



# Louise Arbour F.I. Newsletter

March 2021

Principal: Mme. Blais  
Vice Principal: Mme. Moore-Bridge  
Secretary: S.Earls & M. Riehl  
Superintendent:  
L. Griffith-Jones

March Character Trait of the Month: la honnêteté

## Important Dates Coming Up

### March

5: PD Day

### Esprit Vendredi Days:

March 4: PJ Day

March 12: Rock Your  
Socks for World Down  
Syndrome Day

March 19: Green & White

March 26: Shadow Day-  
Wear all black

### April

2: Good Friday  
5: Easter Monday  
12-16: April Break

[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

Dear Louise Arbour Community,

We are so fortunate to have such amazing students, teachers and parents/guardians. Together, we are getting through a very difficult time in this age of Covid-19.

We understand that you, as parents and guardians of in-person learners have been under a tremendous amount of pressure as we have moved from in-person learning to remote learning and back to in-person learning. This, in addition to the continuously updated covid screening and decision-making tools. We can not thank you enough for your support and understanding as we work together to keep our school communities safe.

We would also like to take this opportunity to thank our parents and guardians of our remote learners who continue to support their children in a learning environment that requires special and unique parental support.

With the March Break moved to April, we will have the opportunity to celebrate St. Patrick's Day with our phenomenal students in school this year. We hope this will bring us some old-fashioned good luck!

Mme S. Blais & Mme S. Moore-Bridge



# LAFI P.S SCHOOL COUNCIL UPDATE

Hi Everyone,

Your school council met on February 8th. At that meeting we passed the draft By-Laws. These By-Laws can now be found on the School Council website under Parents on the LAFIPS website. School Administration provided a detailed update on various activities going on at the school as well as the latest information related to Covid-19.

The Ontario Student Nutrition Program is active in our school and is being used to provide nutritional snack bins in each classroom. Historically this program has been used to provide breakfast food for students at the beginning of the day. With the current challenges those responsible have had to pivot to a different way to provide these nutritional items. With the assistance of school administration (shout out to the LAFI office team) and the teachers these bins are replenished as needed. Council member Amber Giffen has been working hard to balance the nutritional requirements of the program with the requirement to focus on pre-packaged items as she sources these products. Thank you Amber!

We continue to meet virtually and parents are always welcome to join. Please contact us at [sc-louisearbour@tvpic.ca](mailto:sc-louisearbour@tvpic.ca) if you would like to attend.

For the remainder of this school year we will continue to meet using Microsoft Teams on the following days:

Monday, April 12, 2021, 6:00 pm - 7:00 pm

Monday, June 7, 2021, 6:00 pm - 7:00 pm

On behalf of School Council please stay safe, warmer days are coming.

Thank you,

Robert Ayres

Chairman, LAFIPS School Council







# February Award Winners

## Félicitations!



### La gentillesse

- Zander G. (1JB)
- Adrianna M. (1KR)
- Elsie C.-A. (1TP)
- Maya D. (1MW)
- Tala A-H (2SF)
- Adrita G. (2TF)

### Le français

- River D. (1JB)
- Hadley L.S. (1KR)
- Rileigh B. (1TP)
- Joel Q. M. (1MW)
- Rosie L. (2SF)
- Olivia O. (2TF)

## Félicitations!



### La gentillesse

- Victoria M. A. (2NAAP)
- Shanaya K. (2EO)
- Tamira T. (3JG)
- Madeleine G. (3MK)
- Emma T. (3PW)
- Giulianna M. (3MG)

### Le français

- Fadi E. (2NAAP)
- Aphiwe (2EO)
- Mackenzie C. (3JG)
- Lucas D. (3MK)
- Erick Liu (3PW)
- Dylan D. C. (3MG)



# Félicitations!



## La gentillesse

- Adham K. (4MN)
- Qaiss A. H. (4DA)
- Marwa F. (4MNakeyar)
- Christina G. (5IH)
- Liam S. (5ES)
- George G. (6ES)
- Abbey M. (6KM)

