



Louise Arbour F.I. Newsletter

February 2026

Principal: Mme. Blais
Vice Principal: Mme. Hart
Secretary: S.Earls
Superintendent:
T. Vancante

Important Dates Coming Up!

February

6: LAFI CARNAVAL -
Olympics Day (wear
something that represents
the Olympics. le/ Country
or sport.)

9: Grad Photos

11: Internet Safety
Presentation 6pm

13: Valentines/Heart Day
(wear red, pink, white or
hearts to show your love!)

13: Valentine's Dance Gr.
2-8

16: Family Day (No
School)

25: Pink Shirt Day (wear
pink to sprinkle kindness
and stand up to bullying.)

27: Popcorn Day

March

13: St. Patrick's Day (wear
green and lucky charms!)

27: Blue Jays Day (Let's
cheer on the Blue Jays for
their opening game!)

27: Popcorn Day!

[Louise Arbour F.I.P.S](mailto:louisearbour@tvdsb.ca)

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Admin Message

Building Strong Relationships & Supporting Our Students

At Louise Arbour, we are committed to nurturing strong, positive relationships with our students and their families. Open, respectful communication is central to helping every child feel safe, supported, and successful at school.

When questions or concerns arise, we kindly ask families to begin by reaching out directly to your child's teacher and the school's administration team.

Teachers are closest to your child's day-to-day learning and well-being, and most issues can be resolved quickly through this first connection. And, our **school administration team** is always available to work collaboratively with families to address concerns and ensure the best possible learning experience for every student.

The Thames Valley District School Board has also launched the Student and Family Support Office, an optional board-level resource for families seeking additional assistance. While this support exists, our focus and priority remain on working together at the school level to build trust, strengthen relationships, and support each child's success.

News for our Arts Department

The [Junior Winter Concert](#) was a huge success in January! Our students worked really hard to prepare, and as a result the concert was so much fun and went very smoothly. The Music Department wants to give a big thanks to everyone that made donations at the door; we made around \$500 towards instrument repairs, and \$250 towards the grade 3 end of year field trip! YAY!

Looking forward to our next concert!

Many thanks! 🎵

Mme Regehr & Mme Singh



Internet Safety Presentation February 11 @ 6pm

Please join us in welcoming
Dr Charlene Doak-Gebauer
to Louise Arbour.

Dr Doak-Gebauer is an award winning, internationally recognized expert in digital child and family protection. Her pioneering Theory of Digital Supervision sets a vital standard for proactive online child protection.

To attend this parent information session, [sign up here](#) or scan:





The Grade 7/8 girls' volleyball team has been having an outstanding season! With many new players on the team, our four returning veterans have shown incredible leadership—helping teammates learn the system of play, the rules, and our many team cheers. The team remains undefeated in regular season play and recently hosted our 3rd Annual Louise Arbour Tournament with great success, reaching the semi-finals in their second tournament while playing some of their best volleyball yet. A big thank you to Mel Corby for her support with coaching the team. We're excited to compete in upcoming tournaments at A.B. Lucas Secondary and Stoney Creek P.S., and we're especially proud to be hosting the regional playoffs in late February here at Louise Arbour. The team continues to improve each week, and we can't wait to see them shine in the weeks ahead. Allez les Loups!

Bonjour LAFI!



The LAFI Dance club begins this month for grade 4-8 students interested and able to commit to Dance choreography sessions on Days 1, 5, 6 & 10 from 12:15-12:45pm until mid April when we will showcase our dance at the TVDSB's Dance Fest! Students met on Monday January 26th with Mme Chute & Mme Riley and should have brought home the information page with the bottom piece to be returned signed. Choreo sessions start on Monday Feb. 2nd.

We look forward to celebrating our love of dance with a song from the upcoming Manie Musicale list as well!

Allez les lousps!

Our musical cast will be hosting a Valentine's Day dance on February 13th, with all proceeds going to support this year's performance of Newsies. Treats and toys will be available for purchase. Please refer to flyer below to see items that will be sold at the dance.

We look forward to a fun dance!
Newsies Musical Team

Valentine's day dance

February 13th, 2026

Proceeds support the LAFI musical



Heart Glasses

\$4



Heart Slinkies

\$2



Stickers

3/\$1



Squish Ball

\$3



Chips

\$4



Chocolate

\$1

2e-3e année

9:00-9:50

4e-5e année

11:30-12:15

6e-8e année

1:15-2:15



Your Learning Support Teachers:

K-Grade 3 = Mme Turpin

Grade 4-8 = Mme Crow



Term 2 Individual Education Plans (IEPs) will be uploaded to the Parent Portal on **Friday, February 13th**. **Parents are required to sign the Parent Consultation Form**. Draft versions of the IEP will be shared the week of January 26th. If you have any questions or concerns about your child's IEP, please contact your child's teacher.

