

# DR. EMILY STOWE P.S.

October 2021

## "Soaring to Victory"

### *Principal's Message*

Dear Parents/Guardians,

Happy Fall everyone! As we enter into October, we are fully into routine and successfully focussed on our learning and well-being.

Our primary focus this fall continues to be on student and staff mental well-being. The transition back to school has been encouraging. Many students are reviewing Kelso's Choices and the variety of options available to them when experiencing more challenging situations. Our staff continue to support students to make good choices independently and help where needed. Students are encouraged to be kind and patient with one another as, once again, they negotiate the nuances of friendship. Returning to school to face to face learning has been welcome for most, but this transition has not been easy for everyone. We are sensitive to the many factors that influence this transition and continue to advocate for and support our students. Please reach out to your child's teacher if you would like to discuss any serious concerns you may have. We appreciate your involvement and your effort to foster resiliency and independence. This is especially important for our intermediate students as they enter into a different phase of development in which they thrive on this level of freedom and responsibility.

This month, students in grades 5 – 8 participated in virtual anti-racism and anti-homophobic workshops, presented by the Get REAL movement. We will continue our efforts this month as staff, parents and students are offered workshops entitled "Colour Blind" to address inclusion in our school, from Hello Hope Canada.

**Parents, please join us by GOOGLE MEET Tuesday, October 12 at 6:15 p.m. to take part in this virtual presentation at [meet.google.com/ugb-wjpf-etf](https://meet.google.com/ugb-wjpf-etf).** Our goal is for students to see our differences, acknowledge our identity and celebrate our diversity. Students from grades 1 – 8 will experience their workshops October 14<sup>th</sup>.

This week, we received more information about volunteers in schools. Please know that proof of vaccines will be required by submitting this information online. See more details in the body of the newsletter below.

October 2 was **National Custodial Workers' Recognition Day**. I want to take the opportunity to thank our custodians, Mrs. Colpitts and Brad Colpitts for their tremendous efforts to keep our school clean and safe. They also gathered a large truck load of furniture to return to the warehouse that was not being used in our building. This helped to free up space in our school to be used by staff and students alike. Donna and Brad Colpitts go above and beyond in their duties at Dr. Emily Stowe and are an integral part of our team. Thank you!

Halloween takes place October 29<sup>th</sup> at Dr. Emily Stowe. We will continue to offer the chance to dress up that day. Please know that teachers will not be able to help with costumes, so prepare them how to manage their costume, modify it, or send them in black and orange if you wish. Dressing up is not a requirement, but a choice for those who wish to do so. **There is no need to send in anything that needs to be passed out, including homemade goods, which are not permitted.** Students may choose to go trick or treating in their community on the weekend when they will receive their Halloween treats.

Sincerely,  
*Madame Haley-Twiss*

71 Sandringham Drive  
Courtice, Ontario L1E 1W8  
Tel: 905 433 8747  
Fax: 905 433 0800

<http://emilystowe.kprdsb.ca>  
Twitter @DrEmilyStowePS

#### **Principal**

Lorena Haley-Twiss  
lorena\_haleytwiss@kprdsb.ca

#### **Superintendent, Student Achievement**

Jamila Maliha  
Tel: 705-742-9773, Ext. 2421  
jamila\_maliha@kprdsb.ca

#### **School Board Chairperson**

Diane Lloyd  
Tel: 705-760-5453  
diane\_lloyd@kprdsb.ca

#### **School Trustee**

Sarah Bobka  
Tel: 289-356-2133  
sarah\_bobka@kprdsb.ca

#### **School Trustee**

Cathy Abraham  
Tel: 905-987-1833  
cathy\_abraham@kprdsb.ca



## School Council

Thank you to all who attended our first virtual meeting on September 28<sup>th</sup>. Along with all the changes that the new school year brings it also brings a new School Council! Below is a list of the new members of our council:

Chair- Colleen Smiles  
Vice Chair - Christina Vorstenbosch  
Treasurer - Lisa Whitworth  
Secretary - Amy Brown

Healthy Hunger has had a great start! We will continue with Subway on Mondays and Booster Juice on Fridays. If you haven't signed up yet, be sure to sign up at [www.healthyhunger.ca](http://www.healthyhunger.ca) to order your child's lunches.

