



Louise Arbour F.I. Newsletter

October 2025

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

Important Dates Coming Up

October

3: Terry Fox Run: Wear Red & White unless you've ordered a shirt.

LAFI fundraising page:
<https://schools.terryfox.ca/105431>

9: Meet the Family Night (4:00pm - 6:00pm)

10: PA Day (no school)

13: Thanksgiving (no school)

November

5: Photo retake day

11: Remembrance Day Assembly (10:35-11:15am) Grades 1-8 in auditorium

14: PA Day (No School)

17: Grade 7 vaccines #1 8:15am-12pm in dining room #122

[Louise Arbour F.I.P.S](http://louisearbour.fips.ca)

365 Belfield St.
London ON N5Y 2K3
519-452-2820
louisearbour@tvdsb.ca

Admin Message

 A Great Start to the School Year!

We're thrilled to share that the 2025–2026 school year is off to a fantastic start at Louise Arbour French Immersion Public School! Our students have settled beautifully into their new classrooms and daily routines. The energy and enthusiasm throughout the school have been inspiring!

 Meet the Family Night – Wednesday, October 9th ~ 4-6 p.m.

We're excited to welcome families to our Meet the Family Night on Wednesday, October 9th. This special evening is a wonderful opportunity to:

- ★ Meet your child's teacher
- ★ Explore their classroom
- ★ View some of their amazing work on display

 Pizza Dinner Option

Families can pre-purchase pizza through SchoolCashOnline to enjoy in the Activity Room or take home for dinner.

 Lost & Found Reminder

Please take a moment to check our Lost and Found, located near the back doors of the school. Items will be cleared out after October 9th, and then monthly going forward.



Louise Arbour French Immersion Public School is getting ready for the 2025 Terry Fox School Run! This year marks the 45th anniversary of Terry's Marathon of Hope. Our school run will take place on **Friday, October 3rd**. We're very excited to take part in this annual tradition that supports cancer research while building school spirit.

Please consider supporting our student's fundraising efforts and donate today by sending cash with the pledge form to school, or by donating on our school's fundraising page:

<https://schools.terryfox.ca/105431>

CROSS COUNTRY



Over the past few weeks, students in Grades 3-8 have been busy preparing for the 2025 Cross Country season. On October 7th (Tuesday October 14th), we will have almost 80 LAFI students participating in the London Central Regional Cross Country Meet at Springbank Park. Top performing runners will have the chance to compete at the TVDSB Finals at Fanshawe Conservation Area on Tuesday, October 21st (inclement weather date October 22nd).

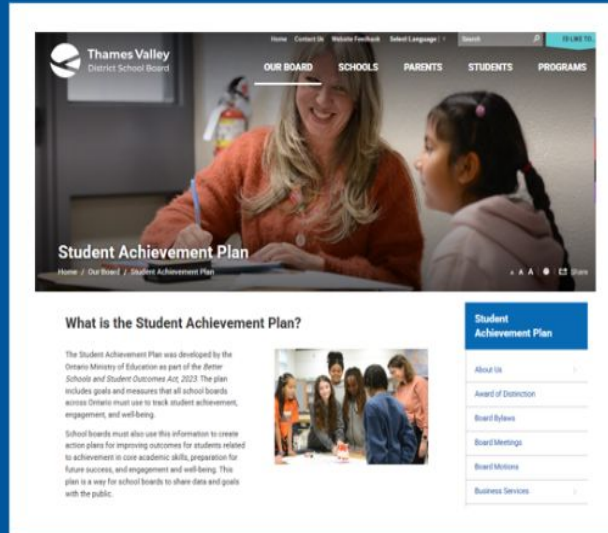


The collaborative art display for the National Day of Truth and Reconciliation has become a focal point in our main hallway! Sharing in our learning as a school allows students to understand the significance of wearing their orange shirt on September 30th and provides them with the opportunity to engage in authentic conversations towards reconciliation. This display provides a visual representation of the learning and growing we have done, and continue to do, together.

