

# THE GHOST POST

## November Update – Third Edition



### STAY CONNECTED

Change of address?  
Change your phone  
number? Please keep  
us informed!

### TO REPORT ABSENCE

Please use  
SchoolMessenger Safe  
Arrival to report student  
absences via the  
website, phone or the  
app!

### PARKING

Please be reminded that  
there is no student  
parking at London  
Central Secondary  
School.

### BUSING

Busing information is  
available at:  
[www.mybigyellowbus.ca](http://www.mybigyellowbus.ca)

### PARENT PORTAL

Register for the PARENT  
PORTAL for access to  
daily attendance and  
academic updates.

### Student Senator Update

Thank you to all students who put their application forward to be a Student Senator for our school. We had so many outstanding applications this year! Congratulations to Harini S. and Ariyan H. who have been selected to represent London Central at the Thames Valley District Board's Student Advisory Council.

### Nutrition Breaks

Students are reminded to bring snacks and a water bottle each day for use in their morning nutrition breaks.

### Lunch and Study Hall Reminders for Quadmester Two

As a reminder, if students choose to stay for lunch, which begins at 12:35pm, they must bring their own lunches to school and they must bring all items home with them. Recycling will not be available for lunch materials. Students who remain at school will eat their lunches in their classrooms with their cohort. Should a student leave the school at lunch, they will not be permitted back into the school, or on school property, until five minutes prior to the start of the afternoon Study Hall which begins at 1:30pm. The front doors on Waterloo Street will be open for re-entry at 1:25pm and students who wish to return must enter by 1:35pm. Study Hall will take place in the assigned classroom. Students will have the opportunity for self-study. Please note that attendance will not be taken during Study Hall. The Study Hall period ends at 2:30pm.

### Family Studies Foods Labs

Last quadmester, students did an excellent job of preparing foods in the Grade 10 and Grade 12 Food and Nutrition courses. Using enhanced safety protocols and working in physically distanced food labs, students worked in the kitchens regularly. Students created meals to for disease-related or allergy-related food needs including osteoporosis, osteoporosis with lactose intolerance, high blood pressure, gluten allergy, and lactose intolerance.



### TVDSB Every Student Belongs Survey

Last week, families were e-mailed information about the Thames Valley School Board's upcoming "Every Student Belongs" Survey. Students in Grades 7-12 can learn more about the survey at: [www.tvdsb.ca/everystudentbelongs](http://www.tvdsb.ca/everystudentbelongs).