



# Louise Arbour F.I. Newsletter

September 2022

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

## Important Dates Coming Up

### September

20-School Assembly  
for students and staff  
23-Terry Fox Run  
23-Franco-Ontarian  
Day  
28 - Rowan's Law Day  
30-Orange Shirt Day

### October

3- Meet the Family  
Night 4:00 -5:30 p.m.  
3-School Council  
Meeting 6:00 p.m.  
5-School Picture Day

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

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London ON N5Y 2K3  
519-452-2820  
[louisearbour@tvdsb.ca](mailto:louisearbour@tvdsb.ca)

## Admin Message

Dear Louise Arbour Families,

Welcome back! We are thrilled to be starting off the 2022-2023 academic year with such amazing energy. Educators have been connecting with their students and working hard to establish positive relationships, in order to create a safe and equitable learning environment that will encourage both academic and social development. We look forward to watching our learners grow!

We have many important events already planned for the near future, including our Welcome Assembly, Terry Fox Run, Orange Shirt Day, and Meet the Family Night. We invite families to join us on October 3rd from 4:00-5:30. We will have a MegaCone Ice Cream Truck on site as well as pizza for sale. Families will be able to visit their child's classroom and meet with their educators. We encourage you to have an ice cream treat while at school and pick up a pizza to enjoy at home. Please see below for food purchasing details.

We look forward to seeing you at our Meet the Family Night!

### MegaCone Ice Cream

Cones, Slushies: \$4/5/6 (s,m,l)  
Icebergs: \$5/6/7  
Sundaes: \$7  
Shakes, Floats, Frappe: \$8  
Blizzard: \$9  
Banana Boat: \$10

\*Cash, debit and credit  
accepted

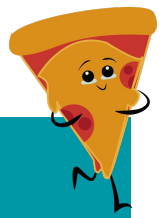


### Pizza

- 12 inch whole pizza \$10 (cheese or pepperoni)
- Individual slice \$2

\*Cash only

Proceeds will be used to purchase outdoor education equipment for the whole school.





## **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.*



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 28, 2022.

We recognize this important Nation-wide initiative to honour Residential School Survivors and remember those who didn't make it home. We will work hard to foster cultural safety, and use a trauma-sensitive lens. Over the past year there has been news of unmarked graves located on former residential school sites and we continue to learn of the findings of unmarked graves across the Nation. We recognize that this news has been devastating and harmful for many and this will need to be kept in mind as plans are being made to honour the day. A commitment to share Indigenous perspectives, experiences, and role models throughout the entire school year can contribute to a sense of belonging for Indigenous staff and students, and foster further understanding and mutual respect from non-Indigenous staff and students. We extend our sympathies to survivors, families, Indigenous Nations, and all those affected by the continued announcements of located graves on the sites of former Residential Schools.

**EVERY  
CHILD  
MATTERS**

The National Day  
for Truth and  
Reconciliation  
and  
Orange Shirt Day

## 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:

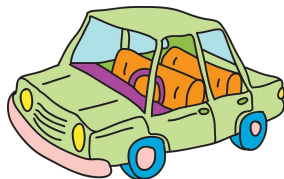
- Include a variety of foods each day.
- Rather than buying pre-made lunch kits, make your own healthy lunch kit with divided containers and small bite-sized cheese cubes, left-over chicken chunks, whole grain cereal, veggie sticks or fruit slices.
- Offer hummus or other dips with cut up veggies like 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! Did you know that Louise Arbour is a certified **Eco-School**? As a school, we strive to be responsible eco citizens and we always strive to practice environmental stewardship. In order to keep working towards our certification each year, we also 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 packing reusable water bottles instead!** We have a water bottle refill station at our school that students may use throughout the day.

Merci,  
LAFI Éco-Équipe



# Bus Safety



We would like to take this opportunity to share with you a collective responsibility in keeping our children safe. Should you ever be witness to a driver going through the extended stop sign of a school bus, please try to do the following when safe to do so:

- Record the license plate number (even a partial number is helpful)
- Record the make, model and color of the vehicle
- Record the time and location of the infraction
- Record the bus company's name
- Make a report with the police and the bus company
- If the bus company has video coverage, request that it be share with the police

Thank you for your diligence in helping to keep our students safe.



School  
Mental Health  
Ontario

Santé mentale  
en milieu scolaire  
Ontario

Our school team has been establishing the Essential Conditions for Learning in all of our classes. We are happy to share with you a School Mental Health Ontario (SMHO) Back to School Resource: [Supporting the Mental Health and Wellness of your Child During the Return to School](#)



THE TERRY FOX  
FOUNDATION

The Terry Fox Run will be taking place at Louise Arbour on September 23rd. Classes will be participating in the run/walk with their peers at 1:05. We are pleased to continue honouring Terry Fox's legacy and supporting cancer research through participation in this run.



## SCHOOL COUNCIL 2022-2023

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 2022-2023 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 from among the parent members of the School Council within 30 days of school.

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. This is a chance for you to contribute your ideas, time and energy in advising the school principal on educational decisions affecting your children and by giving feedback to the Board of Education.

Our first meeting for 2022-2023 will be held at **6:00 p.m. on Monday, October 3, 2022**. Elections will be held at this time. Please complete the nomination form included in this School Messenger email. 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. Friday, September 23, 2022**.

Meetings will be held in a hybrid format. Should you wish to meet in-person, please join us at the school and if you wish to meet virtually, please click on the link below or the one provided in this School Messenger email.

[https://teams.microsoft.com/l/meetup-join/19%3ameeting\\_MzhkNTU5YWYtMjIhYS00YjAzLWlzMWEtOGZmOTgwMTUwMTgw%40thread.v2/0?context=%7b%22Tid%22%3a%222024c5d6-bed5-4705-98ac-f83e64a78e99%22%2c%22Oid%22%3a%2283f5cbf6-3139-4a0d-9975-aa1030657b40%22%7d](https://teams.microsoft.com/l/meetup-join/19%3ameeting_MzhkNTU5YWYtMjIhYS00YjAzLWlzMWEtOGZmOTgwMTUwMTgw%40thread.v2/0?context=%7b%22Tid%22%3a%222024c5d6-bed5-4705-98ac-f83e64a78e99%22%2c%22Oid%22%3a%2283f5cbf6-3139-4a0d-9975-aa1030657b40%22%7d)



## Louise Arbour Public School – 2022-2023

Parents and guardians are invited to 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 23rd, 2022. Elections will take place during our first school council meeting on October 3, 2022.

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
- Parent Representative
- 

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 wish to declare my candidacy for an elected position as a parent representative on the school council. 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 \_\_\_\_\_

## 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.



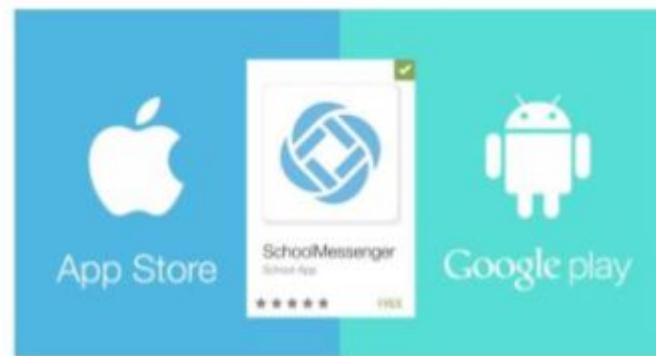
On a computer, go to [www.schoolmessenger.ca/start](http://www.schoolmessenger.ca/start)

Click on Sign Up

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

OR

Download School Messenger App



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>