

Ryerson Raven Review

October 2019

PRINCIPAL'S MESSAGE

Welcome to October!

Fall is going very well at Ryerson. Everyone is settling in and we are looking forward to a great year ahead.

It was great to see such an amazing turn out for both the Kindergarten Meet & Greet Family Night and the Meet the Staff Night. Thank you to the many families who attended and to the School Council for organizing and providing treats at each of the events. The school staff enjoyed meeting all of the families who visited the school and the students, of course, enjoyed "showing off" their new teachers and classrooms as well!

The students have been off to a fabulous start in both academic and extra-curricular activities such as cross-country and volleyball. We are very proud of the hard work and dedication our students have shown. It is wonderful to see the hard work of all of the exceptional students we have here at Ryerson.

Some exciting news, we have received our EQAO results. We would like to share the incredible results below.

Grade	Reading	Writing	Mathematics
Grade 3	82%	82%	74%
Grade 6	92%	89%	67%

Moving forward, we are going to continue to work hard on improving our understanding in Math and Literacy. Let's look forward to a great October ahead.

Sincerely,

Linda Reid



October

4th – Stoney Creek Cross Country Meet

7th – School Council Meeting

8th – Cross Country Regionals

9th – Grade 7 Immunization Clinic

9th – Round 1: Girl's Volleyball @ Ryerson

14th – Thanksgiving

22th – Cross Country Finals

25th – PA Day

31st – Halloween

Upcoming in November -

6th – Picture Retake Day

8th – Progress Reports Go Home

11th – Remembrance Day

15th – PA Day

BELL TIMES for JK to Grade 8

Morning Entry:	9:00 a.m.
Morning Recess:	10:10 a.m. – 10:25 a.m.
Lunch:	11:45 a.m.
Afternoon Entry:	12:45 p.m.
Afternoon Recess:	2:05 p.m. – 2:20 p.m.
Dismissal:	3:30 p.m.

The Ryerson Cross Country season is in full swing. Mrs. Vanderveen, Mrs. Hardy and Miss Baxendale have been coaching and encouraging all runners during their lunchtime practices!

Congratulations to all of the runners who participated in the Stoney Creek Meet on Friday, October 4th, 2019. There were some impressive finishes.

The qualifiers are headed to **Gibbons Park** on **Tuesday October 8, 2019** for the **Regional Meet**. Good Luck Runners!

Go Ryerson Ravens!!



Girls' Volleyball Season is about to begin with the **Season Opener** on **Wednesday, October 9th, 2019 at Ryerson**. We hope you all can come and support our Ryerson Ravens!

Coach Baxendale and Coach McMurphy are excited for the upcoming season!

Newsletters

Our newsletters will be emailed directly to all families using School Messenger. As always, paper copies of the newsletter are available upon request at the office.

Safe Arrival and School Messenger for Parents

If you wish to pick up your child early from school, please send a note to your child's teacher giving the date and the time you need to pick up him/her. When you arrive at the school, please go directly to the office to sign out your child and the office will call into the classroom for him/her. For parents bringing their child back to school after appointments etc., please come directly to the office and sign your child in. He/she will have been marked absent and their attendance needs to be changed. If you know your child is going to be absent, please inform the school by phone toll free **1-844-305-3756**, School Messenger or free smartphone app.

School Cash Net On-Line

ALL parents are asked to sign up for this amazing electronic service. All field trips, hot lunch orders, planners, etc. will be paid through this electronic pathway. Cash and cheques will still be accepted if needed. Please visit <https://tvdsb.schoolcashionline.com> to register.



Bus Cancellation and Delay

For information on bus cancellations and delays, please use the Student Transportation Service (STS) website at www.mybigyellowbus.ca. Using the student ID#, parents are able to log into the portal and access their student's transportation arrangements.

Ryerson is a Peanut and Nut-Free School

Some of our staff and students have life-threatening peanut/nut allergies. Accidental contact with peanuts or tree nuts, or even inhaling small amounts of peanut/nut particles can cause a severe allergic reaction leading to anaphylactic shock—which becomes very dangerous as it may cause throat swelling which can lead to an inability to breathe. This reaction can begin and proceed rapidly, occasionally proving fatal within minutes. An anaphylactic shock reaction could be fatal without an adrenaline treatment from an EPI-Pen. In support of these serious conditions, Ryerson is a “Peanut/Nut-Free School”.



