



GHOST POST – AUGUST 2024

WELCOME

Welcome back! We hope that you are excited to embark on a new school year that is filled with opportunity and possibilities. We extend a warm welcome to all returning and new students to the 2024-2025 school year at Central. We want to personally welcome back all our Grade 10, 11 and 12 students as well as offer a special welcome to our incoming Grade 9 students. We are so happy that you are joining the Golden Ghost Community. Please review the information below and if you have any questions, please do not hesitate to contact the main office at 519-452-2620. We look forward to having the students back to school on Wednesday September 4th!

Acting Principal – Jennifer Patterson

Acting Vice Principal – Rick Pardo

SCHOOL INFORMATION

Parent Portals

New to TVDSB parents will need to create a Parent Portal, School Messenger, and a School Cash Online account. If you are a current TVDSB parent and have yet to create accounts for the following programs, **please** take a minute now and create an account. You will find all programs easy to use and helpful.

- a. [Parent Portal](#) is your go-to for all things Central and TVDSB. You can find report cards, attendance, and forms in your Parent Portal.
- b. [School Messenger](#) is the attendance reporting program.
- c. [School Cash Online](#) is the boards online payment program for paying for field trips, students fees etc.
- d. Please click on the hyperlinks above to find information on how to register for the above listed program. Thank you!

Student Information & Authorizations

Parents are asked to confirm student information via the Parent Portal as soon as possible and before October 10th to ensure that we have accurate information on file in case of emergency. **There is no need to print the forms and send them to the office.** If you have changes, just click “incorrect” and we will send you a hard copy form to complete. Please call the school if you need to change your address as we cannot update the address until we see proper documentation.

Attendance Portal - SchoolMessenger

Parents/Guardians are to report student absences via SchoolMessenger.

Parents/Guardians are asked to click on the [SchoolMessenger](#) link and create an account before school begins. Information on how to set up an account and how to report an absence/late can be found [here](#). Once you have an account, the application allows you to report a late, an absence and early sign out. You can do these 3 ways:

1) Free Smartphone App: Safe Arrival (most efficient, convenient way)

2) Weblink: www.tvdsb.ca/schoolmessenger

3) Toll-Free Number: 1-844-305-3756

Tip: If you forget to report your child’s absence you will receive a call from SchoolMessenger asking you to confirm their absence. Please listen to the message *in its entirety until you receive a confirmation number*. Otherwise, the approval of absence is not given.

Students with Prevalent Medical Conditions

For students who have prevalent medical diagnoses, such as Asthma, Anaphylaxis, Diabetes, or any other urgent medical condition, parents are asked to submit all necessary documentation and complete the forms in the Parent Portal as soon as possible. If you have any questions, please call the school.

Staying in Touch with the School Community

Parents and guardians are encouraged to subscribe to the school calendar website for information about approved school events: <http://calendar-central.tvdsb.ca/>. We also send important school information to the email(s) we have on file using school messenger. Please also visit our website regularly as we continually keep it updated: <https://central.tvdsb.ca/en/index.aspx>

Student Accident Insurance

For the 2024-25 school year families have the option of two student accident insurance providers to choose from if they wish to purchase insurance for their children.

<https://www.studyinsuredstudentaccident.com/>

<https://insuremykids.com>

Student Pick-up and Drop-off

The parking lot is reserved for staff parking only. The parking lot cannot accommodate student drop-off as it is too congested and becomes unsafe for staff and students in the morning and after school. The city has confirmed that there is street parking available for drop off on Princess Ave., **EAST of Waterloo**, and on the **South side of Dufferin St.** As well, 2 hour 8:00 am to 6:00pm parking is available on the **EAST side of Waterloo from Dufferin to Piccadilly.** **Cars stopped within No Parking areas will be ticketed by the city.**



Daily Schedule at Central

	Regular Day	Assembly Day
Period 1	8:15-9:30 am	8:15-9:15 am
Period 2	9:35-10:50 am	2A 9:20 – 10:20 am 2B 10:25-11:25 am
Lunch	10:50-11:55 am	11:25 am – 12:25 pm
Period 3	11:55 am – 1:10 pm	12:25 – 1:25 pm
Period 4	1:15 – 2:30 pm	1:30 - 2:30 pm

Floor Plan

Please use the following link to access Central's floor plan:

[CENTRAL-MAP-OF-SCHOOL.pdf \(tvdsb.ca\)](#)

Grade 9 BBQ

We will be hosting a barbecue on Thursday September 12th from 4-6 pm. Grade 9 students and families are welcome to attend to meet teachers and staff and enjoy BBQ on our front lawn. There is no cost to participate in this event and vegetarian options will be available.



TIMETABLES & LOCKERS

Student Timetables are now available on the student and parent portals. Student locker numbers are available on students' timetables.