Grade 3 students will be participating in the Canadian Cognitive Abilities Test (CCAT) in February. This assessment provides information about verbal, quantitative and non-verbal thinking and reasoning skills that are important to academic success. Students will have 3 practice sessions to familiarize themselves with the style of questions and the multiple-choice format. The test is administered over three 45 minute test sessions. Grade 3 teachers will share dates with families.

Healthy Habits to Start the Year Off Strong

www.thepathway2success.com



Focus on high-quality sleep



Exercise



Write in a journal



Develop meaningful goals



Reduce technology



Practice self-compassion



Make time for yourself



Practice mindfulness



Spend time with family & friends



Winter Self-Regulation Activities for Kids

www.thepathway2success.com

Winter Breathing



Winter Walk



Winter Gratitude



Winter Mindful Coloring



Cozy Reading Time



Hot Cocoa Sip



Winter Imagination



Winter Freeze Dance



Winter Sensory Bins



PARENT PORTAL SET UP

01

Visit www.tvdsb.ca

Go to the PARENT menu and select "Parent Portal"

02

Do you have an account?

Select **No**
If **yes**, go to step 5.

03

Input your email you use for school communication, and click **validate**.

You'll receive an activation link in your email.

04

In your email, click the link and create a password.

Log in

05

Return to the Parent Portal Page.

Do you have an account?
Select **Yes**. input your email and password.
Click "remember me".

VIDEO HOW-TO:



PARENT PORTAL

SELECT YOUR CHILD'S ACCOUNT

ON THE PARENT PORTAL,
YOU CAN:

UPDATE SCHOOL FORMS

UPDATE PARENT CONSENTS

UPDATE MEDICAL INFO

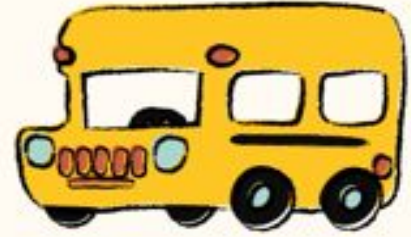
VIEW STUDENT REPORT
CARDS

VIEW STUDENT IEP & SIGN
THE PARENT CONSULTATION
FORM

to be
updated at
the
beginning
of each
year

needs to be
signed with
each IEP
(3 times per
school year)

THE IMPACT OF TARDINESS AND ABSENTEEISM ON STUDENT SUCCESS



Regular attendance and punctuality are essential for academic achievement and personal growth. When students arrive late or miss multiple classes, it can have significant effects, such as:



- **Missed Learning Opportunities:** Every lesson builds on the previous one. Being late or absent means missing key explanations, discussions, and activities that support understanding.
- **Disrupted Classroom Flow:** Late arrivals can interrupt the learning environment for others, reducing focus and productivity.
- **Lower Academic Performance:** Frequent absences often lead to gaps in knowledge, incomplete assignments, and lower grades.
- **Reduced Engagement:** Consistent attendance helps students feel connected to their peers and teachers, fostering a sense of belonging and motivation.

We encourage families to prioritize punctuality and regular attendance to ensure every student has the best chance to succeed. If you're facing challenges that affect attendance, please reach out to the school—we're here to help!



Girls Club



Every winter, Western Engineering Outreach offers a science, technology, engineering, and mathematics (STEM) Club for Grades 3 to 8 girls and non-binary youth. This STEM Club empowers girls to explore engineering through hands-on activities in a space where they can be themselves as well as meet inspiring women in STEM role models and allies. Girls Club will run over three Saturdays on the Western University campus. As part of our all-girls programming, Western Engineering Outreach welcomes gender-diverse youth, including but not limited to cis girls, trans girls, non-binary youth, gender non-conforming youth and gender queer youth.

When & Where

Girls Club is happening on February 7, February 14, and February 21. Girls Club takes place on Western University's main campus.

Times

Our **Grade 3 to 5** program will run from 10:00 AM to 12:00 PM and our **Grade 6 to 8** program will run from 1:00 PM to 3:00 PM.

What to expect:

This Winter, explore science, technology, engineering and math (STEM) with our Girls STEM Club. As part of Girls STEM Club, girls will have the opportunity to explore the different fields of engineering while participating in fun and educational hands-on activities. Each week offers a unique engineering experience as girls connect with peers who share a passion for engineering. Girls will engage in age-appropriate hands-on learning experiences as we introduce a new STEM concept each week while encouraging girls to develop the different skills required of an engineer including curiosity, collaboration, creativity and problem-solving and communication. Don't miss the opportunity to learn, create, and grow in the Girls STEM Club!



Online Registration for Girls Club 2026 is OPEN!

[CLICK HERE TO REGISTER](#)

Hello LAFL Families!

Carnaval will be taking place on Friday, February 6th. This will be a fun-filled day of outdoor winter activities! Please make sure your student is dressed appropriately for the weather, and consider sending extra socks and mitts for them!

Joyeux Carnaval!

