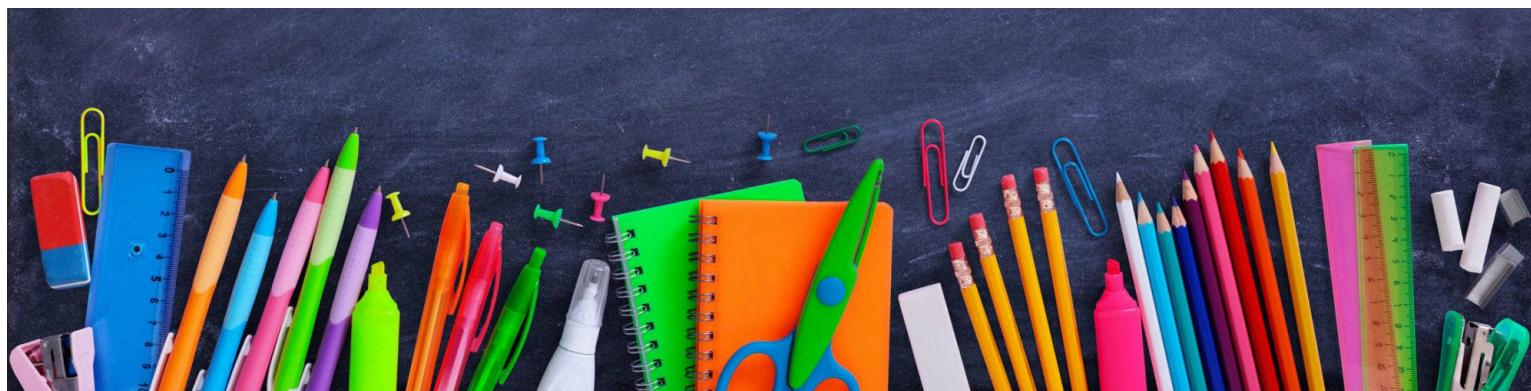


WELCOME BACK PANTHERS!



Calendar of Events

[Visit Parkview's Calendar](#)

Parkview's Calendar of Events is changing often. Please check our [Parkview Calendar Website](#) for the most up to date calendar events.

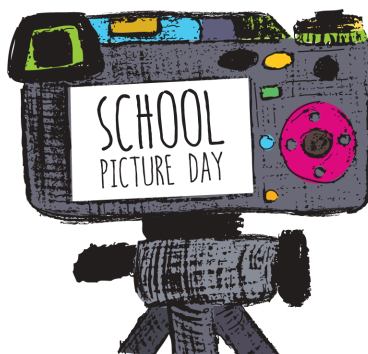
SEPTEMBER

- Sept 14: School Council/Home & School Meeting
- Sept 22-25: Scholastic Book Fair
- Sept 20-21: Yom Kippur
- Sept 24: Meet the Family Night (5-6:30pm)
- Sept 30: Orange Shirt Day - National Day for Truth and Reconciliation



OCTOBER: [Monthly Observances](#)

- Oct 8: Terry Fox School Run
- Oct 2: Custodial Workers Recognition Day
- Oct 12: Thanksgiving
- Oct 21: ECE Appreciation Day
School Picture Day
- Oct 26: PD Day
- Oct 31: Halloween
- Cross Country Dates (TBD)



Parkview Public School

1008 Oxbow Drive
Komoka, ON N0L 1R0
☎ 519-657-3868

✉ parkview.tvdsb.ca

NEW!

2026 SCHOOL SCHEDULE

Start Bell: 9:10
Break 1: 10:50 - 11:30
Break 2: 1:30 - 2:10
Dismissal: 3:30

Superintendent: C. Giannopoulos
Principal: M. Curran
Vice-Principal: G. Garbacz



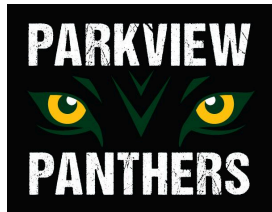
PRINCIPAL'S MESSAGE

Welcome Back to Parkview!

It is with great excitement that I welcome all of our students, families, and staff back to another wonderful school year at Parkview Public School. The start of a new school year brings a sense of optimism, fresh beginnings, and countless opportunities for learning, growth, and connection.

