



September/October 2017



Message from the Principal

The first term of the school year has been an extremely busy one here at Terry Fox P.S. Connections have been established between school and home thus forming those educational partnerships which are absolutely critical to the learning of your children. We are continually providing the best possible learning environment and opportunities for our students and continually monitoring their progress. We have also significantly upgraded the resources in the school in many areas...including technology, literacy, mathematics and music. Current and reliable resources allow our students to properly access all areas of the curriculum in a timely manner. We continue to regularly meet and plan as a staff to ensure that the ongoing social and academic growth of our students occurs. Our staff are consistently involved in professional development opportunities which contribute to the best possible learning environment for our students.

Our school goals are very closely aligned with the Board's Vision for Learning and Achievement, Well-Being and Equity. We know that a happy school experience involves many activities outside of the classroom as well. The first term has seen our teachers provide a number of initiatives and opportunities which have greatly contributed to the social growth and enjoyment of our students. These have included cross country, a school musical a number of clubs as well as choir. Also, our school supports a very active student leadership group and encourages the development of these crucial leadership skills. The staff at Terry Fox P.S. believe that open communication and an active involvement in a child's education is vital and can only enhance classroom programs. If you have any questions please feel free to contact the classroom teacher or administration.

Sincerely,
D. Malvern
Principal

Terry Fox P.S. Newsletter

185 Wintermute Blvd., Scarborough, ON M1W 3M9



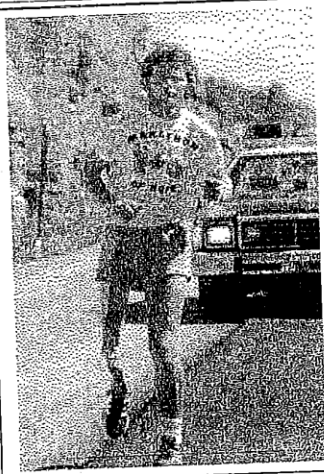
Daily



News

Taylor

Reported by:



On Friday September
22, 2017 the school did
the Terry Fox walk
around the community.
The school walked for
one hour, to keep Terry
Fox's dream alive and

to remember Terry Fox.

The Terry Fox walk was very
amazing and cool because
even though Terry Fox was
dead for over 30 years
his dream is still alive.

The Terry Fox walk's purpose
is to keep Terry Fox's
dream alive.

I hope one day we will
have a cure for cancer.



Terry Fox School Council – Update

The 2017-2018 Executive for the School Council:
Co-Chairs: Ben Ong & Liz Kafes-Zamanis
Co-Treasurers: Sarah Mitakis & Yuki Guan
Secretary: TDB

Future Dates: Thursday, March 22, 2018, Thursday, May 24, 2018

School Council

Our next meeting is Thursday, November 23, 2017 at 7:00 pm in the Staff Room. All are welcome. Babysitting /child-minding and Mandarin/Cantonese interpretation will be provided.



Student Leaders 2017-2018

The new Student Leaders were elected by their peers. Adam P. and Evan S. will be attending and representing the student voice at our school council meetings.

Mr. Au's Class

Adam P.
Eli Z.
Jacob C.
Anson L.
Jennifer S.

Mr. Beveridge's Class

Leon J.
Tina W.
Katherine W.
Sonia C.
Evan S.
Shirley S.
Sapha H.
Gulperi C.
Janet W.
Steven X.
Jennie C.

Ms. Cameron's Class

Merdiya G.
Caroline L.
Su C.
Brian J.
Marwa H.
Sarah A.
Kaley L.
Cloris S.
Cindy P.
Daniel N.
Sophia M.
Stephanie L.
Sharon S.
Kelly H.

Class Representatives

Janice L.

Class Representatives

Eli Z.
Anishan S.

Class Representatives

Adam P.
Ivan S.



Over 50 Terry Fox students trained the month of September and into October, three days a week. They demonstrated terrific dedication to the sport and improving their level of fitness, which as we know also has a positive impact on their academic achievement. Congratulations to all those who participated. Students behaved well and competed hard at the North East division October 4th. A special 'shout out' to the four students (Audrey, Janice, Vivian, and Dion) who made it to the next round. Looking forward to next year!

