

Monday, September 8 Day 4	Tuesday, September 9 Day 5	Wednesday, September 10 Day 6	Thursday, September 11 Day 7	Friday, September 12 Day 8
			1 st Cross Country Practice @ 8:15am	Cross Country Practice @ 8:15am

Thank you to all our East Carling Families for a wonderful first week back! We hope that your child(ren) had an enjoyable first few days of school!

Weekly Thunder Tracks Newsletter

We will send out a weekly electronic newsletter via email – Thunder Tracks to families each week with an update of what is happening in our school community. Please make sure to watch for the email and keep connected!

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
 - Volunteer Confidentially and AODA 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

Cross Country Info!

It's time for RUNNING! We had our first Cross Country meeting for Grades 3–8 on Friday, and students received permission forms to take home. Please sign and return the forms by **Wednesday, September 10th**.

Our **first practice** will be on **Thursday, September 11th at 8:15 a.m.** Students need to have their permission forms returned to participate. Practices will continue weekly on **Mondays, Tuesdays, Thursdays, and Fridays**. We also encourage students to try to fit in a run over the weekend to strengthen their endurance.

Please ensure your child comes prepared with a water bottle 💧 and proper running shoes. 🏃
Please also encourage your child to get a good night's rest and eat some breakfast.

We're excited to see our team grow as runners and athletes this season!
Stay tuned for more details regarding the upcoming Cross Country meet.

-Mr. Pettit, Mrs. Obando, & Ms. Rachael Norton



Daily Schedule for Learning:

Daily School Schedule

East Carling operates on a balanced day system for lunch. This means we have two opportunities for longer breaks to eat lunch and go outside during each day.

If you would like your child (Grade 7 or 8 only) to go home for lunch, they may leave on the first break which is 50 minutes. Please send a note if they are going home for a singular occurrence or complete a form picked up at the office for ongoing permission. A form completed by a parent must be on file if they are allowed to go home for lunch on a regular basis.

9:00am – 11:00am	First Block of Learning
11:00am – 11:50am	Nutrition Break #1
11:50am – 1:30pm	Second Block of Learning
1:30pm – 2:10pm	Nutrition Break #2
2:10pm – 3:30pm	Third Block of Learning

Drop-Off & Pick-Up Procedures:

Drop-Off

- The drop-off zone for "kiss and ride" is located in the parking lot. Please do not park in this area. Kiss and ride is before school only.
- If you are walking your child(ren) into the schoolyard please note there is no supervision on the yard (or in the school) before 8:45am. If your child arrives before 8:45 they must be supervised by a parent/guardian. Students will not be able to play on the play equipment before school.

Pick-Up

- Kiss and ride IS NOT available after school as the parking lot is closed for school bus transportation.
- Please meet your child(ren) in the schoolyard at 3:30pm.

Parking

If you are parking to bring your child(ren) into the schoolyard, you will need to park on Glasgow St (NOT in the bus zone in front of the school yard) or on Piccadilly St. or other available side streets. Parking enforcement comes by regularly, please follow parking signage.

Bus Information and Procedures:

- If your child rides the bus, please review safety rules:
- Walk to your seat
- Remain seated when the bus is moving
- No eating on the bus
- Be respectful to all riders on the bus and in community
- Kindergarten students will be taken to the bus by an educator at the end of the day.
- For bus information please visit the My Big Yellow Bus website, mybigyellowbus
- It is essential that you be on time for the bus, and if you have a primary student, you must meet them when they get off the bus.

School Access:

- All school building doors will be locked during the school day. The gates in the kindergarten yard are closed and locked at 9am and must remain locked for the safety of the students.
- Access will only be through the main doors off the parking lot. Please 'buzz' the office (box on the left side of the front doors). All visitors must sign-in at the office.
- If your student(s) arrives after 9am please use the main entrance and check-in at the office. We will assist with getting your child(ren) to class. Parents can not be in the hallways during instructional time.
- We understand that 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.**

Cell Phones

Reminder to all families that Cell Phone policies are in place with the Provincial Government direction. Members of the school community are to only use personal devices for health or medical reasons or support educational needs with the direction of school staff.