Over the first few days of school, our staff and students have been focused on building relationships, establishing routines, and continuing the important work of creating a positive and inclusive school culture. Throughout June and again in September, our staff spent time reflecting on an important question: *What kind of place do we want Parkview to be?*

Together, we developed a motto that reflects our shared commitment to making Parkview a welcoming, respectful, and caring place for everyone:



**It starts with me,
Every word, every choice,
Every day.
That's the Parkview way!**

This simple message reminds us that each of us plays an important role in creating the kind of school community we want to belong to. Through consistent language, explicit teaching, and clear expectations, we will continue to support students in making positive choices and demonstrating kindness, responsibility, and respect.

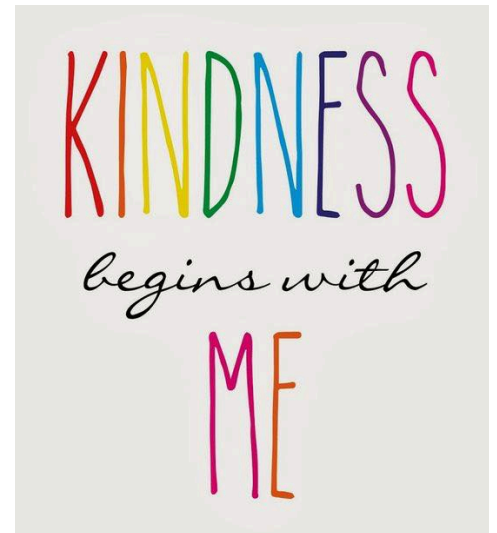
Thank you for your continued partnership and support. Together, we can ensure that Parkview remains a place where every child feels safe, valued, and inspired to learn. We are looking forward to a fantastic year ahead and all the opportunities it will bring.

We hope to see many of you at the **Meet the Family** event **5:00 – 6:30 on Thursday, September 24th**.

We are looking forward to a wonderful school year!

Ms. Curran

Parkview Principal



WELCOME STAFF

Welcome to our **2026-2027 Parkview Staff!** We are excited to welcome some new faces to our team!

JK/SK Ms. Dubeau & Ms. Batista

JK/SK Mrs. Fraleigh & Mrs. Holmstrom

JK/SK Mrs. Phillips & Mrs. King

JK/SK Mrs. Mayo & Ms. Sharrow

JK/SK Ms. Smith & Mrs. Garcia

Outdoor Ed. Mrs. Therrien

Gr. 1 Mrs. Caicco

Gr. 1 Ms. Dias

Gr. 1 Mrs. Tonn

Gr. 1/2 Mrs. Schmitt-Binder

Gr. 2 Mrs. Mould

Gr. 2 Ms. Thorton

Gr. 2/3 Ms. Huff

Gr. 3 Ms. Beal

Gr. 3 Ms. Borg

Gr. 3 Mrs. Ngo

Gr. 3/4 Ms. Moyer

Prep Ms. Arrowsmith

EA Team Mr. Anthony, Mrs. Brothen, Mrs. Kolenko, Mrs. Marshall, Mrs. Mulhall, Ms. Wilkinson, Mrs. Young

Vice-Principal Mr. Garbacz

Principal Ms. Curran

Gr. 4 Mr. Cyros (Ms. Mackie)

Gr. 4 Mrs. Giancola

Gr. 5 Ms. Balogh

Gr. 5 Mrs. Whitty

Gr. 5/6 Ms. Nadeau

Gr. 6 Ms. Kim

Gr. 6 Mrs. MacKay

Gr. 7 Ms. Klein

Gr. 7 Mrs. Morris

Gr. 7 Mr. Velema

Gr. 8 Mrs. March

Gr. 8 Mrs. Trudgeon

Gr. 8 Mr. Williamson

French Mme Moorhouse, M. Mitchell

Music Ms. Virtue, Ms. Collings

Learning Support Mr. Emanuele, Mrs. Parker, Mrs. Locker

Library Mrs. Kaiser, Mrs. Locker

Phys. Ed. Mr. Hogg

Custodial Team Mr. Degroot, Mr. Parsons, Mr. Dezan

Secretary Ms. Hey

FROM THE OFFICE



Your child(ren)'s **annual student information and consent forms** for the 2026-2027 school year are now available through the [Parent Portal](#). Please complete these forms/consents online as soon as possible. This includes: walking field trips, lunch permission to leave the school, and photo consents. If updates are required to the Student Information sheets, please print them, make the changes, and return them to the office.