Ms. Baptista, Mr. Beveridge, Ms. VanDerToorn, Ms. Wong



Student of the Month Recipients

September (RESPECT)

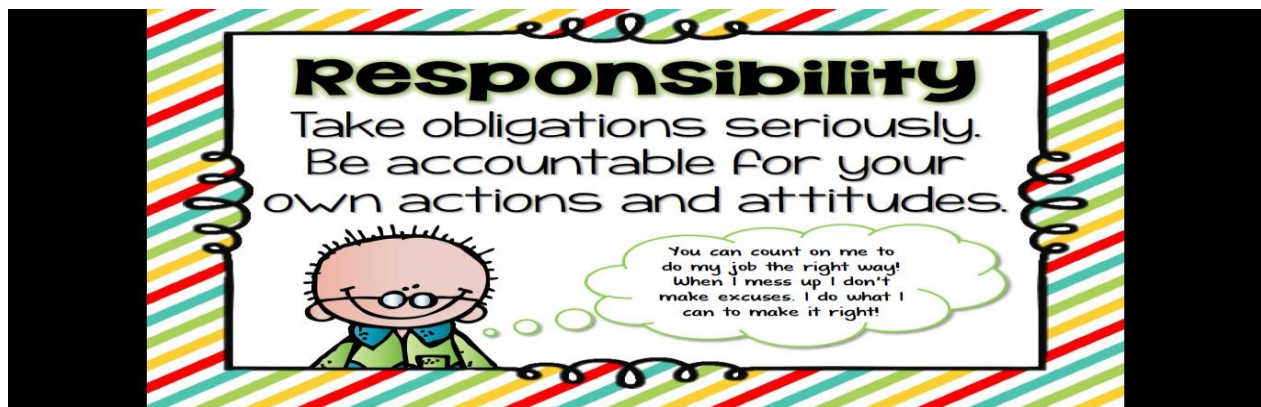
Teacher Name	Grade	Student Name
Ms. Ruiz	FDK	Winnie C. & Alvin L.
Ms. Chu Ms. Bu	FDK	Sara L. & Emma H.
Ms. Tai Ms. Hsiung	FDK	Samantha P. & Edwin C.
Ms. Tai Ms. Hsiung	FDK	Parker L., Cindy S., & Selina F.
Ms. Ahn	1	Hafsa H. & Helen C.
Ms. VanDerToorn	1	Jacob Y. & Ryan Y.
Ms. Lee	2	Vivian Y. & Krystail D.
Ms. Baptista	2	Truman W. & Rachel L.
Ms. Killam	2/3	Twinkle H. & Angie L.
Ms. LePera	3	Taylor H. & Cindy L.
Mr. Wan	3/4	Taurus C. & Ellen W.
Mr. Nikolarakos	4	Fiona C., Ying L., Shawn W. & Oskar L.
Ms. Lau	5	Leo S., Adrian L. & Varshini P.
Ms. Mitra	5/6	Joy A., Jefferson C., Ibrahim I. & Weily L.
Ms. Chan	6	Vicky C., Ivy L. & Kingsley R.
Ms. Wong	7	Jimmy L., Chloe C. & Vivian S.



Student of the Month Recipients

October (RESPONSIBILITY)

Teacher Name	Grade	Student Name
Ms. Ruiz	FDK	Jared C. & Austin Z.
Ms. Chu Ms. Bu	FDK	Nuo C., Yirae S. & Yuyin Y.
Ms. Tai Ms. Hsiung	FDK	Erica L., Cindy C. & Angela W.
Ms. Tai Ms. Hsiung	FDK	Leo C., Serena L. & Julia G.
Ms. Ahn	1	Richard Z. & Sathvik S.
Ms. VanDerToorn	1	Damon N. & Emily S.
Ms. Lee	2	Eton L. & Jasmine L.
Ms. Baptista	2	Ivy L. & Brandon L.
Ms. Killam	2/3	Patricia L. & Boris C.
Ms. LePera	3	Amy C., Joey C. & Olivia C.
Mr. Wan	3/4	Tommy H. & Kate S.
Mr. Nikolarakos	4	Nicole C., Yumei C., Jason S. & Christine X.
Ms. Lau	5	Kimi O., Alice W. & Celine Y.
Ms. Mitra	5/6	Kathleen H. & Leo H.
Ms. Chan	6	Jenny P., Calvin C. & Xing C.
Ms. Wong	7	Audrey H. & Penny X.
Ms. Cameron	8	Willie G., Katherine W. & Adam P.



