



# The SFA Sizzler



*Living Our Vision Everyday - May 2025 Newsletter*

## May is the Month of Mary: Mother of God

The Church's tradition in many places dedicates the month of May to the Blessed Virgin Mary. During this time, Catholics try to keep the Mother of God more present in their hearts, with a love shown in affectionate devotion to our Lady.



## SCHOOL INFORMATION

**Principal:** R. Commisso

**Vice Principal:** T. Cameron

**Head Secretary:** T. Van Stokkum

**Superintendent of Education - Mississauga South:** D. Radic - (905-890-1221)  
**Catholic School Trustee - Wards 2 and 8:** Herman Vilorio - (905-890-1221)

**St. Francis of Assisi School**

2480 Thorn Lodge Drive, Mississauga, ON L5K 1K5  
905-822-3183 [www.dpcdsb.org/ASSIS](http://www.dpcdsb.org/ASSIS)

Email: [St.FrancisofAssisiInfo@dpcdsb.org](mailto:St.FrancisofAssisiInfo@dpcdsb.org)



**St. Francis of Assisi Parish**

2473 Thorn Lodge Drive  
Mississauga, ON

Tel: (905) 822-8132

Fax: (905) 822-6620

<https://stfrancisofassisi.archtoronto.org>

**Pastor:** Rev. Damian Ali

**Mass Times**

Saturday Vigil: 5:00 PM (English)

Sunday: 8:30 AM (English)

Please refer to the [Parish's events page](#) for upcoming community gatherings.

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## OUR CATHOLIC SCHOOL COUNCIL

Please check our [school website](#) for information about our Catholic School Council.  
For any school council related inquiries or to propose agenda items, please send an email to:  
[assiscscinfo@educ.dpcdsb.org](mailto:assiscscinfo@educ.dpcdsb.org).

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## CATHOLIC SCHOOL TRUSTEE

# Dufferin-Peel Catholic District School Board

40 Matheson Boulevard West, Mississauga, ON L5R 1C5 | 905-890-1221

**HERMAN VILORIA**  
TRUSTEE, MISSISSAUGA WARDS 2 & 8



## MARK YOUR CALENDARS

### WHAT'S COMING UP

#### Check back here frequently for updates!

May 2 ShareLife Spring Dance 🎵💖 \$2.00 donation on SCO

May 04 - 09 [Catholic Education Week](#)

May 5 - 9 **Mental Health Awareness Week** (see Spirit Week schedule below)

May 6 Rosary Apostolate 🙏

May 7 Dental screening FDK, Gr 2 🦷

May 8 School Talent Show @1:00pm Parents/Guardians are welcome to attend 🎭🎵🎶🎤

May 12-18 - Mental Health Week

May 12-18 National Family and Life Week

May 13 School Panoramic Photo - Wear red, black, white 📷

May 15 Crowning of Mary Liturgy 👑🙏🌸

May 15 Confession for Confirmandi @ 7pm

May 15 Krispy Kreme Donut Fundraiser Pick up After School (pre-purchased only)

May 16 PA Day

May 19 Victoria Day

May 20 - June 6 EQAO (this week may be extended based on school needs)

May 22 Journey Into Learning (new FDK students) 6 -7 pm

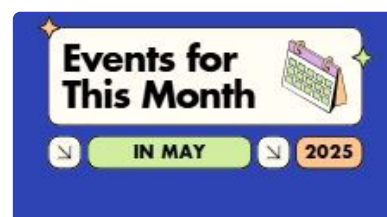
May 22 Iona The Wizard of Oz Presentation: Naughton's and Jaseliuna's classes

May 22 School Dance Performance Rehearsal

May 23 School Dance Performance: Parents/Guardians welcome to attend

- Kindergarten to Gr. 4 classes - 10:30 am
- Gr. 4/5 classes to Gr. 8 - 1:00pm

May 27-28 Grade 3 EQAO



May 29-30 Grade 6 EQAO

June 1 First Communion @ 4pm

June 2 -6 Guelph Grotto Week at SFA

June 4 Grade 8 Graduation Trip

June 6 Year End Mass @ 10:15 am

**June 8 Pentecost Sunday**

June 9-13 Bike to School Week 🚲

June 12 Holy Confirmation @ 7pm

June 16 Play Day

June 19 Grade 8 Graduation - [Renaissance by the Creek Banquet Hall](#) 🍷

June 24 Gr 7 and 8 Vaccination Clinic

June 27 Final day of school

**LOOKING AHEAD TO 2025-56**

Aug 23 [First Time Rider Safety Program](#)