Medical Information: It is very important that we have up to date medical information for your child. If your child has medical concerns or may require medication at school (inhalers, epi-pens), please complete an **Individual Plan of Care (IPOC)** in the [Parent Portal](#). This must be completed at the beginning of **every** school year. **IPOCs are to be completed by Friday Sept. 18th.**

School Volunteers: Annual Declaration forms are required each year for parents who have provided a Criminal Background Check at the office. For those adults wanting to volunteer this year (fieldtrips, hot lunches, book fair, etc.) please visit the main office for **Criminal Background Volunteer Application Form**.

PARKING

A reminder that we have very limited parking and **between the hours of 8:30 - 9:10 AM and 3:15-3:45 PM, the parking lot is closed** to visitors to allow our many buses to safely load and unload our students.

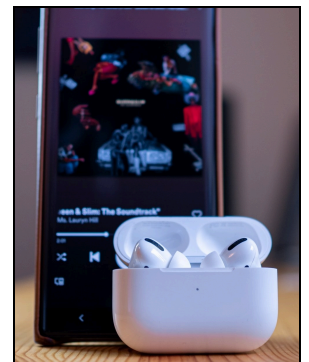
Please walk to school if you are able to or park on neighbouring streets where it indicates that parking is available. At the end of the day if you are meeting your child, please meet them at the bike racks or arrange to meet them at the back gate, unless your child is in Grade 1, you will collect your child from the teacher by the gym wall.

Thank you for working with us to ensure all students are safe.



PERSONAL TECHNOLOGY

As a reminder Electronic Devices (cell phones, iPads, airpods, smart watches, etc.) are **not** to be used at school. This includes the hallway, yard and washrooms. We do not require children to bring technology to school and if technology is required in the classroom we provide for them. If your child brings a device to school, the school is not responsible for any damage or loss. If you need to get a message to your child, please call the school line (519-657-3868) and we can relay this information. Thank you for working with us to support a distraction-free educational environment and the mental wellbeing of our students here at Parkview!



DOGS ON SCHOOL PROPERTY

We know that many of our families enjoy walking their dogs to and from school, and we appreciate the important role pets play in our lives. To help ensure the safety, comfort, and well-being of all students, families, and staff, we kindly remind everyone that dogs are not permitted on school property during school hours, including the school yard and playground areas.

While many dogs are friendly and well-behaved, some students may have allergies, fears, or sensitivities around animals. Keeping school grounds pet-free helps us maintain a safe and inclusive environment for everyone.

Thank you for your cooperation and understanding as we work together to keep Parkview a safe and welcoming place for all.



E-SCOOTERS NOT PERMITTED ON SCHOOL PROPERTY

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. For more information about e-scooters, visit the [Ontario Ministry of Transportation website](#).

E-SCOOTERS
WHAT YOU NEED TO KNOW

- Must be 16yrs and older to operate
- Under 18yrs MUST wear a Helmet
- Maxium operating of speed 24km/hr
- SOLO Riding only - No Passengers
- Can not be operated on the sidewalk

The logo of the Strathroy-Carleton Place Police Service, featuring a crest with a crown, scales of justice, and the words "COMMUNITY - COMMITMENT" and "STRATHROY-CARLETON PLACE POLICE SERVICE".

PLANNERS

We are once again using planners as a source of communication between the classroom and home. Please log in to your cash online to complete the payment of **\$5.00** for the planner by **Friday, Sept. 25**.



SCHOLASTIC BOOK FAIR - SEPTEMBER 22 - 25

Parkview is hosting our **Fall Scholastic Book Fair** from **September 22nd to 25th!** Students will have the opportunity to preview the fair with their classes before their shopping day to create their wish lists. If your child is in K-3 and they wish to purchase items from the fair, please send them with their wish list and highlight the items they are purchasing. This helps us to ensure they leave with the correct items.



If you would like to browse/ purchase as a family, we will have our fair open the evening of **Sept. 24th during our Meet the Family event!** Families are encouraged to bring cash to the Book Fair to help speed up the checkout process and keep the line moving!

If you have any questions, or are available to volunteer at the fair, please reach out to Ms. Kaiser at k.kaiser@tvdsb.ca. We are looking forward to another wonderful Book Fair!