Spirit Wear order forms have been sent out - they are due by October 22<sup>nd</sup>. Another copy of the order details is attached to this newsletter. Please note, payments are only being accepted through School Cash Online. School Cash Online no longer includes a wallet, so please have your banking information handy when ordering.

**Popcorn, popcorn, popcorn! Kernels Popcorn Day is Wednesday, October 20<sup>th</sup>. Be sure to order through School Cash Online by October 6<sup>th</sup>.**

For anyone interested in attending, our next meeting will be held on Tuesday October 26<sup>th</sup> at 7:00 p.m. via WebEx at <https://kprdsb.webex.com/meet/lhaley-twiss>

Colleen Smiles, Chair  
colleensmiles1@gmail.com

## Character in the School

### October's Character Attribute

#### Respect

I am polite, courteous, and caring. I value myself and others. I treat all people with dignity and uphold their rights. I protect property and our environment.



## Terry Fox

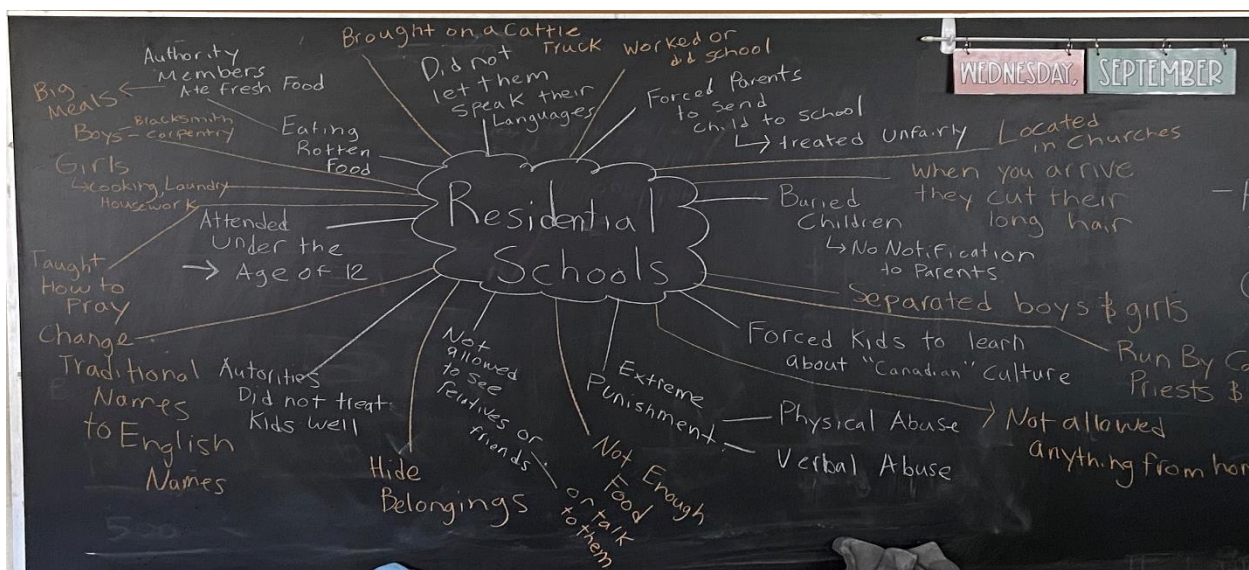
This year is the 41<sup>st</sup> Anniversary of the Terry Fox Run/Walk. We participated in a school-wide walk at various points throughout the day. Fundraising amounted to \$1,276.85 – way to go Stowe! A big thank you goes out to Mrs. Murru, Mrs. Luke-Hewitt, Mrs. Lalonde and Mrs. Steffler for all of the organization involved and for the engaging bulletin boards by Kindergarten students.