ORANGE SHIRT DAY

On Friday September 29, students and staff across the TDSB came together and wore Orange Shirts to recognize the harm that the Residential School System did to First Nations, Métis and Inuit children and to recognize that every child matters.

"Orange Shirt Day is a movement that officially began in 2013 but in reality it began in 1973 when six year old Phyllis Webstad entered the St. Joseph Mission Residential School, outside of Williams Lake, BC. The impact of residential schools affects every Canadian." (*Bob Joseph, Working Effectively with Indigenous Peoples, 2015*)

This is an opportunity for educators to enrich teaching in learning environments by engaging in critical conversations and to share why and how Orange Shirt Day came about.



Health News

Anaphylaxis-Taking the Necessary Precautions

Anaphylaxis is a serious allergic reaction that can be life threatening. This medical condition can cause a severe reaction to specific foods or other materials, and can result in death within minutes. Although foods such as peanuts, milk, eggs, and sesame seeds are the most common cause of anaphylaxis, insect stings, medicine, or latex can also cause a reaction. In recent years, anaphylaxis has increased dramatically among students. The TDSB is committed to maintaining a safe and healthy learning environment for all students and works with Toronto Public Health and other partners to ensure the successful implementation of Sabrina's Law, which came into effect on January 1, 2006.

Sabrina's Law requires every school board to establish and maintain an anaphylactic policy that includes strategies to reduce the risk of exposure to anaphylactic causative agents in classrooms and common school areas. The TDSB has procedures for the prevention and management of anaphylactic reactions.

Although this may or may not affect your child's class directly, we want to raise awareness about this life-threatening condition. Students who have severe allergies to such food substances are exposed to a severe health risk when such products are consumed in their environment or shared with them. As prevention is the best approach, we ask that you speak with your child about not sharing their snacks or lunches with other students and please do not send any snacks or lunches with your child that contain peanuts.

If your child has health problems of any kind, please inform your child's teacher or office staff immediately so that the necessary health protection steps may be taken and to ensure everyone's co-operation for a safe learning environment.

Whether you are living with the allergy yourself, caring for someone who is, or concerned about people in your community, more information about life threatening allergies is available on the Anaphylaxis Canada's web site at <http://www.anaphylaxis.org/> or by calling 416-785-5666.

Please ensure that lunches are free of peanut products. Only store bought items with ingredients clearly listed may be shared at school.

All students needing an epi-pen will be required to carry their epi-pen at all times while at school. We suggest a fanny pack or purse for transporting the epi-pen throughout the school (gym, music, library, recess, lunch time). Terry Fox has also purchased 4 epi-pens for the school. Two epi-pens will be kept in the office and two will be kept in the staffroom upstairs for emergency purposes. All staff at Terry Fox has been trained in the use of an epi-pen. Please help us ensure the safety of your children but providing them with something they can wear to keep their epi-pen in while at school.

We appreciate your attention and cooperation.

Safe Arrival

Terry Fox values the safety and security of its students. To assist the parent/guardian in ensuring their children's safety we have a safe arrival program at the school.

A Safe Arrival program is a system of procedures performed together with daily attendance-taking. The parent/guardian is responsible for their child's safety.

Safe Arrival programs are a mechanism that the parent/guardian and schools can use to account for any pupil's unexplained failure to arrive at school.

The parent/guardian is expected to notify the school when their child is absent or late.

As soon as a child is identified as "unaccounted for," the principal or designate will attempt to contact the parent/guardian of each child. Three attempts will be made to contact the parent/guardian at both home and work telephone numbers, and if the parent/guardian cannot be reached, the child care or relative will be contacted.