PARKVIEW'S GREEN INITIATIVES

Recycling and Upcycling: We're still collecting **used batteries** this year, so if you have any at home, send them in with non-conductive tape on the tops and we'll recycle them safely.

Upcycling is a *huge* part of what we do at Parkview. Each class is collecting **old writing tools**—like dried-out markers, pens, pencils, and highlighters—so don't toss them! Bring them to school to be upcycled.

A **"Boomerang Lunch"** is another easy way to help reduce school waste. Read more about Boomerang Lunches on the next page.

Thank you for helping make Parkview a cleaner, greener place! ❤️



VOLUNTEERS NEEDED - GR 1 READING PROGRAM

Parkview has once again partnered with the [Strong Start Reading Program](#) to help our youngest struggling readers with a literacy boost! The program involves working with children directly and providing resources for families to support the development of strong literacy skills. The program requires **community volunteers** to help implement activities and training is provided. If you are interested or would like more information, please reach out to Mr. Emanuele at f.emanuele@tvdsb.ca. For more info, visit the [Strong Start](#) website.



BOOMERANG LUNCH - PACK IT IN AND PACK IT OUT!

What is a Boomerang Lunch?

Boomerang lunches are school-wide initiatives to help reduce the amount of waste created by a school by ensuring that everything that is brought to school is returned home by the end of the day.

Benefits of Boomerang Lunches:

- keeping your own lunch waste allows you to take steps toward packing a waste-free lunch
- waste-free lunches help our environment, are often healthier and save money
- leftover food is not wasted, it is taken home
- parents are aware of what is being eaten at school
- it allows parents and children to pack the right amount of food
- classrooms stay cleaner as there is less waste to be managed
- classrooms stay safer as there is less movement and contamination of germs
- custodial staff can focus less on waste removal and more on sanitization
- Also, **please ensure that student lunches are nut safe!**



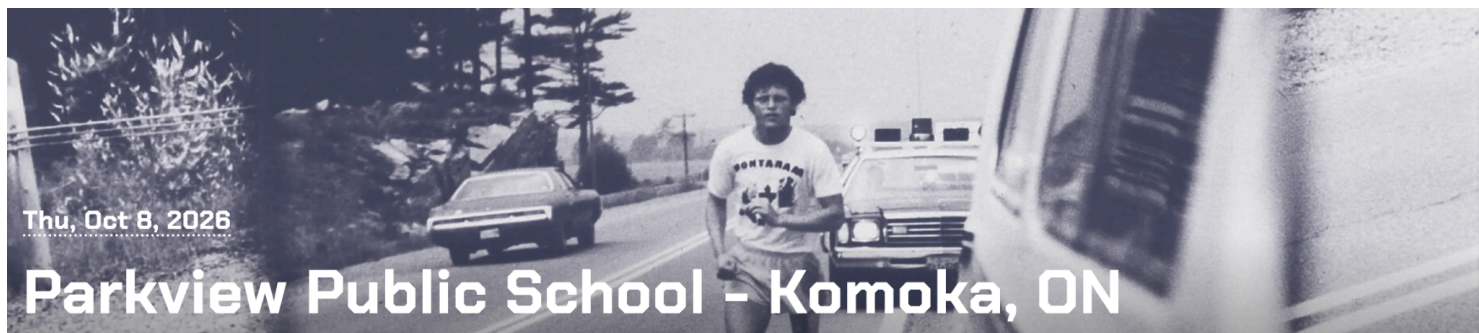
KIND PANTHERS IN ACTION

Ava M. raised over **\$650** selling homemade cookies and candy kabobs at the Komoka Community Market on the weekend. All proceeds will go towards purchasing a commemorative bench to be placed outside of the Lambeth Arena to honour her friend Dante Caranci. Dante was a student at Our Lady of Lourdes school in Delaware who lost his life tragically 2 years ago.

What a wonderful example of kindness and outreach to our community.

Well done Ava and friends!





Get Ready to Run for Terry - Lace up your running shoes and join us for Parkview's **Terry Fox event on Thursday, October 8 (rain date Oct 9)**. We're excited to come together as a school community to honour Terry's incredible Marathon of Hope and help continue his dream of finding a cure for cancer. For inspiration, be sure to watch the [Terry Fox FINISH IT Inspirational Video](#) with your family.

