

Hopewell Avenue Public School Message – September 15th, 2023



Dear Hopewell Families,

It was wonderful to welcome families yesterday evening. Our school team was excited to be able to connect and share the program they have in place for your children. As we mention often, the home/school partnership is key and something we value greatly. Please do not ever hesitate to reach out at any time. We are here to work with you in support of your children.

Below you will find lots of information about exciting things happening at our school - activities, events, initiatives and many news items from our wonderful School Council!

For those families celebrating Rosh Hashanah this evening and tomorrow, L'Shana Tovah!

Wishing you a wonderful weekend! Bonne fin de semaine!

Sincerely,

Martina Sherwood & Sandy Miller
Principal & Vice-Principal

X: @HopewellAvePS
Instagram: @HopewellAvePS



UPCOMING DATES

Tuesday, September 19th, 7pm - School Council Meeting in Hopewell Library

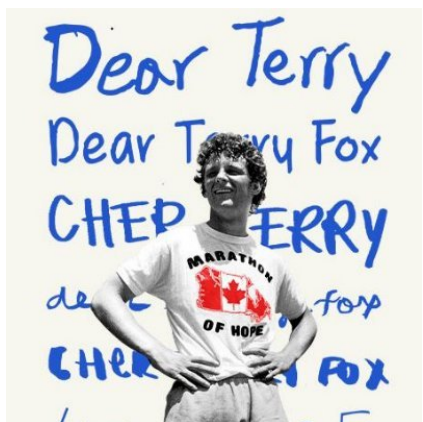
Friday, September 22nd - Terry Fox Event - see news item below

Friday, October 6th - PA Day, no school for students

Monday, October 9th - Thanksgiving, school is closed

SCHOOL NEWS

Terry Fox Run



Friday, September 22nd, 2023 we are taking part in a school-wide Terry Fox Run. Rain or shine, Kindergarten and Primary students will be walking/running in our school yard and our Junior and Intermediate students will be walking to Brewer Park.

Digital permission forms have been emailed home for Junior and Intermediate students. We are seeking parent/guardian volunteers to help make this event possible. Please contact your child's teacher if you would like to volunteer. We can't do this without you!

You can help support the fight against cancer by donating to the Terry Fox Foundation through our [school fundraising page](#).

#TerryFoxSchoolRun #TryLikeTerry

Extra Curricular @ Hopewell



Here is an overview of what's currently happening at Hopewell:

Primary and Junior Activities

Choir - grades 3-6 starts next week. Rehearsals are Thursdays at 11:10 in room 407. All are welcome. Contact: nicola.williams@ocdsb.ca

Junior Boys and Girls Soccer Tryouts - Tuesday and Thursday at 8am. Permission forms are outside Room 424. Contact: roger.needham@ocdsb.ca (boys), meg.fracke@ocdsb.ca (girls)

Junior Cross-Country - Practices will be Monday and Wednesday mornings from 8:05-8:55 at Brewer Park starting Monday, September 18th. Permission forms have been shared. Contact: meaghana.storey@ocdsb.ca

Intermediate Activities:

Our clubs and teams are starting up and we encourage Intermediate students to stay tuned to the daily announcements, visit the [Intermediate Page](#), or our new [HOSSS](#) (Hopewell One Stop Student Shop) to find all the information they need. Start up information about Art Club, volunteering for announcements, Sports Leadership Club, Senior and Jazz Band and this year's musical has already been announced. It's never too late to get involved!

Food Drive



We would like to invite families to participate in our first Food Drive scheduled to take place on **Tuesday, September 26th**. We are collecting to support the Centretown Food Bank as their supplies are seriously low and they are working to provide for a growing number of families and individuals in our community. Drop off locations will be available outside in each yard for Kindergarten, Primary, and Junior families to bring their donations. Intermediates will be asked to drop donations inside the atrium when they enter the school.

The highest need items are listed below.

The Centretown Food Bank appreciates any contributions families can make at this time.



MOST NEEDED ITEMS



CANNED TUNA
CANNED LEGUMES
DRY PASTA
PASTA SAUCE
KRAFT DINNER
PEANUT BUTTER
GLUTEN-FREE ITEMS
ALMOND MILK
GRANOLA BARS
INSTANT NOODLES
PERSONAL CARE PRODUCTS
(SOAP, TOOTHBRUSHES,
TOOTHPASTE)



A MESSAGE FROM OUR HOPEWELL AVENUE PUBLIC SCHOOL COUNCIL



Hello Wonderful Hopewell Community,

A few updates from School Council:

- How are you enjoying making daily [Lunches](#) for your child? School Council is here to help out. Subway Mondays, Pizza Fridays and services through Mazzola Tues-Thu will kick off in October. You will receive a notification through School Cash online in the upcoming days for orders, and you can read more details on [our website](#) and in this newsletter.

- Come and join our School Council meeting Tuesday 19 September, 7:00-9:00pm in the Hopewell Library. This meeting will be the last as Council 2022/23, and the

start of the new Council 2023/24. It is a great way to hear updates about the school and connect with other parents. If interested, let me know and I will send you a separate invitation with agenda details, etc.

