



# Louise Arbour F.I. Newsletter

2025

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

## Important Dates Coming Up

### September

- 23: School Council Meet  
(6:00pm in-person)
- 24: Rowan's Law
- 29: Fall Photo Day
- 30: Orange Shirt Day

### October

- 3: Terry Fox Run:  
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)

[Louise Arbour F.I.P.S](#)

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## Admin Message

Dear Louise Arbour Families,

Welcome to the new 2025-2026 school year! We hope that everyone had a restful and enjoyable summer that allowed for time to relax and spend time with family and friends. The staff at Louise Arbour staff worked hard to get the building and learning spaces ready for the students to return for another great school year.

The focus for the beginning of the year is to develop positive relationships with our students in order to establish the essential conditions for learning. When students feel safe and connected at school due to healthy and strong relationships with their educators and peers, they experience more academic success. Our staff will be spending time focusing on these relationships in September, and will continue to foster them throughout the school year.

We are looking forward to another exciting year for our students and families. We would like to invite everyone to our Meet the Family Night on October 9th from 4pm - 6pm. The purpose of this event is to allow families and educators to meet and for families to see some student work classrooms and the school. Families will be provided an opportunity to pre-purchase pizza to take home for dinner.

Finally, students in Grades 2-5 and 7-8 received planners this year. In order to offset these costs, donations through SchoolCash Online, of up to \$5.00, would be greatly appreciated.



## **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.

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.*



## SCHOOL COUNCIL

The Louise Arbour School Council, mandated by the Ontario government, meets at least 4 times a year to discuss our children's education at the school, board and ministry of education level.

School councils are advisory bodies. A school council will provide advice to the school principal and, where appropriate, to the school board. The school council is accountable to the school community it represents. School councils must operate within the Education Act and its regulations, Ministry of Education and Training guidelines, and the Thames Valley District School Board policies, operating procedures and contractual agreements.

We are seeking nominations for elected positions on the Louise Arbour School Council for the 2025-2026 school year. The term of office for elected and appointed positions is for one year and members may seek additional terms. The chair of the School Council is elected annually.

The basic role of a school council member is to participate in Council meetings; to participate in information and training programs; to act as a link between the School Council and the community; and to actively encourage the participation of students and parents within the school community.

Our last meeting of 2024-2025, elections and our first meeting of 2025-2026 will begin at **6:00 p.m. on Tuesday, September 23, 2025 and it will be an in-person meeting.** Should you wish to become a member of the 2025-2026 LAFI School Council, please complete the nomination form included in this School Messenger communication and attend our meeting on September 23, 2025. Additional forms will be made available by contacting the school office. They must be returned to Principal, S.Blais by email at [s.blais@tvdsb.ca](mailto:s.blais@tvdsb.ca) or to the school by **3:00 p.m. Monday, September 22, 2025.**



## Louise Arbour Public School – 2025-2026

Parents and guardians are invited to nominate or self-nominate for a parent/guardian representative position on school council. Please email your completed nomination form to [s.blais@tvdsb.ca](mailto:s.blais@tvdsb.ca) by **Monday, September 22, 2025**. We invite you to attend our school council meeting on **Tuesday, September 23, 2025, beginning at 6:00 p.m.**

Name: \_\_\_\_\_

(please print)

Home phone # \_\_\_\_\_

I am the parent/guardian of \_\_\_\_\_,

(please print student's name & date of birth)

whose home school is currently registered as Louise Arbour French Immersion Public School.

Please check the box next to the position you are interested in running for:

- Chairperson
- Vice – Chairperson
- Secretary
- Treasurer
- I wish to declare my candidacy for an elected position as a parent representative on the school council.

Please describe why you are interested in the above noted position. This information will be shared with other parents/guardians prior to the election, if required.

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- I understand the role and responsibilities of a member of the school council as described in the Thames Valley District School Board's school council policy.

Candidate signature \_\_\_\_\_

Date \_\_\_\_\_

[TVDSB School Council Policy](#)

[TVDSB School Council Procedure](#)

**Our vegetable garden that was started in the spring by some grade 5 and 6 classes, along with Growing Chefs, has continued to grow over the summer. We are very grateful to the following families who volunteered their time over the summer to water, weed and harvest vegetables so that we can continue learning with our garden this fall:**

- ★ **Jessie Zeng, Charles and Han Huo**
- ★ **Jess Annunziello, Atticus and Ginny Hall**
- ★ **Sarah Leeming -Strickland**
- ★ **Dave, Allie and Nina Henderson**



**It was great to have families from our school coming to support this initiative. Some neighbours and other community members stopped to ask questions about the project, and we had some extra gardeners who joined in from One World. What a lovely way to connect home, school and community, while growing fresh vegetables at the same time. Thanks again to these volunteers for their hard work - we couldn't have done it without you! We will be continuing to "grow" our gardening program in the spring, so watch the newsletter for opportunities to get involved.**



In recognition of Truth and Reconciliation Day taking place on September 30<sup>th</sup>, Louise Arbour is engaging in a schoolwide collaborative art project. Students from kindergarten to grade 8 will be demonstrating our learning continuum through bulletin board displays in our main hallway. Our younger students will depict what school should be like for children, while our older students will share their responses to learning about residential schools, and actions they can take towards Truth and Reconciliation. Throughout the month, our Indigenous Traditions and History Learning club, led by Mme Albert, will be sharing information in the morning announcements, and we look forward to seeing the physical representation of our learning as a whole school community.