## Le français

- Ziya N. (4MN)
- Cisaly (4DA)
- Patrick S. (4MNakeyar)
- Clara R. (5IH)
- Kendall M. (5ES)
- Olivia O. (6ES)
- Sarah J. (6KM)

# Félicitations!



## La gentillesse

- Yumi (7/8TS)
- Ruby P. (7/8MP)
- Aoife M. (7/8LR)
- Ambreena D. (7/8JL)
- Lauren Coome (8XMC)

## Le français

- Bobby (7/8TS)
- Sophie V. W. (7/8MP)
- Al W. (7/8LR)
- Grace M. (7/8JL)
- Bazil Aqil (8XMC)

# COVID-19 Decision Tool for Schools and Parents / Caregivers

Last updated: February 22, 2021



**EACH DAY** complete the COVID-19 School Screening Tool before school  
<https://covid-19.ontario.ca/school-screening/>







If your child **FAILS** the Screen, follow these steps:

Scenario 1	Parent/Caregiver Action
<p>Your child has any <b>ONE</b> of these symptoms:</p> <div style="display: flex; flex-wrap: wrap; justify-content: space-around;"> <div style="text-align: center;"> fever (37.8 °C or 100 °F or higher)</div> <div style="text-align: center;"> cough</div> <div style="text-align: center;"> hard to breathe</div> <div style="text-align: center;"> decrease/loss taste or smell</div> <div style="text-align: center;"> sore throat</div> <div style="text-align: center;"> stuffy/runny nose</div> <div style="text-align: center;"> headache</div> <div style="text-align: center;"> nausea vomiting diarrhea</div> <div style="text-align: center;"> muscle aches</div> <div style="text-align: center;"> very tired</div> </div>	<div style="text-align: center;"></div> <ol style="list-style-type: none"> <li>Child and all household members <b>MUST</b> stay home.</li> <li>Sick child <b>should</b> get tested.</li> <li>While waiting for test results, all household members <b>MUST</b> stay home and cannot go to school or work until COVID-19 has been ruled out.</li> </ol> <p style="text-align: center;"><b>CALL AND BOOK A COVID-19 TEST:</b></p> <p>Woodstock Hospital Assessment Centre, Tillsonburg District Memorial Hospital Assessment Centre, or Alexandra Hospital Ingersoll Assessment Centre 1-855-905-6148</p> <p><a href="#">St. Thomas Elgin General Hospital COVID-19 Assessment Centre</a> 519-631-2030 ext. 6210</p> <p>West Elgin Community Health Centre 519-857-2683</p> <p><a href="#">Carling Heights Community Centre, London</a> 519-685-8500 ext. 75503</p> <p><a href="#">Oakridge Arena, London</a> 519-667-6886</p>
<p>IF child's COVID-19 test is <b>POSITIVE</b>.</p> <div style="text-align: center;"></div>	<div style="text-align: center;"></div> <ol style="list-style-type: none"> <li>Public Health will contact you and let you know what to do.</li> <li>Child and all people who live together <b>MUST</b> stay home, self-isolate*, and follow public health advice.</li> </ol>
<p>IF child's COVID-19 test is <b>NEGATIVE</b>.</p> <div style="text-align: center;"></div>	<ol style="list-style-type: none"> <li>Child can go back to school once <b>ALL</b> of the following apply:             <ul style="list-style-type: none"> <li>They have been feeling better for 24 hours</li> <li>They do not have a fever without using medication</li> <li>They were not in close physical contact with someone who has COVID-19</li> </ul> </li> <li>All people in the house can go back to school and work if they are well and there are no other pending results for other household members.</li> </ol> <p><b>Note:</b> A child or household members who are a close contact of a COVID-19 case cannot go back to school/work, even if they tested negative. See Scenario 2 for more information.</p>
<p>IF child was not tested.</p> <div style="text-align: center;"></div>	<ol style="list-style-type: none"> <li>Child <b>MUST</b> stay home.</li> <li>Child <b>MUST</b> self-isolate away from others for 10 days from the day symptoms started.</li> <li>All members of your household must stay home and self-isolate for 14 days from when your child developed symptoms.</li> </ol> <p><b>Note:</b> A child may only be able to return to school earlier than 10 days if <b>ALL</b> the following apply: a doctor diagnosed the child with another illness, the child does not have a fever (without using medication), and it has been at least 24 hours since the symptoms started improving.</p>

