



## Back To School

# Ryerson Raven Review

September 2019

### PRINCIPAL'S MESSAGE

I am very pleased to be the new principal of Ryerson Public School and would like to welcome you to the 2019-2020 school year! I hope everyone enjoyed a fun filled summer! I am so happy to greet our new and returning students and it is always a pleasure to hear everyone's stories about their summer vacations. The one thing about September that always amazes me is how quickly we get right into another action packed year filled with excitement, anticipation, friendships and renewed energy and spirit. I would like to extend a warm welcome to Ryerson to all of our new students and their families. I know you will enjoy being part of this fabulous and dynamic community.

We have had some changes in our staff. I would like to welcome our new Ryerson Staff: Ms. Zavitz (K1K2), Mr. McMurphy (Gr 3/4), Ms. Heyland (P/J Teacher), Ms. Campbell (Educational Assistant), Ms. Atkinson-Givan (ELL Teacher), Mr. Brown and Mr. Lunn (Custodial Team), Ms. Duggan and Ms. Atoui (Office Team). We are all very lucky to be working and learning with you!

I particularly wish to acknowledge our team who have worked tirelessly to prepare our school to welcome your children. The school looks wonderful and custodial staff have worked hard over the summer to make the learning environment shine. Staff have been busy preparing classrooms and planning for student learning. Their hard work is greatly appreciated! A special thanks to our Administrative Assistants, Ms. Duggan and Ms. Atoui for their hard work and organization in the office, managing supplies and orders, and preparing for another great year!

Ryerson is a fantastic school and I look forward to working together with parents and staff to create a positive, supportive and co-operative learning environment to support all of our students. I look forward to a successful and fun year for all! A strong partnership between school and home provides the best learning opportunities for all children. I am truly excited and honoured to have this opportunity to work within this community.

Sincerely,

Linda Reid

### September

3<sup>rd</sup> – First Day of School

16<sup>th</sup> – School Picture Day

18<sup>th</sup> – Grade 7 & 8 Grand Theatre Trip

19<sup>th</sup> – Kindergarten Meet and Greet

26<sup>th</sup> – Staff Meet and Greet 5-6pm

27<sup>th</sup> – PA Day

30<sup>th</sup> – Orange Shirt Day

### Upcoming in October -

4<sup>th</sup> – Stoneycreek Cross-Country Meet

7<sup>th</sup> – School Council Meeting

9<sup>th</sup> – Grade 7 Immunization Clinic

9<sup>th</sup> – Cross Country Regionals

14<sup>th</sup> – Thanksgiving

22<sup>nd</sup> – Cross Country Finals

### 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 will begin Monday, September 8<sup>th</sup>, 2019. Mrs. Vanderveen, Mrs. Hardy and Miss Baxendale will be coaching the team and are encouraging all students in grades 3 to 8 to join! This year, practices will be run during lunch in order to accommodate our growing school population. It's a great time to get fit during fall and we know our Raven runners will make Ryerson proud.



## Kindergarten Meet and Greet

Meet the Kindergarten families will be held on Thursday, September 19, 2019 from 5:15 -7:15 pm. Please come and meet the other Ryerson Kindergarten families.

## Meet the Staff Night

Meet the Staff will be held on Thursday, September 26, 2019 from 5-6pm. Please come and visit your children's classrooms and meet their new teachers.

## 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 time you wish to pick him/her up. When you arrive at the school, please go directly to the office to sign out your child and the office will call the classroom for him/her to meet you. For parents bringing their children back to school after appointments etc., please come directly to the office so your child can sign 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 through the free School Messenger smartphone app.

## School Cash Net On-Line

ALL parents are asked to sign up for this electronic service if you have not yet done so. All field trips, hot lunch orders, planners, etc. will be paid through this electronic pathway. No cash/cheques will be accepted. 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](http://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 dangerous because it involves the throat swelling up causing 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/) (<https://activeforlife.com/activities/>) and [ParticipACTION](#)

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



From your Public Health Staff

[www.healthunit.com](http://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, later to be delivered to Mrs. Marques' classroom.

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 the needy in third world countries.
5. **Crayola Markers.** Hold onto those markers that have dried up. We will ship them to Crayola so they get recycled!
6. **Fishing Reels and Fishing Line.** Distributed to fishermen in Belize to help 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 are shipped to poor children worldwide.**

8. **Dead Batteries.** - Instead of throwing them in the garbage, please bring them to the office so that they may be disposed of in an environmentally friendly way. If you are aware of any programs our school community can help out with 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 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 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.

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## Immunization Clinic

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

**October 9<sup>th</sup>, 2019** – *Grade 7 Students* – Two doses of 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 30<sup>th</sup>, 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.