"Education is the key to reconciliation - education got us into this mess and education will get us out if it." - Hon. Murray Sinclair

Thank You!

Visit the SAP
webpage to access
the full TVDSB plan:



Provide feedback
on the plan:



The TVDSB Student Achievement Plan is now available on the TVDSB website!
The Student Achievement Plan framework was developed by the Ontario Ministry of Education as part of the Better Schools and Student Outcomes Act, 2023. The plan includes 5 goals and 11 indicators that all school boards in Ontario must use to track student achievement in core academic skills, preparation for future success, engagement, and well-being. School boards use the data to create action plans for improving outcomes for students. We are working to bring this plan to life with students at our school through the development and implementation of our School Improvement and Equity Plan and our Safe and Inclusive School Plan. We will continue to provide updates to the school community related to our ongoing efforts to support student achievement, future success, engagement, and well-being. If you have questions about these plans, please contact the school principal.

**LET'S
GO!**



**Thursday October 2nd
is Blue Jays Day:
Wear your Blue Jays
gear or blue and
white.
GO JAYS!**



News from the Library Learning Commons (LLC)

As usual, it has been an extremely busy start to the school year with book exchanges, class literacy blocks and teacher-/student-collaborations well underway!

Staff and students are thoroughly enjoying all of the wonderful new French and English resources that have been integrated into our library collection. With money raised during last year's Fall and Spring Scholastic Book Fairs (December 2024 & May 2025), we were able to purchase hundreds of new books for the LLC, as well as top up some of our classroom libraries.

In the weeks to come, several clubs will be running out of the LLC: Library Helpers/Shelving Club, Vive les Livres, Maker Club, etc. Students are encouraged to read the online announcements carefully so that they are aware of the many opportunities that will be available to them.

Your Learning Support Teachers:

K-Grade 3 = Mme Turpin

Grade 4-8 = Mme Crow



Happy October! This month, we're finalizing our Individual Education Plans (IEPs) for Term One (September-January). Around October 2, parents should be able to view their child's IEP draft in the Parent Portal. If you have any questions, concerns, or items that need updating, please reach out to your child's teacher. The final draft goes home (via the Parent Portal) on October 16. **Parents, at this time, you'll need to sign the Parent/Student Consultation Form (also posted in the Parent Portal).**

12 Home Activities that Build Social Emotional Skills

www.thepathway2success.com

Pathway
2 SUCCESS

Play board games and sports



Go on a mindful walk outside



Write in a journal or diary



Practice coping skills, like mindful breathing



Read picture books



Practice mindful coloring

Talk about characters' feelings in a movie



Start an acts of kindness challenge



Organize an area of the house together



Write a self-compliment list



Use conversation starters to share ideas



Play games like "I Spy" and "Simon Says"

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)



Our Gr. 7/8 school soccer team played their hearts out on September 23rd at the first-ever London Central regional soccer tournament. **Congratulations** to all the team members for their well-earned silver medals!



Junior Choir for students in Grades 3-6 meets on Days 5 and 10 at 9:55am in Room 232. We are looking forward to singing in the Remembrance Day assembly.

Packing a Healthy School Lunch



A school lunch should give children the energy and nutrients they need to learn, be more alert and do well at school. When planning lunches keep these tips in mind:

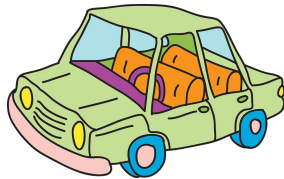
- Include a variety of foods each day.
- Rather than buying pre-made lunch kits, make your own healthy lunch kit with divided containers and small bite-sized cheese cubes, left-over chicken chunks, whole grain cereal, veggie sticks or fruit slices.
- Offer hummus or other dips with cut up veggies like cucumber slices, zucchini sticks and pepper strips.
- Fill whole wheat or multi-grain wrap/pitas/tortilla shells with your child's favourite foods like hummus and grated carrot or shredded cheese and beans.
- Send water to drink – it is the best choice for all of us.

Keep in mind that children who help to prepare their lunch are more likely to eat it! Even small children can help decide between two different veggie or fruit choices and count crackers into reusable containers.

