



Louise Arbour F.I. Newsletter

November 2025

Principal: Mme. Blais
Vice Principal: Mme. Hart
Secretary: S.Earls & J. Rapley
Superintendent:
T. Vancante

Important Dates Coming Up

November

4: Last day to order Spirit
Wear through School
Cash Online

5: Photo retake day

7: Report Cards going
home

11: Remembrance Day
Assembly (10:35-11:15am)
Grades 1-8 in auditorium

14: PA Day (No School)

17: Grade 7 vaccines #1
8:15am-12pm in dining
room #122

18 School Council
Meeting - Hybrid Format -
Link in Newsletter

28: Popcorn Day & LAFI
Spirit Day!

December

5: Kindergarten Holiday
Concert 11:00am in
Cafetorium

12: Popcorn Day

16: Gr. 1&2 Winter
Concert 11am

22-31 Winter Break

[Louise Arbour F.I.P.S](#)

365 Belfield St.
London ON N5Y 2K3
519-452-2820
louisearbour@tvdsb.ca

Admin Message



Progress Reports & Parent Engagement – November Update

On **Friday, November 7, 2025**, students will bring home their **Progress Reports**. These reports offer a snapshot of your child's development so far this school year. The primary purpose of assessment and evaluation is to **improve student learning** by identifying strengths and areas for growth.



Tips for Parents/Guardians

- **Review Together:** Sit down with your child and go over the report card together.
- **Celebrate Success:** Praise your child and highlight all the positive aspects of their progress.
- **Encourage Reflection:** Talk about learning skills and subject areas. Invite your child to reflect on their own progress.
- **Set Goals:** Work with your child to set realistic and achievable goals for improvement.
- **Connect with Teachers:** Reach out to your child's teacher for advice and strategies to support learning at home.



Tips for Students

- **Stay Positive:** Be proud of what you've accomplished and recognize your unique strengths.
- **Make a Plan:** Collaborate with your parents to identify ways to improve in areas that need attention.
- **Try Your Best:** Effort is the key ingredient to success—keep striving!



Important Dates

- **Friday, November 14: Professional Activity Day** – Parent/Teacher Interviews
Please watch for communication from your child's teacher to schedule a meeting.
- **Thursday, November 13 (PM):** Some interview opportunities may be available in the afternoon.

CROSS COUNTRY



Congratulations to all our Cross Country athletes who participated in our London Central Regional Meet on October 7. We are so proud of your efforts! 31 athletes advanced to the TVDSB Finals and performed incredibly well. A special congratulations to our Grade 6 Girls', Grade 8 Girls', and Grade 8 Boys' Teams for winning the team events as well.

Allez les loups!



Félicitations to our Girls' Basketball Team for their win at the French Immersion Cup held on October 22 at West Oaks. The girls played incredibly well and won all of their games, coming in on top! Our regular season continues through November and we are looking forward to some more outstanding efforts from our athletes. Bravo!

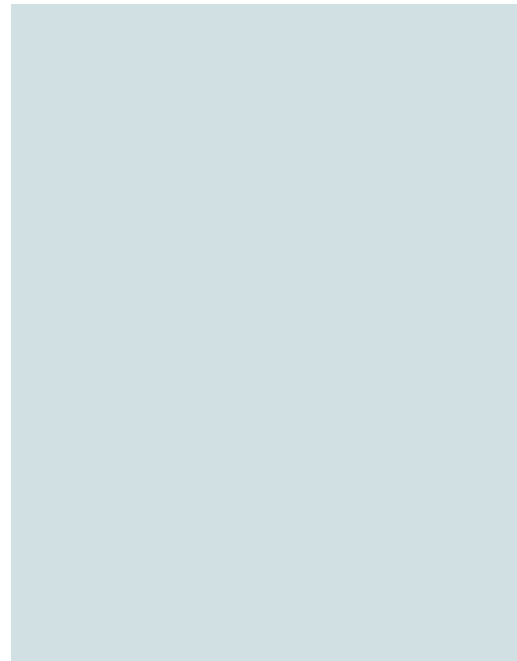
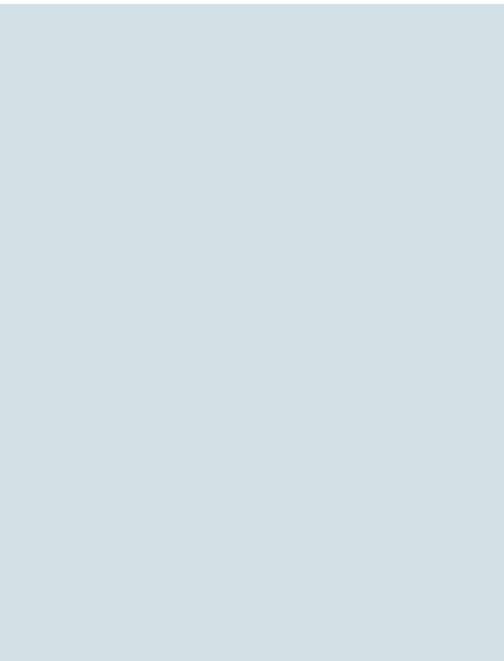


