



Monday, October 13 Thanksgiving Holiday	Tuesday, October 14 Day 8	Wednesday, October 15 Day 9	Thursday, October 16 Day 10	Friday, October 17 Day 1
	<p>Pizza Lunch</p> <p>Last Day of the Book Fair</p> 	<p>BGC: 3:30-5:30pm.</p>	<p>Students with IEP's please check the Parent Portal for Term 1</p>	<p>Spirit Day-Hat 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.**



TERRY FOX
FOUNDATION

We introduced Terry Fox through our school run last and will be raising money for cancer research until the end of October. More to come from our student council this week! If you would like to make a donation please click on the link below.

<https://schools.terryfox.ca/104057>

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



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!



BULLYING PREVENTION UPDATE

Helping Your Child Manage Digital Technology

Digital technologies can support learning and skill development, connections with others, and access to help. With limits and balance, these tools can offer meaningful experiences for children and youth, beyond their educational use. However, excessive screen use can impact your child's mental health and well-being. It is important to consider your child's relationship with digital technology.

(SMHO 2024)



Protecting our Children:
Internet Safety for Caregivers



Resources

[Helping your child manage Digital Technologies \(SMHO\)](#)

[Get Cyber Safe \(Government of Canada\)](#)



BULLYING PREVENTION UPDATE

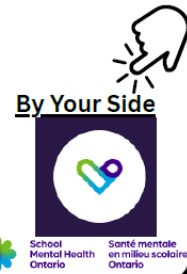
Mental health is about how you think, feel, and handle life's ups and downs.

World Mental Health Day Friday October 10, 2025

School Mental Health Ontario: **By Your Side**

We all want our children to be physically and mentally healthy so that they can grow, learn and navigate life's challenges. It's not always easy to know what to do. School Mental Health Ontario is here to help:

- Mental Health Resource Hub
- Webinar Series
- Blog



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 21st – Cross Country Finals
- November 4th – Photo Retake Day
- November 14th – PA Day



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

level up!

SKILLED TRADES CAREER FAIR OPEN HOUSE

WHEN

NOV. 12

3:00 p.m. to
7:30 p.m.

WHERE

LONDON

J-AAR Expo
Centre Pavilion

Real industry pros

Free

Interactive exhibits



COUGAR SPOTLIGHT

THERE'S MORE
AT MONTCALM
OCT. 2025



MONTCALM FOOTBALL



SEPTEMBER HIGHLIGHTS



SCHOOL STARTS!

We welcomed back all of our new and returning Cougars



SEPT. 19 CLUB FAIR

Students explored and discovered all the opportunities to get involved



SEPT. 25 GR. 9 BBQ

We welcomed our Gr.9 students and families to our Montcalm community



FALL SPORTS!

Our Jr & Sr Football, Jr & Sr. Boys Volleyball, Cross Country and Girls Basketball teams were selected



MONTCALM VOLLEYBALL



MEET: ROBERT DUNCAN

Grade: 10

From: East Carling

ABOUT: JR FOOTBALL TEAM CAPTAIN AND STARTING QUARTER BACK

**LEADS THE TEAM IN RUSHING YARDS
SCORED A TOUCH DOWN VS S.D.C.I
SUCCESSFUL PASSING TOUCHDOWN VS I.D.C.I
NAMED OFFENSIVE PLAYER OF THE GAME FOR BOTH GAMES**

WILL ALSO BE COMPETING IN WRESTLING AND TRACK AND FIELD IN THE WINTER AND SPRING SEASON.



montcalm@tvdsb.ca



MONTCALM SECONDARY



1350 Highbury Ave. North



519-452-2730



Strong Start to reading™

"Making a difference in the life of a child"

Volunteer and Help a Young Child Learn to Read

**Volunteer
Opportunity**

Become a **Strong Start to reading™** Volunteer Coach in the *Letters, Sounds and Words™* Program



"It's a gift to witness the excitement and possibility that learning to read can ignite in children."

- Loa Zilles, Strong Start
Director of Program

You can help by:

- Working one-on-one with a child in Kindergarten, Grade 1 or 2 in a school in our *Letters, Sounds and Words™* program
- Playing games to develop a child's foundational literacy skills
- Attending two, 2-hour training sessions - in-person or online
- All games and materials are provided and align with Language Curricula Canada-wide and the Science of Reading
- Minimum time commitment 30 minutes / week for 10 weeks



SCAN ME

"Working with young children brings joy into my life."

- Volunteer Coach

To register for Volunteer Coach training, please visit strongstart.ca.

Strong Start® Charitable Organization is a Registered Canadian Children's Charity #925949060RR0001



Strong Start to reading™
"Making a difference in the life of a child"

For more information: 1-833-419-READ (7323)
info@strongstart.ca | www.strongstart.ca

