

Thorncliffe Park PS News

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October, 2018

Vice-Principal's Message

It has been an excellent start to the school year and a lot has happened in the past month and a half. The students have returned to their routines and have adjusted to the newer ones and the expectations for them.

Under classroom websites and blogs you can learn what's happening in your child's class.

We ask that you please remember to complete all of the forms that went home with your child during the first and second weeks of school. Please update the school whenever you have new contact information. Your child's trillium card was sent home last week. If you haven't returned it, please do so as soon as possible.

A number of the medical information forms that have been returned indicate that we have a number of children who are severely allergic to peanuts and/or other nuts. Please ensure that your child is provided with the necessary medication (i.e. epi pens). Also, children who are asthmatic should

have their puffers with them.

I would like to thank all of the parents, grandparents and caregivers who have continued to wait outside of the appropriate doors when picking up their children. Thanks for understanding that it is not necessary to walk your children to their classroom as we want them to develop their independence.

It is very important to help your children arrive to school on time. This sets them up for success later in life as it teaches them the seriousness of adhering to commitments.

Finally we would like to say goodbye to Mrs. Chamberlain who has worked at Thorncliffe for 38 years. She is retiring and we will miss her and we wish her all the very best!

Ms. Kandankery
Vice - Principal

Progress Reports go home on November 13th.

Interviews will be arranged by your child's teacher.

November 16th is a PA Day! No school

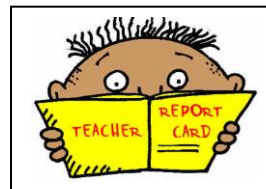


Table of Contents

PAGE	ARTICLE
1	Vice- Principal's Message
2	School Community News
3	Thorncliffe Is The Place To Be!
4	"Respect Winners"
5	Community Kitchen
6	Islamic Heritage Month
7	Dawud Wharnsby/ Book Fair
8	What You Need To Know About..
9	Happy Halloween!
10 & 11	Health News-Nutrition/Influenza
12	Autism Parent Support Group



Community News

Terry Fox Running Club – update

Students walked or jogged during our morning and afternoon Terry Fox run on Oct. 26/17. There were many happy faces knowing that they were supporting the Terry Fox foundation for Cancer Research. Students donated toonies or loonies towards the foundation.



Thorncliffe Is The Place To Be!!!

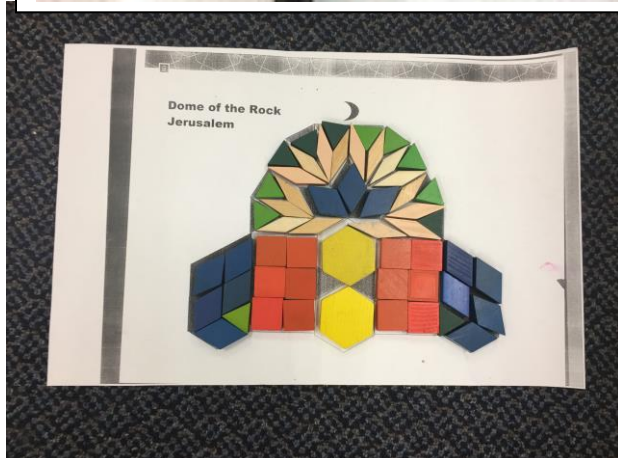
Ms. Scheifele and Mrs. Page's class entered a competition to win a free trip to the aquarium. The students worked together to create beautiful underwater scenes using pastels and watercolours. After reviewing the submissions, the aquarium has chosen our classes as the winners! We will be visiting the aquarium in November. Congratulations to both classes!



Congratulations to Sarah M from 5H who is our first winner of our Positive School Climate "Gotcha Caring" award.

Sarah invited another student to join her team during our library workshop and made this student feel included and that her voice mattered.

Thanks Sarah!



Ms. Reese's Grade 2 students used activities from the Islamic Heritage Resource, as they learned about pattern blocks in geometry.

Respect Winners

Grade 1



Grade 2



Grade 4



Grade 3



Grade 5





Community Kitchen is back by popular demand!

Community kitchen is an engaging and fun way to taste variety of teas along with the learning different type of food from different continents. - Rubab, participant

This program is presented by TDSB Newcomer Services in partnership with Michael Garron Hospital and Healthy Families – Healthy Together

Dates:

Thursday November 1st 2018

Thursday November 8th 2018

Thursday November 15th 2018

Thursday November 22nd 2018

Thursday November 29th 2018

Thursday December 6th 2018

Time:

9:15am – 11am

This program is **FREE** to parents from Fraser Mustard and Thorncliffe Park Public School.