Our answering machine is available 24 hours. Please call and leave a message in the Safe Arrival Mailbox (416-396-6600).



Ministry of
Transportation

We want our community to be reminded that when driving in Ontario, the law states:

It is **illegal** to make a **U-turn** on a curve in the road, on or near a railway crossing or hilltop, or near a bridge or tunnel that blocks your view. Never make a U-turn unless you can see at least 150 metres in both directions.

This means that in front of Terry Fox Public School, you cannot make a U-turn after dropping or picking up your child.

In the mornings, we have a dedicated group of Safety Patrollers and teachers who provide a **“KISS and RIDE”** drop off in front of the school as a safe location. For the safety of your child and all the children who attend Terry Fox P. S., please do not make a U-turn, instead drive around the block. Some drivers have received tickets and a loss of points for breaking the law. As well, please **DO NOT** park in the driveways of the homes right next to the school. Please drive safely!



Please remember that the parking lot is for Terry Fox staff only

Parking translation.txt

what is the difference between parking, standing and stopping regulations?

停泊、停車等候及停車有何分別？

The rules associated with each parking regulation are listed in order of least to most restrictive:



No Parking - motorists are only permitted to load or unload passengers or merchandise.

不准停泊 - 汽車只准停車上落客貨。



No Standing - motorists are only permitted to receive and discharge passengers. Typically used in the area of TTC bus stops.

不准停車等候 - 汽車只准停車上落乘客，不准等候。多用於共車巴士站。



No Stopping - motorists are generally not permitted to stop for any reason except to avoid a conflict with other traffic or in compliance with the directions of a constable or other police officer or of a traffic control sign or signal.

不准停車 - 汽車一般不准用任何理由停車，除非為避免對其他交通做成影響，如為避免意外發生，或服從警員或其地警務人員或交通指示牌或指示燈號的指示而停車。

Parking Charges & Fines

違例泊車的票控及罰款

Stand/Park vehicle signed highway prohibited \$ 40-60

公路上 例泊車或停車等候 - 罰款\$40至\$60。

Stopping within a school-bus loading zone \$ 60

於學校巴士上落區內違例停車 - 罰款\$60

Stop within 9 metres of a crosswalk \$ 60

於行人過路區9米內停車 - 罰款\$60

Park - 3 metres of fire hydrant \$ 100

停泊於消防水龍頭3米範圍內 - 罰款\$100

Park in a fire route \$250

停泊於消防車通道內 - 罰款\$250

Park vehicle in disabled parking \$ 450

停泊於殘障人士專用車位內 - 罰款\$450

School Charges & Fines/Points

學校區內違例票控、罰款及扣分

U-Turns (various conditions) - \$110 & 2 Demerit Points

不同情況下掉頭 - 罰款\$110及扣2分

Disobey Sign - \$ 110 & 2 Demerit Points

不服從交通指示牌 - 罰款\$110及扣2分

Disobey Stop Sign - \$ 110 & 2 Demerit Points

不服從停車指示牌 - 罰款\$110及扣2分

Pass stopped vehicle at crosswalk - \$ 180 & 3 Demerit Points

於行人過路區內扒頭超越停定車輛 - 罰款\$180及扣3分

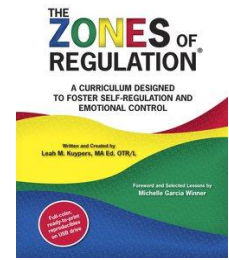
Pass front of vehicle within 30 metres of a crosswalk - \$ 180 & 3 Demerit Points

於行人過路區30米內扒頭超越前面車輛 - 罰款\$180及扣3分

Fail to obey school crossing stop sign - \$ 180 & 3 Demerit Points

不服從學校停車指示牌 - 罰款\$180及扣3分

ZONES of Regulation



The staff and students at Terry Fox have been engaged in training around the Zones of Regulation to help foster self-regulation. We are teaching our students good coping and regulation strategies so they can help themselves when they become stressed, anxious, sad, happy or mad. Self-regulation skills are important for the success and well-being of our students.

