



# Valley Way Public School

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## October VIPER UPDATE

### Picture Day is Coming on October 26th!

Please refer to the flyer already sent home for helpful tips! Our Retake day is scheduled for Nov. 30th.



### IMPORTANT DATES



- Take Me Outside Day.....Oct. 18
- Bus Safety Presentations Oct.24
- **Picture Day.....Oct 26**
- Gr. 8 Fundraiser (Movie/ Popcorn Event).....Oct. 27
- **Dress Purple Day.....Oct. 27**
- Halloween..... Oct. 31

### HALLOWEEN UPDATE

Halloween is coming up and this is an optional cultural event. On October 31st, students may choose to wear a Halloween costume to school, or black and orange. Students may also opt out of dressing for Halloween or participating in any Halloween related activities. We will be having our celebration assemblies on this day which will give students the opportunity to see each other's costumes.

If students choose to wear a costume, they must come to school dressed in their costumes and will wear the costume for the entire school day. Students may choose to just wear black and orange or a Halloween shirt instead. Costumes should be such that students can still sit at their desk and do work during the day. We ask that students remember that Halloween at school should be safe and fun. Masks will not be permitted during breaks and class time. Please avoid violent costumes and leave

### Anaphylaxis Alert!

Please be advised that we have many students who have life-threatening allergies and Halloween is a very risky time for them. On Halloween and following trick-or-treating, we ask parents to check food labels carefully to ensure items packed for snack and lunch are allergen free. A reminder that our food policy, as part of our Halloween celebrations, we cannot accept any outside food (i.e. Treats, home baked goods, candies, etc...) as the risk of allergens is too high. You may send in things like pencils, erasers or other small items to be distributed to classmates.



all simulated weapons and excessive gory make-up at home. We ask that everyone respect diversity and culture. Costumes should not be disrespectful of others. It is not appropriate to wear a costume that is someone else's culture or religion. Classes may choose to participate in Halloween related activities within their own classrooms. Students may bring their own treats to school for themselves. There will be no sharing of treats. Thank you in advance for your cooperation!

## **GRADE 8 FUNDRAISER- Halloween Activity on Oct. 27th**

The Grade 8 students will be running some fundraising activities throughout the school year to help raise money for their grad activities. One of these events will be taking place on Friday, October 27th.

Grades 1 - 4 will be watching Hotel Transylvania and Grades 5 - 8 will be watching Goosebumps 2. Students will have the option to opt out of the event and there will be an alternate location with supervision available. Please let your child's teacher know if your child will be opting out from the movie event.

It is free to attend this event and popcorn and cookies will be available to purchase for \$1 each.

We look forward to a fun time as Hallowe'en approaches. If you have any questions or concerns, please do not hesitate to contact me at [jennifer.scudamore@dsbn.org](mailto:jennifer.scudamore@dsbn.org).

Thank you for your continued support,  
J. Scudamore and E. Desanti

## **DRESS PURPLE DAY**

The DSBN has joined the commitment to Dress Purple to support Child Abuse Prevention Month. October is Child Abuse Prevention Month and Friday, October 27, 2023, is Dress Purple Day, a provincial day of action when students and staff are encouraged to wear purple and show your support for child abuse prevention. On Friday, October 27, DSBN will be recognizing Dress Purple Day.

## **SCHOOL ADVISORY COUNCIL**

Our first School Advisory Council meeting of the 2023-2024 school year was held on Monday, Oct. 2, 2023. At this meeting, our new SAC Chair Kristy Korten was elected. Please join me in welcoming Kristy into her new role and we look forward to working with Kristy and the Council this year. Our next School Advisory Council meeting will be held on Monday, November 6, 2023 at 9:00 am in the Valley Way library. New members are always welcome to join.

## **PIC CONFERENCE**

The DSBN Parent Involvement Committee (PIC) is hosting the **DSBN PIC Conference on November 1, 2023**, at Eden High School in St. Catharines, beginning at 4:00pm.

The conference is offered at no cost to families and hosts a variety of DSBN and community partner speakers who will be sharing relevant information that support student success and well-being. The conference also hosts an Educational Showcase where a variety of educational exhibitors promote their organization or service, and families have an opportunity to ask questions and take away information.