Sept 22 - 26 Truth and Reconciliation Week

Sept 24 🚌 Bus Safety Presentation Primary: 9:05 am Junior/Intermediate: 10:20 am

Sept 30 Orange Shirt Day 🍷

Dec 12 Grade 7 Immunization Clinic PM

Click for [DPCDSB Events](#)

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## SCHOOL DENTAL CLINIC 🦷🦷

Peel Public Health completed dental screening for participating students on Wednesday, May 7, 2025. Please note the following:

- A form with the results of the dental screening was sent home with every child screened.
- If a child is identified with a dental condition requiring immediate dental treatment, an additional form will be attached for parents to fill in and return to Peel Public Health.
- The parent may be contacted by a dental staff member.
- A re-screening may be required.
- Please read the form(s) carefully.
- If you need help filling in the form, call Peel Public Health at 905-799-7700.
- If your child did not receive a dental screening and you would like to book an appointment for a dental screening for your child at a **Peel Public Health dental clinic**, call **905-799-7700**.



## Peel Public Health completed dental screening for participating students

Thank you for your support. A form with the results of the dental screening was sent home with every child screened.

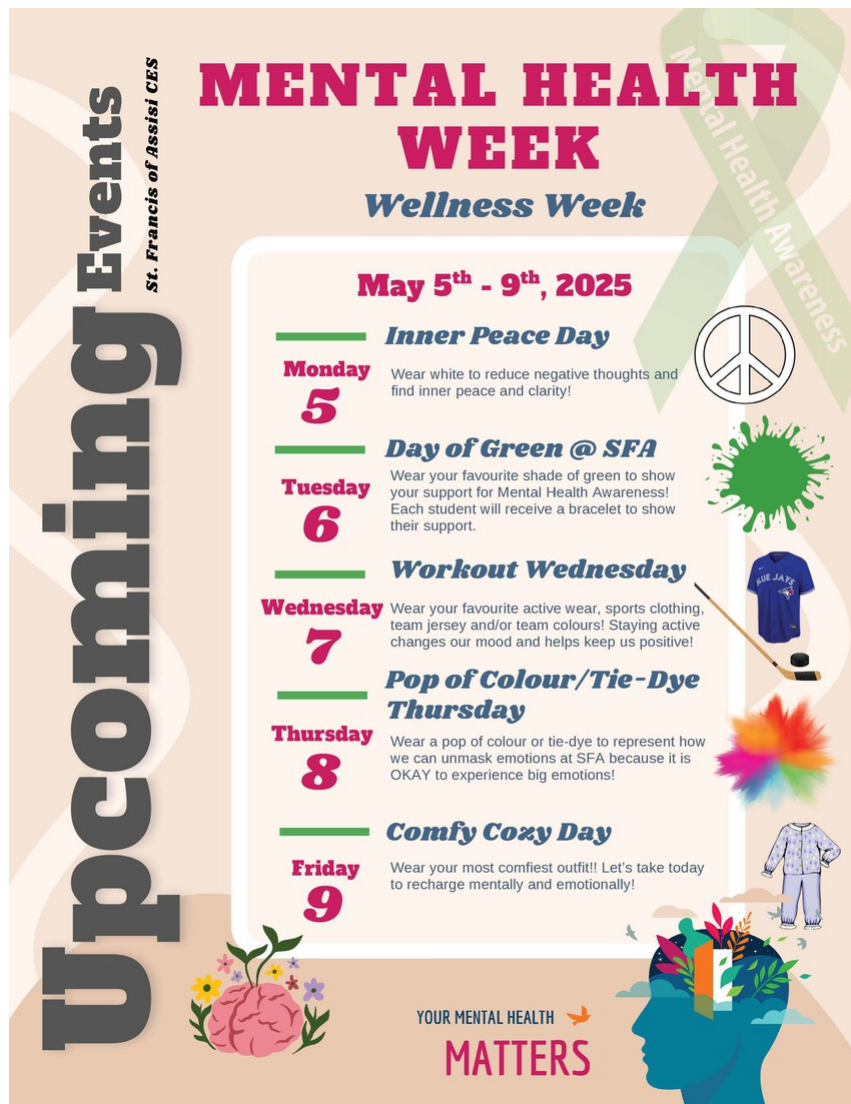
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For more information, call Peel Public Health at 905-799-7700.