The Junior Choir will be singing at our Remembrance Day assembly on November 11. A new session of choir will begin on November 21 as we prepare for our January concert. New members are welcome!



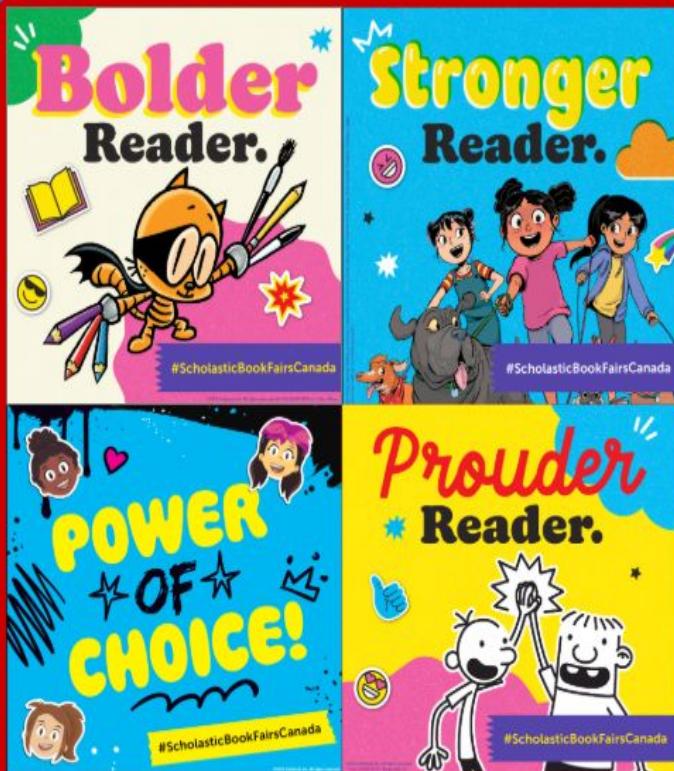
We are thrilled to share that our Grade 8 class was selected to participate in the STEM2STERN Program, an exciting hands-on learning initiative that integrates science, technology, engineering, and mathematics through practical, real-world projects. Our students had the unique opportunity to design and build a 12-foot rowboat as part of this program.

The building process took place in our Cafetorium, Oct 27th to 31st, where students worked collaboratively in groups of six to eight. Through this experience, students developed essential skills such as teamwork, problem-solving, measurement, and tool safety, while seeing the tangible results of their hard work come to life. Later in the year, students will have the opportunity to paint the completed boat, applying both creativity and craftsmanship to finish their project. In June, they will celebrate their accomplishment at a Regatta on Fanshawe Lake, where they will race their boat against other schools. Stay tuned for more photos of this exciting process!



Scholastic Book Fair (Fall 2025)

Information regarding our Fall Book Sale will be shared in the coming weeks. Always an exciting event for our school community.



This year, students are invited to preview and purchase books in-person during the week of **Monday, November 24th** to **Friday, November 28th**.

All purchases benefit our school and earn rewards that can be redeemed for books and educational resources for our school's classrooms and library learning commons.





Your Learning Support Teachers:

K-Grade 3 = Mme Turpin

Grade 4-8 = Mme Crow



Welcome November! We are well into term 1, and student Individual Education Plans are all finalized! You can view your child's IEP at anytime in the Parent Portal. If you have not yet completed the **Parent Consultation Form**, please do so ASAP.