Self-Regulation:

- The ability to adjust level of alertness and direct how emotions are revealed behaviourally, in socially adaptive ways in order to achieve goals
- Self-control
- Resiliency
- Self-management
- Anger management
- Impulse control
- Sensory regulation

The ZONES:

BLUE Zone – Your body is running slow, such as when you are tired, sick, sad or bored.

GREEN Zone – Like a green light, you are “good to go”. Your body may feel happy, calm and focused.

YELLOW Zone – This zone describes when you start to lose control, such as when you are frustrated, anxious, worried, silly, or surprised. Use caution when you are in this zone.

RED Zone – This zone is for extreme emotions such as anger, terror and aggression. When you are in the zone, you are out of control, have trouble making good decisions and must STOP!

How Can I Help My Child with Self-Regulation at Home?

- Talk about the zones (when in a calm state)
- Ensure he/she has sufficient sleep
- Limit video games
- Ensure the movies/tv shows he/she watches are appropriate for his/her age level.
- Help him/her identify his/her feelings and levels of alertness (which zone)
- Validate your child's feelings
- Make sure you are calm, yourself
- Limit the talking (when in red zone)
- Give them time and space
- Remind your child to breathe
- Have a designated calm area for your child to go to
- Avoid power struggles

More information and strategies:

Today's Parent <http://www.todaysparent.com/family/education/self-regulation-techniquesfor-children/>

Parenting Counts <http://www.parentingcounts.org/parent-handouts/information-for-parentself-regulation.pdf>

Scholastic <http://www.scholastic.com/parents/resources/article/social-emotionalskills/developing-self-regulation>

The **ZONES** of Regulation®

BLUE ZONE	GREEN ZONE	YELLOW ZONE	RED ZONE
			
Sad Sick Tired Bored Moving Slowly	Happy Calm Feeling Okay Focused Ready to Learn	Frustrated Worried Silly/Wiggly Excited Loss of Some Control	Mad/Angry Mean Terrified Yelling/Hitting Out of Control

自我调节区域

Terry Fox 学校的工作人员和学生一直在围绕“自我调节区域”进行培训，以增进学生的自我调节或自律的能力。我们正在教我们学生很好的应对和自我调节的策略，以便在他们感受到压力，焦虑，悲伤，快乐或生气时能够帮助自己。自我调节技能对于学生的成功和精神健康至关重要。

自我调节：

- 调整警觉程度的能力，并以社会所接受的方式来自己的情绪于行为上，以实现目标
- 自我控制
- 弹性
- 自我管理
- 愤怒管理
- 冲动控制
- 感觉调节

区域：

蓝色区域 - 您的身体运行缓慢，例如当您疲倦，生病，悲伤或无聊时。

绿色区域 - 就像一个绿灯，你“可以行进”。你的身体可能会感到快乐，平静和专注。

黄色区域 - 此区域描述何时你开始失去控制，例如您何时出现沮丧，焦虑，担心，发傻或惊讶。当你在这个区域时要小心。

红色区域 - 这个区域是用于极端的情绪，如愤怒，恐惧和具侵略性。当你在区域，你失去控制，有困难做出好的决定，必须停止！

如何在家里帮助我的孩子自我调节？

- 谈论区域（当你和孩子处于平静状态时）
- 确保他/她有足够的睡眠
- 限制视频游戏
- 确保他/她看的电影/电视节目适合他/她的年龄水平。
- 帮助他/她识别他/她的感觉和警觉程度（既属哪个区域）
- 肯定你孩子的感受
- 确保你自己平静
- 限制说话（在红色区域时）
- 给他们时间和空间
- 提醒你的孩子呼吸
- 有一个指定的你孩子可以去的平静区
- 避免势力斗争

更多信息和策略：

今日的家长 <http://www.todayparent.com/family/education/self-regulation-techniquesfor-children/>

教子重要 <http://www.parentingcounts.org/parent-handouts/information-for-parentself-regulation.pdf>

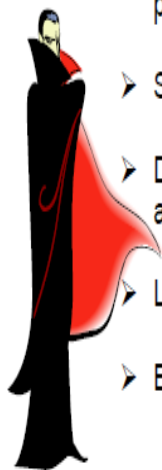
Scholastic <http://www.scholastic.com/parents/resources/article/social-emotionalskills/developing-self-regulation>

SAFETY RULES FOR KIDS



Always Remember!

