

École Arbour Vista

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Newsletter for September 2021

From the Principal's Desk

Mme Languedoc and I would like to welcome all of you to the 2021-2022 school year! My name is Marina Harrison, I will be the new Principal at École Arbour Vista Public School. I am truly excited to be in this wonderful and diverse community and am looking forward to meeting our students and their families.

As we continue navigating through the challenges of the past months, I am reminded that we can, and indeed have, done hard things. The start of this year at school will be slightly different than last year, but many of the protocols and Health and Safety precautions will remain the same. We've done this before and we can do it again! The emphasis remains on masking, proper hand hygiene and social distancing.

Having spoken to many parents throughout our school board, the prevalent question that many parents have is "How will my child succeed academically? How will he or she get caught up if there were some gaps from last year?". These are, of course, very valid concerns. I would like to assure you that we are certainly aware that many students will be at different places of the curriculum when they arrive in their classrooms on September 7th. However, this is not all that different from any other year. All students learn at their own pace. Our job, as educators, is to assess where each student is and commence her/his education from where they left off, not from where the curriculum is. We then work together to ensure all our students are making good progress.

On the first day of school, each family will receive a package of information. Some of it will need to be returned to school with consents and signatures. Please be sure to read all of it. Your child's teacher will also be sending some information that pertains to their class in particular. Should you have any questions, this Newsletter may answer a lot of them. Having said that, although we are keeping to "only essential visitors" rule at the school, the phone lines and emails are open! Please do not hesitate to reach out to the Office or your child's teacher and I am always more than happy to chat with our parents.

Lastly, I hope that some of you will consider joining the Parent Council at the school, which is an excellent way to get involved in school life and make your voice heard. Everyone is welcome!

[2021-22 School Operations: Student and Family Guide](#)

Bell Times – (To support social distancing measures, please time the arrival of your child as close to the 8:20 bell as possible).

Period	1	8:20 a.m. – 9:20 a.m.
	2	9:20 a.m. – 10:00 a.m.
Recess		10:00 a.m. – 10:20 a.m.
Nutrition Break		10:20 a.m. – 10:45 a.m.
Period	3	10:45 a.m. – 11:45 p.m.
	4	11:45 p.m. – 12:25 p.m.
Recess		12:25 p.m. – 12:50 p.m.
Lunch		12:50 p.m. – 1:10 p.m.
Period	5	1:10 p.m. – 2:10 p.m.
	6	2:10 p.m. – 2:50 p.m.
End of the day bell		2:50 p.m.

Please note that our Grade 6 - 8 students will have their morning recess from 10:00 a.m. – 10:20 a.m. During this time our Kindergarten to Grade 5 students have their Nutrition Break. From 10:20 a.m. – 10:45 a.m., students in Kindergarten to Grade 5 will go out for recess while the Grade 5 – 8 have their Nutrition Break. Students in Grade 6 - 8 will have their second recess from 12:25 p.m. to 12:50 p.m. At this time, the Kindergarten to Grade 5 students will eat their lunch. The final twenty minutes, from 12:50 – 1:10 p.m., will have the Grade 6 - 8 students eat lunch while the Kindergarten to Grade 5 students are outside for recess.

Yard Duty Times

The following are the times when our playground is supervised by school staff. ***As noted above, if your child walks to school, please ensure he/she arrives as close to the 8:20 a.m. bell as possible to support social distancing measures.***

8:00 a.m. - 8:20 a.m.
10:00 a.m. - 10:45 a.m.
12:25 p.m. - 1:10 p.m.
2:50 p.m. - 3:05 p.m.



School Organization

Schools have built class lists based on their tentative organizations. Changes may be necessary at your child(ren)'s school in order that our Board remain compliant with Ministry parameters (see below). Any changes would be implemented by Monday, September 20th. Principals do not have the option of changing the school organization that is set by the District Staffing Committee of the Board. If changes affect your child(ren), you will be informed by the school.

