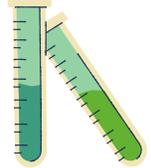
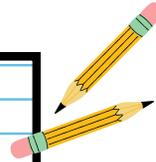




# OAP NEWS

September  
2023

Welcome Back! We are all so excited for a new school year! This is our first newsletter of the year, make sure to check our facebook or webpage at the beginning of every month for our newsletter. It is also shared on seesaw. It contains important dates, information and some nice photos of the previous month!



## What's happening at OAP?

- Drop off time JK-3: Doors open at 8:35, class starts at 8:45
- Pick-up time JK: Please have students picked up by 3:15
- Pick-up time K-3: Students will be brought to the front of the building at 3:15
- Photo day September 19th: any kindergarten or JK students who do not have class on the 19th can either be brought in for photos or can wait until retake day to have their photo taken. Please do not wear green.
- Please send students with enough lunch and snacks for the day.
- Hot Lunch: Unfortunately, we do not have hot lunch set up at this time
- We will be working with PAL reading volunteers again this year, your teacher may be in touch if they feel your child would benefit from this program
- School Council AGM will be September 27. Please join us for a parent mixer at 6:45 followed by the AGM at 7:15pm.

## Upcoming events:

- Sept 15 Terry Fox Walk
- Sept 19 Photo Day
- Sept 27 School Council  
Parent mixer @ 6:45pm,  
AGM @ 7:15pm
- Oct 6, Oct 9 No School
- Oct 11 Photo Retakes



## Stay in touch :

Please allow for 24 hours for a response.



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## Reflections on Back to School

I am one of those parents that feel all the things, big, small and everything in between! Perhaps not everyone can relate, so this is for those that also feel big when it comes to their kids. My husband thinks I am strange, being such an emotional human. Yet, I am grateful his feet are firmly planted on the ground. He is my buffer and shield when I feel too much. For those parents who feel all the things, I hope you have someone in your life that gives you a safe place to land, especially at this time of year when there are many new changes, hard goodbyes, see-you-laters, and letting go.

There is a saying that when you become a parent your heart is forever walking outside your body. This is so true, particularly each September when it is time to send kids back to school. Whether you are dropping your “baby” off for their first day at junior kindergarten, or a new school, to junior high or high school when you are certain you are feeding them to the wolves.

That feeling may come over you when you watch them at their piano recital, at their first race for track and field, at their Christmas concert, or delivering a speech at a school assembly. You may feel it profoundly when you watch them nervously bite their lip or play with their fingers, scanning the crowd for your familiar face and smile.

That feeling may come in strong and fierce when you watch them walk across the stage to receive their high school diploma, or say goodbye at the airport, or leave them at a university campus and drive away.

That feeling is a part of your heart, raw and tender, that is physically outside of your body. It is vulnerable and exposed. That feeling is pieces of your heart which leaks unconsciously out your eyes and down your cheeks. That feeling is love, pride, joy, excitement, heartache, perhaps a little guilt or regret.

I don't know what it is like to not feel these things and I sometimes envy those parents (like my husband) that can meet such milestones with nothing but happiness, elation and relief.

No matter what you feel as a new season starts, know and trust that you have loved, taught and prepared your kids for the next chapter. They are ready. You have done your job and have done it well.

For those like me, I see you with your red eyes, the tissue crumpled in your clenched fists, the deep sighs as you desperately put on a brave face.

I see you.



This article was written by Tammy Charko BA, BSW, RSW. Tammy is Northern Gateway Public School's Student Support Facilitator. She is a support and advocate for students and families promoting wellness and success in school. Tammy has been a Registered Social Worker for more than 24 years and is a mother to 4 children; 1 in high school and 3 in university.