Progress Reports are coming home November 7, and this is a great time to look at your child's learning skills. Did you know that Learning Skills mirror Executive Functioning Skills? Executive Functioning Skills develop until we are 25 years old, and they need to be explicitly taught.



Executive Functioning Activities for Home

www.thepathway2success.com

Plan a meal together (planning) 	Have a conversation (attention) 	Tidy up a room (organization) 
Practice coping strategies (self-control) 	Change the ending of a movie (flexibility) 	List goals together (perseverance) 
Learn something new (metacognition) 	Estimate the time to complete a task (time management) 	Do a puzzle (working memory) 

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Kindergarten Registration is now OPEN for September 2026.

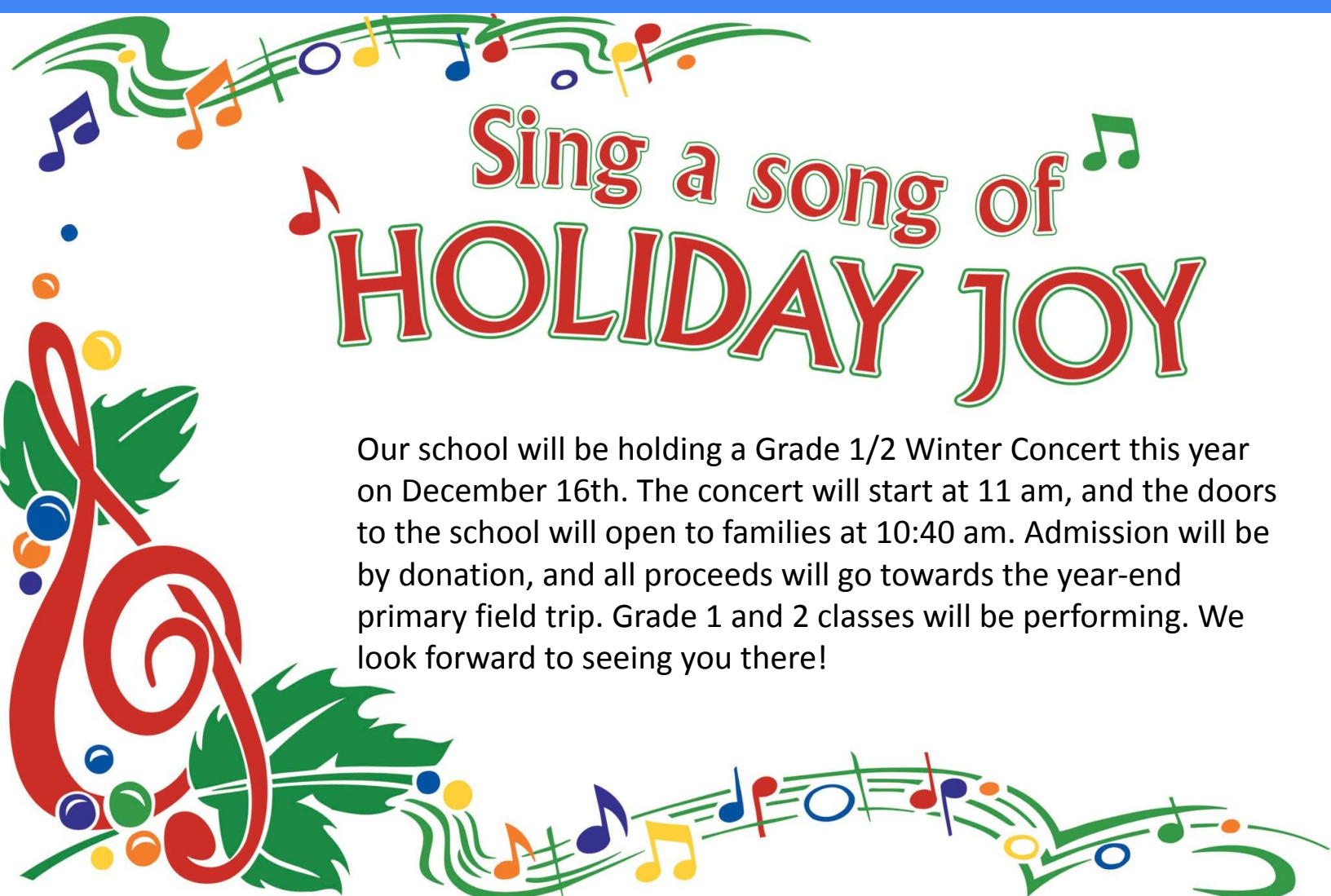
Thames Valley District School Board is excited to welcome you and your child to Kindergarten.