Ministry Of Education Parameters

- 90% of the Board's primary classes with 20 or fewer students
- 10% of the Board's primary classes up to a maximum of 23 students
- Grade 3/4 classes have a cap of 23 students
- Junior/Intermediate Class Size Average for the Board is 24.5 students to 1 teacher
- 90% of Full Day Kindergarten classes with 29 or fewer students
- 10% of Full Day Kindergarten classes up to a maximum of 32 students under certain circumstances
- Full Day Kindergarten Class Size Average for the Board is 26 students

School Staff 2021-2022

Name	Grade	Room #
Rachel Carter Shannon Grist [RECE]	Kindergarten	103
Andrea Poste Katelyn Watson [RECE]	Kindergarten	102
Leanne Laurin Marissa Couto [RECE]	Kindergarten	104
Maren Kasulke	Gr. 1	106
Spencer Anderson	Gr. 1	107
Danielle Saint-Onge	Gr. 2	108
Becky Saar	Gr. 2	101
Joanne Hunse	Gr. 3	201
Jennifer Girard	Gr. 3/4	202
Michelle Savage	Gr. 4	204
Alain Remillard	Gr. 4/5	203

Susan Dodds	Gr. 5	205
Karlee Cockburn	Gr. 5/6	105
Steve Uger	Gr. 6	206
Lena McDonald	Gr. 7	210
Abraham Gerges	Gr. 7	209
Elizabeth Ciaravella	Gr. 7/8	211
Michelle Beesley	Gr. 8	207
Jennifer Pigeon	Gr. 8	208
Tess De Nardis	SERT	N/A
TBD	CYC	N/A
TBD	EA	N/A
Miyuki Teasdale	EA	N/A
Aida Chaarani	Intermediate Planning	N/A
Natalie Sylvestre	Junior Planning	N/A
Liza Bambrick	Intermediate Planning	N/A
Lisa Fildey	Junior Planning	N/A
Carly Mundle	Primary Planning	N/A
Elizabeth Ward	Library and Kindergarten Planning	Library
Esther Schletz	Office Co-ordinator	Office
Catherine Barry	Assistant Office Co-Ordinator	Office
Neil Boyd	Head Custodian	N/A
Matt Robson	Night Custodian	N/A
Kate Languedoc	Vice-Principal	Office
Marina Harrison	Principal	Office

First Day Procedures

- We respectfully ask that parents/guardians and students do not arrive at the school until 8:05 am (or later) because there is no supervision prior to that time.
- In addition, please note that, as in the previous year, school visitors are to be kept to a minimum and so only essential visits are allowed by Public Health. Therefore, we must ask parents/guardians to not come inside the school, in accordance with UGDSB and EAVPS COVID-19 Safety Protocols.
- Upon arrival at the school, parents/guardians are asked to not come onto the school yard, but drop off their child at the gate in the parking lot.
- Students will be assisted to quickly find the line for their assigned classroom teacher(s).
- All entry points will be organized and labeled as usual: **Kindergarten Doors, Primary Doors, Junior Doors and Intermediate Doors**. Students should go to their corresponding door.
- To support this process, parents/guardians and students will see many teachers and staff members in safety vests with all class lists, helping direct everyone in a safe manner.
- Students will then find their teacher who will stand beside a sign with their name. The teachers will escort students to their classroom.
- In order to minimize exposure, we ask everyone to keep their mask on just during this time, since there will be lots of people about. Also, please maintain the social distancing measures.
- Once students have found the line for their assigned classroom teacher(s), we ask that they remain there until their class enters the school building. Students arriving on buses will be greeted by a teacher and staff member wearing a Safety Vest, who will walk them to their designated area to meet their classroom teacher. A map for class meeting locations is attached for the first day (September 7th , 2021).

Before Coming To School

Parents/guardians will be asked to perform a daily screening of their child(ren) for COVID-19 BEFORE leaving for school.

- All students who are experiencing symptoms identified in the screening tool that are consistent with COVID-19 must not attend school and should follow the guidance provided in the screening tool, which may include seeking appropriate medical attention as required,

and/or getting tested for COVID-19.

- [COVID-19 school screening](#)

Masks At School

All students in the UGDSB (Junior Kindergarten to Grade 12+) are required to wear properly fitted non-medical or cloth masks indoors in school, including in hallways and during classes, as well as on a school vehicle following a motion passed by trustees.

- Masks may be temporarily removed indoors for the following activities, with a minimum distance of two meters maintained between individuals: to engage in low-contact physical activity or to consume food or drink
- Students are not required to wear masks outdoors as long as they stay with their class, but distancing between individuals will be encouraged as much as possible.
- Mixing of classes is permitted, but masks are required even outdoors.
- Students are expected to bring their own masks to wear on student transportation and at school.
- Masks will also be made available by schools for students if needed.

What Should I Bring To School?

