



# Louise Arbour F.I. Newsletter

2023

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

## Important Dates Coming Up

### September

- 25: Franco-Ontarian Day
- 26: Parent Council  
(6:30pm in-person)
- 27: Rowan's Law Day
- 29: Orange Shirt Day

### October

- 4: Photo Day
- 4: Meet the Family Night  
(4:00pm - 6:00pm)
- 5: Terry Fox Run
- 6: PA Day  
(no school)
- 9: Thanksgiving  
(no school)
- 19: Cross Country Finals

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

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London ON N5Y 2K3  
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louisearbour@tvdsb.ca

## Admin Message

Dear Louise Arbour Families,

Welcome to the new 2023-2024 school year! We hope that everyone had a restful and enjoyable summer that allowed for time to relax and spend with family and friends. The staff at Louise Arbour have been working 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 4th from 4pm - 6pm. The purpose of this event is to allow families and educators to meet and for families to see some student work and their classroom and school. There will be food trucks available and will include Rocky Mountain Pizza, Grill'Em, Tikka Tomato, The Donut Diva and Thirst Burst. Also, students in Grades 2-8 received planners this year. In order to offset these costs donations to the school 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 2023-2024 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. 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 last meeting of 2022-2023 will begin at **6:30 p.m. on Tuesday, September 26, 2023 and will be an in-person meeting.** Should you wish to become a member of the 2023-2024 LAFI School Council, please complete the nomination form included in this School Messenger communication and attend our meeting on September 26, 2023. 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 25, 2023.**



## Louise Arbour Public School – 2023-2024

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 25th, 2023**. We invite you to attend our school council meeting on **September 26, 2023, beginning at 6:30 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
- Parent Representative
- 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 \_\_\_\_\_



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 27, 2023.

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 few years 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:

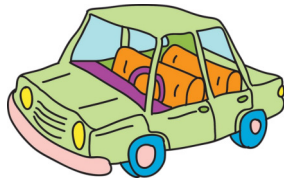
- Include a variety of foods each day.
- Rather than buying pre-made lunch kits, make your own healthy lunch kit with divided containers and small bite-sized cheese cubes, left-over chicken chunks, whole grain cereal, veggie sticks or fruit slices.
- Offer hummus or other dips with cut up veggies like 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! Last year at Louise Arbour we completed many activities to raise environmental awareness at our school. As a result, we also received **gold Eco-School recognition and certification!** 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



# 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 October 5th. 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.

## 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.



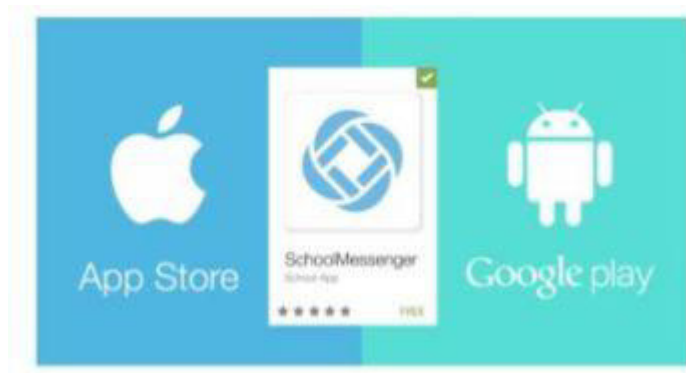
On a computer, go to [www.schoolmessenger.ca/start](http://www.schoolmessenger.ca/start)

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>