



Cedar Hollow Newsletter

September, 2022

Principal: Mr. Purvis
Vice Principal: Ms. Adams
Secretaries: Mrs. Duffield & Mrs. Mkhail
Superintendent: Mrs. Builder

Important Dates Coming up:

September:
30 - Orange Shirt
Day

October:
4 - School Photos
7 - Terry Fox Fun
10 - Thanksgiving



Dear Cedar Hollow Families,

Well our first full week has come to an end. It is fantastic to see all of our students back at school and engaged in making Cedar Hollow and amazing place to be! Staff are already getting all kinds of activities underway that make our school such an amazing part of the community! Cross-country, Volleyball, Co-Ed Soccer and Auditions for "The Little Mermaid" are all getting underway and are providing the "buzz" that I love to hear in a school.

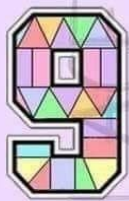
I wanted to take a moment to thank all of you for your efforts in adhering to our new school yard and parking lot processes. Having parents wait outside of the fenced yard has made it far easier to keep track of the over 700 students at Cedar Hollow. Further, your patience has been greatly appreciated as we get our "kiss and ride" up and running in the South (kindergarten/daycare) parking lot. In my opinion it had made the situation far safer for everyone who is dropping off in the morning.

On October 3rd, at 6:00, we will be hosting our first School Council meeting in the Library at Cedar Hollow. This is a great opportunity for families to get involved in their children's school. There are certainly a variety of "levels of commitment" so please don't let that stop you from getting involved!

(continued below)

Cedar Hollow P.S.

1800 Cedarhollow Blvd.
London ON N5X 0C4
519-457-6059
cedarhollow@tvdsb.ca



things to say to your anxious child

1. I'm here with you. You're safe.

2. Do you want to do some dancing or running to get rid of the worried energy?

3. Tell me about it.



4. What would you like to say to your worry? What might your worry say back? Then what?

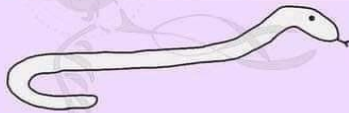
5. Let's draw it.

6. What does it feel like in your body? Where is the worry? How big is it?



7. Match your breaths to mine.

8. Let's think up some endings for what could happen (anxious ones, goofy ones, AND realistic ones).



9. What's something we could do to help you feel better?

(continued from page 1)

Lastly, I want to recognize that returning to school can often be overwhelming for some of our children. The graphic attached provides some suggestions of things that you could say to your child that might help them in their moments of anxiety.

As always, if you have any questions or concerns please don't hesitate to reach out and we will do our very best to help you out!

Yours in Education,

Scott Purvis
Principal

Parent Portal:

The parent portal is open until September 30, 2022. Please log in and review the emergency contact information and complete the consent forms.

Electronic Collection of Information is required from Parents/Guardians

- > Student Information Sheet
- > Emergency Contact List
- > Parental Consents for Release of Student Information & Photo Permissions

In order to access the TVDSB Parent Portal, parents/guardians must provide an email address to the school. Each parent/guardian must have their own unique email address.

To create an account for the TVDSB Parent Portal, navigate to www.tvdsb.on.ca/parentportal

Office Hours:

School office hours are from 8:30 a.m. to 4:00 p.m. We have designated staff supervision on our yard starting at 8:45 a.m. until 3:40 p.m. For safety reasons, we ask that all students arriving at school before those hours are accompanied by a parent or guardian. We understand that, as we begin to establish new routines, there may be some occasions when our students arrive a few minutes earlier. In this case, students are asked to come to the office to check in so that we may ensure their safety until the arrival bell rings.

From the Office

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.*

Learning English at Cedar Hollow

We are excited to welcome many new families to our Cedar Hollow community. Our diverse group of students is made up of learners from many countries around the world including China, Pakistan, Korea, Colombia, Lebanon, Mexico, Brazil, and the United Arab Emirates, to name a few. Our multilingual learners are supported by Ms. Gander (Grades 4-8) and Mrs. Pow (Grades 1-3). For helpful information for parents and guardians of multilingual learners, please visit the ESL website at bit.ly/cedarhollowesl



Orange Shirt Day - Friday, September 30, 2022



Orange Shirt Day is a legacy of the St. Joseph Mission (SJM) residential school commemoration event held in Williams Lake, BC, Canada, in the spring of 2013. It grew out of Phyllis' story of having her shiny new orange shirt taken away on her first day of school at the Mission, and it has become an opportunity to keep the discussion on all aspects of residential schools happening annually.