- For students grade 6 and below, the policy requires that students' personal mobile devices are stored out of view and powered off throughout the entire school day.
- Students grade 7 and above must have personal mobile devices stored out of view and powered off during instructional time. Please remind your student that the focus and attention required during instructional time is important to their success and future successes!



Save The Date:

September 25th – Picture Day!

East Carling School Motto

"Thundering pride: Driven by unity towards success"

WWW.EASTCARLING.TVDSB.CA

Babysitters Training

"A new way to learn!" A SAFE, FUN and EFFECTIVE course for youth aged 10-14

London	Friday, Oct 10th, 2025	9am-3pm	PA DAY
London	Friday, Nov 14th, 2025	9am-3pm	PA DAY
Woodstock	Friday, Jan 30th, 2026	9am-3pm	PA DAY
London	Friday, Jan 30th, 2026	9am-3pm	PA DAY
Strathroy	Saturday, Jan 31st, 2026	10am-4pm	

Space is Limited - You must Pre-Register - Choose 1 Date

Courses are taught by Certified Instructors and teaches:

- Getting your first job safely**– Interview tips, resume and prep skills to impress!
- Keep others SAFE** while in your care and control, understanding babysitter responsibilities and specific care and requirements for children of all ages.
- Advanced First Aid** including airway management, choking/obstruction and rescue breathing in addition to common injuries and illnesses.
- Emergency Readiness** and response to critical situations such as: Fire Safety, Kitchen Safety, poisons, staying calm and proper use of 911/EMS
- Having Fun!** Creative games, ideas and helpful tips to make you a great sitter!
- Instructor Led Training** on feeding, bathing and changing infants etc..

Enroll in the most **TRUSTED, SAFE and EFFECTIVE** Babysitters Course today!

Register Online: www.varisafe.ca

Course locations, FAQ and more available online 24/7 

Upon registration, you will receive a confirmation email including all course details such as: **course location & directions** and what to bring to the course.

Course cost: \$75.00 plus HST.

Participants will receive a **Wallet Certification Card** and **Babysitters Training Manual**.

Questions? Email us: info@varisafe.ca or call us toll free, Mon-Fri 1-866-974-7488

Do you want to stay Home Alone?

Home Alone & Stranger Safety

"A new way to learn!"
A fun and interactive course for youth aged 8-11 years of age


London	Friday, Oct 10th, 2025	9am-3pm	PA DAY
London	Friday, Nov 14th, 2025	9am-3pm	PA DAY
Woodstock	Friday, Nov 14th, 2025	9am-3pm	PA DAY
Strathroy	Saturday, Nov 15th, 2025	10am-4pm	
London	Monday, Dec 22nd, 2025	9am-3pm	WINTER BREAK
Woodstock	Sunday, Feb 1st, 2026,	10am-4pm	

Space is Limited - You must Pre-Register - Choose 1

THE ONLY FULL DAY, FULL FUN and EFFECTIVE HOME ALONE COURSE available!
Courses are taught by Certified Instructors. Students learn, and will be able to demonstrate:

- Communication skills to support family safety**
Honesty, limitations, your Home Safe route and Home Alone agreement
- Prevention techniques to avoid dangerous situations**
Household fires and accidents, injuries, stranger dangers and street smarts
- Safety skills by interactive training, hands on practice and coaching**
Identify strangers and risks, door, phone and kitchen safety & beginner First Aid
- Responsibility and building maturity to stay Home Alone**
Home Safe messages, Home Alone productivity, house rules and schedule
- Confidence to handle unexpected dangers or emergencies**
With strangers and situations, how to call 911, the power of NO and keeping self SAFE!

Register Online: www.varisafe.ca

Course locations, FAQ and more available online 24/7 

Upon registration, you will receive a confirmation email including all course details such as: **course location & directions** and what to bring. **Course cost: \$75.00 plus HST**

Participants will receive a **Certificate of Completion** and **Guide Book** including **First Aid, Home Alone Safety & Stranger Safety**.

Drop-Off and Pick-Up is a busy time of day.

Please help keep all East Carling kids safe by parking and stopping ONLY in designated areas. This may mean a short walk down one of the side streets, but it's a great way to meet other kids and families. The kiss and ride will be open in the morning for drop-off ONLY but please do NOT park there, to allow other families to safely let their kids out. Safety is everyone's responsibility.