# COVID-19 Decision Tool for Schools and Parents / Caregivers

Last updated: February 22, 2021

Scenario 2	Parent/Caregiver Action
<p>Child is a close contact of a COVID-19 case (confirmed by public health).</p> 	 <ol style="list-style-type: none"><li>1. Child that is a close contact <b>MUST</b> stay home.</li><li>2. Child that is a close contact <b>MUST</b> self-isolate <b>away</b> from others in the home. If self-isolation away from others in the home is <b>not</b> possible, those in contact with the child <b>MUST</b> also self-isolate.</li><li>3. Household members who are well AND isolating away from the child that is a close contact can <b>ONLY</b> leave the household for essential reasons. Essential reasons include:<ol style="list-style-type: none"><li>a. Attending work/school/childcare</li><li>b. Essential errands such as groceries, attending medical appointments or picking up prescriptions.</li></ol></li><li>4. If anyone in the household develops symptoms, everyone in the home <b>MUST</b> stay home and self-isolate until the individual with symptoms receives a negative COVID-19 test, or is provided with an alternative diagnosis from a health care provider.</li><li>5. Public Health will give direction on self-isolation and when child can return to regular activities.</li><li>6. Have your child that is a close contact tested for COVID-19, 7 days after their exposure, even if they do not have symptoms.</li><li>7. If child that is a close contact tests negative, the child <b>MUST</b> still complete the full self-isolation period.</li></ol>
Scenario 3	Parent/Caregiver Action
<p>Child or anyone in the household has travelled outside of Canada.</p> 	 <ol style="list-style-type: none"><li>1. Child cannot go to school.</li><li>2. Child <b>MUST</b> self-isolate for 14 days. Household members <b>SHOULD</b> stay home for 14 days too.</li><li>3. Child can return to school after 14 days if no symptoms and pass screening tool.</li><li>4. If child develops symptoms of COVID-19 while self-isolating, child should be tested.</li></ol> <p><b>Note:</b> Anyone who travels outside of Canada <b>MUST</b> self-isolate in accordance with provincial and federal legislation.</p>

\*Self-Isolate means: stay home and avoid contact with other people.



## INCLEMENT WEATHER & BUS INFORMATION

**WINTER WEATHER IS ON THE WAY!!  
Be prepared for bus cancellations!!**

**Bus cancellations are posted on [Mybigyellowbus.ca](http://Mybigyellowbus.ca)**

The policy document entitled "Inclement Weather Causing School Bus Cancellations" is available on the [mybigyellowbus.ca](http://mybigyellowbus.ca) website.

If the buses are cancelled in the morning, there are **NO AFTERNOON BUSES**.

If the buses are cancelled in the morning due to FOG, the buses **WILL** run in the afternoon

The decision to cancel student bussing resides with the bus company.

Cancellation information is posted in the morning between 6:00AM and 6:30AM

Bookmark [www.mybigyellowbus.ca](http://www.mybigyellowbus.ca). If school buses are cancelled, a special icon will appear on the homepage. Click on the icon for an alphabetized list of buses affected. If buses are late for pickup greater than 15 minutes, the information will be posted on [mybigyellowbus.ca](http://mybigyellowbus.ca) per school bus number and run. Please remember that our school is identified as bus number LA##.

**Please note if buses are cancelled and the school is still open, parents must arrange for the safe arrival and safe pickup at 2:45pm of their children. If you decide they will stay home, you still need to contact the school via the SchoolMessenger reporting system toll free at 1-844-305-3756 or by using the SchoolMessenger app.**



# FUNDRAISING MADE EASY



By ordering either of the 2 SPECIALS, a portion of your order will go directly to the **Louise Arbour Home and School Association**.

Simply go to [www.Dominos.ca](http://www.Dominos.ca) or visit us at these participating locations on **MARCH 5<sup>TH</sup>/MARCH 6<sup>TH</sup>, 2021** and quote the **COUPON CODE**.