## Orange shirt day: National Day for Truth and Reconciliation

Dr. Emily Stowe honoured Canada's first National Day for Truth and Reconciliation. Teachers addressed the lost children and survivors of residential schools, as well as their families and communities in an age-appropriate way. Announcements were shared by students throughout the week. Last year, Stowe purchased many books for our library to honour the diversity of our community. Included in these orders were books

to help students understand the history of residential schools in Canada. Many of our resources also celebrate the culture and communities of our First Nations Peoples. Part of what we hope to achieve, is to include this as part of our regular program so that understanding and acknowledgement happens all year long. This is the goal of Truth and Reconciliation. A big thank you goes out to Ms. Jackson and Mrs. Leggo for helping us to order these resources.

“We remember every child that didn’t come home from residential school. We recognize the harm, loss and grief of survivors and their families. As educators, we have a role to play, to educate ourselves and others about this tragic legacy. This is a solemn and important day, recognized in age-appropriate ways by all schools throughout KPR. [#NationalDayforTruthandReconciliation](#)” Please see an example of our student learning, from Ms. Elik’s grade 5/6 class, below.



*The white writing is what students already knew about residential schools and the orange is how they added to their thinking. We also clarified misconceptions and developed their understanding of the trauma that occurred*

## Rowan's Law Day

Rowan's Law Day took place on Wednesday, September 29<sup>th</sup>. Rowan's Law Day honours an Ottawa student who died after sustaining several concussions over six days. In 2018, the provincial government passed Rowan's Law (Concussion Safety), to protect amateur athletes on the field and at school, and to support concussion awareness and prevention. To see KPR's concussion safety protocols and resources, visit [http://www.kprschools.ca/en/our\\_schools/getinvolved/parentresources/concussionresources.html](http://www.kprschools.ca/en/our_schools/getinvolved/parentresources/concussionresources.html)

Students at Dr. Emily Stowe took part in workshops to learn about the signs of concussion and how to play safely.

## Entry to School

Please remember, if you have a reason to arrive at the school outside of entry/dismissal times, you are to ring the buzzer at the front door. We can only communicate with you via the intercom system. You will need to state your name and the reason you are present (bringing in child late, signing out for appt., etc.) and your child will be sent out to you, or you will be asked to send your child in on their own. We have one secretary.

**Patience and kindness would be appreciated if your call is not answered immediately.** Sometimes we are also on the phone and cannot speak to two parties at the same time. The buzzer is quite loud on the inside of the school so there is no need to repeatedly press it. If after a few minutes you are not acknowledged, please call the school 905-433-8747. **Parents/guardians are not permitted in the building without an appointment. There will be no exceptions.** Thank you for your understanding of these present circumstances.

## Edsby & School Messenger

Our primary tool for communication between parents and teachers will be EDSBY. Invitations will be sent from time to time to your email, if you have not yet activated your account. A handy parent sheet is attached to this newsletter with guidance about setting up your account. Bookmark the parent portal from the Board website for ease of access. <https://parents.kprdsb.ca/>. If you have difficulties logging in, please email Edsby support at [support@edsby.com](mailto:support@edsby.com)

Likewise, School Messenger will be utilized to a great extent this year to forward newsletters and important communications from the office. It is therefore important that your email address is accurately on file. If you do not see emails from us, and they are not showing up in your junk/spam folder, please be sure to contact the office to confirm we have your current information. See the attached documentation regarding School Messenger Texting.

## Student Forms

Please watch for not only the Student Verification Form (which confirms all contact information we have for a student) as well as the Student Information Form (which confirms various school-related items as well as KI pill consent) to come home shortly. These are all being done by way of paper this year, and are extremely important to be viewed, amended, and signed and sent back as soon as possible.

## School Cash Online

To those of you new to our school, please be aware that any payments to the school are to be made through School Cash Online. The Board has directed that schools are to use School Cash Online as their primary source of fund collection. Please be sure to visit School Cash Online to register. There is a link on the school website to assist. Step by step instructions are also attached to this newsletter.

## Halloween



Halloween is taking place at Stowe this year! Students may wear costumes, but teachers will not be able to assist students with costume changes. Please modify accordingly or wear black and orange. No masks or toy weapons of any sort are permitted. Class activities will be at the discretion of the teacher. Students may bring their own treats for themselves, but we ask that none are brought in to share. **Please do not send in baked goods, toys, candy, etc.** Our parade will need to wait until we can more safely mix. If you have questions, please ask your child's teacher.