- Today is the last day for Elected Council positions (Co-Chairs, Treasurer, Secretary) learn more about [Executive Nominations](#) and [Vacancies](#) for 23/24. Nominations need to be submitted to Principal Martina Sherwood by Friday 15 September 2023

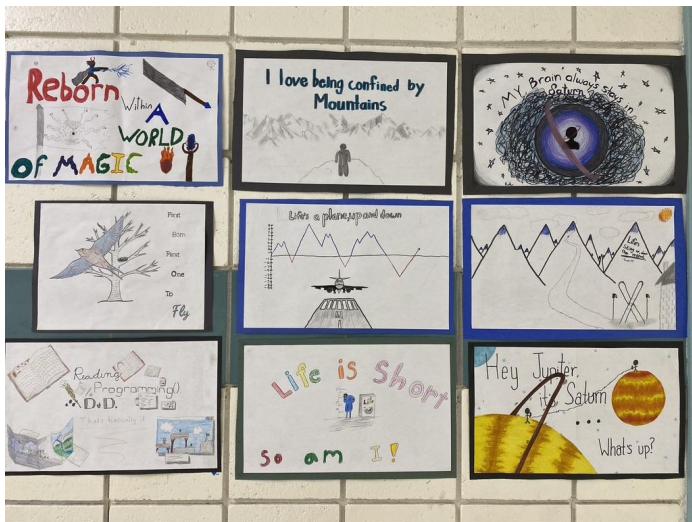
- Want to know more or get engaged in our Hopewell community? It was great to see so many of you during the "Meet the Teacher" meeting on Thursday - and thanks to those who volunteered. Want to add your name to the mailing-list or volunteer list, please use this [Registration form](#).

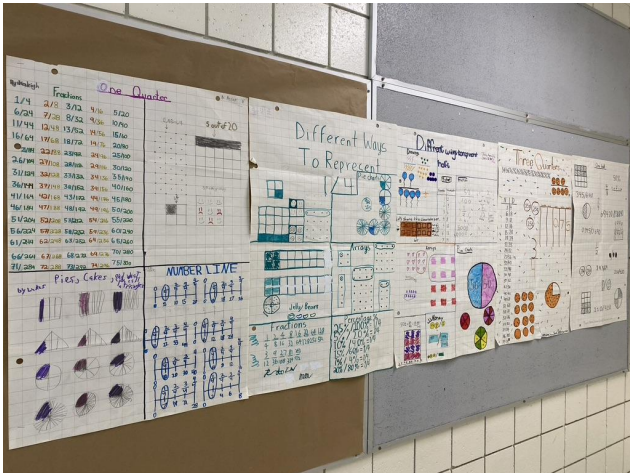
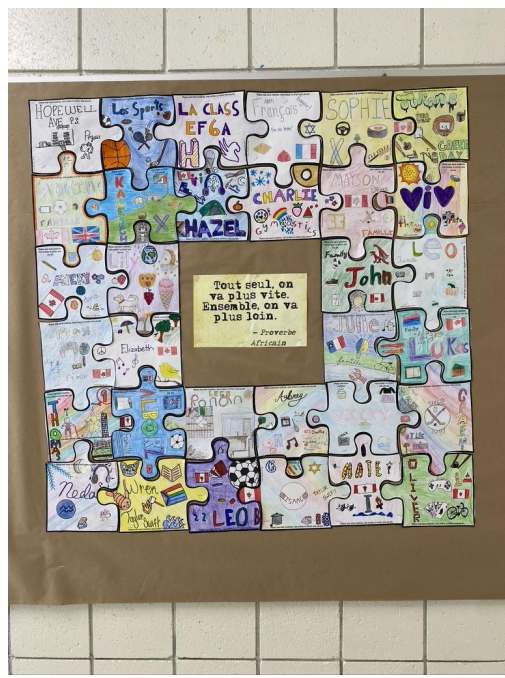
Find more information on our [School Council website](#), [Facebook page](#) or contact us by email: sc-hopewellaveps@ocdsb.ca.

Looking forward to collaborating with many of you this upcoming School Year.

Petra Heitkamp, Chair, Hopewell Ave PS School Council

#HAPShots





DISTRICT NEWS

OCDSB Speaker Series Presents *Journeying Together: Parenting Through the Storm* with Ann Douglas



Join the OCDSB and guest speaker Ann Douglas on Tuesday, September 19th for *Journeying Together: Parenting Through the Storm*. The past few years have been an exceptionally challenging time to be a parent, and an exceptionally challenging time to be a kid. In this kind, encouraging, and story-rich workshop, Ann Douglas will share strategies for getting to a happy, healthy place as a family and strengthening relationships between parents/guardians and their children. This virtual event will support parents and guardians in learning to thrive as a family while weathering life's many storms. It will also share tips for parenting in a way caregivers can feel good about, help parents give themselves permission to be gloriously imperfect (and allow children to do the same), and support participants in seeing and celebrating the many strengths and gifts they and their children bring.

About the Speaker

Ann Douglas sparks conversations that matter about parenting and mental health. She is a frequent contributor to CBC Radio and a bestselling parenting book author. Ann is the creator of *The Mother of All Books* series and the author, most recently, of *Happy Parents, Happy Kids* and *Parenting Through the Storm*. A

passionate and inspiring speaker, Ann delivers keynote addresses and leads small-group workshops at health, parenting, and education conferences across the country.

Event Date: Tuesday, September 19, 2023

Time: 6:00 p.m. - 7:30 p.m.

Format: Virtual.

[Register here.](#)