The date was chosen because it is the time of year in which children were taken from their homes to residential schools, and because it is an opportunity to set the stage for anti-racism and anti-bullying policies for the coming school year. It also gives teachers time to plan events that will include children, as we want to ensure that we are passing the story and learning on to the next generations.

ECO Club



We are so proud of Cedar Hollow Public School for achieving a PLATINUM GOLD standard with Canada Eco Schools. We are excited to start up our Eco Team in October for Grades 5-8 students. Take Me Outside Week will take place October 17-21 and our school will be participating in various outdoor education activities.

Our Grade 4 classes have been working on a tree planting program which has been funded and supported by TD Friends of the Environment, Reforest London, and TVDSB. Part of their submission was a site plan map for the new trees (all native species). Students used Google Maps to help decide where they thought it would be best to plant the new trees. Students had to consider high traffic areas, site lines and proximity to power lines, etc. We are so excited to welcome these trees onto our school yard soon. We hope you and enjoy them. Stay tuned for more information about this exciting project. Special thanks to Mrs. DeCandido, Mrs. Johnstone and Mrs. Rutland!

Litterless Lunches:

We encourage all students to bring litterless lunches and a reusable water bottle. We have water stations around the school.

School Sports & Activities

Cross Country

Our Cross Country season has already begun! Practices are held every Tuesday & Thursday morning at 8:15-8:45am. The Cross Country team consists of students in Grades 3 to 8.

Meet Dates:

Wed. Sept 28 - Stoney Creek Cross Country Meet

Tues, Oct 4 - North East Regional Meet at Gibbons Park (rain date: Oct 5)

Tues, Oct 18 - TVDSB Finals at Fanshawe Conservation Area (rain date: Oct 19)



Soccer

With a very quick season, Soccer season is here! Our Gr7/8 co-ed soccer tournament will be on Monday, September 26th, with practices starting next week.

Volleyball

Tryouts for Intermediate Girls & Boys Volleyball have begun! Good luck, Hurricanes!



Terry Fox Run

Our school is participating in the Terry Fox Run for Cancer research on Friday, October 7th.

Our school has set a fundraising goal of \$5000.

As part of our fundraising, we are selling Terry Fox T-shirts on School Cash Online with the Terry Fox Foundation. Shirts are on sale until September 29th.

Announcement!

It's been 3 years, but the school musical is back. We look forward to lots of nautical nonsense this year as we put on a production of:

"The Little Mermaid Jr."

Save the date as our show will run from approximately March 23-31, 2023. More information coming soon!

-Mr. Swan



SNACKS!

While we do not have a “healthy snack program” at Cedar Hollow, we do recognize that sometimes our growing students are a little extra hungry, or have forgotten to bring their lunch. Our “Caring Cupboard” is available to any student who requests food throughout the day. This cupboard is stocked through donations. If you are able to help us out, please send items with your students or drop them off at the school office.

We are looking for items such as:

- cheese strings,
- yogurt tubes,
- applesauce and/or
- nut free granola bars

Thank you in advance for being such a kind and generous school community.



VOLUNTEERING AT CEDAR HOLLOW!

Police Checks - 2022/2033

Vulnerable Police Checks are required to volunteer in the school or on field trips. All requests are processed online with the London Police. See link below!

[Vulnerable Sector Check - London Police Service](#)

If you are interested in volunteering, we have a few opportunities available! Please email Mrs. Kenter at j.kentner@tvdsb.ca for information.

SCHOOL COUNCIL 2022-2023

The Cedar Hollow School Council, mandated by the Ontario government, meets every other month 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 Cedar Hollow 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 this nomination form. Additional forms will be available at the school and on our website. They must be returned to S. Purvis, Principal by email at s.purvis@tvdsb.ca or to the school by **3:00 p.m. Friday, September 30, 2022.**

I am the parent/guardian of: _____ who is a registered student at Cedar Hollow P.S. in grade _____.

I wish to declare my candidacy for an elected position as a parent/guardian representative on the 2022-2023 Cedar Hollow School Council. I understand the basic role and responsibilities of a member of a School Council as described above from the Board Policy.

Candidate's Name and Address (please print)

Elected Position of Interest (Chair, Treasurer, Secretary, Parent Representative)

Phone Number (daytime/work) (evening/home)

Candidate's Signature and Date