

**TYNDALL PARK**



**TITANS**

**TYNDALL PARK COMMUNITY SCHOOL  
2221 KING EDWARD STREET  
WINNIPEG, MB R2R 1M5  
PHONE: 204-633-0065  
FAX: 204-632-5953**

# OCTOBER



## DATES TO REMEMBER

October 5th-AM-Grade 6  
Immunizations

October 10th-No School-  
Thanksgiving Day

October 21st-No Classes-  
Inservice

November 11th-No School-  
Remembrance Day

November 18th-No Classes-  
Inservice

## THANK YOU TYNDALL PARK STUDENTS & FAMILIES

Once again our Terry Fox Run was a great success thanks to the generosity and kindness of our Tyndall Park students, families and staff!

Together we raised \$491.00 that will be donated to the Terry Fox Foundation!

We would like to thank Ms. Dow for organizing the run and the students for their participation. Good job!

# Healthy Food In Schools

HEALTHY KIDS | HEALTHY SCHOOLS | HEALTHY COMMUNITIES

## Tips for Packing Peanut Free Snacks

Are you looking for peanut-free snacks to pack for school? The information below will help.

- Read**
- Read the labels on packaged foods to ensure they do not contain peanuts or peanut products EVERY time you shop. Ingredient lists can change.
  - Look for the CONTAINS/MAY CONTAIN statement on the label, especially when there are ingredients that may contain peanut.
- Avoid**
- Bulk foods as there is no list of ingredients.
  - Processed foods that do not have an ingredient list or a list that is unclear (e.g.: some imported foods, bakery items or baking mixes).
- Wash**
- Hands
  - Counter Tops or Cutting Boards
  - Utensils
  - Containers
  - Dish Cloths



If you have peanuts or peanut products in your home, they may have touched your hands or kitchen equipment. Wash before preparing a peanut safe snack.

See other side for some tasty snack ideas. Include a small frozen cold pack to keep perishable foods cold (remind child to bring it home!).

Note, the information in this fact sheet does not replace any advice given by a doctor and does not provide all of the necessary information to manage food allergies. The food suggestions do not exclude all potential allergens.

- For more information on Allergy Awareness when Packing School Lunches from Health Canada go to [http://www.hc-sc.gc.ca/fr-an/securit/kitchen-cuisine/school-lunch\\_repas-ecole-eng.php](http://www.hc-sc.gc.ca/fr-an/securit/kitchen-cuisine/school-lunch_repas-ecole-eng.php)

Call toll free for assistance from the School Nutrition Support Team—1-888-547-0535

Visit our website: [www.gov.mb.ca/healthyschools/foodinschools](http://www.gov.mb.ca/healthyschools/foodinschools)

Manitoba 

# Healthy Food In Schools

HEALTHY KIDS | HEALTHY SCHOOLS | HEALTHY COMMUNITIES

The list below includes lots of “packable” snack options for different appetites and food preferences. (Note, ALWAYS check the ingredient list. When baking or cooking check the ingredient list of all products you are using).

- Celery Sticks Stuffed with Soft Cheese
- Mini Tuna Bun
- Whole Grain Crackers and Cheese
- Greek Yogurt
- Cookie and Milk
- Whole Grain Cereal with Milk
- Homemade Muffin with Apple
- Whole Wheat Turkey Pita
- English Muffin with Cheese Stick
- Parmesan Popcorn
- Crackers with Sliced Hard-boiled Egg
- Popsicle Stick Kabob (can be made with fruit, meat, cheese, cherry tomatoes, and/or chunks of bread)
- Fruit Cup
- Apple or Fruit Sauce
- Hummus and Pita Wedges
- Yogurt Tube
- Mini Bagel with Soft Cheese

**Need Variety? Try out these vegetables— serve plain or with a dip.**

- Carrot Sticks
- Celery
- Snap Pea
- Cherry Tomatoes
- Pepper Strips
- Radish
- Cauliflower
- Mushroom
- Turnip Sticks
- Broccoli
- Cucumber
- Zucchini



**Need Variety? Try out these fruits— serve plain or with a dip.**

- |                   |                |                |
|-------------------|----------------|----------------|
| • Sliced Apple    | • Cherries     | • Blackberries |
| • Small Banana    | • Green Grapes | • Blueberries  |
| • Mandarin Orange | • Pears        | • Strawberries |
| • Melon Chunks    | • Pineapple    | • Plum         |
|                   | • Tangerine    | • Red Gapes    |
|                   | • Peach        | • Grapefruit   |
|                   | • Nectarine    | • Mango        |
|                   | • Kiwifruit    | • Papaya       |

**Full Year  
of  
Coverage**



# Student Accident Insurance



**You mean  
you don't have  
Student Accident  
Insurance?**

**Purchase a Plan Today!**

visit [manitobastudentinsurance.ca](http://manitobastudentinsurance.ca) or call us at 1.800.463.5437

## Who is Eligible?

Children are eligible for coverage if they are:

- a) more than 6 months old;
- b) less than 27 years old; and
- c) live in Canada, except the province of Quebec.