Registration will be open from October 22, 2025, until January 30, 2026.

To be eligible for registration for the Kindergarten program, children must be four years of age by December 31, 2026 (Born in 2022).

To register for Kindergarten, please complete the on-line pre-registration form found on TVDSB'S main webpage at www.tvdsb.ca.

If you do not have access to technology, please contact the school to complete the paper registration form at the school.



Sing a song of HOLIDAY JOY

Our school will be holding a Grade 1/2 Winter Concert this year on December 16th. The concert will start at 11 am, and the doors to the school will open to families at 10:40 am. Admission will be by donation, and all proceeds will go towards the year-end primary field trip. Grade 1 and 2 classes will be performing. We look forward to seeing you there!



If you plan on participating in the 519 Pledge for Sock challenge, please send in your socks by November 13th. All socks will be donated to 519 Pursuit to give to the homeless in London. Walmart and Giant Tiger have value packs for 10\$. Thank you for your support!

SAVE THE DATE!

LAFI DONATION DRIVE

November 24 – December 5

Mme Chute's class will continue our annual LAFI Donation Drive, collecting donations to support Carling Thames Family Centre & their Food Cupboard.

More information to come with specific items requested.

Thank you for supporting our community!





Save The Date

Winter Wonderland Kindergarten Holiday Concert

You're invited to our Kindergarten Division Holiday Concert held in the Cafetorium on Friday December 5th, 2025 at 11:00AM



Siblings who are attending Louise Arbour will NOT BE permitted to leave class to attend our concert.

Doors open at 10:45pm.
We ask you line up outside the front of the school until you're welcomed inside.

Monetary donations will be accepted at the front doors to further support our Kindergarten Program.





THANKS SO MUCH TO LOBLAWS FOR THE PIZZA KIT DONATIONS! OUR CLASSES LOVED HAVING PIZZA PARTIES THESE PAST TWO WEEKS!

thank
you

Louise Arbour FIPS

School Council Meetings

Upcoming Meeting Dates:

- Tuesday, November 18, 2025
- Tuesday, January 20, 2026
- Tuesday, April 21, 2026
- Tuesday, June 9, 2026

Next Meeting Details:

- **Meeting Date:** November 18, 2025
- **Meeting Time:** 6:00 PM - 7:00 PM
- **Location:** Hybrid (In person in One World or MSTEams)
- **Meeting Link:** [Click here to join the meeting](#)

School Council

Who we are and what we're working toward



DEAR PARENTS & GUARDIANS,

The LAFI School Council is a dedicated team of parents, guardians, and educators who work together to support our students and enrich their school experience.

Our role is to:

- 🏡 Strengthen the connection between home and school
- 💬 Foster a strong sense of community
- 💰 Raise funds to support programs and enhancements that benefit every student

HOW WE MAKE IT HAPPEN

From popcorn days to special events and community partnerships, every dollar raised goes directly back into our school. None of this would be possible without your support — whether through volunteering, participating in fundraisers, or simply spreading the word.

THANK YOU

Your involvement makes a real difference. Together, we can create a vibrant, supportive school environment where every student thrives.

Warm regards,
LAFI School Council

OUR 2025-2026

FUNDRAISING PRIORITIES

This year, we're excited to focus on several key goals identified by staff and families:

- 🌿 **Outdoor Enhancements**

Our big focus this year! We're improving storage for outdoor play equipment, making it easier to organize and access materials so students can enjoy a wider variety of activities during recess and outdoor learning.

- 🇫🇷 **J'aime parler français program**

Supporting initiatives that encourage and celebrate French language learning through resources, activities, and special events.

- 🏆 **Student Incentives**

Recognizing growth and achievements through school-wide celebrations, rewards, and positive reinforcement.

- 🎵 **Instrument Repairs**

Keeping our music program strong by maintaining and repairing instruments so every student has access to quality equipment.

- 🔊 **Sound System & Lighting Upgrades**

Investing in new equipment to enhance assemblies, performances, and community events, benefitting the entire school community for years to come.