## Healthy Hunger

We are permitted to return to hot lunches again this year. Subway is available on Mondays, and Booster Juice every Friday, both at first break.

Visit the [healthyhunger.ca](http://healthyhunger.ca) website at [Healthy Hunger](#) and register your child in his/her classroom which are listed by teacher and grade. You will be able to view all upcoming lunches and place your orders.



Please note there is a cut off of 5 days prior to each lunch date. If you have any questions or concerns, please contact [colleensmiles1@gmail.com](mailto:colleensmiles1@gmail.com)  
Thanks for participating.

## No Dogs



For the safety of our children please do not bring your dogs on school property, especially during entrance and dismissal times. Thank you for your support!

## Website/Twitter



Be sure to check out our school website! Follow us on Twitter too! Keep in the know with what's happening and stay in the loop. Our school website can be found at <https://emilystowe.kprdsb.ca/> and should be the first point of access for our school community. If you need to email a staff member, please refer to the Staff Directory tab of our school website for all staff email addresses.

## Absence Reporting

At Dr. Emily Stowe, the safety of our students is first and foremost. Our Absence Reporting System allows you to report an absence 24 hours a day, 7 days a week at 1-844-434-8119 or register at [studentabsence.kprdsb.ca](http://studentabsence.kprdsb.ca) or download the app (available through your app store). If late, please remind your child to report to the office on their way to class, so we can record that they have arrived safely. Thank you!



If you mention Dr. Emily Stowe before your items are scanned through, 10% of sales comes back to the school! Show your support for your school. Every little bit helps!

## Volunteers in Schools – from the Board

We wanted to provide you with an update on the Immunization Disclosure Process for volunteers, service providers and frequent visitors to schools.

At the beginning of the school year, our focus was on implementing this policy for all school board employees. Now that this is in place, we are pleased to be able to move forward with vaccination attestations for volunteers, frequent visitors, and third-party providers in school settings.

In KPR schools, the following people must attest to being fully vaccinated (and provide proof of vaccination) prior to assisting in a school setting **in addition to the requirement to provide a valid, current police check with vulnerable sector search completed:**

- Volunteers including parents/guardians community members
- All college/university placement students (including teacher candidates, nursing candidates, ECE students, EA/CYW students, etc.)

Volunteers and placement students will be asked to attest using an online form, [available by clicking here.](#)



Please note that we are prioritizing fully vaccinated individuals at this time (final dose received at least 14 days ago). There may be opportunity for unvaccinated individuals to volunteer at a later date, through implementation of rapid COVID-testing measures.

After completing the attestation process, volunteers and placement students must print or bring an electronic copy of their vaccination receipt to the school when volunteering. This can be shown at the school office or to your activity contact person at the school during the sign in process.

As a reminder, **all visitors to schools must also complete the provincial COVID 19 school self-screener prior to attending school each day:** <https://covid-19.ontario.ca/school-screening/>

Third party providers, such as bus drivers, professional service providers in schools and contractors, will complete the vaccination attestation process through their employer and this information will be provided to the board.

## Parent Conference October 16<sup>th</sup>

### 2021 VIRTUAL PARENT CONFERENCE: CELEBRATING 20 YEARS OF LEARNING!

Join us for KPR's 20th Annual Parent Conference, focusing on child and teen mental health. The Virtual Conference will be held:

Saturday, October 16

9 a.m.-11 a.m.

Featuring Dr. David Templeman

**You've Got This! Mental Health After COVID: Getting Back to Normal**

As always, this much-anticipated conference is free. Registrants will receive a link to the online presentation, which will feature practical advice on supporting your child's or teen's health from Dr. David Templeman. A Child and Youth Psychiatrist, Dr. Templeman also is an engaging speaker and author of *A Teenager's Guide to Life: The Secret to Living Life and Being Happy*.

While there is no charge for the event, registration is required. All KPR parents, caregivers and employees are welcome to join us.

In honour of this annual event's 20th Anniversary, we have a special conference package for registrants from KPR! Enjoy a treat on us, and receive a practical keepsake.

[Register now for this virtual conference!](#)





Hi Parents,

Do you put your happiness on hold?