Two Ways to Donate

1. Toonies for Terry - Tuesdays Cash Donations

Bring in a **toonie (or any donation!)** on one of our collection days:
Tuesday - **September 15, September 22, September 29, October 6**



2. Donate Online

Visit [Parkview's Terry Fox donation page](#) to make a secure online donation.
Links may also be found in teacher Google Classrooms.



Let's show what we can accomplish when we come together as a school community! **Go, team!**

ORANGE SHIRT DAY - SEPTEMBER 30



In observance of *National Day for Truth and Reconciliation* on **Wednesday, September 30th**, we encourage staff and students to wear orange shirts to show support for Indigenous communities and to honour the victims and survivors of residential schools and their families. For those without orange shirts, orange stickers will be available so that every child can display their support.

PLANNERS

We are once again using planners as a source of communication between the classroom and home. Please log in to your cash online to complete the payment of **\$5.00** for the planner by Friday, Sept. 25.



FIELD TRIPS: LEARNING BEYOND THE CLASSROOM

At Parkview, field trips are an important extension of classroom learning. They provide students with valuable opportunities to connect their learning to real-world experiences, deepen their understanding of curriculum expectations, and engage in meaningful hands-on learning that cannot always be replicated within the classroom.



FIELD TRIPS

Field trips are also an important part of building a strong school community. They provide opportunities for students to develop teamwork, strengthen relationships with their peers and teachers, and practice important social skills in new settings. These shared experiences help foster a sense of belonging and contribute to the positive culture we strive to create at Parkview.

Because field trips are directly connected to student learning and community development, they are considered part of the school day and the hope is that every child sees the value in attending them. We encourage all students to participate fully, as these experiences are carefully planned to support both academic growth and personal development.

It is also important to recognize the significant time, effort, and planning that go into organizing field trips. Teachers spend many hours researching opportunities, coordinating logistics, completing required paperwork, arranging transportation, assessing risks, and developing learning activities that connect to curriculum expectations. These experiences are created with great care to provide meaningful and memorable learning opportunities for students.

Participation in field trips is a privilege that comes with the responsibility of demonstrating our school values and expectations. Whether students are attending a local event, visiting a museum, or participating in outdoor learning, they represent both themselves and Parkview. We expect all students to demonstrate respect, responsibility, and kindness, ensuring that these opportunities remain positive and valuable for everyone.

By working together to uphold these expectations, we can continue to offer engaging experiences that bring learning to life while strengthening the connections that make Parkview such a special place to learn and grow.

STUDENT ACCIDENT INSURANCE

For the 2026-27 school year we are pleased to offer families the option of two student accident insurance providers to choose from if they wish to purchase insurance for their children. These providers offer coverage for certain medical expenses not included under OHIP. Student Insurance is optional and not required for school attendance. Visit the links below for more information.



PARKVIEW SCHOOL COUNCIL + HOME & SCHOOL ASSOCIATION

Welcome Back, Panther Families!

We hope everyone had a great summer and a wonderful first few days of school! We, as the Home and School Association/Parent Council, are so excited to get back into all the things the school year brings!

First, we want to invite you to join our team! Below, you'll find the differences between HSA and PSC, but together, we're a group of parents, teachers, and staff who want to support Parkview and make it the best place for our kids to learn.

Our first meeting is Monday, September 14th at 5:30 p.m. in the school library. We will be reviewing the new lunch program, electing the executive roles for Parent School Council, discussing fundraising initiatives for the year, and setting upcoming meeting dates. If you want to be more informed or involved, please join us!

What is the Home and School Association?

HSA is open to parents, grandparents, teachers, and community leaders who want to be involved in giving back to the school community and increasing parent engagement. We accomplish this through fundraising, guest speakers, appreciation and acknowledgements, etc.

For more information on Ontario Home & School Associations, please visit the [OFHSA website](#) or come in person and see what we're all about!

With the support of staff, we are responsible for:

- Used Book Sale
- Holiday Shopping Spree
- Hot Lunches
- Track and Field Concession Stand
- Summer Send-Off
- And more!



What is Parent School Council?

The main purpose of the PSC is to be a communication conduit between parents and school administration. The PSC is your opportunity to have a voice in the direction of school initiatives to improve student achievement, make recommendations to school administration, and gain a better understanding of what's happening at Parkview. **All Parkview parents are welcome!** Please come out and join us at one of our upcoming meetings. We'd love to hear from you!