ENJOY A GREAT MEAL AND SUPPORT THE  
**LOUISE ARBOUR HOME AND SCHOOL ASSOCIATION**  
**IT'S THAT EASY!**

## MEDIUM PIZZA

Two medium pizzas,  
2-Toppings on each  
(Cals 180-250 per slice,  
16 slices), any Bread Side  
(Cals 110-400) & 2LCoke  
product (Cals 0-240) for

### \$21.99

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\$3 donated back to  
Louise Arbour Home and  
School Association

## LARGE PIZZA

Two large pizzas,  
2-Toppings on each  
(Cals 240-330 per slice,  
16 slices), any Bread Side  
(Cals 110-400) & 2LCoke  
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School Association

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655 WELLINGTON RD S

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(519) 963-4040  
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Adults and youth (ages 13 and older) need an average of 2,000 calories a day, and children (ages 4 to 12) need an average of 1,500 calories a day. However, individual needs vary.

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# Parent



# CYBER SAFETY

# Session

Icons: Twitter bird, @ symbol, speech bubble, smartphone, Wi-Fi signal, and other digital communication symbols.

London Police Services, School Safety Officers will provide parents information on **Cyber Safety** and how to **support** and **monitor** their children's **use** in an **online world**.



**Wednesday, March 3, 2021**

**Thursday, March 4, 2021**



**6-8 pm**



**Online event!**

For more information and to register visit: [www.tvdsb.ca/CyberSafety](http://www.tvdsb.ca/CyberSafety)

Presented in collaboration with



# FAMILY MENTAL HEALTH AND WELL-BEING TOGETHER IN THE VALLEY



It is important to remind ourselves that these are not normal times. We are managing a variety of challenges as we work hard to support our families. It's okay to feel what we feel and important that we are kind to ourselves. It can be challenging to talk about mental health. Bringing up our concerns with our children opens the lines of communication. There is always somebody there for us to reach out to and asking for help is a sign of strength. We are all doing the best that we can!

## Tips For Talking to Kids About Mental Health

- Find a quiet time.
- Reassure your child they can tell you anything; and you will not get angry.
- Discuss changes you've noticed in mood, behaviour, reactions etc., "I've noticed you seem to be sad."
- Share that you "wonder" how your child might be feeling, thinking, and worried about. Eg, "I wonder if you're feeling sad about not seeing your friends?"
- Allow time to think.
- Stay calm, stay with the conversation even if your child tells you "Nothing is wrong..... leave me alone". Let them know that you are there for them. Give your child some time and then try again.
- If your child tells you anything that worries you (eg. thoughts of self-harm), tell your child that you are glad they told you, and you will support them to get help. Let them know that you'll be there throughout the journey.

Adapted from School Mental Health Ontario ([www.smho-smso.ca](http://www.smho-smso.ca))



"LAUGHTER is an instant VACATION."

- Milton Berle

Humour helps us see things differently during difficult times, and helps us to focus on things we have in common rather than our differences.

Laughing releases endorphins (feel-good hormones), that temporarily block our pain or negative feelings.

Even a short break when we are struggling helps us to believe that things will be okay.

Dr. Robyne Hanley-Dafoe

**Laugh**



## SHARE YOUR CALM WITH DEEP BREATHING

Stand/sit, back straight  
Shoulders relaxed  
Head relaxed  
Look forward  
Hands together as if holding a cup of hot chocolate  
As you breathe in pretend to smell the hot chocolate  
As you breathe out pretend to blow the steam  
Let's do that again...  
Breathe in, smell the hot chocolate...  
Breathe out, blow the steam...  
One more time...

**Mental Health Resources**  
[www.TVDSB.ca](http://www.TVDSB.ca)  
[www.mindyourmind.ca](http://www.mindyourmind.ca)  
[www.jack.org](http://www.jack.org)  
School Mental Health Ontario

Underlined text is a hyperlink to more information

## Community Resources

If there is a mental health emergency, please visit your local Hospital Emergency Department or call 911.

