



## Henry Larsen Elementary School

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Ottawa, Ontario K1C 5B3  
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**Principal:** Amanda Pruner  
**Vice-Principal:** Dianne Morris  
**Office Administrator:** Rose Sharpe  
**Office Assistant:** Elizabeth Francis  
**Chief Custodian:** Brooke Taylor

**Superintendent:** Mary Jane Farrish 613-596-8211 Ext. 8821  
**Trustee:** Sandra Schwartz 613-868-5249  
**School Council Chair:** Melody Currie  
**School Council Email:** [sc-henrylarsenes@ocdsb.ca](mailto:sc-henrylarsenes@ocdsb.ca)  
**Twitter:** [@HenryLarsenE](https://twitter.com/HenryLarsenE)  
**Website:** <https://henrylarsenes.ocdsb.ca>

*"Through Caring and Sharing We Learn"*

**Here are the School Messenger emails that we have sent to families during the month of April, 2022:**

1 April 2022

Greetings Henry Larsen Families,

Our hardworking and dedicated staff continue to drive student learning in this ever changing environment. We thank you for your continued support, flexibility and understanding as we move into Spring here in person for the first time in two years! Below are a few reminders and updates:

Ramadan Mubarak to all students and families who are observing Ramadan over the coming month.

### **Deadline Sunday, April 3 - Confirmation of Transportation for 2022-2023:**

**If your child(ren) will be using student transportation for the 2022-2023 school year, you must confirm this with OSTA before the April 3rd deadline.** Please see the important information in the [Transportation Confirmation Flyer](#), including the link to the online form that you must fill in in order to have transportation for the first day of school.

### **World Autism Awareness Month: Webinars for Parents and Guardians**

The OCDSB will be hosting webinars for families during World Autism Awareness Month in April. Join us on [April 7th](#) and [April 21st](#) for discussions with guest speaker Lauren H. Kerstein, covering topics like emotion regulation for children and adolescents with Autism Spectrum Disorder, and sensory issues and emotions. Learn more and register for a session [on the OCDSB website](#).

### **The Importance of Getting a Good Night's Sleep:**

[This link to information for parents and caregivers](#) from CHEO gives some valuable information on sleep in children and youth.

## Tips for having a healthy sleep hygiene



### Summer International Language Classes (In-Person and Online):

Open to students in **Junior Kindergarten to Grade 8** from all school boards

**Program Duration:** July 4 - July 29, 2022

This summer, the OCDSB Continuing Education Department is offering both In-Person and Online International Language Classes. These classes are for students in Junior Kindergarten to Grade 8 and offer the opportunity to speak, listen, write and read in a range of languages while developing an appreciation for diversity and intercultural understanding. **International Language Classes are FREE for Ontario Residents.**

**Languages offered may include:** American Sign Language (ASL), Arabic, Albanian, Bahasa Indonesia, Bengali, Cantonese, Czech, Chin, Dari, Greek, Hindi, Japanese, Malayalam, Mandarin, Nepali, Pashto, Persian/Farsi, Serbian, Sinhala, Somali, Spanish, Tagalog, Tamil, Turkish, Urdu, Vietnamese

[OCDSB webpage International Languages Summer program](#)

### Register Now:

More information including details on how to register is available online at [www.InternationalLanguagesinOttawa.com](http://www.InternationalLanguagesinOttawa.com)

### French and Spanish Summer Camps (In-Person):

Open to students in **Junior Kindergarten to Grade 8** from all school boards

**Program Duration:** July 4 - July 29, 2022

This summer, the OCDSB Continuing Education Department is offering French and Spanish Summer Camps for students in Junior Kindergarten to Grade 8. These immersive camps provide the opportunity for students to enhance their language skills in an engaging and fun-filled learning environment. A variety of indoor and outdoor activities are coordinated by our qualified language counsellors such as music explorations, educational games, crafts, fun projects, field trips, and more.

[OCDSB webpage for French & Spanish summer camps](#)

**Register Now:**

More information including details on how to register is available online at [www.InternationalLanguagesinOttawa.com](http://www.InternationalLanguagesinOttawa.com)

**Important Dates:**

**OSTA deadline to confirm 2022-2023 busing:** Sunday, April 3

**Next School Council Meeting:** Monday, April 4 at 7:00 pm

**School Climate Survey (Grades 4-8):** April 4-22

**Easter Weekend:** April 15-18

We hope that you have a wonderful weekend, and are able to enjoy some of the sunshine that is in the forecast for tomorrow!

Take Care,  
Amanda and Dianne

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8 April 2022

**Greetings Henry Larsen Families,**

We seem to have all of the weather this week! We continue to be cautious and thoughtful as we gradually add back some much enjoyed pre-COVID activities. Older students have started with the lunch time monitor program and we saw in person use of the library this week for the first time in two years! Students are enjoying having recess together with old and new friends.