Ongoing Fundraisers

Our **FlipGive** fundraiser continues to be an easy and effective way to give back to the school's **Music Program**. By using team code **7ZDXG4**, you can earn contributions simply by shopping for everyday essentials like groceries and gas—at no added cost. With some instruments in need of repair or replacement, every contribution makes a difference. Thank you for your support!

We also encourage families to check out [Mabel's Labels](#) in support of our Outdoor Education Program. As summer items get put away and fall/winter items will soon come out, their durable, easy-to-use labels are perfect for keeping track of everything from water bottles to clothing.

To contribute, select **"Support a Fundraiser"** during checkout and search for **"Parkview Home and School Association."** You won't regret having these on hand!



Upcoming Events

We have two events in the upcoming months that are nice to have on your radar.

First, our **Used Book Sale** will be in October, and we ask that you keep any used books your family may be done with (reading levels Kindergarten–Grade 8) to donate for the sale. More information will be included in next month's newsletter.

Second is our **Holiday Shopping Spree** in December. Keep a lookout for good deals on items your kids can donate so they are able to purchase gifts at the event! We ask that everyone donate the same number of items as the number of gifts they plan on purchasing. This can add up, especially with multiple kids, so it's nice to keep an eye out all year long! Dad/Grandpa gifts are always the first to run out!

Keep in Touch!

The HSA runs two social media pages that will help you stay up to date on all things Parkview! If you want updates on school events, spirit days, snow days, etc., give them a follow and we'll do our best to keep everyone up to date!

Instagram: [@ParkviewPanthersHSA](https://www.instagram.com/ParkviewPanthersHSA) Facebook: Parkview Parents



Upcoming Meeting Dates

Our first meeting will be: **Monday, September 14th**

Meetings take place in the school library starting at 5:30 p.m. and usually run for two hours if you stay for both HSA and PSC meetings.

At this meeting, we will be solidifying meeting dates for the rest of the year, with meetings planned for November, January, March, and May.

Lastly, if you are interested in **volunteering** at the school in any capacity (field trips, fundraisers listed above, hot lunch distribution, etc.), everyone has been asked to renew their police checks this year. This can be done through opp.ca, where you'll complete the Vulnerable Sector Check. A letter can be requested from the school office if needed. This process can take several weeks, so please try to get it done as soon as possible!

Thank you, and we hope to see some new faces on Monday!

Camille Pallin Cartwright

Chair, Parent School Council 2025-2026

President, Parkview Home and School Association 2026-2027

cartwright.camille@outlook.com



HOT LUNCH PROGRAM

Welcome Back Parkview Families!

There are lots of changes in this year's lunch program. Foremost, we are using a new ordering platform. Registration details are in the poster on the next page. Use the Invitation code "Parkview" when you go to the following link: [Sign Up | LunchUp](#). Be sure to indicate any important allergy information.

We will now be offering lunches **two days** a week (Mondays and Thursdays, and Tuesdays after a holiday). Our hope is that increased lunch options will accommodate different palates and homelife schedules. This year's food selections were made based on survey feedback and past order volume.

Mondays: Alternates between *Domino's Pizza* and *Rapizza* (chicken nuggets and wraps)

Thursdays: Alternates between *WokBox* (meal boxes plus drink options) and *Montana's* (pasta, burger and veggie sticks, chicken and mashed potatoes)

Tuesdays (only after long weekend holidays/PA days): *barBurrito* (Burritos, tacos, quesadillas, corn chips and dip)



Booster Juice will be back at the beginning of each month, starting **October 2nd** (Order deadline Thursday September 24th (midnight)). Look for order details on [School Cash Online](#) and our socials mid-September.

Inclement Weather: In the event of full day bus cancellations, hot lunches will be cancelled. If buses are only cancelled in the morning (e.g., fog) lunches will continue as scheduled.

We are looking for a few more **volunteers**, so if you are interested, please click the volunteer button on the LunchUp program and indicate your availability and note desired frequency (e.g., Once a month, or biweekly preferred). We're a friendly team!

Looking forward to a great year!