Please keep your child(ren)'s personal items to a minimum! To support a safe and comfortable environment, students are asked to bring the following items **clearly labelled with the student's name:**

- Knapsack or tote bag for personal belongings
- Face masks (they may need more than one)
- Personal water bottle (drinking fountains are still closed)
- Seasonal footwear (indoor shoes for gym and outdoor shoes)
- School supplies (e.g., pencil case, pencils, etc., as outlined by staff)

Note: Cubbies/Hooks and Changerooms will be used for this school year.

School Routines and Protocols

Arrival Procedures:

We are asking that parents/guardians drop their child(ren) off from their car in our ***Kiss'n Ride*** area of the school parking lot. Students should exit their car from the right side of the vehicle, and immediately make their way to the school yard. Supervisors will be present to help direct students from 8:05 am onwards. There is no supervision prior to 8:05 am. Teachers and duty and classroom teachers will also assist students arriving at school with masking, hand sanitizer and physical distancing for the beginning of school.

Dropping Off Medication:

Student Medication can be brought to the Front Office by scheduling an appointment. Appointments to drop-off medication can be made by calling (519) 833-9621. Please note that prior to school being able to administer any medications, a permission form must be filled out and signed. If you would like a form, please let us know and we will send it to you with your child.

Peanuts and Nuts

This is hardly news, but we are asking families to please abstain from sending any foods containing any nuts, due to the large number of students with life-threatening allergies. Please note: imitation nut butters are not permitted. We wholeheartedly thank you for your consideration of all our students' health.

Late Arrival

Students who arrive at school late (after 8:20 am) should wait at the front doors. The parent/guardian dropping them off must wait with their child and ring the doorbell for assistance. Please be patient as the office is very busy. While we recognize that occasional lates are a normal part of life, we would also like to ask to keep lates down to a minimum as it is extremely disrupting to our Office staff and to the classroom where learning has already begun. In addition, students who are late often miss out on instruction and that all-important transition and information about what is going to happen that day.

Entering the Building

Students will be shown their assigned spot to line up, as well as their assigned point of entry into the school. At the bell, the supervisor on the yard will allow one class at a time to enter through the assigned point of entry.

Recess and Outdoor Breaks

Outdoor time can be used as a break from masking, with physical distancing strongly encouraged.

If students are outdoors and within classroom cohorts, a mask is not required; if mixing among cohorts, masks need to be worn.

We strive to clearly communicate the expectation to students that they are to interact with members from their class cohort; if unable to, they should wear a mask.

Students should wear masks while exiting and entering the school and carry their mask with them during recess in case of need (e.g., fanny packs, break-away lanyard, baggy).

Outdoor activities are generally lower risk than indoor activities due to better ventilation and a greater amount of space to naturally facilitate physical distancing. Children will be taught about how to physically distance outdoors.

Students will be instructed to limit interactions to only individuals within their class cohorts as much as possible. If there are classes coming into close contact with each other for prolonged periods of time, it is recommended students wear a mask.

Students will be given hand hygiene opportunities before and after recess.

Playground structures will be open with hand hygiene required before and after use of equipment.

Food Programs

Food programs are permitted this year. Please stay tuned for further information to allow us the time to set these up.

Also, please note that parents will not be permitted to drop off lunch, water bottles etc. this year.

School Driveway For Buses

Arbour Vista has several buses running to and from the school each day. To ensure everyone's safety, we ask that you respect the "Buses Only" signs erected in the laneway at the front of the school and not park in this location. If you are driving your children to school, it is strongly suggested that you park a distance away from the school and walk them to the school. If you plan on driving your child(ren) to school, do not get out of your car in The Kiss and Ride area. Your child can walk independently to meet his/her class on the tarmac. Once again, as noted earlier in this newsletter, parents will not be permitted on the school yard (grass and tarmac area). Please work with the school to help ensure the safe arrival and pickup of your child(ren).

Student Verification Forms

Forms will go home on the first day of school. Please make any necessary changes to the information provided. Please sign and return the verification form to school by Friday, September 17th.

Notifying the School of a Student Absence - Safe Arrival

The rules of the Safe Arrival Program state that the school must know why a student is not present on any particular day. This means that school office staff will continue to try to contact parents until one is reached; we sometimes make four or five calls for one child. This takes an inordinate amount of time and often stretches the office staff's ability to carry out other duties. Please assist us in speeding this process up and calling the school when you know if your child is going to be late or absent.