Do you wait until life looks a certain way before allowing yourself to feel happy?

Do you wait for a special occasion or a goal to be achieved?

**This is what I know...** Looking for ways to bring happiness into your life is very important to your emotional and mental well-being.

Think of everything you could do to create happiness. It might be talking to a friend/family member, going for nature walks, writing in a journal or watching/playing sports. It could be as simple as starting your day with your favourite breakfast food, favourite song or cup of coffee/tea.

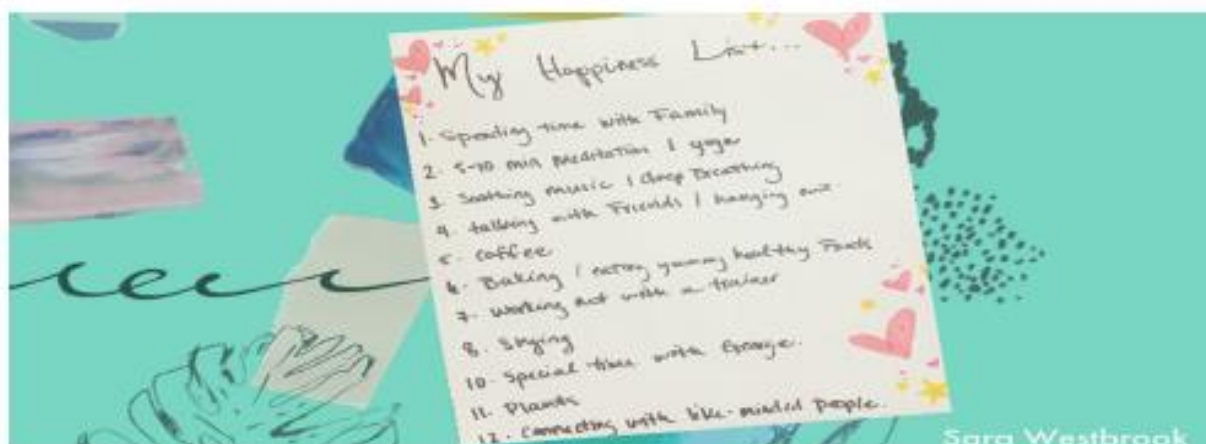
Write your happiness list on a big piece of paper and put it where you can see it.

You have now created your guide to HAPPINESS – a guide that will remind you how to tap into your happy place when you are feeling stressed, anxious or 'blue'.

I forgot to add...your happiness list should **not** include 'I'm only happy when \_\_\_\_\_ is happy.' Never let your happiness depend on someone else's happiness.

You deserve to be HAPPY! Make it a conscious choice!

P.S. Have your children/students create their own list.



# KEEP OUR SCHOOL COMMUNITY SAFE



## Do not come to school if...



**You have any of the symptoms from the provincial screening tool**  
and they are not related to known causes or conditions you already have (such as allergies, asthma, anxiety/depression, etc).

### Students

- ☐ Fever and/or chills - 37.8° Celsius/ 100°Fahrenheit or higher
- ☐ Cough or barking cough (croup) - Continuous, more than usual
- ☐ Shortness of breath - Out of breath, unable to breathe deeply
- ☐ Decrease or loss of taste or smell
- ☐ Nausea, vomiting, and/or diarrhea

### Staff/Visitors

- ☐ Fever and/or chills - 37.8° Celsius/ 100°Fahrenheit or higher
- ☐ Cough or barking cough (croup) - Continuous, more than usual
- ☐ Shortness of breath - Out of breath, unable to breathe deeply
- ☐ Decrease or loss of taste or smell
- ☐ Extreme tiredness or muscle aches



**You have travelled outside Canada in the past 14 days and were advised to quarantine.**



**A health care provider or health unit has told you to isolate/stay at home.**



**You tested positive on a rapid antigen or home-based test in the last 10 days.**

**In addition to the points above, if you are not fully vaccinated** over 14 days ago, do not come to school if...



**You were identified as a close contact of someone with COVID-19, or have you received a COVID Alert, within the last 10 days.**



**Someone you live with is experiencing COVID symptoms or awaiting a test result.**

If you answer yes to any of these questions, stay home and follow the directions provided by the provincial screening tool: <https://covid-19.ontario.ca/school-screening>



**Help Stop the Spread of COVID-19**  
[www.kprschools.ca](http://www.kprschools.ca)





Instructions for School Cash Online are posted below.