No Scents Makes Great Sense



For some people, coming in contact with perfume or cologne is more than just an inconvenience. It can lead to an environmental illness known as “Multiple Chemical Sensitivity”. For these people, exposure to scents can cause:

- Dizziness
- Nausea
- Regular or migraine headaches
- Rashes
- Breathing problems

By avoiding scented products, you can help students and staff, feel their best and have a positive day at school. Choose scent-free products and remember, “**we all share the air**”.



Family Activities

Participating in activities together as a family can be fun. [ParticipACTION](#) says “a healthy childhood requires a balance of physical activity, sedentary behaviour and sleep”. The health benefits that come from heart pumping physical activity are reduced if children have poor sleep habits or spend too much time being sedentary e.g. sitting or reclining while watching screens. Parents and caregivers can set a great example as role models to inspire children to be active. The more children see you being active, the more likely they will be active as well.

Spend less time being sedentary by limiting ‘screen time’ to **no more than 2 hours per day**

Here is a list some active activities that you can do together:

- Go for a walk together; explore your neighbourhood
- Play basketball, catch or soccer in your driveway or at the park (community centre)
- Dance to some up-beat music together
- Make a game out of picking up sticks or raking in your yard; it will help with seasonal yard work
- Walk, bike, rollerblade or skateboard to or from school together
- Play Get Up and Move Bingo

If you are looking for more activities to do with your children visit [Active For Life](#) (<https://activeforlife.com/activities/>) and [ParticipACTION](#)

For more information on the guidelines, visit the [Canadian Society of Exercise Physiology](#) (<https://csepguidelines.ca/>)



From your Public Health Staff

www.healthunit.com

Ryerson Community and Global Outreach / Environmental Programs

We will continue to collect the following items throughout the year. Please drop them off at the main office or have your child bring them to his/her classroom to be delivered to Mrs. Marques' classroom at a later time.

- 1. Plastic bags from 4L bags of milk** Bags are cut into strips and woven into floor mats. Children in Africa then have something to sleep on instead of the cold, damp ground.
- 2. Pop tabs** Tabs are collected each year to help a disabled child's family buy a secondary wheelchair. It may seem like an insignificant gesture, but with everyone around the region collecting, it really adds up quickly!
- 3. Used postage stamps** These are weighed by the pound and sold to collectors. The raised funds go to help poor children in Haiti.
- 4. Prescription Eyeglasses** Glasses are passed on to individuals in third world countries.
- 5. Crayola Markers** Hold onto markers that have dried up. We will ship them to Crayola so they get recycled!
- 6. Fishing Reels and Fishing Line** These will be distributed to fishermen in Belize to help them earn a livelihood.
- 7. Ty Beanie Boos, small stuffies, McDonald's toys, skipping ropes, new toothbrushes, bars of soap and school supplies. Acceptable items are used for the Shoebox Program and shipped to children around the world.**
- 8. Dead Batteries** - Instead of throwing them in the garbage, please bring them to the office so they may be disposed of in an environmentally friendly way.

If you are aware of any programs our school community can help out (that run along similar lines as those above), please send a note to school with your child. We'll see what we can do! Thanks so much, in advance, for being models of good citizenship, empathy and generosity!



Supporting Students with Prevalent Medical / Health Conditions in Schools

To ensure children with **potentially life-threatening medical conditions** remain safe while attending school, TVDSB requests Parents/Guardians update the necessary medical information on the Parent Portal so that an Individual Plan of Care (IPOC) for the student can be reviewed by the school's administration. Medical conditions considered potentially **life-threatening** may include:

1. Asthma
2. Anaphylaxis
3. Epilepsy
4. Type 1 Diabetes
5. Any other potentially life-threatening condition that could result in a medical incident* (discuss with your school administrator)

Parents/Guardians can provide important information about their child's life-threatening or prevalent medical condition by logging into the TVDSB Parent Portal and clicking on the following tab: **Student Medical Information**. Once an Individual Plan of Care is submitted, the school administrator will then review the information. Parents/Guardians may be contacted for further information, if required. **New for 2019-2020** – Parents/Guardians now have the opportunity to complete Individual Plans of Care online and submit them electronically to the student's school.

Parents/Guardians who cannot access the Parent Portal on the Internet should contact the school office. Please note that Parents/Guardians are expected to be active participants in supporting the management of the student's prevalent medical condition(s) while the student is in school. **It is the responsibility of Parents/Guardians to inform the school of such conditions to ensure the student's safety at school.**

**A medical incident is a circumstance that requires an immediate response and monitoring, since the incident may progress to an emergency requiring contact with Emergency Medical Services – 911.*

Student Concussion Policy

In response to Ministry of Education requirements and in support of our existing school safety procedures, schools are required to follow certain steps whenever a student suffers a concussion or whenever a concussion is suspected. Parents can access Concussion Policies and Procedures through the board website or by contacting the school and requesting a copy. As with any potential injury, our first goal is prevention; concussion awareness and prevention is part of ongoing professional training for staff and is integrated into students' Health and Physical Education curriculum.