Location:

Fraser Mustard Early Year Centre

82 Thorncliffe Park Drive

(please sign in at the main office)

Meeting in the staff kitchen next to the gym

Special notes:

*please advise of any food allergies or dietary restrictions in advance

*please note that all items will be halal

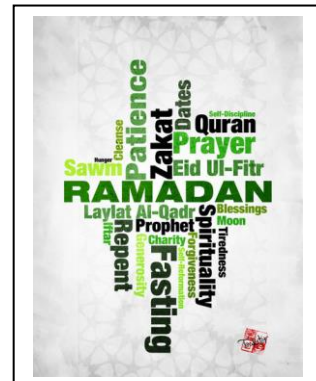
Please email ashima.suri@tdsb.on.ca to register and/or if there are any special requests or questions.

Islamic Heritage Month



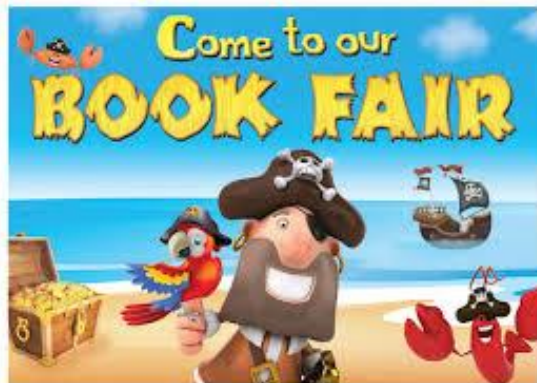
We would like to thank the students in 4A, 3H and 5B for participating in our Islamic Heritage Month by doing a daily announcement for the school. Our Islamic committee prepared a traditional Islamic breakfast and coffee.

Thanks so much!



Dawud Wharnsby

Included in the different ways we celebrated Islamic Heritage Month at Thorncliffe was a musical performance by Dawud Wharnsby. Dawud is a singer and songwriter, who has written over 200 songs and produced 15 albums. He has been singing for the last 30 years. He is a Canadian Muslim living in Kitchener, Ontario and also lives in Pakistan for 3 months of the year and supports a school there as well. Dawud had the audience clapping, drumming and singing along to help spread Salam, Peace into our school and world. Students and staff loved his music and we are grateful he visited us. To read more about him and his work please visit his website: <https://wharnsby.com/>



The Scholastic Book Fair is coming to our school Tuesday Nov. 13th to Thursday Nov. 15th!

Students will have a chance to preview the fair during the day
The fair will also be open for parents:

Tues. Nov. 13th, Wed. Nov. 14 and Thurs. Nov. 15th 4:00-7:00pm
In our school library

More excitement!! IN CLASS, students will fill out a ballot for a chance to win \$50 in books - \$25 for your family PLUS \$25 for your child's classroom!! There will also be five \$10 draws. These draws will take place during morning announcements on Nov 15.

Good luck students!!

What You Need To Know About..... Hallowe'en Safety Tips



Hallowe'en provides an opportunity for parents and children to spend time together creating costumes, carving pumpkins, planning trick or treat activities and participating in family parties. Hallowe'en is a big event at schools and provides opportunities for parties, creative activities, art programs and impromptu history lessons. Hallowe'en is also a time for students, parents, and schools to take extra care to ensure safety and security.

TRICK OR TREAT SAFETY

If parents are concerned about trick or treating, here are some basic safety rules to follow:

- Children should NEVER eat any treats until parents have had a chance to go through them and inspect them. Parents should look for tampering of packages and discard any they believe to be unsafe or unknown.
- Have your child carry a flashlight.
- NEVER go into a stranger's house.
- NEVER trick or treat with people you do not know.
- Trick or treat only at homes you know.
- Children should always stay in groups if no parent is present.
- Younger children should ALWAYS be accompanied by an older person.
- Accompany your child when trick or treating.
- If you cannot accompany your child then know the route your child will take.
- Flame resistant (retardant) costumes are in order. Keep costumes short and remind children to stay away from pumpkins with candles in them.
- Remind children to stay away from pets they do not know.
- Remind children of road safety rules. Cross only at corners. Do not criss-cross the road. Go up one side of the road and down the other side. Never cross between parked cars. Walk facing on-coming traffic if there is no sidewalk
- If adults are driving their children, drive slowly, with lights on and be cautious when pulling to the side of the road.
- Children should wear their own shoes when trick or treating. Wearing costume shoes/boots can be dangerous and uncomfortable.
- Remind children that not everyone celebrates Hallowe'en, and to avoid any homes that have no lights on. Also remind children not to run through neighbours yards or gardens.
- With older children, be sure to know what other events (such as parties) they plan on attending.
- Set time limits when children should return home.