If your child did not receive a dental screening and you would like to book an appointment for a dental screening for your child at a Peel Public Health dental clinic, call 905-799-7700.

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**MENTAL HEALTH WELLNESS WEEK: SPIRIT DAYS** ❤️❤️



## MENTAL HEALTH WEEK ACTIVITIES

During Wellness Week (May 5th-9th), staff and students had the opportunity to engage in a variety of meaningful activities and themed spirit days to show their support for Mental Health Awareness. Throughout the week, Wellness Champions from each division had the chance to participate in peace rock painting which encouraged many students to come together and express their creativity. As a symbol of our support, students received a green bracelet (the designated colour for Mental Health Awareness) to display their ongoing commitment to unmasking emotions and reducing the stigma surrounding mental health!

Thanks to Miss Lence and the Wellness Committee for organizing activities and offering announcements about effective strategies and mental health awareness! Students were encouraged to develop the ability to recognize "the Power of Yet" which was discussed over the morning announcements and practiced through class activities! The message was also captured through the very cool bulletin board displayed in the primary hallway!



## CATHOLIC EDUCATION WEEK

Catholic Education Week 2025 will be held May 4-9, 2025. The theme is *Pilgrims of Hope*. Catholic Education Week begins on a Sunday to highlight the partnership that remains the foundation of Catholic education between our Catholic schools and local Catholic parishes.



### DPCDSB Catholic Education Week Poster

the Catholic Education Week Provincial Mass will take place on May 7. The Mass will be celebrated by the Most Rev. Douglas Crosby, Bishop of Hamilton. All members of the DPCDSB community—students, families, staff, trustees, and the broader Catholic community—are invited to participate virtually. The Mass will be livestreamed from the Cathedral Basilica of Christ the King, beginning at 11:00 a.m. [Livestream Link](#)



## LUNCH OFFERINGS AT SFA 📍

📱 The list below includes a schedule of lunches which can be purchased through SchoolCash Online for the weeks ahead. Please see the link below for details for ordering through SchoolCashonline. Please note the specific dates in which Cashonline purchases close, thank you!

### Weekly Schedule

- Tuesday: Subway 🍷
- Wednesday: Harvey's 🍷
- Thursday: Pizza 🍷
- Friday: Pita Pit

## TUCK SHOP TUESDAYS 🍿🍪



### Calling all students! 🍷🍷

Items will be for sale at lunch recess & will range from \$2.00 - \$5.00 / item.

Cookies and popcorn will be available while quantities last!!

## VIRTUE OF THE MONTH: ACCEPTANCE 🍷

In May, we celebrate the virtue of Acceptance.

God wants us to make friends with everyone no matter how different they may look or act..



### An accepting person is:

- willing to treat everybody as a member of a group
- non-judgmental

- welcoming to those different than himself/herself
- loving and happy with who he/she is

## **Moment of Reflection... What does acceptance look like to you?**

Can you remember a time you felt unaccepted? How did that make you feel?

### **Acceptance Prayer 🏰**

I accept myself completely.

I accept my strengths and my weaknesses,  
my gifts and my shortcomings,  
my good points and my faults.

From this place of strength, I accept my life fully and  
I open to the lessons it offers me today.

I accept the times that I choose fear  
as part of my learning and healing process, and  
I accept that I have the potential and power  
in any moment to choose love instead.

I accept that I am an expression of God's Love.  
Love's hands and voice and heart on earth.

I accept my own life as a blessing and a gift.  
My heart is open to receive, and I am deeply grateful.  
May I always share the gifts that I receive  
fully, freely, and with joy.