This event will feature over 30 presentation topics to choose from, a light dinner and evening refreshments provided by DSBN secondary school culinary students. Childcare will be available for children up to 12 years old. Pre-registration is required. Please use the link below to register:

## **[REGISTER NOW](#)**

## **DRESSING FOR THE WEATER**

As cooler weather approaches, please be aware that children are expected to be dressed appropriately for the weather conditions every day. Coats, hats, boots and mittens/gloves are soon going to be necessary for your child to enjoy the outdoor fitness breaks and some gym classes or outdoor learning experiences. Students that are well enough to be at school are expected to be outside with their friends during fitness breaks as indoor supervision is not available during this time.

## **PARKING LOT SAFETY REMINDER**

Our parking lot is an incredibly busy place before school and at the end of the day. Ensuring the safety of students is a primary concern. Please remind your child(ren) to look both ways when crossing the parking lot and to use the sidewalk to walk to the playground entrance. Even though it might not be a street, cars are coming and going, so looking left and right for traffic is important. We have asked students to avoid walking across the parking lot and to use the sidewalk only.

## PREVALENT MEDICAL CONDITIONS

If you have a child with a prevalent medical condition (Anaphylaxis, Asthma, Diabetes, Epilepsy and or other conditions) we want to make sure we have a current Plan of Care to support your child. All parents of children with prevalent medical conditions are asked to fill out a new Plan of Care and submit it to the school. You can download forms at

<https://www.dsbn.org/prevalent-medical-conditions>



## REPORTING AN ABSENCE

To report an absence please use the Safe Arrival System <https://www.dsbn.org/earlylearners/safe-arrival-program> or call 1-866-606-5567. If you cannot access the Safe Arrival System, please call the school as we have an answering machine after hours which will take your messages. Any unexplained absence will be checked using our call-back system. This means we will call home/work to find out where your child is.

**REPORTING YOUR CHILD'S ABSENCE**

Whether it's an illness, a medical appointment or other important event, there are times when students may need to be away from school. The District School Board of Niagara is introducing a new method for parents to report their child(ren)'s absences. Using the Safe Arrival system, parents will be able to report daily absences, and even schedule absences in one of three ways:

- Call toll-free before bell time:**  
**1-866-606-5567**
- Logging on to the web portal by clicking here.** Using this website, you can set up your account to report and schedule absences.  
**LOGIN**
- Using your smart phone or tablet.** Simply download the SchoolMessenger app. The app is compatible with both Apple and Android devices.  
**IPHONE** **ANDROID**

We know that some mornings, despite best efforts, students occasionally arrive late. Your child's safety and whereabouts are critical to us, because of this, it is essential for us to know when your child is absent or late from school. Please use the REPORT AN ABSENCE link on our school website or call the school if your child is going to be late.

Being on time for school is an important habit to teach your child. We stress the need for every student to be at school on time in order not to miss important lessons or information being shared. Late students must report to the office to obtain a late slip for their teacher.

## STAY CONNECTED

In our busy lives, events can sometimes be overlooked. Technology allows us multiple ways to connect with families. The following is a list of ways we use to connect with families to ensure all families are aware of the many events happening throughout the year.

**SCHOOL WEBSITE - [valleyway.dsbnschools.org](http://valleyway.dsbnschools.org)**

Our website includes links to relevant information and our most recent Tweets.

**SCHOOL MESSENGER** - Using the School Messenger program, all families will receive an email with reminders about events or other important information. If you are not receiving these emails, please check your contact information with the office to ensure we have the most current information.

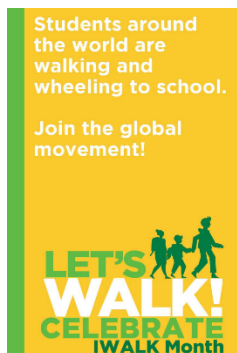
**SOCIAL MEDIA** - Please follow us on [Twitter](https://twitter.com/valleywaynews) to see updates on exciting events. All tweets are linked to our school website as well.