**Friendly Reminder: Daily Screening and Information from Ottawa Public Health:**

All students must complete the COVID-19 screening every morning and follow the instructions provided by the screening tool. Click this link: [COVID-19 School Screening Tool](#)

This screening tool is also available in [French](#).

Use this updated [Ottawa Public Health flowchart](#) to understand symptoms and isolation requirements.

Remember, if you've received a positive COVID-19 result from a rapid antigen test (RAT) or PCR test, you can report this to our [Voluntary COVID-19 Reporting Dashboard](#).

Packages of rapid antigen tests are available at the school for students who are symptomatic. Please call and we will get one ready for you.

A friendly reminder that if your child is going to be away from school, to please call the absence line and leave a message to save the office staff the time of calling for attendance. Please call [613-830-0244](tel:613-830-0244) and leave a message.

**Food Drive:**

As part of our focus on student and staff mental health we have been talking about the value of helping others and how good this can make us feel to focus our energy on others who need it.

At Henry Larsen, we will be hosting a spring food drive. With Easter, Ramadan and Passover this is an excellent time to reflect on what we have and how we can share with others.

Families wishing to participate can send in canned/ boxed non-perishable food items starting on Monday, April 11th. The food donations will be taken at the end of April to the [Orleans-Cumberland Community Resource Centre](#). We will also be playing PLINKO and accepting online donations for the Canadian Red Cross <https://www.redcross.ca/>. Donations can also be made via SchoolCash Online starting next week.

**World Autism Month:**

We continue to celebrate and appreciate individuals who are on the Autism Spectrum, and recognize their contributions to our community. During morning announcements, we are sharing facts about autism, following the OCDSB's theme of Everyone Belongs: Supporting Inclusion and Wellbeing. For example: "Autism affects everyone differently. If you've met one person on the spectrum, you've met one person on the spectrum!" and "Autism is a part of a person's identity and something to be proud of. This month, we celebrate all of our differences!"

**Important Dates:**

**School Climate Survey (Grades 4-8):** April 4-22

**Easter Weekend:** April 15-18- schools closed

**ASD Speaker Series with Lauren Kerstien:** April 21 from 7-8:30pm ([register at this link](#) or [watch the livestream here](#))

Thank you for your continued support and have a wonderful weekend!

Take Care,  
Amanda and Dianne

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14 April 2022

Greetings Henry Larsen Families,

We had a great week here at the school with some beautiful weather and some wet weather. It's our first Spring at school in a few years (Yay!) Please continue to send extra clothing and shoes/boots with your children so they can continue to play and learn outside as well as inside.

**OCDSB Masking Updates:** Masks are now required again by all staff and students. At the time of this email the OCDSB had not yet released their updated mask exemption form for students. Any mask exemptions will be looked at starting next week.

We continue to encourage mask wearing to help keep our classes and schools open. Please refer to the email sent from the Director on Wednesday April 13th with more details. Thank you for your support and understanding as we support the students with this change.

**Autism Awareness Month:**

We continue to recognize different individuals with autism and their roles or important contributions to society. As part of our learning this month we have classes who are studying artists with autism. Students in Ms. Toivonen's Art Class studied the work of British artist Stephen Wiltshire.

<https://allthatsinteresting.com/stephen-wiltshire>

**Food Drive:**

We continue to collect canned and boxed items until the end of April for the Orleans Cumberland Resource Centre and we have our PLINKO game set up for students who bring in cash for the Canadian Red Cross. Thank you for your support!

**Grade 8 Families:**

**"Going to High School"**, a virtual Grade 8 transition to secondary school information night, will be held on **April 28, 2022 from 7:00 p.m. - 9:00 p.m.** Information and registration are available at [this link](#).

Wishing our families celebrating Easter and Passover a wonderful weekend.



**Important Dates:**

**School Climate Survey (Grades 4-8):** April 4-22

**Easter Weekend:** April 15-18 - schools closed

**ASD Speaker Series with Lauren Kerstien:** April 21 from 7-8:30pm ([register at this link](#) or [watch the livestream here](#))

**"Going to High School":** April 28, 2022 from 7:00-9:00 pm

We look forward to welcoming your children back to school on Tuesday, April 19th. Have a safe and happy long weekend.

Take Care,

Amanda and Dianne

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22 April 2022

Greetings Henry Larsen Families,

The sunshine certainly was beautiful out there today! The weather was a bit cooler this week, and it was a good reminder for students to check the forecast before leaving home in the morning to make sure that they are ready for being outdoors during the day.

As you are aware, masking for everyone in OCDSB schools has returned. Please ensure that your child has a mask to wear at school. We have extras to provide as well. Thank you for your understanding, cooperation and flexibility as we continue to navigate the challenges presented by Covid. The OCDSB has updated their [website](#) with a few new FAQs to answer some of the common questions, including a link to the [mask exemption form](#), if needed, for your child(ren). We understand these adjustments have been challenging for some students and families, and we thank you for your patience and understanding as we implement these changes.