AMEN

Source ~Unknown



## PEOPLE OF ACCEPTANCE...

- ARE FRIENDLY AND OPEN TO ALL GOD'S PEOPLE
- SENSE GOD'S PRESENCE IN PEOPLE OF ALL AGES, BELIEFS, GENDERS, CULTURES, AND/OR ABILITIES
- AVOID THE TEMPTATION TO JUDGE OR NEGATIVELY STEREOTYPE OTHERS
- LOOK FOR POSITIVE TRAITS IN OTHERS
- UNDERSTAND THERE MAY BE MORE THAN ONE WAY OF DOING THINGS
- STICK UP FOR THE DISADVANTAGED
- NOTICE WHO IS LEFT OUT AND INCLUDE THEM



ACCEPTANCE

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## SCHOOL PROCESS INFORMATION 👁️👁️ ➡️

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## HOT WEATHER ALERTS 🕶️☀️

As we eagerly enjoy the joys of hotter weather, we'd like to remind our school family to prioritize safety during these sun-filled months. Parents/guardians are encouraged to discuss the following with their children:



- **Stay Hydrated:** Drink plenty of water throughout the day, especially if you're spending time outdoors. Be sure to bring a reusable water bottle!
- **Sun Protection:** Use sunscreen with an appropriate SPF, wear hats, and seek shade to protect your skin from harmful UV rays.
- **Heat Awareness:** Be mindful of the signs of heat exhaustion and heatstroke. If you feel dizzy, nauseous, or excessively tired, move to a cooler place and seek help if necessary.
- **Outdoor Activities:** Wear appropriate gear for outdoor recess and be aware of your surroundings to avoid accidents.

Let's all do our part to make this warmer weather not only fun but also safe.☀️

PLEASE READ THE ENTIRE HOT WEATHER PLAN BY CLICKING ON THE ATTACHMENT BELOW.



SFA Hot Weather Plan.pdf

Download

594.6 KB

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## PERFUME ON BUSES 🚌 AND SCENT FREE LEARNING ENVIRONMENT

STOPR kindly reminds all students that spraying perfume or any scented products on the school bus is prohibited. Strong scents can cause discomfort and allergic reactions for some passengers. To ensure a comfortable and safe environment for everyone, students **must refrain** from using these products while on the bus and at school.

Thank you for your understanding and cooperation!

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## REMINDER: Prevalent Medical Conditions

All students with a *prevalent medical condition*: (Asthma, Anaphylaxis, Diabetes and Epilepsy), must complete a plan of care with the assistance of a physician. A plan of care is only required to be completed *one time* and when there are updates to the student's plan; including medication changes and protocol.

Students with any medication stored at school either in student backpacks or in the health room must complete the Authorization for Storage and Administration of Medications Form (GF 035) annually and submit it to the school office. Please see the attachment below.



GF035.pdf

Download

736.5 KB



GF514.10B Anaphylaxis.pdf

Download

348.4 KB



**GF514.10C Asthma.pdf**

[Download](#)

321.7 KB



**GF514.10D Diabetes.pdf**

[Download](#)

360.0 KB



**GF514.10E Epilepsy.pdf**

[Download](#)

264.6 KB

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## SAFE ARRIVALS - Reporting Student Absences

There are **3 ways** to report your child's absence, late arrival or early departure:

1. Using the **Safe Arrival App** (download from Google or Apple Store)
2. Using the **SafeArrival website**, <https://go.schoolmessenger.ca/#/home> .
3. Calling the toll-free number **1.844.435.3440** to report an absence using the automated phone system.

The above 3 options are available 24 hours/day, 7 days a week. Future absences can be reported at any time.

NOTE: For absences greater than five consecutive days, please call your child's school directly.

**Remember to: Please report absences in advance using SafeArrival instead of sending notes or calling/emailing the school.**

**School Messenger**

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## FDK DISMISSAL

### FDK Playground Access

Please note that the kindergarten yard is not available for student use at the end of the school day. After pick-up, we ask that all students and caregivers exit the playground through the gates. This will help to ensure the safety and security of all children at the end of the school day.

Thank you for your understanding!

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## Punctuality Matters - Be On Time For School 🕒

We are noticing that some students are arriving to school after the morning bell. When this happens, students must sign in at the office and they are marked late. Also, students who are late are often missing important announcements or instructional time. Our school day starts at 8:30am. The yard is supervised between 8:15 - 8:30am. All students should be at school before the 8:30am bell and should have time to go to the yard and enter the school with the rest of their classmates. Punctuality is essential!