**SCHOOL BREAKING NEWS-** <https://sites.google.com/dsbnschools.org/valleywaynews/home>

## Niagara Region Public Health School Health Newsletter October 2023

### WALKTOBER

As the rush of the new school year starts to settle down, consider walking, biking or rolling with your child to school.



Join families across Niagara and the world in celebrating October's [International Walk to School Month](#) (Walktober). Kids who walk or bike to school arrive alert and ready to learn. If you live too far away to walk or wheel to school, try driving to a location near your school and walk the rest of the way. Using active transportation helps reduce congestion at your school.

This Walktober, enjoy **#ActiveSchoolTravel** and leave the car at home more often **@NiagaraParents**

**@OntarioAST @NiagaraSTS**

### Don't Be Scared by Cavities this Halloween!

Keep your child's smile BOO-tiful this Halloween!

Here are some tips to help keep teeth healthy:



- Brush teeth twice a day for two minutes using fluoridated toothpaste
- Floss once a day
- Stay away from sticky, starchy and hard candy
- Limit sugary drinks. Drink water after eating tasty treats to rinse away sugar that may be stuck on your teeth.
- Book a FREE dental appointment at Public Health's dental clinics by calling 905-688-8248 or 1-888-505-6074 ext. 7399 or [live chat with us](#).

To learn more on how to keep your family's teeth healthy, visit [www.niagararegion.ca/dental](http://www.niagararegion.ca/dental).

## Mental Illness Awareness Week 2023 #MIAW

This year, [Mental Illness Awareness Week](#) is from October 1-7. Mental Illness Awareness Week is an annual national public education campaign designed to help open the eyes of Canadians to the reality of mental illness.

### **Annual Memorial Forest Vigil:**

The [Memorial Forest](#) seeks to reduce the stigma around mental illness and promote a greater understanding and compassion from the community as a whole. Each year, a Memorial Forest Vigil is held during Mental Illness Awareness Week to provide an opportunity to share stories of hope and success as told by individuals and family members living with mental illness.

### **Mental Illness and Stigma:**

Stigma is when someone views you in a negative way because you have a distinctive characteristic or personal trait that is thought to be a disadvantage (a negative stereotype). Stigma can occur from a lack of understanding of mental illness. This stigma can lead to discrimination, and it may be direct or unintentional.

Some of the harmful effects of stigma can include:

- Hesitancy to get help or treatment
- Lack of understanding by family, friends or others
- Fewer opportunities for work, school or social activities
- Bullying, physical violence or harassment
- The belief that you'll never succeed at certain challenges or that you can't improve your situation

You can help reduce stigma by educating yourself, being aware of your attitudes and behaviours and choosing your words carefully when you talk about mental illness and substance use disorders.

### **Helpful Resources:**

- [Addressing Stigma](#)
- [Canadian Mental Health Association: Stigma and Discrimination](#)

- [Words Matter \(CAMH\)](#)

## Help Keep the Classroom Germ Free – Stay Home When Sick

Fall brings the ‘unofficial’ start of respiratory illness season. This means that viruses that affect our respiratory system (for example our lungs and throat) begin to spread more often.

Help keep the classroom germ free by keeping your child home if they are sick. If your child is sick, they should stay home from school until:

- ✓ They have no fever, without the use of fever reducing medication **and**
- ✓ Their symptoms have been improving for at least 24 hours or 48 hours if they have nausea, vomiting and / or diarrhea **and**
- ✓ They don’t develop any new symptoms

Like every year, different respiratory viruses can be in our community at the same time. These viruses can have similar symptoms. This means it can be hard to tell if your child is infected with based on just symptoms alone.



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By keeping your child home when sick, you help prevent them from spreading whatever infection they have to others.



## Educational Resources

## Asthma Friendly Schools

Back to school and the fall weather play a big part in an increase in asthma hospitalizations and every year. For support in creating asthma friendly environments, check-out [Ophea's free asthma resources](#), including the e-Learning module available for all school staff: [Implementing Ryan's Law and PPM 161: Ensuring Asthma Friendly Schools](#)