Parkview Lunch Program Team

HOT LUNCH PROGRAM

School Lunch Orders *Are Now Open!*

SCHOOL INVITATION CODE

PARKVIEW

Enter this code at www.lunchup.ca when registering



SCAN TO REGISTER



REGISTER & ORDER ONLINE

www.lunchup.ca

Free to sign up · Takes 2 minutes



FIRST DELIVERY

Monday, September 21

Order cutoff: Saturday, September 19 at noon



YOUR LUNCH VENDORS

A delicious variety, delivered fresh to school



Domino's



WOK BOX
fresh asian kitchen



RAPIZZA



MONTANA'S
BBQ & BAR



barBURRITO

HOW IT WORKS

1

Register

Go to www.lunchup.ca and
create a free account

2

Enter Code

Use your school's **invite code:**
PARKVIEW to join

3

Pick Meals

Browse menus, then **place**
your order.

4

Enjoy!

Fresh meals delivered to your
child's classroom at school

Questions? Reach out at help@lunchup.ca

Parkview Public School Home & School Association · Hot Lunch Program

www.lunchup.ca | more than a meal

Tip: Sync your orders with your calendar!



CROSS-COUNTRY RUNNING CLINIC

Get ready to run, explore, and have fun!

This cross-country clinic is designed for student athletes in Grades 3–8 who want to build confidence, develop their running skills, and discover the fun of cross-country running.

Athletes will learn proper running technique, develop endurance and strength, and take on fun, age-appropriate challenges on the trails and fields of Komoka Park, in addition to race opportunities.

**Led by Coach Amanda Truelove
Health & Physical Education Teacher
TVDSB Cross-Country + Track & Field Valley Finals Convenor
NCCP Athletics Performance Coach**

Tuesday & Thursday Evenings

5:15PM - 6:15PM

September 15th - October 15th

Komoka Park

**133 Queen St, Komoka, ON
N0L 1R0**



**Registration fee is
\$100 per athlete for
the 5 week program.**

[REGISTER HERE](#)



**CANADIAN
RED CROSS**
TRAINING
PARTNER

Babysitting Course!

WHEN: PA Day, Monday, October 26, 2026.
WHERE: Trinity Place, 570 Gainsborough Rd,
London.

TIME: 9:00 a.m. to 4:00 p.m.

FEE: \$65.00 tax included

CONTACT: 519-858-0382

vantagefirstaid@rogers.com

www.vantagefirstaid.com



Canadian
Red Cross

Training Partner

Learn how to take care of yourself and others -
register now for the Red Cross Babysitting Course!



Sleep is important for growing minds

Sleep can help with attention, behaviour and learning.
It also impacts happiness and mood.

Tips for better sleep:

- Make the bedroom a no-screen zone
- Create a bedtime routine by doing the same activities in the same order every night
- Have set bedtimes and wake up times, even on weekends
- Avoid electronic devices 1 hour before bedtime

Children need 9-11 hours of sleep per night

 @mlhealthunit

ML BUREAU DE SANTÉ DE
MIDDLESEX-LONDON
HEALTH UNIT
www.healthunit.com

Information sources can be found on our website at: <https://www.healthunit.com/school-health-newsletter-inserts>

**MAKING
HISTORY**

WITH THE ONLY
ALL GIRLS BASEBALL
PROGRAM
IN THE LONDON AND
SURROUNDING AREA!

**NO BOUNDARIES.
ALL GIRLS. ALL WELCOME!**

ALL GIRLS BASEBALL

★ **SCOUT DAY** ★

IF YOU'RE A
FEMALE ATHLETE
AGES 2013-2019
WE WANT YOU! ★



BASEBALL
EXPERIENCE



SOFTBALL
EXPERIENCE



NO
EXPERIENCE

NO EXPERIENCE NEEDED!



DATE:
**SEPTEMBER
23, 2026**



TIME:
6PM - 10PM



LOCATION:
**BYRON SPORTS
COMPLEX**

QUESTIONS? CONTACT:

👤 Marcy Dilamarter
✉ mpiwo@hotmail.com
☎ 519-495-1591



★ **SCAN TO
REGISTER!** ➔



**FREE
T-SHIRT!
& PRIZES
TO BE WON!**





2026 WESTERN MUSTANGS ELEMENTARY SCHOOL CROSS-COUNTRY MEET

Friday, September 25th

Thames Valley Golf Course

London, ON

RACES: 5:30PM Elementary Girls 2KM Race (Grades 3-8)
6:00PM Elementary Boys 2KM Race (Grades 3-8)

COURSE: The cross-country course features two 1km loops, over rolling terrain, taking runners up and down hills, before a straight dash to the finish line.