Fast. Safe. Convenient.

## Are you a School Cash Online Member?

### Become a member today!

Follow these instructions to create your School Cash Online account today.

Create Your Profile:

1 Go to <https://district.schoolcashonline.com/> and click on "Get Started Today".

2 Confirm Your Email:  
Check your inbox for the email confirmation and click on the link inside. Sign in with your new login details.

3 Add a Student  
Click "Add Student" and fill in the required fields with your child's details.

Stay connected by selecting "Yes" to email notifications about upcoming fees.

☒ I want to receive email notifications for new fees assigned to my student and updates on school-related activities.

### Purchase these items and more online.

Use your computer, tablet or smartphone to register and pay online.



### Why join the thousands of School Cash Online members?

School Cash Online is an online parent portal that offers a safe, fast and convenient way to pay for school activity fees. Why join?

- ✓ Membership is free!
- ✓ Pay for your child's school fees online. Anytime, anywhere.
- ✓ Stop sending money to school with your child.
- ✓ Get automatic email notifications about upcoming school fees and activities.
- ✓ Help your school reduce the amount of cash coming through school doors.

### Which payment methods are accepted?



#### eCheck

An electronic version of a paper check used to make payments online. Anyone with a checking or savings account can pay by eCheck on School Cash Online.

For more information contact Parent Helpdesk at  
[parenthelp@schoolcashonline.com](mailto:parenthelp@schoolcashonline.com) or 1.866.961.1803



Hello Families,

We will be holding a popcorn day on October 20th. Popcorn will be available to purchase for \$2.25 and arrive in individual bags, The Flavors to choose from will be, Butter Salt, Low-fat Caramel, Salt & Vinegar, White Cheddar, and Dill Pickle. Orders will need to be made by October 6th. Please place your orders via SCHOOL CASH ONLINE <https://kprdsb.schoolcashonline.com/Home/SignIn>

If you have any questions, please email [colleensmiles1@gmail.com](mailto:colleensmiles1@gmail.com)

