is “stress” for your children?
- How does stress affect your children?
- How to help your children cope with stress.

There are many reasons why children experience stress. This program will help you learn effective ways to support your children as they deal with stress. It is facilitated by a Toronto Public Health Nurse. There is no charge to attend this group; however you need to call the school to register.

To register, call the school at (416) 395-2770. A caregiver will be available for children ages 3-12 years old. Please let us know if you require this service when you call.

416.338.7600 | toronto.ca/health |  **TORONTO** Public Health



RJ Lang Lions



Principal: Shari Green-Brown **Vice-Principal:** Brian D'Andrade
Office Administrator: Paulina Espin **Secretary:** Dawn Brennan
Superintendent: Louie Papathanasakis **Trustee:** Alexander Brown



Tips for Parents

- Stop! Look and listen to your children. A child develops trust through positive experiences with their parents.
- Give your child opportunities to talk about everyday stresses such as school pressures, parental conflicts, academic expectations, difficulty with peers and sibling rivalry. Teach your child words to describe emotions.
- Problems have feelings attached to them. Children who can talk about their feelings can solve their problems better. Allow your child to talk about how they might solve their problems.
- Observe for changes in your child's behaviour. Stress in children may show up as headaches, tummy aches or changes in appetite or sleeping patterns.
- Create a home that is less stressful. Children need guidance and active support to manage their time and to enjoy a healthy lifestyle.
- Role model healthy ways to manage your stress. Children learn a lot from their parents.
- Coach your children in techniques to better manage uncomfortable feelings. Stretching, visualization, quiet time and physical or creative activity can aid in reducing stress.
- Encourage your child to listen to their inner positive "buddy" voice. Children respond better to stressors when they develop an optimistic attitude and have confidence in themselves.



RJ Lang Lions



Principal: Shari Green-Brown **Vice-Principal:** Brian D'Andrade
Office Administrator: Paulina Espin **Secretary:** Dawn Brennan
Superintendent: Louie Papathanasakis **Trustee:** Alexander Brown



Dr. Barbara Yaffe
Acting Medical Officer of Health

Dr. Hazel Stewart
Director, Dental & Oral Health Services

Toronto Public Health
Dental and Oral Health Services
5100 Yonge St. Ground Floor
Toronto, ON. M2N 5V7
Tel: 416-338-8399

Dear Parent/Guardian:

School Year 2017-2018

Toronto Public Health (T.P.H.) provides dental programs to children from Junior Kindergarten to Grade 8.

To identify children with oral health problems, a screening program is offered to students in accordance with the Ontario Ministry of Health requirements for mandatory health programs. The screening is an assessment by a dental hygienist using sterilized instruments. The dental hygienist will assess the need for topical fluoride, scaling, sealant and any other obvious dental needs.

As a follow up to the screening, only parents whose children are identified as requiring dental services will be notified. A note to that effect will be sent home with your child/ren for your information and action. You may also receive a phone call from T.P.H. dental staff to assist you in accessing care.

Please be advised that this screening assessment does not replace the dental examination done by a licensed dentist.

If you do not wish your child/ren to be screened, please inform the school.

For additional information, please contact us at the phone number listed above or visit us at http://www.toronto.ca/health/dental/children_youth.htm.

Dr. Hazel Stewart
Director
Dental and Oral Health Services