

Monday, September 29 Day 9	Tuesday, September 30 Day 10	Wednesday, October 1 Day 1	Thursday, October 2 Day 2	Friday, October 3 Day 3
	<p>ORANGE Shirt Day (National Day of Truth and Reconciliation)</p> <p>Pizza Lunch</p> <p>Cross Country Practice @ 8:15am</p>	<p>Community Walk (Please see info below)</p> <p>BGC: 3:30-5:30pm.</p>	<p>Cross Country Practice @ 8:15am</p>	<p>Cross Country Practice @ 8:15am</p>

Community Walk: Please join us at East Carling on Wednesday October 1st when we will be doing a **6 minute community walk** to remember the over 6000 students who didn't come home from residential schools. The walk will begin at 2:20pm and will take place on the soccer field.

Important Info

- Please ensure your [School Messenger account](#) is set up to ensure that you receive messages from the school and have access to the attendance program with Thames Valley.
 - A reminder to access the [Parent Portal](#) to confirm that contact and medical information is accurate.
 - If your child has an allergy, asthma or another health concern, please fill out an [Individual Plan of Care \(IPOC\)](#) and send Epi-pens, Puffers and/or other medications to the school as soon as possible.
 - A [PRN form](#) (Authorization for Administration of PRN Prescription Medication) must be completed for all students taking medication at school (which includes inhaler medications) and must be filled out each year.
 - Don't hesitate to contact Mr. Riley, Vice Principal, with any questions.
 - If you would like to volunteer at our school this year please make sure you have everything you need on file!
 - Vulnerable Screening Police Check
 - Confidentially Statement and AODA (Accessibility for Ontarians with Disabilities) Training Form
 - Application for Volunteer Driver (if transporting a child that is not your own)
- <https://eastcarling.tvdsb.ca/en/our-school/volunteer.aspx>

***Early Pick-Ups:** We understand sometimes situations come up where parents/guardians need to sign out their children early, however, unless necessary we ask that you wait until school is dismissed at 3:30pm. Early sign-outs are very disruptive for the class and interrupts the students learning time. Please note we will no longer be allowing sign-outs after 3:15pm.

Thank you, Susanne Young, Principal, & Shane Riley, Vice-Principal

TVDSB urges road safety for drivers, pedestrians

With students back in school, and increased vehicle traffic around all its schools, the Thames Valley District School Board would like to remind students, parents, and drivers about the ABCs. **Always Be Careful** when it comes to driving, walking, or crossing near schools. Here are some ways to keep yourself, and others, safe when near one of the schools in our area.

For drivers and cyclists

- Slow down when you are in a school zone or any area where children can be seen walking.
- Avoid distractions, such as cellphones or loud music.
- Be extra careful if it's raining, snowing or if the road is wet or snow covered.
- Obey all road signs, including speed limits, stop signs and no parking areas.
- Follow directions from crossing guards.
- Provide enough space for cyclists.
- If you are driving children to school:
 - Do not park in no parking zones
 - Have children exit from the passenger side of the vehicle
- Pay attention to your surroundings and be prepared to stop for people looking to cross the road.
- You are legally required to stop for pedestrians at a pedestrian crosswalk.
- Stop for school buses and be aware of children running in front of or behind buses. There are serious consequences for not stopping for a school bus.

For families walking to school

- Use the sidewalk; avoid walking on the road if possible.
- Always cross at an intersection or crosswalk.
- Look both ways when crossing any street.
- Avoid distractions while crossing.
- Don't assume someone in a vehicle can see you, or that it will stop for you while crossing the road.
- When at a pedestrian cross walk, make sure you stand next to the designated crossing sign to show drivers you want to cross.
 - Cross only when traffic has come to a complete stop or the road is clear.
 - If there are flashing beacons, press the button to activate.

Bring completed forms to Mrs. Young in the office

Western Lit Program



Lit is an after-school program that provides children valuable one-on-one sessions with a Western University student mentor at a crucial time in their development, ideally between grades one to eight. Our program focuses not only on healthy living, but also on literacy and numeracy.
Tuesday 3:30-4:30 [WEBSITE](#)

JOIN
AFTER SCHOOL
AT EAST CARLING



Boys and Girls Club MAP program

For Students in grades 4 to 8 Jr. M.A.P. provides personalized academic support tailored to each student's needs and education plan. Participants must be members of BGC London to register.
Wednesdays 3:30-5:30

- Skills We Support:
- Literacy & math skills
 - Problem-solving & creative thinking
 - Academic performance
 - Social & collaboration skills

[WEBSITE](#)



Scholastic Book Fair is Coming!

Our school will be hosting the **Scholastic Book Fair** from **October 8th-14th** in the library.

We're excited to welcome families to browse and shop during **Meet the Teacher Night** on **Wednesday, October 8th from 5:00-6:30 p.m.**

The Book Fair will also be open throughout the school week for students to enjoy and make purchases.

Every purchase helps support our school library and fosters a love of reading in our students.

We look forward to seeing you there!

Please visit

<https://www2.scholastic.ca/bookfairs/parents-and-families/>



WWW.EASTCARLING.TVDSB.CA

Meet & Greet

Mark your calendars for the annual East Carling P.S. 'Meet the Family' Night on Wednesday, October 8th, 2025, from 5:00-6:30 pm. It's a great way to meet your child(ren)'s teacher, enjoy some food, and get to meet other families in the community!

Pizza orders will be served from 5:00-5:30pm in the gymnasium. Please keep an eye out for an email from the East Carling Home & School Association with more information about pizza orders.

Staff are looking forward to meeting their students' families in your child(ren)'s classrooms between 5:30 - 6:30 pm.

-East Carling Staff

Save The Date:

- October 6th – School Council Meeting @ 6pm
- October 7th – Cross Country Regional Meet
- October 8th – Meet the Teacher Night

SPIRIT WEAR INFO COMING SOON



East Carling School Motto
"Thundering pride:
Driven by unity towards success"