



# École FA Hamilton

## October 2016

### Newsletter

#### **Important Dates**

All month - Photography Month in the Library

October 3 - Milk starts; Snack program starts

October 5 - World Teacher's Day; J'marche/iWalk to School Day; Lunch Lady lunches start

October 7 - Pizza lunches start

October 10 - Thanksgiving Day - No School

October 11 - Fresh from the Farm Orders due

October 20 - K, 1, 5 Police safety presentations

October 24 - Author visit - Sigmund Brouwer will be our guest!!

October 26 - RECE Appreciation Day; Mad Science begins at 3:15 PM

October 28 - PA Day (no school)

[Click here to see our whole calendar!](#)



#### **Outdoor Clothing**



Now that days are getting cooler and wetter, please remember to send one or two extra pairs of socks to school for students to change into if their feet get wet outside. Rubber boots and warm layers are also a good idea. We will be playing outside even in light rain, so a raincoat is definitely a necessity. Any students who forget their raincoat at home may borrow a plastic rain poncho from the office for recess.

#### **School Council**

We had a fantastic turn-out at our September School Council meeting. I hope that those people and any other members of our school community who are interested will be able to join us on Thursday, October 20<sup>th</sup> in the school library for our next meeting.



#### **Student Punctuality**

Being on time is an important life skill that we encourage our students to develop. When students arrive on time, they have a chance to transition into the school day, they hear the announcements and all of the instructions for the day, and they are able to be fully prepared for learning. As well as benefiting their own learning, arriving on time eliminates the disruption that a late arrival to class causes, which means that everyone can have the greatest chance of success at school.

## **Morning Drop-off**

The safety of our students is our primary concern. Please help us to keep everyone safe by parking on the south side (school side) of Ironwood Road when you bring your child to school by car. Getting out on this side of the street means that your child will not have to cross Ironwood Road. If, however, there is no parking on the school side of the street, then you may certainly use the little parking lot in the park at the bottom of the hill just down from the school. Your child can walk along the sidewalk on the north side of Ironwood and cross with the school safety patrol just in front of the school.



Remember that the road directly in front of the school is a no-stopping zone!

Thank you for supporting our efforts to keep all of our children safe.

## **Reading Tutor Volunteers**



If you are interested in working with children to help them to build their reading skills, then please consider joining our school team as a volunteer Reading Tutor. You will receive training and can create a schedule that fits your personal timetable as long as you can be at the school for an hour or so three times a week. This is very rewarding work that has a huge impact on our students' skills and confidence in reading. Call or email the school if you would like more information

(519-836-0080 / [fahamiltonps@ugdsb.on.ca](mailto:fahamiltonps@ugdsb.on.ca)).

## **J'marche / iWalk**



Join students and families across Canada on International Walk to School Day - Wednesday, October 5th. iWalk is a month-long campaign that celebrates active travel by encouraging students to walk or bike between school and home during the month of October. Among the many benefits of active travel is the opportunity for students to get closer to the recommended 60 minutes of moderate activity per day.

Students who use active travel are more likely to arrive alert and ready to learn. Walking to school (rather than driving a car) also helps to reduce the effects of climate change because passenger transportation accounts for 45% of the greenhouse gas emissions produced by the average Canadian family (Canadian Climate Change Centre, 1993). We know that many students travel to Fred A. Hamilton by bus, so we have an event planned that will include them too! On Wednesday, we will invite all classes to take a 20 minute walk together so everyone can enjoy fresh air and an

opportunity to be active.

## Mad Science



Mad Science is back! Forms have been sent home. If you wish to register your child for the after school program, then fill in the form and send it back with payment attached. Forms are due to the office by Wednesday, October 12th.

## Boomerang Lunches

Just like last year, FAH is promoting boomerang lunches. You may be wondering What is a Boomerang Lunch? A boomerang lunch is a lunch that has every piece of it returned to its source. In other words, everything not eaten by your child will be sent home at the end of the day. Yes, even the garbage!



### Why Boomerang Lunches?

- Parents get to see how much food their child ate and adjust lunches accordingly.
- Families become more aware of how much (or little) waste is created by school lunches.
- Families can transition from expensive pre-packaged items to healthier, less-expensive waste-free lunch options.
- Students become more aware of the recycling, composting and garbage streams used in diverting waste in our area.
- Students become aware of the value of reusable containers.
- Our school is able to reduce its high daily use of non-biodegradable garbage bags.
- Our school moves one step closer to becoming an EcoSchool.
- We create a cleaner, more sustainable future for our students.

### Boomerang Fun Facts:

- A waste-free lunch can cost as little as \$2 per day. A lunch with pre-packaged items can cost \$4.50 or more per day.
- Without the Boomerang Lunch program, over **26** plastic garbage bags are collected in our school **each day**. Throughout a school year, that amounts to over **4900 bags**. With Boomerang Lunches, we could reduce it to **13 bags per day** (or less!).
- Most classes at F.A. Hamilton have already successfully implemented Boomerang Lunches this year!

### Tips for Boomerang Success:

- Pack a reusable container or Ziplok bag to help transport waste back home with minimal mess. Empty waste into appropriate receptacles at home, wash containers and reuse!
- Avoid drinks that cannot be resealed. Remember that water is by far the best drink for growing bodies and brains - and it's free! Try sending a reusable water bottle to school rather than juice boxes. The tetra-packs create a lot of waste and we have a filtered water bottle filling station at school for students to use as needed throughout the day.

We can all do something meaningful to reduce our ecological footprint!

## **Asthma Friendly Schools Policy**



Asthma is a very common chronic lung disease that can make it hard to breathe. The Upper Grand District School Board adopted a new policy in June 2016 to provide support for students with Asthma. If your child has asthma, the policy requires an Asthma Management Plan (AMP) to be completed by parents, a child's doctor and the principal of the school. A copy of this plan is available on the Board's website under Policy 516. Parents are requested to complete the AMP and return it to the school as soon as possible at the beginning of the school year. Authorization for the collection of this information is in the Education Act. The purpose is to collect and share medical information and to administer proper medical care in the event of an emergency or life-threatening situation. Users of this information may be principals, teachers, support staff, volunteers, bus operators and drivers. This form will be kept for a minimum period of one calendar year. Contact person concerning this collection is the school principal.

## **Smoke-Free Environment**

The Upper Grand DSB provides a smoke-free environment for its students, staff and others while on school Board property, in accordance with the Smoke-Free Ontario Act. This policy refers to all forms of tobacco, and any processed form of tobacco that may be smoked, inhaled or chewed, including e-cigarettes.



Smudging is the tradition of using sacred smoke from sacred medicines (e.g., tobacco and sage) that forms part of the indigenous culture and spirituality. Smudging is allowed in schools under the Smoke-Free Ontario Act. Parents will be informed using the school's usual forms of communication when smudging is going to occur in our school. Participation by staff and students is optional in a smudging ceremony.

## **Life-Threatening Allergies**



We have children in our school with potential life-threatening allergies to various foods and other materials called anaphylaxis. This is a medical condition that causes a severe reaction to food or other materials, and 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 may refrain from sending foods to the school that contain peanuts and nuts. 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 contacted by the classroom teacher.

Our school has procedures in place to help manage 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.