For more ideas, tool and resources to support packing healthy lunches, check out Packing Healthy School Lunches and Snacks or visit www.unlockfood.ca and search for 'Packing Healthy School Lunches and Snacks'.

Adapted from www.brightbites.ca

Drop-Offs and Pick-Ups



A couple of reminders to keep everyone safe when arriving in the morning. We ask that if you are pulling into the parking lot area for a drop-off, that you not exit your vehicle unless you are parked in a designated parking spot.

Similarly, at the end of the day, if you are picking up your child, please park in a designated parking spot and walk to the yard entrance to meet your child. This courtesy will allow our buses to exit more easily and stay on schedule. Thank you for your cooperation.

Finally, please note that some parking spots are designated for ONE WORLD staff and visitors. Please do not park in those areas.

Bonjour les loups! Last year at Louise Arbour we completed many activities to raise environmental awareness at our school. As a result, we also received **PLATINUM Eco-School recognition and certification!** This is the highest possible award! As a school, we will continue to strive to be responsible eco citizens and practise environmental stewardship. We encourage all students to bring waste-free lunches to school. By cutting back on food waste and packaging, we can have a big impact on the environment! As you're packing lunch for your student, or with your student, we encourage waste-free practices. **Our waste-free tip for September is to eliminate plastic waste by cutting back on the use of plastic water bottles and using reusable water bottles instead!** We have water bottle refill stations at our school that students may use throughout the day. Stay tuned for more eco tips and projects at our school!
Merci,
LAFI Éco-Équipe



Louise Arbour is offering the following exciting food options:

Through School Cash Online, you can now purchase Booster Juice and Pizza! Beginning Monday, Sept 29th, you will also be able to purchase the following options from the Posh Cheesboard!!

Hot (cold)
LUNCH
OPTIONS WITH
THE POSH CHEESEBOARD GO

KIDS CHARCUTERIE BOX \$9
CHEDDAR, GOUDA, BABYBEL, SALAMI, PEPPERETTES, KOLBASSA SAUSAGE, FRUIT, VEGGIE, CRACKERS, COOKIE, TREATS. (NUT FREE- ALSO AVAILABLE GLUTEN FREE, HALAL, PORK FREE, VEGETARIAN OR VEGAN)



KIDS SANDWICH BOX \$9
TURKEY OR HAM AND CHEESE SANDWICH ON HALF A CROISSANT, FRUIT, VEGGIES, PRETZEL CRISPS, COOKIE, TREATS. (NUT FREE- ALSO AVAILABLE GLUTEN FREE, HALAL, PORK FREE, VEGETARIAN OR VEGAN)



Tuesdays

10 am Booster Juice

12 pm Posh Boxes

Thursdays

12 pm Pizza

Wednesdays

12 pm Burger Factory +

And don't forget that you can also order hot lunches via LunchBox every Wednesday!

Use your Parent Portal to find the link to SchoolCash Online! From SC, you will also see a separate link for LunchBox.

Any funds raised will go to the grade 8s' grad trips, transition to highschool events, and their Graduation.



If your family plans on attending our Meet The Families Night on October 9th, please check out our new Louise Arbour Staff bulletin board across from the office!



A Message from your School Council

Stay tuned! More details on upcoming fundraisers will be shared soon.

Mark you calendars:

- Fresh from the Farm: September 29 - October 12
- Big Box of Cards: October 11 - 26
- Popcorn Day - October 24

October 1st - November 15th



Scan Here



Louise Arbour will be participating in the 519 Pledge For Socks. The Co-Founder of 519 Pursuit, Allison DeBlair is a member of our Louise Arbour Family. We are asking for unopened packages of socks to handout to the homeless in London Ontario. Let's come together and help support this amazing organization. Any donations can be sent down to the Red Room (132).