– Your Carnaval Committee



School Council Meetings

Upcoming Meeting Dates:

- Tues April 21, 2026
- Tues June 9, 2026

Meeting Date: April 21, 2026

Meeting Time: 6-7 pm

Meeting Location: Hybrid (in person in One World or MSTeams)

Meeting Link: [MSTeams Meeting Link](#)

FEBRUARY SPIRIT DAYS

CARAVAL DÈ QUEBEC / OLYMPICS DAY



FEBRUARY 6TH



PINK SHIRT DAY

FEBRUARY 25TH



PATRICK'S
BEANS

FUNDRAISER!

Help us raise funds for
J'aime parler français!

400gm Bags &
1/2 lb Bags

\$23 | \$13

Teas

\$10

**DELICIOUS COFFEE
& TEA!**

Locally Roasted!

Coffee:

Super Dark

Dark

Smooth

Medium

Espresso

Teas:

Earl Grey

English Breakfast

Sencha Green Tea

Vanilla Chai

Berry Blend

Peppermint

ORDER NOW!

- ✓ Support our school
- ✓ Enjoy amazing coffee & tea!
- ✓ Refer to order forms

Explore Our Speech-Language Pathology Website!

Our school board has a Speech-Language Pathology website to help families support their child's communication and reading skills. On the site, you will find easy tips and tools for:







- **Speech sounds (Articulation):** Helping your child speak clearly
- **Talking and listening (Oral Language):** Building vocabulary and understanding
- **Reading and writing (Literacy):** Supporting learning at home
- **Complex Communication:** Tools for children who need extra help to communicate (Augmentative and Alternative Communication)
- **Social skills (Social Communication):** Helping children connect and interact with others
- **Stuttering:** Tips for speaking fluently

Visit the website today to find helpful information and ideas to support your child!

<https://sites.google.com/gotvdsb.ca/tvdsbspeechlanguageservices/home?authuser=0>



LOUISE ARBOUR SPIRIT DAYS

January 16 th	LAFI Swag 	Dress in your LAFI Swag or wear Red/Blue.
January 29 th	Beach Day 	Bring your sunshine vibes by dressing for the beach!
February 6 th	Olympics Day 	Wear something that represents the Olympics. (e) Country or sport.
February 13 th	Valentines/Heart Day 	Wear red, pink, white or hearts to show your love!
February 25 th	Pink Shirt Day 	Wear pink to sprinkle kindness and stand up to bullying.
March 13 th	St. Patrick's Day 	Wear Green and lucky charms!
March 27 th	Blue Jays Day 	Let's Cheer on the Blue Jays for their Opening Game!
April 7 th	Jersey Day 	Wear a Jersey in honour of the Humboldt Broncos.
April 17 th	Spring Fever Day 	Dress in your bright colours, neon or flowers.
May 8 th	Season's Day 	Dress for your favourite Season.
May 22 nd	Tie Dye Day 	Be bold, be bright and wear your tie dye.
June 1 st	Rainbow Day 	Wear all the colours of the rainbow!
June 5 th	Remembering Our London Family Day 	We will be honouring Our London Family by wearing Purple and Green.
June 22 nd June 23 rd June 24 th June 25 th	 1- Twin Day  2- Anything But A Backpack  3- Canada Day Celebrations  4- Dress Like You're Going on Vacation	School wide spirit week to finish off the last week before summer!!

Parents and Guardians

You can take advantage of our Text Messaging Service

Your school utilizes the SchoolMessenger system to deliver text messages, straight to your mobile phone with important information about events, school closings, safety alerts and more.

You can participate in this free service* just by sending a text message of "Y" or "Yes" to your school's short code number:

For **CANADA-BASED** numbers: **978338**

For **US-BASED** numbers: **61569** (see next page for QR code)

You can also opt out of these messages at any time by simply replying to one of our messages with "Stop".

SchoolMessenger is compliant with the [Student Privacy Pledge™](#) so you can rest assured that your information is safe and will never be given or sold to anyone.



*if your number is Canada-based.

For Canada-Based Numbers:

**Opt-In from
your mobile
now!**



**Just send "Y"
or "Yes" to
978338**



BABYSITTING

basics

BECOME A CONFIDENT BABYSITTER! 1-DAY COURSE FOR FOR YOUTH AGED 11-15

Learn about: becoming a babysitter, handling emergencies, safe play, bedtime routines, and more!



London Dates: Sat Jan 31 and Sun Feb 15

Time: 8:30am - 4:30pm

Cost: \$75.00

HOME ALONE

PREPARE FOR INDEPENDENCE! 1-DAY COURSE FOR YOUTH AGED 10+



Learn about: phone calls and visitors, recognizing hazards, fire safety, calling 911 and more!



London Dates: Sat Jan 31 and Sun Feb 15

Time: 9:00am - 4:00pm

Cost: \$70

To register call 519-432-1352 or visit sja.ca



741 King St, London ON



Seats fill quickly - register today!

St. John Ambulance