



All events, teams and clubs take place during the school day unless otherwise noted.

Monday, October 14 - THANKSGIVING - NO SCHOOL

Tuesday, October 15, - Day 9

- Intermediate Girls Volleyball
- Intermediate Intramurals
- Knitting Club

Wednesday, October 16 - Day 10

- Intermediate Girls Volleyball
- Intermediate Boys Volleyball
- Junior Rubik's Cube Club
- Robotics Club (Junior and Intermediate)

Thursday, October 17 - Day 1

- Stand UP
- Intermediate Boys Volleyball
- Knitting Club
- Robotics Club (Junior and Intermediate)
- Chips For Sale to Jr/Int. Students \$2 per bag

Friday, October 18 - Day 2

- Intermediate Boys Volleyball
- Intermediate Girls Volleyball
- Robotics Club (Junior and Intermediate)
- Pizza Day

VOLUNTEERS NEEDED

We are in desperate need of some bingo volunteers to fill upcoming shifts. Please contact Corrina at garrisonbingo@gmail.com if you are able to help.

PARENTS - SHOWCASE YOUR STUDENT!

If your child has success outside of school, we would love to share their passion and dedication with the school community. Perhaps they are involved in gymnastics, football, taekwondo or soccer and have done something great! Send us that information so we can share it in this weekly family memo, feel free to include a photo if you would like us to share that in our weekly memos.

JIU JITSU



Congratulations to Harper M. for winning gold at the Buffalo Open Brazilian Jiu Jitsu tournament recently! What an amazing accomplishment.

HORSEBACK RIDING



Phoebe has been taking horseback riding lessons for 8 months and had her first showcase recently. She received 1st, 2nd and 3rd place rankings in her three dressage competitions. Super job Phoebe!

Online safety: Keeping your children safe

October is Cyber Awareness Month. During the month, Ontario students will be encouraged to learn about online safety at school.

Here are some tips to help parents continue the conversation at home.

-  Learn more about social media, virtual reality and video games to better understand where your children are spending time online.
-  Balance your own time spent on and off devices and encourage your child to do the same.
-  Be aware that they are watching your digital interactions and behaviours – both positive and negative – and may copy them.
-  Have open discussions with them about your and their online experiences.
-  Stress the importance of strong passwords, using different passwords for different accounts and devices, and not sharing passwords with others.
-  Discuss news about online scams to raise awareness about potential threats.
-  Teach them to be cautious when meeting new people online where interactions can sometimes be disturbing, threatening and harmful.
-  Show them how to spot suspicious links, attachments and requests for personal information.
-  Encourage your children to clean up or back up personal information, files, unused apps, downloads and images to protect privacy.
-  Encourage your kids to use trustworthy websites.

Find out more

A series of privacy and online safety resources are available for parents, students and educators:

- Education Collaborative Network of Ontario:
www.ecno.org/cyber-awareness
- Information and Privacy Commissioner of Ontario
www.ipc.on.ca/en/resources/children-and-youth
- Ontario Cyber Security
<https://cybersecurityontario.ca/k-12>