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## Morning Arrival 🕒

Students are welcome to arrive to school at **8:15 a.m.**

Please note that supervision is *not provided at the school prior to this time* in our school yards. To support student safety, students should not arrive before 8:15 a.m. Thanks for helping to keep our students safe!

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## Morning Attendance 🔔🔔

Thank you to our families for your support in establishing school routines. Your assistance in continuing to have children at school before 8:30am to begin their school day on time with their peers is appreciated and helps all children begin their day participating within the regular class routine.

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## Lunch Drop Off 🍞

Please ensure that your child arrives at school with all the items they need for the day. We realize that there will be occasions where students forget something at home. There will be a table located outside the office in the vestibule for the convenience of parents/guardians who are dropping off items so that entry to the office is not necessary.

***Please label the item clearly with the CHILD'S NAME AND TEACHER.***

If you plan on bringing your child's lunch in the morning, let your children know that you will be leaving the lunch on the table in the vestibule.

Please note, that in accordance with our safety protocols, we do not allow unknown individuals to drop off lunches. This includes UberEats, Skip the Dishes, or any other delivery. Thank you for your support and cooperation in this matter.

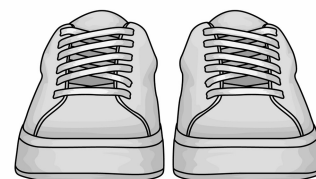


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## Indoor Shoes & School Footwear

Student safety is a priority at SFA.

Students **are required** to wear running shoes during physical education classes, active outdoor play or participation in sports at recess. At no time should students be barefoot, in sock feet or wearing Crocs to participate in sports or physical games/activities at recess. Crocs may be worn as indoor shoes but students **must bring** an alternative to participate in physical education.



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# JOURNEY INTO LEARNING

**May 22, 2025 @ 6:00 pm**

Families of newly *registered* students will receive an invitation to the evening information session. Families will receive an email *if* all registration documents have been received by the school. FDK Educator Teams and School Administrators will host the event and share program information about the upcoming school year.

Additional information will be shared soon.

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## SCHOOL COMMUNITY UPDATES

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## Mock Election

During the week of April 21st, Grades 4 - 8 classes were invited to participate in a mock election. "Real-life" materials donated by CIVIX Canada included ballots, polling booths and candidate



information. Students had the opportunity to learn about candidates and to cast a vote to support their view. This civic education opportunity brought a real-life experience to the political election for students and enhanced understanding of the democratic responsibility of Canadians. Thanks to Mrs. Timpson and Ms. Zapasek for organizing the event! ✓



## Celebration of Learning 📖

🎉 Congratulations to Mrs. Savoia and her students for an amazing finale to a successful year of reading! Way to go!! 📖



## SCHOOL CLUB UPDATES





*"Praise be to you, my Lord, through our Sister, Mother Earth, who sustains and governs us, and who produces various fruit with coloured flowers and herbs"*

–Canticle of the Creatures, St. Francis of Assisi

In honour of Earth month, student initiatives will focus on *litterless lunches, saving electricity and using G.O.O.S (good on one side) paper.*