If a child is 14 years old or older at any time during the Coverage Period, they must be a full-time student within the 12 months prior to any claim. We define a full-time student as being enrolled in a minimum of 3 courses at the same time, during any 4-month period.

If you have children enrolled in different schools or school boards, they may all be insured under one policy.

Endorsed by:

MANITOBA

**School Boards**  
ASSOCIATION

Program Arranged by:  
HUB International & Milco Insurance

Underwritten by:



## Protect your loved ones 24/7 with student accident insurance

### Get the financial protection your family needs.

If your child is involved in an accident, whether at school or during non-school hours, student accident insurance protects your family from the resulting expenses, which are not normally covered under your government health and group insurance plans.

### The Platinum Plan - our best selling plan - only \$42/year

For only \$42.00 a year, the Platinum Plan offers our best value in 24/7 accident insurance coverage. Plus, it is our only plan to offer out-of-province emergency medical coverage (up to \$200,000) plus other travel benefits.

#### Are you sure your child is covered?

Government health plans and employment plans offer limited coverage. We help to fill in the gaps.

#### How much of a difference can Student Accident Insurance really make?

Example: A 12 year-old was riding a bike. The student fell over the handle bars, fractured a wrist and cracked several teeth.

	Platinum Plan	Without Student Accident Insurance
Annual Premium	\$42	\$0
Dental Treatment	\$0	\$1,515
Chiropractic Treatment	\$0	\$361
Prescription Medication	\$0	\$81
Expense Reimbursement	\$0	\$250
Out of Pocket Expenses	\$42	\$2,207

## Three Plans to Choose From! Benefits\* Include:

	Platinum Plan	Gold Plan	Silver Plan
24 Hours/Day Coverage	✓	✓	✓
Out-of-Province Emergency Medical & Other Travel Benefits	\$200,000	n/a	n/a
Total & Permanent Disability**	\$350,000	\$150,000	\$75,000
Loss of Limb/Loss of Sight, Hearing or Speech**	\$150,000	\$150,000	\$75,000
Accidental Death	\$30,000	\$20,000	\$15,000
Unlimited Accidental Dental	10 years	10 years	10 years
Per Tooth After 10 Years	\$1,650	\$1,400	\$1,250

\*Benefit limits vary based on plan chosen and the insured's age.  
\*\*Only one of these two benefits is payable per child in the event of an accident. For complete descriptions of benefits, benefit limits, conditions, limitations and exclusions, please view the policy online at [www.manitobastudentinsurance.ca](http://www.manitobastudentinsurance.ca).

#### 3-Year & 5-Year Plans

##### Save time and money!

One quick purchase is all it takes to get multiple years of coverage!

#### Effective date of insurance

Coverage under the Policy begins on the date when we, Old Republic Insurance Company of Canada, or our authorized representative receive your completed application and the premium.



#### Termination of insurance

For all plans, coverage ends on the earlier of: a) the expiration date shown on the confirmation of coverage; or b) the date you no longer meet the Eligibility conditions.



# October



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
PLEASE NOTE: TIMES AND DATES MAY CHANGE OR BE CANCELLED FOR THE DAY						1
2	3 DAY 1  GRADE 5 & 6 INTRAMURAL FOOTBALL	4 DAY 2	5 DAY 3  GRADE 6 IMMUNIZATIONS	6 DAY 4	7 DAY 5  GRADE 5 & 6 INTRAMURAL FOOTBALL	8
9	10  Happy Thanksgiving	11 DAY 6  GRADE 5 DRAMA CLUB-NOON	12 DAY 1  GRADE 5 & 6 INTRAMURAL FOOTBALL	13 DAY 2	14 DAY 3  GRADE 5 & 6 INTRAMURAL FOOTBALL	15
16	17 DAY 4  GRADE 5 & 6 INTRAMURAL FOOTBALL	18 DAY 5  GRADE 5 DRAMA CLUB-NOON	19 DAY 6  GRADE 5 & 6 INTRAMURAL FOOTBALL	20 DAY 1	21 DAY 2  NO CLASSES-INSERVICE	22
23	24 DAY 3  GRADE 5 & 6 INTRAMURAL FOOTBALL	25 DAY 4	26 DAY 5  GRADE 5 & 6 INTRAMURAL FOOTBALL	27 DAY 6	28 DAY 1	29
30	31 DAY 2 	GRADE 5 DRAMA CLUB-NOON	MUNICIPAL COUNCIL & SCHOOL BOARD ELECTIONS			