Since a concussion can affect a student's ability to learn or to participate in activities, schools will work with parents and medical contacts to assist any student who has suffered a concussion. If an injury occurs on a weekend or after school, parents are asked to inform the school so that appropriate accommodations and support can be provided. Questions can be directed to the school Principal.

Protecting Students with Allergies

The number of life-threatening allergies (anaphylaxis) is increasing. On January 1, 2006 **Sabrina's Law** came into effect to help protect students from these allergies, the most common being nuts and insect stings. Its goal is education and prevention. The law has implications for stakeholders of Ontario's publically funded boards. It is the parents' responsibility to provide the school with medical information, an emergency plan and an up-to-date supply of epi-pens or prescribed medication. We have students with nut allergies at Ryerson. Please refrain from sending items in your children's lunches that are made from nuts. **Ryan's Law** was recently passed by the Ontario Legislature in support of the well-being of students with asthma in our schools. With your permission, your child will be allowed to carry their asthma medication.

Immunization Clinic

The Middlesex London Health Unit will be offering clinics on the following dates:

October 9th, 2019 – *Grade 7 Students* – Hepatitis B and Gardasil-9 Vaccine and one dose of Menactra vaccine (and any Grade 8 students absent last year with a consent on file)

March 30th, 2020 – Hep B #2 and Gardasil-9 #2 (and any Grade 8 students absent on previous clinic dates with signed consent on file)

Information packages will be sent home with all eligible students prior to the first clinic. Please read over all the information carefully with your child. Signed consents are to be sent back to the school before the date of the first clinic. If you have any questions regarding the school vaccination program, please contact the Middlesex London Health Unit at 519-663-5317 ext. 2330.

Fall Reorganization

As a growing school community, our School Board has been responsive by granting us additional staffing for a new class. The fall organization process takes place within specific contractual time line and schools navigate the process based on room availability, staffing and the best interest of our students.

In September, we learned that we were granted a class in order to decrease the number of students in many of our classes. We wanted students in their new classes as soon as possible, so that they could begin to build community. Over 80 students were impacted by this reorganization and we want to truly thank our school community for their trust in our decisions and their support of their children through this transition.

Although we know that this process is never ideal as it impacts students, timetable, learning spaces etc., we know that the end result (smaller class sizes) benefits all of our school community.

Field Trips and Volunteering

Thank you to the many parents who continue to submit both their **Annual Offence Declarations** (which can be obtained from our school office) as well as their **Criminal Background Checks**. Your efforts in maintaining student safety are greatly appreciated. If you would like to obtain a police check so that you may volunteer your time to the students at Ryerson and have not yet done so, please see the office for information.

Staffing Update

Name	Grade	Name	Grade
Ms. Squire & Ms. Lovell	K1K2	Ms. Rutkevich	Gr 6/7
Mrs. Marques & Ms. Johnson	K1K2	Mr. Panopoulos	Gr 7
Ms. Zavitz & Ms. Del Baso (Ms. Armas)	K1K2	Ms. Yu	Gr 8
Ms. Raupp	SK/1	Mr. Williamson	Gr 8
Ms. Bolger	Gr 1	Miss Baxendale	Prep
Ms. Bere	Gr 1	Ms. Simpson	Prep
Ms. Walkey	Gr 1/2	Ms. Snow	Prep
Ms. Alderson	Gr 2	TBD	Prep
Mrs. Hardy	Gr 2/3	Ms. Hoskin	LST
Ms. Proulx	Gr 2/3	Mr. Billingsley	Librarian
Ms. Opdecam	Gr 3	Ms. Atkinson / Mr. Hudecek	ELL
Mr. Mc Murphy	Gr 3/4	Ms. Reid	Principal
Ms. Brouwers	Gr 4	Ms. Duggan / Ms Atoui	Secretary
Ms. Heyland	Gr 4/5	Ms. Silva	Ed Assistant
Mrs. Vanderveen	Gr 5	Ms. Moretti	Ed Assistant
Mr. Rice	Gr 5/6	TBD	Ed Assistant
Mr. Hough	Gr 6	Mr. Milmine / Mr. Dunn / Mr. Lunn	Custodian