**Kids Help Phone:** 24/7 crisis support: 1-800-668-6868, text 686868, [www.kidshelpphone.ca](http://www.kidshelpphone.ca) for web chat

**Reach Out Crisis Support:** (519) 433-2023 or 1-866-933-2023, [www.reachout247.ca](http://www.reachout247.ca) for web chat

**Crisis Intake Team (CIT):** 519-433-0334 (London/Middlesex), 0-18 years and caregivers

**CMHA:** (24/7 Walk in support): 648 Huron St. in London (London/Middlesex), 16 yrs +

**Wellkin Child & Youth Mental Wellness:** 1-877-539-0463 (Oxford/Elgin)

We don't have to do all of it alone.

We were never meant to.

-Brene Brown

# SPECTACULAR KIDS PARTY

PRESENTED BY

Spectacular Six Event  
Planning



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BIG BROTHERS AND BIG SISTERS OF  
LONDON AND AREA**

costume contest, magician,  
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**SATURDAY MARCH 20, 2021 FROM 1PM-2:30PM  
TICKET PRICE \$20**

**Registration link**

<https://hc.fanshawec.ca/forms/registration/index.aspx?e=298>

Insta: @spectacularkidsparty

Facebook: Spectacular Six



March 2021



## Home Connections in Mathematics

### Are We There Yet?

Short jaunts in the car can be a great time to continue to build your child's sense of numbers and how they are used in the world around us. Below are a few things you might try.

#### Count

Young children love to count, and counting is a foundational skill. Driving anywhere can provide lots of opportunities to count types of cars, buses or trucks. Children sometimes struggle to count over the decade or century- up and over a ten or 100. You can help to count up and over the decade or century by modelling counting and then discussing patterns in our number system. It is also valuable to take opportunities to count by numbers other than one. For example, you might count by twos to count the tires on trucks, count by fours for legs on horses or cows.

#### Notice, Read and Talk About Numbers in the World

Students often struggle relating a number to the quantity it represents. Try a scavenger hunt for different numbers. Challenge your child to find a spot where she might find about five, ten, 50 or 100 people. Discuss with her how to determine if she is close to the target. Older children might benefit from comparing populations to numbers familiar to them. The populations of smaller centres might be compared to the number of students in their school. Larger centres might be compared to the population of the town or city in which you live. By doing activities like these, we can help students develop a sense of quantity and personal benchmarks to use when estimating.



#### Engage in Real-life Proportional Reasoning

As students move from grade to grade, the curriculum requires them to do more and more proportional reasoning. Travelling presents many opportunities to engage your child in authentic situations where he or she considers how two quantities scale together. When filling the gas tank, have your child check the level of the gas tank before filling. Share the capacity of the tank and ask



them to predict the number of litres and the cost of the gas.



"Are we there yet?" is a great question to turn back on your children and play with. Share with them the length of the trip. Have them track on road signs the distance to the

destination or the next stop. Predict the length of time to the destination based on the speed you are travelling, or the time taken to your current location. Check predictions against the predictions on the GPS or App.

#### Play With Numbers

Some of the long hours in the car can be spent playing with numbers to enhance students' understanding and enjoyment of math.

*Guess My Number* is a game that is easily played that reinforces some key ideas about the relative size of numbers. To play the game, select a range of numbers comfortable for the children playing. One player chooses a number and others try to guess that number. After each guess, a hint is given as to whether the guess is too high or too low. Challenge your child to develop a strategy to make the fewest guesses or develop a strategy with them.

McNugget Numbers are a set of numbers that can be fun to play with. Originally, Mc Nuggets were sold in boxes of 6, 9, and 20. A McNugget Number is a number you can make combining the numbers 6, 9 and 20. (For example, 15 is a McNugget number because you could order a box of 6 and a box of 9.) You could challenge younger children to find the numbers of McNuggets that could be ordered between 10 and 20 with only boxes of 6 and 9. Older students could be challenged to find numbers of McNuggets that could **not** be ordered with whole boxes of McNuggets or even the largest number that could not be ordered. (It is 43.) Finding all the McNugget numbers would be a great family challenge.



Children benefit from the opportunity to understand how numbers are used in the world in many useful and enjoyable ways.