Thank you, Parent Council





## DR. EMILY STOWE P.S. ORDER FORM - FALL 2021

STUDENT NAME: \_\_\_\_\_ CLASS: \_\_\_\_\_ PHONE: \_\_\_\_\_

EMAIL: \_\_\_\_\_ *\*Add \$4.00 for sizes 2XL or Higher (adult sizes)*

Picture & Description	Colour	Circle Size	Price	Qty	Total	Names (OPTIONAL)
<p><b>T-SHIRT</b> ATC1000Y (Youth) ATC1000 (Adult) 100% Cotton Printed Full Front logo</p>	<p><b>YOUTH</b></p> <input type="checkbox"/> ORANGE <input type="checkbox"/> ROYAL BLUE <input type="checkbox"/> WHITE (ORANGE PRINT) <input type="checkbox"/> WHITE (BLUE PRINT) <p><b>ADULT</b></p> <input type="checkbox"/> ORANGE <input type="checkbox"/> ROYAL BLUE <input type="checkbox"/> WHITE (ORANGE PRINT) <input type="checkbox"/> WHITE (BLUE PRINT)	<p><b>YOUTH</b></p> XS S M L XL <p><b>ADULT</b></p> S M L XL 2XL 3XL 4XL	<p><b>\$19.00</b> TAX INCLUDED</p>			<p><b>NAME ON RIGHT SLEEVE</b> (WILL BE ROYAL OR ORANGE VINYL)</p> <input type="checkbox"/> YES
<p><b>HOODIE</b> ATCY2500 (Youth) ATCY2500 (Adult) 100% Cotton Printed Full Front logo</p>	<p><b>YOUTH</b></p> <input type="checkbox"/> ORANGE <input type="checkbox"/> ROYAL BLUE <input type="checkbox"/> WHITE (ORANGE PRINT) <input type="checkbox"/> WHITE (BLUE PRINT) <p><b>ADULT</b></p> <input type="checkbox"/> ORANGE <input type="checkbox"/> ROYAL BLUE <input type="checkbox"/> WHITE (ORANGE PRINT) <input type="checkbox"/> WHITE (BLUE PRINT)	<p><b>YOUTH</b></p> XS S M L XL <p><b>ADULT</b></p> S M L XL 2XL 3XL 4XL	<p><b>\$40.00</b> TAX INCLUDED</p>			<p><b>NAME ON RIGHT SLEEVE</b> (WILL BE ROYAL OR ORANGE VINYL)</p> <input type="checkbox"/> YES
<p><b>FULL ZIP HOODIE</b> ATCY2600 (Youth) ATCY2600 (Adult) 100% Cotton Printed Left Chest logo</p>	<p><b>YOUTH</b></p> <input type="checkbox"/> ROYAL BLUE <p><b>ADULT</b></p> <input type="checkbox"/> ROYAL BLUE	<p><b>YOUTH</b></p> S M L XL <p><b>ADULT</b></p> S M L XL 2XL 3XL 4XL	<p><b>\$47.00</b> TAX INCLUDED</p>			<p><b>NAME ON RIGHT SLEEVE</b> (ORANGE VINYL)</p> <input type="checkbox"/> YES
<p><b>SWEATPANTS</b> ATCY2800 (Youth) ATCY2800 (Adult) 50/50 Cotton-Poly Heave Elastic Bottom Cuff Side Pockets Printed Logo Left Leg (Orange Ink)</p>	<input type="checkbox"/> DARK HEATHER	<p><b>YOUTH</b></p> S M L XL <p><b>ADULT</b></p> S M L XL 2XL	<p><b>\$35.00</b> TAX INCLUDED</p>			
<p><b>KNIT TOQUE</b> Gildan C100 100% Acrylic 3" Folding Cuff Embroidered Full Front Logo</p>	<input type="checkbox"/> ORANGE <input type="checkbox"/> ROYAL BLUE	<p><b>ONE SIZE</b></p>	<p><b>\$22.00</b> TAX INCLUDED</p>			

### PERSONALIZE YOUR CLOTHING - (ADD \$7.00 PER NAME)

\*PLEASE PRINT NAME HERE - **FIRST** OR **LAST** NAME **ONLY**\*

ALL ITEMS ARE FINAL SALE!

☐ SCHOOL CASH  
(ONLINE ONLY)

☐ CHEQUE

**Final Total** ➡

TOTAL SPORTSWEAR 2021



## **Parents and Guardians**

### **You can take advantage of our Text Messaging Service**

KPRDSB utilizes the SchoolMessenger system to deliver text messages, straight to your mobile phone with important information about events, school closings, safety alerts and more.

You can opt into this free service\* now just by sending a text message to 978338 with the message of "Y" or "Yes". You will receive a text confirming your registration.

You can opt out of these messages at any time by simply replying to one of our messages with "Stop".



SchoolMessenger is compliant with the Personal Information Protection and Electronic Documents Act, so you can rest assured that your information is safe and will never be given or sold to anyone.

**Opt-In from your mobile now! Just send "Y" or "Yes" to now 978338.**

\*Terms and Conditions – Message frequency varies. Standard message and data rates may apply. Reply HELP for help. Text STOP to cancel. Mobile carriers are not liable for delayed or undelivered messages. See [schoolmessenger.com/txt](http://schoolmessenger.com/txt) for more info.

# October



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4 	5	6	7	8 	9
10	11 	12 "Colour Blind" Parents 6:15 pm <a href="https://meet.google.com/ugb-wjpf-etf">meet.google.com/ugb-wjpf-etf</a>	13	14 "Colour Blind" student presentations	15 	16 Virtual Parent Conference 9 – 11 a.m.
17	18 	19	20 	21	22 	23
24/31 	25 	26 School Council Meeting 7:00 pm <a href="https://kprdsb.webe.com/meet/lhaley-twiss">https://kprdsb.webe.com/meet/lhaley-twiss</a>	27	28	29 Hallowe'en at Stowe! 	30