Produce EXPRESS

FARM FRESH FOOD DELIVERED TO YOUR DOOR



Free
Delivery on
Orders
Over \$85

Produce Express has partnered with the **Louise Arbour F.I. Public School** to Fundraise for their Nutrition Program! **Want to help?**

Step One: Shop for your groceries online at www.fresherproduce.ca

Step Two:
Apply your Fundraising Code:
LOUISEARBOUR at the Checkout.

Step Three:
You will get your Farm Fresh groceries delivered and 5% of your total amount will be donated towards the Louise Arbour F.I. Public School Nutrition Program.

Payment Information

Order Total: \$89.50

Promo Code / Gift Card Code

Code

Apply

Fundraising Code

LOUISEARBOUR

Apply

Credit Card

Card Number

MMYY

CVC



**This code will be active indefinitely.
Apply it every time you check out!**



Schools



Restaurants



Pickup



Delivery

We service all facets of our communities. Please reach out to see how we can serve you best.



Healthy Fundraising
for Ontario Schools

A fresh take on school fundraising

Since 2013 *Fresh from the Farm* school fundraising has connected over 3,000 schools with Ontario farmers and enabled them to raise over \$2.2 million for school initiatives by selling over 5 million pounds of Ontario grown fruits and vegetables

14lb Vegetable Bundle

\$22.00

LESS THAN
\$1.60/lb

Includes

- 5 lb bag White Potatoes
- 3 lb bag Sweet Potatoes
- 3 lb bag Yellow Onions
- 3 lb bag Orange Carrots

8lb Apple Bundle

\$24.00

ONLY
\$3.00/lb

8 lb bag Ambrosia apples

Ambrosia apples are a beautiful bright pinkish red and light yellow coloured apple. They are crisp and juicy with a distinct sweet aroma and sweet low acid flavour. Excellent for eating fresh.



Thank you for supporting school based initiatives and Ontario farmers

brought to you by



TVDSB urges road safety for drivers, pedestrians

With students back in school, and increased vehicle traffic around all its schools, the Thames Valley District School Board would like to remind students, parents, and drivers about the ABCs.

Always Be Careful when it comes to driving, walking, or crossing near schools.

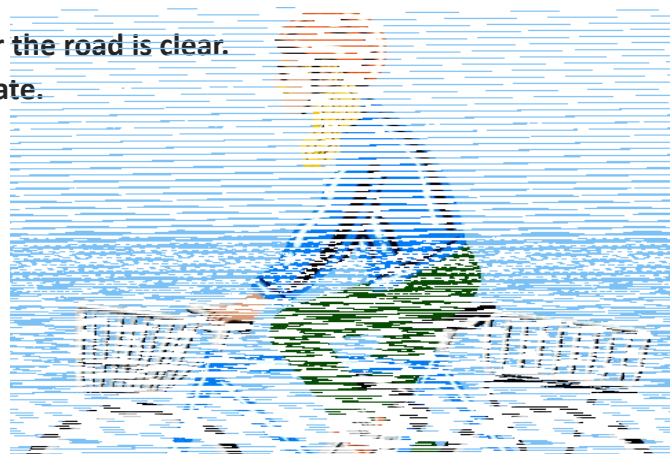
Here are some ways to keep yourself, and others, safe when near one of the many schools in our area.

For drivers and cyclists

- Slow down when you are in a school zone or any area where children can be seen walking.
- Avoid distractions, such as cellphones or loud music.
- Be extra careful if it's raining, snowing or if the road is wet or snow covered.
- Obey all road signs, including speed limits, stop signs and no parking areas.
- Follow directions from crossing guards.
- Provide enough space for cyclists.
- If you are driving children to school:
 - Do not park in no parking zones
 - Have children exit from the passenger side of the vehicle
- Pay attention to your surroundings and be prepared to stop for people looking to cross the road.
- You are legally required to stop for pedestrians at a pedestrian crosswalk.
- Stop for school buses and be aware of children running in front of or behind buses. There are serious consequences for not stopping for a school bus.

