

MARCH /APRIL 2020

Raptor Report



HOME OF THE RAPTORS

Lakeshore Discovery

LAKE SHORE DISCOVERY NEWS

Welcome to March! Our weather continues to be unpredictable, varying from extremely cold conditions to spring like temperatures.

Please ensure that you monitor the forecast daily and assist your children in dressing appropriately for outdoor play.

The entire Lakeshore staff hopes that all our families enjoy a very relaxing and safe March Break wherever your adventures may take you.

If you are staying in town over the break, please be

sure to check out the variety of activities being offered in Lakeshore at - <https://lakeshore.ca/en/explore-and-play/recreation-and-leisure.aspx>. You can also follow on twitter @TownofLakeshore.

With the change in weather, please be sure to listen to local radio and/or visit the board website— publicboard.ca for the most recent information. Additionally for any updates to the current labour situation will be found here.

KINDERGARTEN NEWS

It has been great seeing so many new Raptors register with us during these past several weeks. If you haven't already, please join us for our upcoming **'Kindergarten Tour and Fun Night' on Wednesday, March 25 from 3:30-5pm**. Some of the centres include exploring the Kindergarten classrooms, arts and crafts, exploring musical instruments, and physical activities in the gym. Our newest Raptors will also get a chance to take a book home from our expansive library. We look forward to the evening.

Important Dates

- *March Break* 16-20
- *Hot Dog Day* March 5
- *'Rock Your Socks' in Support of Down Syndrome* March 23
- *KG Evening Tours* March 25
- *Pizza Day* March 26
- *PA Day—No School* March 27
- *A 'Day in the Life'* April 2
- *STEAM Night* April 2
- *Hot Dog Day* April 9
- *Good Friday* April 10
- *Easter Monday* April 13
- *Subway Day* April 16

FOOD ALLERGIES / FRAGRANCE FREE ZONE

At Lakeshore Discovery, we have many students and staff who have life-threatening allergies to **peas (humus), eggs, latex, nuts, tree nuts and peanuts.**

We are also a 'fragrance free zone' and do not permit perfume, cologne or other fragrances.

When exposed to these substances, allergic children can become 'anaphylactic' meaning that a medical emergency may become imminent. These reactions can be fatal. For some students, these foods/scents must be ingested to result in a reaction, while for other students the allergy is 'airborne' which means that the smell alone can result in anaphylaxis.

We appreciate your support in doing your best to avoid sending these food items to school.

March is Nutrition Month!

- Healthy snacks are an important part of healthy eating. They give kids energy and prevent them from getting too hungry between meals. Fruit and vegetables make great snacks for kids. Oranges, bananas, apples, baby carrots, pre-cut celery, and cucumber slices are easy to pack. You can find more healthy snack ideas at <https://food-guide.canada.ca/en/tips-forhealthy-eating/healthy-snacks/>

- Did you know that children are more likely to eat their lunch and snacks if they help make them? Try putting out healthy snacks and let kids choose what they want, and put it all in their own containers. If you're looking for ideas, check this link,

<https://www.unlockfood.ca/en/Articles/School-Health/Articles/Healthy-Lunch-Ideas-for-the-New-School-Year.aspx>

- If you feel pressed for time in the morning, try preparing breakfast the night before. You can hard boil eggs, wash fruit, or bake some delicious whole grain muffins. Eating breakfast will help give your child energy to stay focused in class. For more quick breakfast ideas, visit:

<https://www.unlockfood.ca/en/Articles/Cooking-And-Food/Quick-and-Easy-Meal-Ideas/Quick-and-Easy-Breakfast-Ideas.aspx>

Kiss & Ride

Anyone who has been here during entry and dismissal knows there is a lot of traffic in our parking lot, bus bay and subsequent park parking lot.

Here are the ways that you can help:

Consider having your child walk to school or take the bus. Busses do not drop-off students before 8:05 am.

In an effort to minimize congestion and to maintain student safety, consider parking on one of the neighbouring streets for pick up / drop off. There is access to the crossing guard if needed.

Consider volunteering for our Kiss & Ride program. Interested volunteers should contact the school directly (519)727-4207

Be patient. It takes time to ensure the safety of our students!

Drive slowly and follow the staff when they direct you.

School Cash on-line

We encourage parents/guardians to utilize school cash on-line—it is used for our food days and helps ensure accuracy with orders and eliminates the need to send students with cash to school.

Please visit-

[https://www.publicboard.ca/Parents/school-cash-online/Pages/default.aspx#/="](https://www.publicboard.ca/Parents/school-cash-online/Pages/default.aspx#/=)

Homework Help

Are you in grades 7 to 10? Need help with math homework? Then why not get live, online math tutoring from an Ontario teacher? It's free and easy to sign up

Setting up your account

To log in and register, you'll need your Ontario Education Number (OEN), found at the top of your [report card near your name](#).

Homework Help is run by TVO's Independent Learning Centre with support from the Ontario government.

Live online tutoring: You can log in between 5:30 p.m. to 9:30 p.m. ET from Sunday to Thursday for one-on-one tutoring.

School Messenger

In an effort to reduce our paper consumption, we have been sending newsletters and notices home via school messenger.

If you haven't provided us with your current email, please be sure to do so. This will ensure that you receive the most up to date information regarding school events.