## 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.



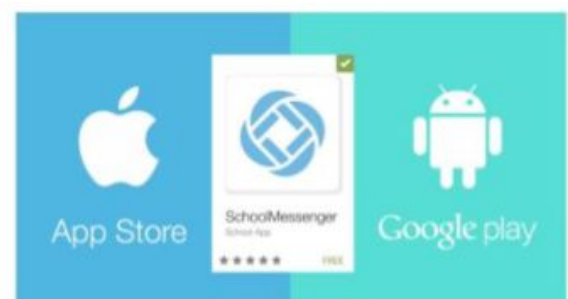
On a computer, go to [www.schoolmessenger.ca/start](http://www.schoolmessenger.ca/start)

Click on Sign Up

Create an account using the email you have on file with Louise Arbour F.I.

OR

Download School Messenger App



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!



## CROSS COUNTRY



The Cross-Country Season gets underway this week! Cross Country is open to all students in **Grades 3-8** who are interested in long-distance running and who demonstrate the necessary level of fitness to participate safely in the sport. In order to give our student-athletes an adequate amount of time to prepare for the regional meet, running practices will begin on **Thursday, September 11th**. Practices will run 4 days per week during the 1<sup>st</sup> Nutrition Break. Interested students are also asked to run and/or engage in some time of physical activity at least once during the weekend.

### Important Dates:

**Tuesday, September 9<sup>th</sup>** -Information Meeting for all interested students in Grades 3-8

**\*\*Week of October 7th** - London Central Regional Meet at Springbank Park

**Tuesday, October 21st (inclement weather date Oct. 22nd)** -TVDSB Cross Country Finals at Fanshawe Conservation Area

# PARENT PORTAL SET UP

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01

Visit [www.tvdsb.ca](http://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

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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)



## Your Learning Support Teachers:

K-Grade 3 = Mme Turpin

Grade 4-8 = Mme Crow



Welcome to a new school year! For students with Individual Education Plans (IEPs), staff is currently transitioning into our first term. We will be updating IEPs over the next few weeks and sharing them with families around the middle of October (dates are still TBD). **Parent Input Letters** are coming soon! These letters may look formal, however, they are used as a reminder that IEPs are starting, and that families may provide input. *For September*, families are encouraged to check in with their child and their child's teacher to see how the back-to-school transition is going.

## Executive Functioning Tips for Back to School

[www.thepathway2success.com](http://www.thepathway2success.com)

Develop routines for everything



Practice calming strategies



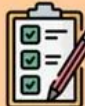
Start class in a predictable way



Build strong relationships



Schedule weekly check-ins



Integrate movement and breaks



Teach EF skills explicitly



Give extra organization time



Hold end of the day reflection time



THE TERRY FOX  
FOUNDATION

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>

## 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](http://www.unlockfood.ca) and search for 'Packing Healthy School Lunches and Snacks'.

Adapted from [www.brightbites.ca](http://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





Every year, the last Wednesday in September is Rowan's Law Day –a day to increase awareness for students, staff, and parents/guardians about concussions and to share the story of Rowan Stringer, a 17 year-old rugby player who died after being hit in the head twice in less than a week while playing high school rugby. It was the belief that she could shake it off and get back in the game that ultimately ended Rowan Stringer's life. Concussions in sport are a recognized health concern –but brain injuries are not limited to people who play sports. Everyone is at risk. **We are all are encouraged to wear purple (in-person or remotely)**, in recognition of Rowan's Law on Wednesday September 24, 2025.

The Gr. 7/8 co-ed soccer team started play the second week of September with some excellent weather and a great turnout at tryouts! Head coach, Mr. Paturel feels the team should be another strong contender for the regional championship with many players from last year returning to play and some very technical new players added to the team. Welcome to new assistant coach, Mr. Suschkov. The team has two games lined up on Sept. 18<sup>th</sup> and 19<sup>th</sup> against Old North and Northridge. Everyone is welcome to come cheer on the team from 3:45pm to 5:00pm at the North London fields. Louise Arbour has moved to the new London Central region this year and will play in the regional tournament at the North London fields on Sept. 23<sup>rd</sup>. Best of luck to the team this season!



Junior Choir for students in Grades 3-6 starts soon. They will be preparing a performance at our Remembrance Day assembly.