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## Leads of Good Deeds

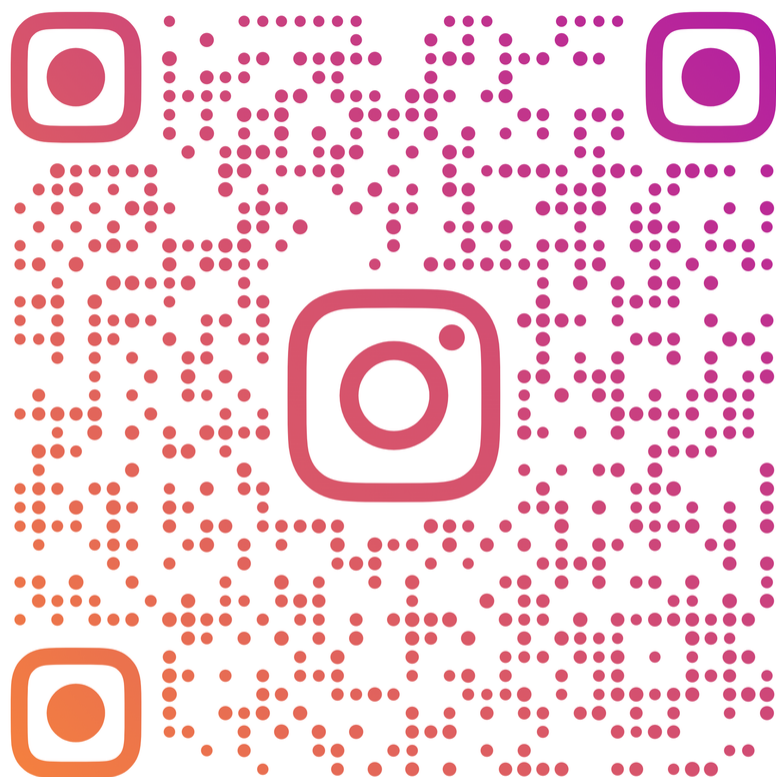
The Leads of Good Deeds is a new committee this year at SFA. Students in the club commit to completing various acts of community service at school. In May, the Leads aspire to do some spring maintenance and clean up outdoors! Way to go volunteers! 🌱 🌱



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## SFA's INSTAGRAM ACCOUNT

ACCOUNT LINK



SFAFLAMESDPCDSB

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## CATHOLIC SCHOOL COUNCIL

🕒🌐 We would like to extend our heartfelt thanks to the CSC for their generous donation of sand to replenish the school's outdoor volleyball court. This support has not only improved the school's outdoor facilities but also enhanced the experiences of our students, who will enjoy countless hours of fun and active play.

We are especially grateful for the time, energy, and helping hands you contributed to make this project a success. The dedication of the CSC to SFA is truly appreciated, and it is inspiring to see such strong community spirit in action.

Thank you once again for your generosity and commitment to our students' well-being. 🙏🇺🇸🌟







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## CATHOLIC SCHOOL COUNCIL FUNDRAISING INFORMATION

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### Big Yellow Bag Fundraiser

St. Francis of Assisi Catholic Elementary School

Big Yellow Bag Fundraiser

If you're in need of soil or mulch to get your lawn and garden going this growing season we have an exciting way for you to support St. Francis of Assisi Catholic Elementary School.

BigYellowBag® is a local company that delivers high quality garden products straight to your door so schedule your delivery today!

Go to [BigYellowBag.com](https://www.BigYellowBag.com)

Use promo code: FRANCIS25

**For every bag purchased, BigYellowBag will donate \$10 to SFA!**

**AND you save \$5 on your purchase**

*Please forward and SHARE this code with family and friends.*

Thank you for your continued support!

**YOU SAVE \$5,  
WE DONATE  
\$10!!!**

## BIG YELLOW BAG FUNDRAISER

Support our School

St. Francis of Assisi Catholic Elementary School



**BigYellowBag®**  
**GIVE & GROW**

Soil or Mulch

Go to [BigYellowBag.com](http://BigYellowBag.com), and enter  
the code below to receive an additional  
\$5 off any current promotions

USE PROMOCODE

**FRANCIS25**

Forward and SHARE this code with family and friends too!



**\$10 from every bag you buy goes to SFA Elementary School**

**ShareLife Spring Dance** 🎵🎵

**ShareLife**

# Spring Dance

*Friday May 2nd*

Proceeds to support ShareLife  
A \$2.00 donation can be made on  
School Cash Online



## Krispy Kreme Donuts 🍩🍩



# Summer Elementary Literacy and Math Programs



**2025 FonY Summer Campers Registration Flyer April 2025.pdf**

[Download](#)  
5.9 MB



**Mississauga South Site Jerome.pdf**

[Download](#)  
7.0 MB

## LINC English Lesson Classes



**LINC English Lessons Flyer.pdf**

[Download](#)  
390.7 KB

## Managing Stress in Teens Information Session



**Managing Stress in Teens\_ Flyer\_ DPCDSB\_May 2025.docx**

[Download](#)  
110.2 KB

## Parenting in the Digital Age Workshop



**Parenting in the Digital Age\_ Workshop Flyer DPCDSB\_ 2025.docx**

[Download](#)  
124.5 KB

## Positive Parenting Communication Workshop



**Positive Parenting Communication Workshop Flyer\_ DPCDSB\_ May 2025.docx**

[Download](#)  
2.6 MB

# GUARDIANS/PARENT Engagement Evening: Building Safe School Communities



**Parent Engagement Evening PRP DPCDSB - Spring 2025.pdf**

[Download](#)  
745.3 KB

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## Grade 8 Reach Ahead Summer School Courses



