



Runnymede CI School Council Newsletter

November 2018

Dates to Remember

Nov 6th – Last Day of Term 1

**Nov 7th – Mountview Transition
Committee Meeting 9:30-11:00 @
Keele/Mountview Library**

**Nov 9th – Remembrance Day
Assembly**

**Nov 14th - Take Your Kids to Work
Day (Grade 9)**

Nov 14th – Report Cards distributed

**Nov 14th @ 7pm – Grade 8 Info
Night**

Nov 16th – PA Day (No School!)

**Nov 17th – Parent Involvement
Advisory Committee (PIAC)
Conference** – it's free! Register at
<https://www.eventbrite.com/>

**Nov 26th (7-9pm) – School Council
Meeting**

Nov 26th–29th – Grad Photos

The focus in November is midterms and welcoming grade 8 students and their families to discover RCI and all the great things our school has to offer.

School Council Update

Thanks go to Michelle Munroe (TDSB Parent and Community Engagement) for her presentation of Parent Council responsibilities at our October 29th Council meeting. In the coming months we will be putting her suggestions in place to become a stronger council and meet the needs of our parent community.

We also brainstormed ideas for the upcoming Grade 8 Information Night and forwarded our suggestions to the administration. Of course, one of our best marketing tools is word of mouth. If you know any Grade 8 families, make sure to tell them all the things Runnymede CI has to offer!

Our upcoming presentations focus on issues facing us as parents of teenagers. We are always looking for presentation topics, so please forward any ideas to Kimberly.dewitte@live.com

Be sure to come on out, meet your fellow parents and stay informed:

Nov 26th **Helping Your Student Manage the Move
Into or Out of High School:** Carla Cernic,
Guidance

Jan 14th **Helping Your Student Exam Prep**

SAVE THESE DATES!!

Childcare will be available these evenings – thanks to our volunteer students!

Dates to Remember

Dec 1st – Masters Entrance Test

Dec 5th - Winter Arts Night

Dec 7th – PA Day (No School!)

**Dec 12th – RCI Dance Works
Conference and Exhibition**

Dec 21st – Holiday Bash @ noon

Arts Update

(Janelle Bylykbashi, ACL Art)

Family Art Night

It has been a very busy start to the school year for the Arts Dept.! On October 30th, the Arts Dept. was pleased to welcome RCI families, friends and the wider community to our 2nd Annual Family Art Night! What a turnout this year! The evening included face painting, slime making, arts and crafts, cotton candy and popcorn making and bake sale and so much more. Children wore their halloween costumes and it was a ton of fun for the entire community. We want to thank all of the families who attended, our wonderful RCI student leaders, our administration for their tireless support, the continued support of Ms. Sarah Doucette and MPP Bhutla Karpoche and a very special thank you to Ms. Kotsopoulos for joining the team as co-organizer of the event. We look forward to next year and welcoming everyone again for an evening of fun, connecting and sharing.



Volunteers Needed!

Grade 8 Information Night on November 14th (7-8 pm)

Help spread the word to potential students and parents about RCI. Contact the office if you can help out on this all-important night!

RCI is Worth Following!

Stay in the know right from your phone! Search for "Runnymede CI" in the App Store and download the new application. Or [click here](#) for the Google link to add to your computer.

News, notifications and calendar items are updated daily in an easy to use format. Have all school events and other information right at your fingertips.



RCI Spooktacular

Each year as part of their course work, Dance students work on the choreography and performance of their rendition of Michael Jackson's Thriller! This year was another outstanding performance! The day was absolutely *Spooktacular* as the audience enjoyed an electrifying dance performance, followed by a costume catwalk, a Haunted House experience prepared by RUSTCO and an amazing face painting station provided by Arts Council. All proceeds that were collected at these two stations were donated to the We Scare Hunger campaign. Congratulations to our outstanding Dancers, student leaders, artists and all participants. What a great day!

RCI Music Students attend Adizokan Performance at the Toronto Symphony Orchestra

On October 31st, students in Mrs. Bylykbashi's Grade 9 Steel Pan class and Mr. Gayle's Grade 10 Piano class had the amazing opportunity to attend a concert by the Toronto Symphony Orchestra performing the Adizokan Suite. The Adizokan Suite "Celebrates the evocative culture of Indigenous peoples in this unique concert created in partnership with Red Sky Performance, and its founder and artistic director, Sandra Laronde. Featuring Indigenous artists, the Suite is based on Eliot Britton's Adizokan, which was commissioned and premièred by the TSO in October 2017." This unforgettable opportunity for our students was made possible by an anonymous ticket donation of which we are truly grateful!

www.tso.ca

RCI in the News!

A *Toronto Star* article last month titled, "There's More to Runnymede Than Bloor West Village," featured our very own RCI! The article states, "Notable graduates and faculty of Runnymede Collegiate Institute include news anchor Dwight Drummond, Rookie Blue actress Charlotte Sullivan, Canadian NHL star P.K. Subban's father Karl Subban who worked as vice-principal of an adult night school program, and 1989 Stanley Cup-winning Calgary Flames captain Jim Peplinski." Check out the entire article at

<https://www.thestar.com/life/2018/10/26/theres-more-to-runnymede-than-bloor-west-village.html>

HPE and Athletics Department Update

(Kristina Kotsopoulos, ACL Health and Physical Education)

It has been a busy September and October and the HPE and Athletics departments have hit the ground running!

