


Monday, October 6 Day 4	Tuesday, October 7 Day 5	Wednesday, October 8 Day 6	Thursday, October 9 Day 7	Friday, October 10 PA Day
<p>School Council Meeting @ 6pm.</p> <p>Home & School Meeting @ 6:30pm.</p> <p>Cross Country Practice @ 8:15am.</p>	<p>Cross Country Meet @ Springbank</p> <p>Pizza Lunch</p>	<p>Meet the Teacher Night 5-6:30pm. (See flyer below)</p> <p>Caregiver Coffee & Conversation (See flyer below)</p> <p>Scholastic Book Fair Starts (See flyer below)</p> <p>BGC: 3:30-5:30pm.</p>	<p>Terry Fox Day</p>	<p>PA Day</p> 

Important Info

E-Scooters

Students **should not bring e-scooters to school.** Ontario Ministry of Transportation regulations require riders to be at least **16 years old**, and helmets are mandatory for anyone under 18. Elementary-aged students are **not legally allowed** to operate e-scooters and bringing them to school creates safety risks for all students. We appreciate your support in keeping our school community safe.

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.**

Volunteer

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>

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




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



Scholastic Book Fair!

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://bookfairs.scholastic.ca/bf/eastcarlingpubschool5>



Book Fair \$Buying\$: Wed. Oct 8th - Tues. Oct 14th

<p>½ Hr BEFORE School: Thurs & Tues</p>	<p>MIDDLE BLOCK 12:00-1:15 Thurs Oct 9th and Tues Oct 14th PRIMARY GRADES</p>	<p>1st NUTRITION BREAK (11:00-11:50) Thurs & Tues</p>
<p>½ Hr AFTER School: Thurs & Tues</p>	<p>Please send students during buying times only if they have money.</p>	<p>2nd NUTRITION BREAK (1:30-2:10) Thurs & Tues</p>

“Meet the EC Educators” Night on Wed. Oct. 8th: 5:00-6:30 p.m.



SPIRITWEAR NOW AVAILABLE

ONLINE STORE OPEN OCTOBER 1st - 29th

SHOW YOUR SPIRIT!



ALTERANTE COLOURS AVAILABLE IN PRODUCT SHOWN



sourceteamworks.com
My School
↓
Elementary
↓
East Carling PS



October

Inclusion

✓ Asking someone to join

✓ Helping others, including those that are different than you, to succeed

✓ Being kind to others

✓ Feeling safe and valued

Monthly Character Trait:

This month's character trait is **Inclusion**. How are you going to show inclusion this month?

This month, staff will be looking for a student who shows examples of inclusion here at East Carling. The second award will be going to a student who has shown dedication and growth in **math** this month!

GO THUNDER!

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.

Save The Date:

October 13th – Thanksgiving Holiday – No School



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

EAST CARLING Caregiver Coffee and Conversation

Wednesday, October 8th, 2025

9:15 - 10:15 am

School Library

Everyone is welcome!



Come and Join us to:

- *Meet some of the school resource staff*
- *Learn more about School Media and Communications*
 - *Know about events and important dates*
- *Connect with other parents in your school community*
 - *Enjoy a cup of coffee or tea with us!*



RUNNING & READING CLUB

R&R Club is a free, weekly after-school program designed for children in grades 1-6.

Each session combines physical activity and literacy to support students' physical, mental, and academic well-being.

* What to Expect:

- 30 minutes of running games and fitness
- 30 minutes of reading, journaling, and literacy activities
- Mentorship from caring volunteers
- Fun, encouragement, and personal goal setting

* Participation & Celebration:

Students are expected to attend the program each week and participate in a year-end 5K run and reading challenge.

[RegistrationForm](#)

Session Day and Time:

East Carling Public School: Tuesdays 3:30-5:30 pm

Erica Tom,
Program Manager

(905) 319-1885 ext. 206
programs@start2finishonline.org



Join our AWARD WINNING FREE KARATE Program!

Ookami Karatedo Club

<http://www.Ookami.ca> <https://www.facebook.com/OokamiKaratedo> [@OokamiKaratedo](https://www.instagram.com/OokamiKaratedo) info@OokamiKaratedo.ca

Since 2009 our club has provided instruction, enlightenment and competitive training in Karatedo for London area students and their parents. We teach Shorinjiryu Karatedo, a traditional style of Martial Art that encompasses scientific and anatomically correct movement and striking techniques within a structured and respectful system of instruction.



Thanks to subsidies we get from the school board, and through sponsorships and fundraising efforts, we can provide this amazing program at no cost. We accommodate participants of all fitness levels. No experience is necessary.

Our classes are for Youth (grades 2-8), Teens (grades 9-12) and Adults (age 18+). Kids from all schools are welcome. We encourage family participation — it's a fun way for parents to spend some active time with their kids!

Unique to our club is the number of tournaments, special events, and social activities we do throughout the year. Whether it is local or international competitions, seminars with special guests, Karate in the park or on the beach, or other social events, our students learn important skills and have lots of fun. **Join us today!**



Join us at any or all of our FREE classes:

<p>East London Tuesday Nights @ East Carling Public School 814 Quebec Street (Entry on Glasgow St.), London ON Every Tuesday, 6:30pm</p>
<p>North London Thursday Nights @ Sir Arthur Currie Public School 2435 Burloak Drive, London ON Every Thursday, 6:30pm</p>



Contact us for more information: info@ookamikaratedo.ca
Register for classes online: Ookami.ca/register



H. B. BEAL PRESENTS ELEMENTARY EXPO

With:
BEAL REC LEADERS

A unique opportunity for TVDSB grade 7 and 8 students to come view Beal during the school day.



Details

- 30-minute Beal Dance Performance
- 30-minute BealArt Workshop
- 30-minute Beal Innovates/Robotics Workshop

12:30 pm-2:00 pm
(Arrivals accepted at 12:20 pm)

Fri Oct 24, 2025

H. B. Beal Secondary School
(Enter off William Street)

REGISTER YOUR CLASS NOW
Deadline to register is
Wednesday October 15th