Happy Halloween from us to you!



Our staff and students were all dressed up to celebrate Halloween!
Our Gr. 1 students showed off their costumes in a parade through the school!



Health News



Surviving Flu Season

Every year, approximately 25 percent of Canadians will get the flu during the fall and winter seasons. Everyone is at risk of getting the flu; it spreads very easily by coughing or sneezing, and by touching contaminated surfaces after someone with the flu has touched them. The flu is characterized by symptoms such as a fever, muscle aches, headaches, weakness, a cough, and can last up to seven days. Needless to say, it is not a favourable state to be in and it makes performing daily tasks very difficult. Most people who get the flu will not become seriously ill; however, the elderly, people with diabetes, asthma, lung and heart ailments, and children less than 2 years of age are at increased risk of complications if they get the flu. The flu contributes to the deaths of thousands of Canadians every year.

Experts tell us that getting the flu shot is the most effective way of preventing the flu but there are also plenty of lifestyle changes you can make that can help keep the flu at bay:

- 1) Wash your hands often: If someone who has the flu sneezes or coughs into their hand and then touches other surfaces, these germs can live for several hours so that if you touch the same object, you will pick up these germs. If soap and water are not available, use an alcohol-based cleanser.
- 2) Use a tissue: If you muffle coughs and sneezes with your hands, you risk passing your germs to others. Instead, use a tissue and throw it away immediately.
- 3) Drink plenty of water: Water rehydrates you as it flushes your system. On average, we need about eight glasses of water a day.
- 4) Get some fresh air: During the winter, more people stay indoors and that means more germs get circulated within a room. Central heating can dry us out, making us more vulnerable to flu and cold viruses. Bundle up and say yes to a lunch time walk.
- 5) Exercise: Aerobic exercises help increase our body's natural virus-killing cells.
- 6) Eat a healthy diet: Choose foods that are high in antioxidants, vitamins and zinc to strengthen the immune system. Choose fruits and vegetables that are bright red, yellow and dark green such as spinach, broccoli, sweet potatoes, cantaloupe, tomatoes and oranges.
- 7) Don't smoke: Smoking wears down our immune systems, dries out our nasal passages and paralyzes cilia (hairs that line our nose and lungs and sweep viruses out).
- 8) Avoid excessive alcohol: Alcohol has a dehydrating effect on the body and makes it difficult for the liver to filter out germs.
- 9) Avoid junk food: Refined sugar compromises the immune system, putting you at a higher risk of getting the flu.
- 10) Relax and get a good sleep: When you are stressed or don't get enough sleep, your immune system is compromised. Proper rest and relaxation boosts immune system functioning so that it can effectively respond to cold and flu viruses.

Here's hoping that the flu season will go by unnoticed!



2018-2019 Nutrition Tips October: Congratulations on making it through September! October is a great time to see different colours on the leaves of the trees. But what about the lunch bag? Is it filled with colour too? If not, try to add some colour and taste the full rainbow! Here are some ideas:

Red: Strawberries, red peppers, tomatoes, red delicious apple

Orange: Orange, sweet potato, butternut squash, cheddar cheese

Yellow: banana, corn, yellow beans, scrambled egg or egg salad

Green: green grapes, kiwi, broccoli, cucumber

Blue/Purple: blueberries, blackberries, eggplant,

Brown: brown rice, whole wheat bread, pinto beans, roasted chicken

White: cauliflower, mozzarella cheese, 1% or 2% milk, cottage cheese



**Health Access
Thorncliffe Park**
Community Health, Close to Home.

Written by Zoe Barnett, Registered Dietitian

For more health or nutrition information please contact:

Health Access Thorncliffe Park

East York Town Centre

45 Overlea Blvd., Unit B7

416-421-6369

**Has your child been
immunized against
influenza?**



Don't wait! Talk with your child's health care provider about the seasonal influenza vaccine.

Influenza can be serious for healthy children 6 to 59 months of age and children with chronic health conditions. Annual immunization with the seasonal influenza vaccine is an effective and safe way to prevent the spread of influenza and its complications.



**CELEBRATING
IMMUNIZATION
SUCCESS**

Autism Parent Support Group

Offers parents an opportunity to gather and share information, experiences and advice with other parents.

Emotions



Thursday, November 1, 2018

9:00am - Meet & Greet 9:15am - Start

Location: TNO Youth Centre

(next to Ontario Early Years Centre)

Please register at thorncliffe.collaborative@gmail.com or call 416-577-7595

Language support and child-minding as needed

**Presented by Thorncliffe Collaborative for Muslim Families
and Children in Partnership with Geneva Centre for Autism**