Runnymede Athletic Club (RAC)

RAC kicked off the year with a day of leadership at the Etobicoke Field Studies Centre. They also assisted at a successful Gr.9 Orientation Day at the EFSC. A great day of teambuilding, collaboration and fun!

Thank you to our RAC members who have been working to capture all of our teams in action and highlighting them on our Instagram account - find us at Ravens.Live. You may also find updates on Twitter at RCL_Ravens_HPE.

Students have been busy working on a Healthy Schools initiative based on the 2018 ParticipACTION Report. We hope to launch our "Steps + Sweat = Healthier Brains" Campaign in early November. Stay tuned!

Right to Play

Runnymede, George Syme and Right to Play are now in their 10th year of partnership! Student leaders run a weekly afterschool program at George Syme providing opportunities for children to engage in play based activities that support physical, social and emotional development. We are proud of our student leaders and the impact they are having in our community!

Albion Hills

It's that time of year again! Mr. Kotsopoulos was been busy training 20 student leaders in preparation for the Grade 10 Albion Hills Leadership Camp. Leaders dedicated their after-school hours and attended an inter-school training camp weekend back in October. Grade 10 students participated in a hands on weekend led by our very own students. A great weekend of cooperative activities, teambuilding and forming new friendships!

Fitness Classes

Senior HPE students trained for and completed the 5K Monster Dash (which we have officially renamed the Candy Crusher) on Oct. 30! It was a gorgeous fall day with all participants running a great run along the Humber River. Community members were impressed by their efforts and students should be proud of their results!

FALL SPORTS

Our fall sports have been a success! Thank you to our dedicated coaches who spend their mornings and afterschool hours working with our student athletes!

JR Boys Volleyball – Mr. Kalantzakos, Mr. Kotsopoulos

Boys Volleyball is back at Runnymede! This young squad of 12 athletes has worked hard to improve their skills and learn the game. Congratulations boys!

Girls Basketball - Mr. Kalantzakos, Mr. Kotsopoulos

Our Varsity Girls Basketball team has been training hard and seeing success on the court. Good luck as you head into play offs next week.

Girls Ultimate – Mr. Henderson

New this year to the TDSB, Girls Ultimate has proven to be very popular with numerous teams across the city and our very own squad of 16 girls. Great job ladies on this debut season!

Cross Country – Mrs. Kotsopoulos, Ms. Goertz

This hard working team of 24 athletes have all shown great improvements in reaching their personal best. Congratulations to all of our runners with runners representing Runnymede in every category! Notable mentions go to Joel Duff who placed 2nd in the Senior Boys category at the West Region Finals, the Boys Senior team who placed 2nd overall and Uthman Fakih placing 3rd in the Novice Boys division.

Cheer – Ms. Kemp

Cheer is in full swing with 20 members. They are in full training mode and getting ready to tumble, stunt and wow us with their performances!

WINTER SPORTS

Stay tuned for Girls Volleyball, Boys Basketball and Swim Team as we head into the winter season.

READY • SET • ENGAGE

Register at www.tdsb.on.ca/parentconference



Keynote Speaker:
Mahlikah Awe:ri Enml'ga't Saqama'sgw
(The Woman Who Walks In The Light)

8:00 am - 3:00 pm | Earl Haig Secondary School
100 Princess Avenue, Toronto
TTC accessible (Five minute walk from North York
Centre station)

Program Agenda

8:00 am	Registration Opens
9:00 am - 9:45 am	Workshop 1
10:00 am - 10:45 am	Workshop 2
11:00 am - 11:15 am	Welcome and Greetings
11:15 am - 12:00 pm	Keynote Speaker
12:00 pm - 1:00 pm	Lunch
1:00 pm - 1:45 pm	Workshop 3
2:00 pm - 2:45 pm	Workshop 4
3:00 pm - 3:30 pm	Thank you and Wrap Up
3:30 pm - 4:00 pm	Buses Depart

Join us at the Market Place until 3 p.m. and learn all about resources and agencies in your area!

**New! Join us in the School
Community Engagement Lounge**

Free light breakfast, refreshments
and lunch provided

**Choose from the following
workshop topics and many more!**

- Technology
- TDSB Academic Programs
- Mental Health
- Nutrition
- School Councils 101
- Newcomer Resources
- Literacy
- High School Pathways



Bussing, Child-minding and Interpretations available when registering



For more information email: conference@torontopiac.com
or visit our website: piacconference2018.eventbrite.com





Mental Health and Well-Being

Parent Partnership Committee

The TDSB Parent Partnership Committee on Mental Health & Well-Being invites all parents and caregivers to attend a special presentation on

"Well-being has long been recognized as an important factor in overall student success."
- Ministry of Education

Mindful Parenting

A presentation by Heidi Bornstein and Lois Lorimer from Mindfulness Everyday.

Research and practice tells us that Mindfulness helps develop: social/emotional learning, resilience, self-regulation, concentration, self-awareness, kindness and compassion.

Learn simple mindfulness practices that can help support the well-being of the whole family including yourself.

**Wednesday,
November 21,
2018**

6:30 - 7:30 pm
Mindfulness Workshop

7:30- 8:30 pm
Practice and Questions

***Light Refreshments Provided**

**Humberside
Collegiate Institute**
280 Quebec Ave, Toronto,
ON M6P 2V3

Register:
[mentalhealthandwellness-
committeesatec.eventbrite.ca](https://www.eventbrite.com/mentalhealthandwellness-committeesatec)

*childcare available