**V3 Information Sheet\_Secondary Summer School 2025.pdf**

Summer School Information Flyer

[Download](#)  
417.3 KB

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## Online Registration for the 2025-2026 School Year👉

Parents and Guardians can register for the 2025-2026 school year by completing the online Application Form and emailing supporting documents to the school.

Please refer to DPCDSB's [Registration](#) webpage for further information and instructional videos to support the online registration.

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## Information For Secondary School Programs🔔

See the link below to DPCDSB's webpage for information for Secondary School programs.

**DPCDSB Secondary School Information Sessions Webpage**

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## DPCDSB COMMUNITY BULLETINS

**Dress Code Policy**

## Device Refresh Plan



Ticks & Lyme Disease - How to prevent tick bites when outdoors.pdf

Download  
748.9 KB

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## UPDATES FROM COMMUNITY PARTNERS



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### Transportation News for May 🚌



Only SFA students who are eligible for transportation may ride the bus to and from school.

Students are reminded to follow the Catholic Code of Conduct while riding the bus. All students must follow the expectations of the bus driver to maintain a safe experience for all students.

Any families eligible for bussing however will not be accessing transportation this year are asked to "opt out" via the STOPR website, this includes students with special education needs. This action will make available courtesy ridership for families where possible.

#### STOPR website and X (twitter) information:

STOPR encourages all parents to check out their website at [stopr.ca](https://stopr.ca) for transportation procedures and eligibility policies & to follow them on X [@STOPRinfo](https://twitter.com/STOPRinfo) to receive important updates.

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## A Message From Peel Region: May 2025 Information



# May 2025 School Health E-Blast

## from Peel Public Health

### World No Tobacco Day 2025

#### World No Tobacco Day 2025

A time to reflect on how the tobacco industry uses tactics to make their harmful products seem appealing - especially to youth.

- **Media Exposure:** Youth see smoking and vaping in movies, video games, and social media, where it's shown as "cool" and without any harmful consequences.
- **Colourful Packaging and Flavours:** Nicotine products like vapes come in bright colours and sweet flavours, such as fruit or candy. Tobacco companies insist that their products are made for adults, yet they are designed to attract young people.
- **Health Effects:** The industry has led people to believe that vaping is harmless, but it can lead to e-cigarette or vaping use-associated lung injury (EVALI), and the long-term effects of vaping are still being studied. It's **not** just harmless water vapour – vape products still have thousands of chemicals. E-cigarettes or vapes containing nicotine are just as addictive as regular cigarettes.

#### You can support youth who are vaping or smoking to quit.

- There are tools that can help youth quit smoking and vaping. Check out some quit apps at [NotAnExperiment.ca/Quitting](https://NotAnExperiment.ca/Quitting).
- The Canadian Cancer Society offers tools to help those who want to quit. You can use their online quit program on their website, get phone help by calling 811, or text iQuit to 123456. Learn more at [SmokersHelpline.ca](https://SmokersHelpline.ca).
- Recommend that youth who are vaping should not modify or add any substances to a vaping device.

### Physical Activity and Brain Health

#### Mental Health Awareness Week: May 5 – May 11

You play a crucial role in promoting positive mental health for your child. Your school has many resources to help you on your parenting journey. By working together—family, school, and community—we can significantly enhance your child's overall well-being.

#### Promoting Brain Health Through Physical Activity

Regular physical activity is essential for all children and youth, not only for physical health but also for improving cognition, brain function, and mental health.

Here are some additional benefits of physical activity:

- Reduction in symptoms of depression



- Decreased feelings of anxiety
- Improved stress response
- Enhanced self-esteem, self-concept and self-perception

#### Tips to Promote Brain Health:

- Encourage children and youth to meet the daily physical activity guidelines for their age and support them in their efforts.
- Promote age-appropriate outdoor play as a way of improving decision making, problem-solving and self-confidence.
- Encourage sport and physical activities to build skills and mastery.
- Play as a family. This encourages physical activity, togetherness, social support and connectedness, which are all important for good mental health.