For families walking to school

- Use the sidewalk; avoid walking on the road if possible.
- Always cross at an intersection or crosswalk.
- Look both ways when crossing any street.
- Avoid distractions while crossing.
- Don't assume someone in a vehicle can see you, or that it will stop for you while crossing the road.
- When at a pedestrian cross walk, make sure you stand next to the designated crossing sign to show drivers you want to cross.
 - Cross only when traffic has come to a complete stop or the road is clear.
 - If there are flashing beacons, press the button to activate.





We are so excited to share that Louise Arbour's 2024-2025 submission to the TVDSB Capital Funds Projects for a brand new gym floor was one of those chosen!



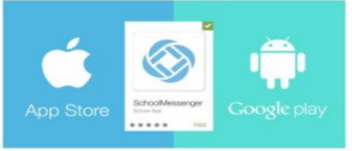
Parent Login Information for School Messenger

From School Messenger, you can report your child's absence, see school notifications and messages from your child's classroom.



On a computer, go to www.schoolmessenger.ca/start
Click on Sign Up
Create an account using the email you have on file with Louise Arbour F.I.

OR
Download School Messenger App



The link below gives instructions on how to input your student's absence:
<https://www.tvdsb.ca/en/parents/school-messenger-step-by-step-guide.aspx>



CALLING ALL STUDENTS IN GRADES 6, 7 OR 8 !!!



Spaces Open in FREE HARK Program!



Investing in Children's

HARK

Healthy Active Resilient Kids
After School Program at Family Centre Carling-Thames



• Tuesdays at **Family Centre Carling-Thames** -

335 Belfield Street., London



• **3:30 - 5:30** every Tuesday for cooking, games, activities and much more!

• Program **starts September 30th** and runs until mid June

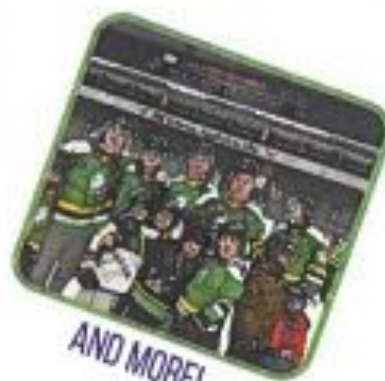
• PLEASE NOTE: limited spots are available



FUN ACTIVITIES



COOKING



AND MORE!

Don't miss out! Register on-line today at www.investinginchildren.on.ca/after-school-program



Thank you to the London Tim Hortons Owners and Family Centre Carling-Thames for supporting Investing in Children's HARK After School Program!





Neighbourhood Event in Huron Heights Park!

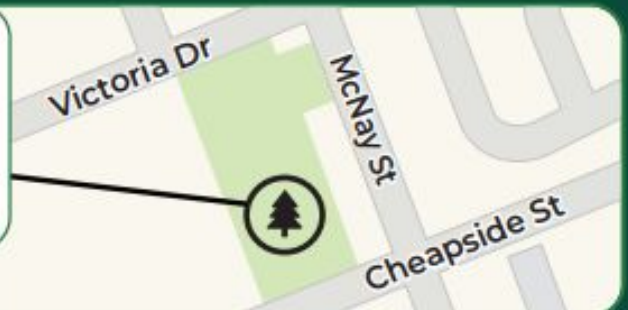
Join your neighbours and the Old North East (ONE) Community Association for a fun-filled event in the park featuring tree planting, music, games, sports and more. It's a great opportunity to check out recent improvements to your local park!



October 4, 2025

10 am – 2 pm

**Huron
Heights
Park**
185 McNay St



Supported by: The City of London's Neighbourhood Parks Improvement Fund

[getinvolved.london.ca/
NeighbourhoodParksImprovements](https://getinvolved.london.ca/NeighbourhoodParksImprovements)





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: Fri Oct 10 (PA Day), Sat Nov 8, Mon Dec 22

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: Fri Oct 10 (PA Day), Sat Nov 8, Mon Dec 22

St. Thomas: Fri Nov 14 (PA Day)

Time: 9:00am - 4:00pm

Cost: \$70

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



London: 741 King St
St. Thomas: 30 Burwell Rd



Seats fill quickly - register today!

St. John Ambulance