Taking Students from School To Ensure Student Safety **New Information!**

If you are picking up your child early from school, please call in-advance so the office can arrange for him/her to be ready upon your arrival. Please call the school when you arrive so a member of the office staff can meet you outside, for you to sign out your child. After being dismissed from class, either at lunch or at the end of the day, students are requested to go

directly home or to a caregiver before proceeding to other activities. Please reinforce the importance of this safety message with your child.

Visitors to the School – **New Information!**

Visitors will not be permitted in the school. The only individuals permitted to be in the school are school staff, Board Senior Administration, Itinerant Program staff, IT staff, Occasional staff: including teachers, EAs, Office Coordinators, etc., Public Health personnel, Board maintenance staff, the Board Courier, the Health & Safety Inspection team and Emergency personnel for emergency situations. Parents/guardians will only be permitted in the school for medical reasons and those noted in a their child's Plan of Care.

Guelph Police Reminder

Parents/guardians are reminded that the Guelph Police Service will be patrolling all school zones in the City of Guelph on a consistent basis and will levy fines to motorists not obeying traffic rules. Please choose safety over convenience!

Student Accident Insurance

As a parent or guardian, you are responsible for the expenses related to student injuries on school premises or during school activities. Accidents can and do happen, and the costs involved may not be fully covered by provincial health care or employer group insurance plans. The Upper Grand District School Board is empowered under the Education Act to offer Accident and Life Insurance for students. Information will be sent home to families on the first day of school with respect to Student Accident Insurance offered by the Reliable Life Insurance Company. You should receive the Director's letter, an acknowledgment to be signed by parents (and returned to school) and a Student Accident Insurance Application Form. *The accident form is to be mailed directly to the Reliable Life Insurance Company.* The Reliable Life Insurance Company offers a variety of options, including family rates and multiyear plans, at affordable prices. The cost must be paid by parents. Subscription is directly through Reliable Life by mail or online. Questions should be directed to Reliable Life at 1-800-463-KIDS (5347) or www.insuremykids.com. For today's active children, especially those who participate in field trips, co-curricular and other school activities outside the school day, Student Accident Insurance is valuable. You can find additional information on the Board's website at www.ugdsb.on.ca

Students with Life-Threatening Medical Conditions

UGDSB Policy 518: Students with Life-Threatening Medical Conditions, outlines the roles and responsibilities for all in the educational community to support students with possible life-threatening medical conditions. The prevalent medical conditions covered under this policy are Asthma, Anaphylaxis, Diabetes and Epilepsy/Seizure Disorders. If your child has one of these, or any other life-threatening medical condition, please visit: www.ugdsb.ca/board/policy (and look for Policy 518) or contact the school as soon as possible. We will work with you to develop a Plan of Care to support your child.

Life-Threatening Allergies

We have children in our school with potential life-threatening allergies (called anaphylaxis) to various foods and other materials. Anaphylaxis is a medical condition that can cause death within minutes. In recent years, anaphylaxis has increased dramatically among students. Although this may not affect your child's class directly, we are letting you know so that you are aware that we aim to create an allergy safe environment at our school. If your child is in a classroom with an anaphylactic child, or your child has anaphylaxis, you will be informed by the classroom teacher. Our school has procedures in place for the prevention and management of anaphylactic reactions. If your child has health concerns of any kind, please tell your child's teacher or the office and we will take the necessary health protection steps. Thank you for your understanding in ensuring an allergy-safe environment for all of our students.

Follow Us On Twitter!

Be sure to follow Arbour Vista on Twitter @ArbourVista. Twitter is a great way to stay in-touch with the school.

Talking About Mental Health

Heading Back to School Hope that you had a wonderful summer! Transitioning back into school as summer ends can be exciting but also can be stressful for some children and families. As the children and youth head back to school, here are a few suggestions on how to make this a mentally healthy school year for all.

1. Take care of your body, mental and physical health are linked. Make sure to get enough sleep, drink water, and eat well.
2. Talk to your child/ren 5 What did they like and enjoy about last year? What are they looking forward to this year? Have children name one thing they are looking forward to and one thing they are not looking forward to as much.
3. Identify strengths and challenges. Have them name 2 things they are good at in school and two things that they think might be more difficult. Strategize some ways to deal with challenges. At the end of the day reflect any strategies used and encourage them to try new strategies to build their coping tool kit.
4. Problem solve with your child/ren Provide your child opportunities to make their own decisions and to come up with solutions for their concerns. Remember to keep your expectations realistic and age appropriate.
5. Remain calm, and show your child trust, support and love when they are feeling stressed, anxious and worried. Have a wonderful and mentally healthy school year!