**Volunteers
always needed!**

To Volunteer contact Eryk via email
erykslawinski@gmail.com

Packing a Healthy School Lunch



A school lunch should give children the energy and nutrients they need to learn, be more alert and do well at school. When planning lunches keep these tips in mind:

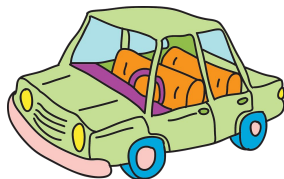
- Include a variety of foods each day.
- Rather than buying pre-made lunch kits, make your own healthy lunch kit with divided containers and small bite-sized cheese cubes, left-over chicken chunks, whole grain cereal, veggie sticks or fruit slices.
- Offer hummus or other dips with cut up veggies like cucumber slices, zucchini sticks and pepper strips.
- Fill whole wheat or multi-grain wrap/pitas/tortilla shells with your child's favourite foods like hummus and grated carrot or shredded cheese and beans.
- Send water to drink – it is the best choice for all of us.

Keep in mind that children who help to prepare their lunch are more likely to eat it! Even small children can help decide between two different veggie or fruit choices and count crackers into reusable containers.

For more ideas, tool and resources to support packing healthy lunches, check out Packing Healthy School Lunches and Snacks or visit www.unlockfood.ca and search for 'Packing Healthy School Lunches and Snacks'.

Adapted from www.brightbites.ca

Drop-Offs and Pick-Ups



A couple of reminders to keep everyone safe when arriving in the morning. We ask that if you are pulling into the parking lot area for a drop-off, that you not exit your vehicle unless you are parked in a designated parking spot.

Similarly, at the end of the day, if you are picking up your child, please park in a designated parking spot and walk to the yard entrance to meet your child. This courtesy will allow our buses to exit more easily and stay on schedule. Thank you for your cooperation.

Finally, please note that some parking spots are designated for ONE WORLD staff and visitors. Please do not park in those areas.

Bonjour les loups! Last year at Louise Arbour we completed many activities to raise environmental awareness at our school. As a result, we also received **PLATINUM Eco-School recognition and certification!** This is the highest possible award! As a school, we will continue to strive to be responsible eco citizens and practise environmental stewardship. We encourage all students to bring waste-free lunches to school. By cutting back on food waste and packaging, we can have a big impact on the environment! As you're packing lunch for your student, or with your student, we encourage waste-free practices. **Our waste-free tip for September is to eliminate plastic waste by cutting back on the use of plastic water bottles and using reusable water bottles instead!** We have water bottle refill stations at our school that students may use throughout the day. Stay tuned for more eco tips and projects at our school!
Merci,
LAFI Éco-Équipe



SchoolCashOnline

For safety and efficiency reasons, Thames Valley District School Board would like to reduce the amount of cash & cheques coming into our school. Please join the thousands of parents who have already registered and are enjoying the convenience of paying ONLINE! It takes less than 5 minutes to register. Please follow these step-by-step instructions, so you will begin to receive email notifications regarding upcoming events involving your child(ren).

NOTE: If you require assistance, select the *SUPPORT* option in the top right hand corner of the website registration screen.

Step 1: Register

- If you have not registered, please go to the *School Cash Online* home page <https://tvdsb.schoolcashonline.com/> and select the "Get Started Today" option.
- Complete each of the three Registration Steps
*For Security Reasons your password, requires 8 characters, one uppercase letter, one lowercase letter and a number.



Step 2: Confirmation Email

A registration confirmation email will be forwarded to you. Click on the link provided inside the email to confirm your email and *School Cash Online* account. The confirmation link will open the *School Cash Online* site prompting you to sign into your account. Use your email address and password just created with your account.



Step 3: Find Student

This step will connect your children to your account.

- Confirm the School Board Name (Thames Valley District School Board)
- Enter the School Name
- Enter Your Child's Student Number (available on your [TVDSB Parent Portal](#)), Last Name and Birth Date.
- Select *Continue*.
- On the next page confirm that you are related to the child, check in the Agree box and select *Continue*.
- Your child has been added to your account.

Find Student

School Information

School Board Name: Looking for a student in a different school board?

School Name:

Student Information

Do you have the student number? ☐

Student Number:

First Name:

Last Name:

Birth Date: Date format: mm/dd/yyyy

[No students? Click here](#)

Step 4: View Items or Add Another Student

If you have more children, select "Add Another Student" and repeat the steps above. 8 children can be added to one parent account. If you do not wish to add additional children, select "View Items For Students" option. A listing of available items for purchase will be displayed.