ELIGIBILITY: Open to all elementary aged athletes in Grades 3-8.

ENTRY FEE: \$10 per athlete

AWARDS : Merchandise will be awarded to the top 10 girls and boys in each race.

ENTRY METHOD: Register through [Trackie.ca](https://trackie.ca) using the registration link provided.

ENTRY DEADLINE:

- Regular entries must be submitted by **8:00 p.m. on Monday, September 21st**.
- Late entries will be accepted until **8:00 p.m. on Thursday, September 24th**, at the following increased entry fees:
\$20 per individual

RACE DAY: Athletes will check in upon arrival to receive their race bib. A race warm-up will be held at 5:00PM meeting at the race start line.

DRESS: Please have runners arrive dressed and ready to race. Athletes are welcome and encouraged to wear their club/school jersey. Spikes are permitted at this event. Portable washrooms are available on the north side of the clubhouse. Please do not use the washrooms inside the clubhouse.

PARKING: Parking is available at the back of Thames Valley Golf Course, accessible from Sunninghill Avenue.
PLEASE STAY OFF THE GRASS.



80% of Learning is Visual

Bring your child's learning into focus



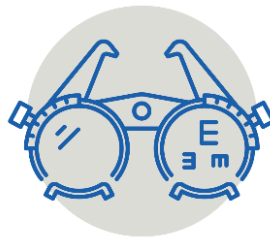
Do you have a child in kindergarten?*

Get a **yearly OHIP exam** for your child with a **participating eye doctor** and receive a complimentary pair of eye glasses.

Eligibility:



JK and SK students
born in 2021 or 2022



Eye exam with a
Participating Optometrist



Eye exam
July 1, 2026 to
June 30, 2027

For more details and to find a participating optometrist near you scan:



ONE SIGHT
EssilorLuxottica Foundation



MODERN OPTICAL
C N A D A

Or Visit:
EyeSeeEyeLearn.ca



SEPTEMBER				
MON	TUES	WED	THURS	FRI
31	1	2	3	4
7	1 Classes Begin	2	3	4
5	6	7	8	9
10	1	2	3	4
5	6	7		

OCTOBER				
MON	TUES	WED	THURS	FRI
			8	9
10	1	2	3	4
12	5	6	7	8
9	10	1	2	3
26	4	5	6	7

NOVEMBER				
MON	TUES	WED	THURS	FRI
8	9	10	1	2
3	4	5	6	7
8	9	10	1	2
3	4	5	6	7
8				

DECEMBER				
MON	TUES	WED	THURS	FRI
	9	10	1	2
3	4	5	6	7
8	9	10	1	2
21	22	23	24	25
28	29	30	31	

JANUARY				
MON	TUES	WED	THURS	FRI
				1
3	4	5	6	7
8	9	10	1	15
2	3	4	5	6
7	8	9	10	1

FEBRUARY				
MON	TUES	WED	THURS	FRI
2	3	4	5	6
7	8	9	10	1
15	2	3	4	5
6	7	8	9	10

MARCH				
MON	TUES	WED	THURS	FRI
1	2	3	4	5
6	7	8	9	10
15	16	17	18	19
1	2	3	4	26
29	5	6	31	

APRIL				
MON	TUES	WED	THURS	FRI
			7	8
9	10	1	2	3
4	5	6	7	16
8	9	10	1	2
3	4	5	6	7

MAY				
MON	TUES	WED	THURS	FRI
8	9	10	1	2
3	4	5	6	7
8	9	10	1	2
24	3	4	5	6
7	31			

JUNE				
MON	TUES	WED	THURS	FRI
	Ontario Day	9	10	4
1	2	3	4	5
6	7	8	9	10
1	2	3	4	5
6	7	30		

LEGEND		
Classes Begin Sept. 8, 2026	PA DAYS September 2, 2026 September 3, 2026 October 26, 2026 January 15, 2027 April 16, 2027 June 4, 2027 June 30, 2027	HOLIDAYS Sept 4, 2026 Summer Sept 7, 2026 Labour Day Oct 12, 2026 Thanksgiving Dec 21 - Jan 1, 2027 Winter Break Feb 15, 2027 Family Day March 15 - 19, 2027 March Break March 26, 2027 Good Friday March 29, 2027 Easter Monday May 24, 2027 Victoria Day