PICTURE DAY

Picture Day is Tuesday September 10th.



DEPARTMENT UPDATES

MATHEMATICS @ CENTRAL

Welcome to a New School Year!

The mathematics department is excited to welcome both our new Grade 9 students and our returning students to a school year filled with challenges and opportunities for growth. We are committed to fostering a learning environment where every student can explore the beauty of mathematics, develop critical thinking skills, and achieve their full potential. Whether you're just beginning your high school journey or continuing to build on your achievements, we are here to support and inspire you every step of the way.

Math Enrichment Club: This will take place at lunch, date and location TBD. This is where we will go to infinity, join our google classroom: [bhxfpyp](#), with your school account.

Central has a long - standing history of success in math contests, if you wish to write a math contest this year, join the Math Contest Google Classroom, [u4y2e4n](#), all contests are done by signing up through the GC. The first contest is September 28. Parents make sure you have set up your school cash online account to pay for contests.

Let's make this year one of discovery, innovation, and success!

News from the Guidance Department

Please check out the Guidance and Learning Support website on the London Central website for updates (central.tvdsb.ca)

Guidance Counsellor Alpha

Students are assigned to Guidance Counsellors based on student surname and grade:

Ms. Brunet – (A-H)

Mr. Cowling – (I-N)

Mr. Hill – (O-Z)

Booking a Guidance Appointment

Students may book guidance appointments online or with their device. Guidance Counsellors will begin taking regular appointments **once all timetable issues have been resolved**. For more information on booking a guidance appointment online, please go to <https://sites.google.com/gotvdsb.ca/london-central-guidance/book-an-appointment>

Course Change Policy

Valid reasons to request a course change:

- Student attended summer school and the course is no longer required
- Student was not successful in summer school
- A course is required for post-secondary program or graduation
- Grade 11 or grade 12 student with enough credits to request a spare
- Change of level in required course

Guidance Office Procedures

Please be aware that our Guidance Office is working through timetable issues. Students are asked to attend their current timetable as posted. Students will be called into Guidance in priority sequence for course changes. Please note that our Guidance Counsellors are not available for regular appointments and responses to phone calls and emails may be delayed due to a high volume of requests.

Learning Support

The Learning Support Team is here to provide students, with Individual Education Plans (IEPs), the accommodations they need to successfully navigate the high school learning environment.

The Learning Support Room is located inside the Guidance Office and is open all day and at lunch. Have a question or need some help? Students are welcome to drop by or to make an appointment to connect with their Learning Support Teacher. Mrs. Abraham and Mrs. Reich are excited to welcome our students, new and *back again*, to another wonderful school year! For more information about our the supports we provide or to make an appointment, visit our website at <https://sites.google.com/gotvdsb.ca/abraham>. We look forward to working with you this year.

Developmental Education

The *Forest City Program*, our Developmental Education program at Central, is ready to welcome our grade 9 students and *new-to-Central* students this fall. Mr. Goodale, Ms. Leyten, Mr. Mendham, Mr. Murray, Mrs. Reich, Mr. Skyba, Mr. Stevens, Mrs. Villani and our many great Educational Assistants, have planned hands-on, practical, and experiential learning activities to make this year another meaningful one. Some things our students can look forward to include Volunteering in the Community, Special Olympics, LTC Bus training, Work Experience Placements, Commercial Foods class, Music and Art classes, and field trips. Get ready for another great year!

Advanced Placement Exams

London Central is glad to provide opportunities for enrichment for our students through AP Exams. While we currently offer one AP course, English Literature and Composition, in conjunction with our Grade 12 University English course (ENG 4UA), students are welcome to study for and write, an exam in the subject area of their choosing. Exams are written in May 2025, on the dates determined by the AP College Board. Registration for AP Exams will begin at the end of September and until Friday, November 8, 2024. There is a fee to participate. Interested Students can join the AP Google Classroom with code: **zs2rj4p**

SCIENCE DEPARTMENT

The science department would like to welcome back all of our returning Golden Ghosts for another year of learning about the science that is all around us. We would like to offer a special welcome to our incoming grade nines. Together we will investigate the marvels of biology, the logic of physics, the integrative nature of chemistry and the importance of how we influence the planet and beyond. While science is a required core subject in grade 9 and 10, Central offers a comprehensive array of courses at the grade 11 and 12 level in Biology, Chemistry, Physics and Environmental Sciences. We are living through interesting times right now and in science we have an opportunity to investigate it all with an analytical lens.