Louise Arbour is offering the following exciting food options:

Through School Cash Online, you can now purchase Booster Juice and Pizza! Beginning Monday, Sept 29th, you will also be able to purchase the following options from the Posh Cheesboard!!

Hot (cold)
LUNCH
OPTIONS WITH
THE POSH CHEESEBOARD CO

KIDS CHARCUTERIE BOX \$9
CHEDDAR, GOUDA, BABYBEL, SALAMI, PEPPERETTES, KOLBASSA
SAUSAGE, FRUIT, VEGGIE, CRACKERS, COOKIE, TREATS. (NUT FREE-
ALSO AVAILABLE GLUTEN FREE, HALAL, PORK
FREE, VEGETARIAN OR VEGAN)



KIDS SANDWICH BOX \$9
TURKEY OR HAM AND CHEESE SANDWICH ON HALF A CROISSANT,
FRUIT, VEGGIES, PRETZEL CRISPS, COOKIE, TREATS. (NUT FREE- ALSO
AVAILABLE GLUTEN FREE, HALAL, PORK
FREE, VEGETARIAN OR VEGAN)



Tuesdays

10 am Booster Juice

12 pm Posh Boxes

Thursdays

12 pm Pizza

Wednesdays

12 pm Burger Factory +

And don't forget that you can also order hot lunches via LunchBox every Wednesday!

Use your Parent Portal to find the link to SchoolCash Online! From SC, you will also see a separate link for LunchBox.

Any funds raised will go to the grade 8s' grad trips, transition to highschool events, and their Graduation.

The top of the poster features a red and white striped popcorn bucket overflowing with yellow popcorn on the left. To its right is a small cloud with raindrops, and further right is a large, smiling yellow cloud. The background is white with scattered yellow popcorn kernels.

KERNELS

POPCORN DAYS ARE BACK

Les journées de maïs soufflé sont de retour

Dates:

September 26 / 26 septembre

October 24 / 24 octobre

November 28 / 28 novembre

December 12 / 12 décembre

January 23 / 23 janvier

February 27 / 27 février

March 27 / 27 mars

April 17 / 17 avril

May 22 / 22 mai

Flavours:

Butter & Salt / Beurre et sel

White Cheddar / Cheddar blanc

Dill Pickle / Cornichon à l'aneth

Salt & Vinegar / Sel et vinaigre

**\$2.50
per bag**

How to order:

Purchase online via School Cash!

Students will get tickets and be able
to choose their flavour!

The office does not accept cash to
pass along to students. Students
must handle their own cash!

Volunteers Needed!

Contact Eryk via email
erykslawinski@gmail.com

All proceeds will be used to purchase new musical instruments and fund essential repairs, helping to enrich and sustain our music program



THANK YOU FOR THE TREATS!

We'd like to extend a big thank you to all the families who have sent in treats and snacks to help celebrate birthdays and special occasions in our classrooms. Your thoughtfulness and generosity are truly appreciated!

If you choose to participate in these optional activities, please read the reminders below:

- Please **do not** send homemade treats.
- All treats and snacks must be **nut-free**.
- Items must be made in a commercial kitchen, with a full ingredient list.
- It's a good idea to speak with the teacher ahead of time.

Please also consider non food items
that all students can enjoy

Merci!!!!



SPIRIT DAY!

 **Friday, November 28**

Louise Arbour Day – Wear Your LAFI Clothing!



Show your school pride by wearing Louise Arbour gear or school colors (blue and red).

Let's make it a fun day for everyone!

Parent Login Information for School Messenger

From School Messenger, you can report your child's absence, see school notifications and messages from your child's classroom.



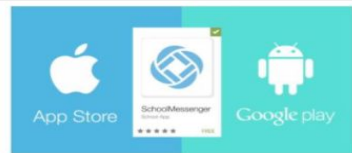
On a computer, go to www.schoolmessenger.ca/start

Click on Sign Up

Create an account using the email you have on file with Louise Arbour F.I.