## Measles In Ontario

Measles cases are rising in Ontario and worldwide. Symptoms include fever, cough, red eyes, and a rash. Measles can cause serious health problems like pneumonia, brain swelling and even death. The best protection is vaccination. Make sure your family is up to date, especially before traveling. Talk to your doctor to get vaccinated and protect your family with other important vaccines.

#### Stay home if you're sick

Make sure you or your child has no fever and feels better for at least 24 hours (48 hours if they had nausea, vomiting, or diarrhea). If you or your child still has a cough, runny nose, or other respiratory symptoms, protect others by wearing a tight-fitting mask for 10 days after symptoms begin, especially in public places and at gatherings.

If you have health questions:

- Call Peel Public Health at 905-799-7700 or 1-888-919-7800 (toll-free).
- Call Health Connect Ontario at 811 (available 24/7 in multiple languages).
- Talk to your healthcare provider.

## Good Oral Health Habits Start Early 🦷

### Good Oral Health Habits Start Early

#### For students up to Grade 5

As a parent, you have a key role to play in supporting your child's oral health.

Are you finding it hard to get your child to brush their teeth? Make toothbrushing fun in your house!

Try these tips:

- Use a monthly brushing chart.
- Use a two-minute timer.
- Pick a fun new toothbrush for your child.
- Play your child's favourite song while they brush.

Let your child watch you brush your teeth to help teach them good oral health habits. A healthy smile is a happy smile! Oral health is an important part of a child's overall health.

Encourage your child to:

- Brush teeth at least two times a day for two minutes each time. Floss every day.
- Visit a dentist regularly.
- Choose healthy food. Drink water.

For more information, visit the [Canadian Dental Association](https://www.cda.ca/).

Identifying and treating vision problems early is important for a child's learning and quality of life. Young children often can't recognize or communicate vision problems. Regular eye exams for children can help detect eye problems early and help ensure they get the right treatment. Ontario Health Insurance Plan (OHIP) covers free eye exams once a year for children 19 years or under. Every year, an optometrist should check your child to ensure good eye health and developmental progress. Programs are also available to help pay for glasses for children:

- Eye See...Eye Learn

o Gives free glasses to junior or senior kindergarten students after an eye exam with a participating optometrist. Check with your optometrist before your appointment to see if they participate in the program.

- Ontario Disability Support Program

If you are receiving income support from the Ontario Disability Support Program, you may be able to receive support with the cost of prescription glasses through the Vision Care benefit.

- Ontario Works

Ontario Works clients can get help paying for vision care for yourself and your family, including prescription glasses. This short video explains how. Please visit the Region of Peel's Child eye health webpage for more information.

### Contact Us Peel Public Health – School Health Inbox

**Contact:**

Peel Public Health – School Health Inbox

[PublicHealthSchoolSupport@peelregion.ca](mailto:PublicHealthSchoolSupport@peelregion.ca)

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## IMPORTANT INFORMATION & LINKS 🔴

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### Password Re-set Tool 🖥️

You can now reset your password remotely by registering for the Password Reset Tool. You must know your old password to create a new one.

To reset your password remotely you must first register with the "Password Reset Tool", which you can do by following one of these two steps:

Students: [students.dpcdsb.org](https://students.dpcdsb.org) and select Password Reset

Staff: <https://account.activedirectory.windowsazure.com/PasswordReset/Register.aspx>

\*\*Access to personal email/cell phone is required for registration.

Once you are registered, please follow the [Password Reset Instruction](#)

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## EQAO Results 2023-2024

Parent/Guardian access to Grade 3 and 6 EQAO results are now available.  
Select the link below to access.

**Parent/Guardian Access to Grades 3 and 6 EQAO Results 2023-2024**

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**School Messenger**

**School Cashonline**

**2024-2025 School Year Calendar**

**DPCDSB Community Information Bulletin Webpage**

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**Rosanna Commisso**

Rosanna is using Smore to create beautiful newsletters