- Wear costumes that are short enough so that you do not trip.
- Decorate costumes with reflective tape.
- Shoes should fit well so you don't fall.
- When you go out, carry a glow stick or flashlight with new batteries.
- It can be hard to see out of a mask, so use makeup or face paint instead.
- Trick or treat in groups with a trusted adult – it's safer and more fun.
- Carry a cellular phone with you, if possible.
- Visit only houses with the lights on.
- Don't eat any treats unless they are checked by a parent or the adult looking after you.



- Be alert and aware of what's going on around you.
- Watch out for cars. Remember that it may be hard for drivers to see you.
- Stay on well lit streets and always walk on the sidewalk.
- Walk, don't run, and obey all traffic signs.
- Never take shortcuts through backyards, laneways or parks.
- Do not go into anyone's car or house, even if you know the person.
- Stay away from lit pumpkins.
- Do not approach pets or other animals.
- Leave your ipod at home.
- Be polite and say "thank you."



Halloween Safety Tips

COMMUNITY MOBILIZATION UNIT
40 COLLEGE STREET
TORONTO, ONTARIO
M5G 2J3
416-808-7070
www.torontopolice.on.ca



Trick Or Treat Safety Tips

Trick or Treating is a lot of fun, but it can also be dangerous. Using safety tips and common sense can help make the evening enjoyable.

Remember the excitement at this time of year sometimes makes us all forget to be careful.

A parent or responsible adult should **always** take young children on their neighbourhood rounds.

Have your children carry a cell phone if possible. Notify police immediately of any suspicious or unlawful activity.



PARENTS

- Parents should always accompany children when they are trick or treating.
- Make sure that your children wear costumes that are bright and reflective, and short enough to prevent tripping.
- Purchase flame resistant costumes, wigs, and accessories.
- Make sure that emergency identification is secured discreetly within your child's Halloween costume.
- It is best not to have your children wear masks. Face paint is a safer alternative.
- Have children carry flashlights with new batteries.
- Teach children their home phone number and how to call 911 if there is an emergency or they become lost.
- Avoid using candles in pumpkins. Consider using battery powered lanterns or chemical light sticks.
- Children should have a proper meal before heading out to trick or treat. This will discourage them from eating treats before they are properly checked.
- Watch out for traffic; motorists may have a hard time seeing you.
- Wait until children are home before you sort and check treats. A responsible adult should closely examine all treats and throw away any spoiled, unwrapped, or suspicious items.
- Make sure treats that can cause choking are given only to children of appropriate age.
- Plan your entire route before heading out and make sure family members know it.



Remember to **STOP, DROP** and **ROLL** if your clothing catches fire:

STOP immediately,

DROP to the ground and cover your face,

ROLL over and over until the flames go out.

FUN ALTERNATIVES

Find special events to attend instead of house to house trick or treating.

Look for a community centre or places that are hosting organized festivities.

Throw your own party.

EMERGENCY 911

POLICE NON - EMERGENCY

(416) 808-2222



Positive Parenting Workshop

Presented By: Aisling Discoveries: Child and Family Centre

**Where: Terry Fox Public School
(Library)**

When: Thursday, November 2, 2017

Time: 6:30-8:00pm

**RSVP: Ms. Leo
(416) 396-6600**

Childcare will be available.



正面管教子女讲座

主讲人: Aisling Discoveries:

儿童和家庭中心的专业人员

地点: Terry Fox 公立学校 (图书馆)

日期 星期四, 2017年11月2日

时间: 傍晚6:30-8:00

报名请联系安居服务人员:

张文女士647-296-0248

提供国语翻译和托儿服务



***AN INVITATION
TO THE TERRY FOX COMMUNITY
JOIN US TO OBSERVE
REMEMBRANCE DAY***



**FRIDAY,
NOVEMBER 10th
10:10 TO 11:10 A.M.
IN THE GYM**