OR

Download School Messenger App



The link below gives instructions on how to input your student's absence:

<https://www.tvdsb.ca/en/parents/school-messenger-step-by-step-guide.aspx>



BABYSITTING

basics

BECOME A CONFIDENT BABYSITTER! **1-DAY COURSE FOR YOUTH AGED 11-15**

Learn about: becoming a babysitter, handling emergencies, safe play, bedtime routines, and more!



London: Fri Oct 10 (PA Day), Sat Nov 8, Mon Dec 22

Time: 8:30am - 4:30pm

Cost: \$75.00

HOME ALONE

PREPARE FOR INDEPENDENCE! **1-DAY COURSE FOR YOUTH AGED 10+**



Learn about: phone calls and visitors, recognizing hazards, fire safety, calling 911 and more!



London: Fri Oct 10 (PA Day), Sat Nov 8, Mon Dec 22

St. Thomas: Fri Nov 14 (PA Day)

Time: 9:00am - 4:00pm

Cost: \$70

To register call 519-432-1352 or visit sja.ca



London: 741 King St
St. Thomas: 30 Burwell Rd



Seats fill quickly - register today!

St. John Ambulance



CALLING ALL STUDENTS IN GRADES 6, 7 OR 8 !!!



Spaces Open in **FREE HARK Program!**



Investing in Children's

HARK Healthy Active Resilient Kids

After School Program at Family Centre Carling-Thames



• Tuesdays at **Family Centre Carling-Thames** -

335 Belfield Street., London



• **3:30 - 5:30** every Tuesday for cooking, games, activities and much more!

• Program **starts September 30th** and runs until mid June

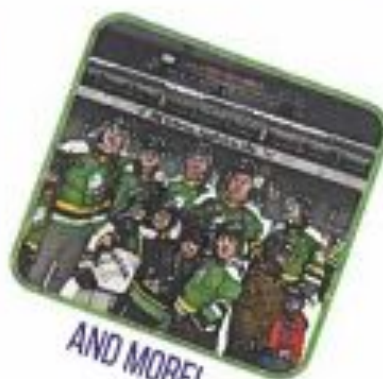
• PLEASE NOTE: limited spots are available



FUN ACTIVITIES



COOKING



AND MORE!

Don't miss out! Register on-line today at www.investinginchildren.on.ca/after-school-program



Thank you to the London Tim Hortons Owners and Family Centre Carling-Thames for supporting Investing in Children's HARK After School Program!

Tim Hortons





ALL
Are Welcome

NOVEMBER 14TH PA DAY

THEMES:

- All Stars Ages 6-12 **Beach Day**
- Camp-a-saurus Ages 4 & 5 **Paws & Pages**
- Creative Arts Ages 6-9 **Fall Colours** - Water Colour Techniques
- G.A.M.E. Games & Media Exploration Ages 9-13 **Space Explorers**
- Kamp I Direct Ages 6-12 **Pick-le Your Day** - National Pickle Day
- Stepping Stones Ages 11-14 **Survivor**
 - Build Confidence, Form Real Friendships & Strengthen Social Skills
- Super Skills Ages 6-10 **Cozy Critters**
 - Build Resilience, Make Friendships & Learn Practical Skills

To Register and See Daily Schedules:

bgclondon.ca/pa-holiday-camps

More Information: 519-434-9114 • info@bgclondon.ca



bgc

London



Produce EXPRESS

FARM FRESH FOOD DELIVERED TO YOUR DOOR



Free
Delivery on
Orders
Over \$85

Produce Express has partnered with the **Louise Arbour F.I. Public School** to Fundraise for their Nutrition Program! **Want to help?**

Step One: Shop for your groceries online at www.fresherproduce.ca

Step Two:
Apply your Fundraising Code:
LOUISEARBOUR at the Checkout.

Step Three:
You will get your Farm Fresh groceries delivered and 5% of your total amount will be donated towards the Louise Arbour F.I. Public School Nutrition Program.

Payment Information

Order Total: \$89.50

Promo Code / Gift Card Code

Code

Apply

Fundraising Code

LOUISEARBOUR

Apply

Credit Card

Card Number

MMYY

CVC



**This code will be active indefinitely.
Apply it every time you check out!**



Schools



Restaurants



Pickup



Delivery

We service all facets of our communities. Please reach out to see how we can serve you best.

www.fresherproduce.ca | 519.520.9323 | sales@fresherproduce.ca

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



 **Skilled
Trades
Ontario**

Ontario 