### **School Fundraiser:**

Henry Larsen Elementary School is partnering with Plantables.ca this gardening season for an exciting fundraising opportunity.

### **What Is Plantables?**

Plantables is an exciting new startup (est. 1998) based in Forest, Ontario that grow healthy, hardy and happy fruit and vegetable plants. The best part is, they ship them DIRECTLY to your door, when you want them! That means that no matter how busy you are, how unsuccessful (successful!) you've been at growing plants before, you'll be able to grow brag-worthy fruits and veggies!

All you have to do is pick what plants you want to grow, choose when you want them delivered and wait for your box of garden-ready plants to arrive on your doorstep. Shipping weeks are available from April- June.

### **Here's how it works:**

1. Visit <https://plantables.ca/for/hleshuskies> and fill your online basket with over 30+ varieties of organically grown, garden ready fruit, vegetables and herbs. (All are just \$4.50 a plant and delivery is free after you've filled your first box.)
2. Choose your delivery date and Plantables.ca will grow, love and nurture your plants until you're ready to have them delivered right to your door.
3. Please don't forget to enter the code 'hleshuskies' when checking out and the school will earn 10% of your total purchase. Funds raised will be used for school yard enhancement.
4. When your order arrives, simply open the box, put your seedlings in the ground and wait for the magic to happen.

Please consider supporting the school when you are shopping for your garden this year. No garden? No problem! Most of the plants are container ready. Plus they make a great gift!

Happy gardening!

**[Daily Student Covid Screening](#)**- Please complete this questionnaire **each day** to determine if your child should attend school.

### **Grade 8 Families - Going to High School Information Night:**

OCDSB invites students and their families for the Going to High School information Night on **April 28, 2022, 7:00 p.m. - 9:00 p.m.** This virtual conference, organised by OCDSB's Innovation and Adolescent Learning team, will provide details about the transition from Grade 8 to high school. Discover the curriculum and subject areas available to all incoming grade 9 students, including information about destreaming. [Learn more](#)



**Reminder - Summer International Language Classes (In-Person and Online):**

*Open to students in **Junior Kindergarten to Grade 8** from all school boards*

**Reminder - French and Spanish Summer Camps (In-Person):**

*Open to students in Junior Kindergarten to Grade 8 from all school boards*

[OCDSB webpage for Summer Language classes camps](#)

**Walk-a-Block from OSTA:**

With the congestion that sometimes happens near the school at drop off and pick up times, families are encouraged to park a little further away and “walk-a-block”. [Here is a map from OSTA for Henry Larsen.](#)

**Rapid Antigen Tests:**

If your family is in need of additional rapid antigen tests, please call the school office and we can send a box home with your child.

**Food Drive:**

We continue to collect canned and boxed items until the end of April for the Orleans Cumberland Community Resource Centre and we have our PLINKO game set up for students who bring in cash for the Canadian Red Cross. Thank you for your support!

**Important Dates:**

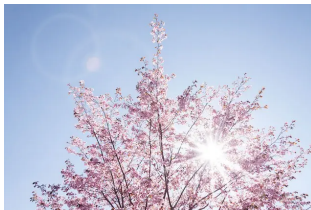
**School Climate Survey (Grades 4-8):** April 4-22

**Going to High School Information Night:** April 28, 2022 from 7:00-9:00 pm

We send our warmest wishes to those families who are celebrating Orthodox Easter



and Ridvan



at this time.

We hope that you have a wonderful weekend!

Take care,  
Amanda and Dianne

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29 April 2022

Greetings Henry Larsen Families,

Finally some sunshine! We are still waiting on a final inspection to open our play structures and the soccer field is almost dried out from the spring thaw.

**School Transportation - Joint Custody Application and Renewal Forms:**

The deadline for NEW Joint Custody applications is June 1. Both homes must be within the attendance boundary and eligible for transportation to apply.

For Joint Custody RENEWALS, the deadline is June 30<sup>th</sup>! Remember, renewals must be done every year. Our convenient fillable renewal form is to be completed by one parent/guardian, providing there are no changes to the existing schedule. Information about Variable Transportation to two homes can be [found at this link](#).

**Administrative Team Updates for the 2022-2023 school year:**

It is with great excitement that we announce that our fantastic VP Dianne Morris will be Acting Principal at Orleans Woods this September. Rebecca Ryan, an experienced VP, will be joining our team here at HLES from Summerside PS, and Amanda Pruner is happy to report that she will be staying as Principal.



EID Mubarak to all families who are celebrating this weekend!

**Rapid Antigen Tests:**

If your family is in need of additional rapid antigen tests, please call the school office and we can send a box home with your child.

**Important Dates:**

**EID:** Sunday, May 1st to Monday, May 2nd

**School Council:** Monday, May 9th

We hope that you have a wonderful weekend!

Take care,  
Amanda and Dianne