This year we continue to work with new programs in the science department. We have a team of teachers who will be working with the Grade 9 Destreamed Science course. This course will introduce students to topics in Biology, Chemistry, Physics and Space with additional focus on coding and STEM related skills. We continue to offer the grade 10 program with its focus on investigation and inquiry. This will allow students to expand their understanding of the world around them with a greater emphasis on student designed and conducted experimental investigations. Senior students will also have the opportunity to grow in their understanding of biology, chemistry and physics whether they are exploring topics of interest or preparing for their post secondary future. The pace and intensity of these courses will continue to foster a deeper, more robust understanding and ability to make connections amongst scientific concepts.

The science department will continue to support our Golden Ghosts with an extraordinary program. Regardless of the challenges in the coming year we know that our students will continue to show the city of London and beyond the inventiveness and excellence that characterizes the Central Golden Ghosts.

Physical Health and Education

Welcome to Central PHYS ED! Home of the Golden Ghosts!

Get ready to have fun while developing a healthy, active, lifelong lifestyle!

This year in grade 9 Healthy Active Living, we will be placing an emphasis on fun and regular active participation. Physical Education at Central is a great way to meet friends and re-energize from a busy day while enjoying friendly competition in an encouraging female or male class. Physical Education students are required to change daily and encouraged to wear a P.E. uniform. The uniform consists of a purple t-shirt, black bottoms (shorts or athletic pants), socks and running shoes. Central P.E. t-shirts can be purchased

through School Cash Net or from the Physical Education department at a cost of \$8.

Physical activities such as interactive, cooperative games, fitness activities, volleyball, basketball, badminton, tennis and tchoukball will get everyone involved. We will also be bringing indoor **rock climbing** back to the gym for a one week unit. **Health** areas investigated will include topics related to healthy sexuality, substance use and abuse, healthy eating, participation in goal setting, effective communication and leadership skill development. So get ready for a fantastic year!



Carrothers Field, our home field, is a 10 minute walk. In order to leave school property all P.E. students must complete the electronic **Parent/Guardian Consent for the Use of Student Personal Information form** that can be found in the **Parent Portal**.

Thank you,
Central's Health & Physical Education Department

EXTRA-CURRICULAR INFORMATION

September is a busy time for clubs and athletics. There are many opportunities for students to get involved to add to their experience @ Central. Clubs and Teams will share start-up information over announcements during the first few weeks of school. Extra-Curricular involvement is an important element to enriching the high school experience, so get involved!

Geography Club

Celebrations continued last year in Central's prestigious Geography Club under the illustrious presidency of Pavlos. Leo successfully progressed through several rounds of the Level 3 Canadian Geographic Challenge and finished as one of the final 10 participants nationwide. This achievement follows in the footsteps of Kevin, a top 10 finalist in 2023, who is currently studying at Cambridge University. Please join me in congratulating Leo and welcoming him as this year's new Geography Club President!

Bryan was our school winner in the Level 2 Canadian Geographic Challenge. He worked diligently with the Geography Club President, Pavlos, last year's winner! Bryan tied for first place in the provincial competition and was forced into a tiebreaker. Although he did not come out ahead in the end, we congratulate him on his valiant effort.

Please join the Geography Club this year for many interesting discussions, presentations and fun trivia! For more details, please see Mrs. Nielsen in room 310 for more details.

Central HOSA

Central HOSA is a school chapter of the health student-led organization, HOSA Canada. The club focuses on developing a passion for healthcare among its members and preparing them to compete at both the fall virtual conference and the annual national conference in Toronto; The HOSA Spring Leadership Conference. These conferences include many competitive events and workshops that serve to engage students in the healthcare field and provide excellent networking opportunities for aspiring health professionals. Students who are exceptional at their competitions can compete internationally as representatives of Team Canada. Central HOSA remains the only chapter of HOSA Canada in London, Ontario to have sent 6 competitors to the international competitions in Dallas and Houston, Texas in the last 2 years, and we hope to send many more for years to come!



Central's BSA

Central's Black Student Association provides a safe space for Black students to connect and share their experiences. Our club goals are to raise awareness about different issues relating to the Black community and share our culture with the rest of the school in fun and interactive ways! We love to encourage students to participate in cool events such as our bakes sales, potlucks, and various other events during Black History Month!

SCHOOL COUNCIL

School Council is an opportunity for parents and caregivers to get involved in the school. There will be School Council meetings scheduled throughout the year and everyone is welcome to attend. The first meeting will be held on **Monday September 30th in the Library.**



Parents and guardians interested in becoming an executive member of school council can complete a nomination form that will be sent out via School Messenger in September. Roles needed for Council are Chair, Secretary, treasurer and at least one parent volunteer. A student and staff representative will be welcomed to attend as well. Please consider this as the school council can play an important role in engaging or parent community. Election of Roles will take place at our first meeting.

PUBLIC HEALTH NURSE

We are pleased to announce that Jamie Wolfe from the Middlesex London Health Unit will be available to provide confidential support for students each Friday from 8:30-2:30 starting Friday September 13th. Students may access the health nurse in the main office.