

ISSUE 1


# THE NEWCOMER MOM

What to pack  
in your child's  
lunchbox

**3** Things  
to know &  
expect before  
school starts



North York  
Community  
House



Welcome to The Newcomer Mom - a magazine for newcomer moms.

This magazine is for newcomer mothers who have children in daycare, kindergarten, elementary and middle school.

In this magazine, you will find tips about the Canadian community that will help you to feel more confident in your new life in Canada.

# Hello, Moms!

In this issue, you will find out:

- What your child and you can do before the school starts
- What your child and you can expect on the first days of school
- What you can put in the lunchbox
- What items your child needs to pack in the backpack
- What your child needs to put in the locker

Also, you will play a fun quiz to discover:

- Who works in the school
- What each person does.

We hope you will find this magazine useful!

If you need support, feel free to contact the settlement workers at your school!



## THREE things to do the day BEFORE school starts!

School is about to start, and it's very normal to feel anxious.

1

So...the first thing to do is: don't worry, relax and enjoy this special day with your child! Your child will meet new friends and will meet their teacher. And if your child doesn't speak English, you don't have to worry about it because the school will create a welcoming environment.



2

The second thing is: Find out what time they have to be at school. It is better to be 15 minutes before the school starts. For example, if the school starts at 9am, it is better to get to school at 8:45am.



3

And the third thing is: Decide the day before what to put in your child's lunch box and what snacks your child can bring.

Oh, one more thing: There is no uniform in public schools. So it might be better to decide on what to wear the day before. There is a uniform Catholic schools. The school will give you all of the information you need.

Everything will be fine!





## THREE things to EXPECT on the first day!

The big day has arrived: the first day of school.

Here is what you can expect!

1

When you arrive at the school, on the entrance door you will find the list that tells you the number of the classroom and the name of the teacher. Keep in mind that some schools might have a different approach.



2

For dropping off your child at the school and for picking them up, follow the school's messages.



3

Don't feel worried about your kid spending the first day at the school. The teacher will create a welcoming environment and your child is in a safe place.

If something happens the school will get in touch with you.

Enjoy the first day of school!



# The Backpack, the Lunchbox and the Locker



If you want to know more about what to put in the:

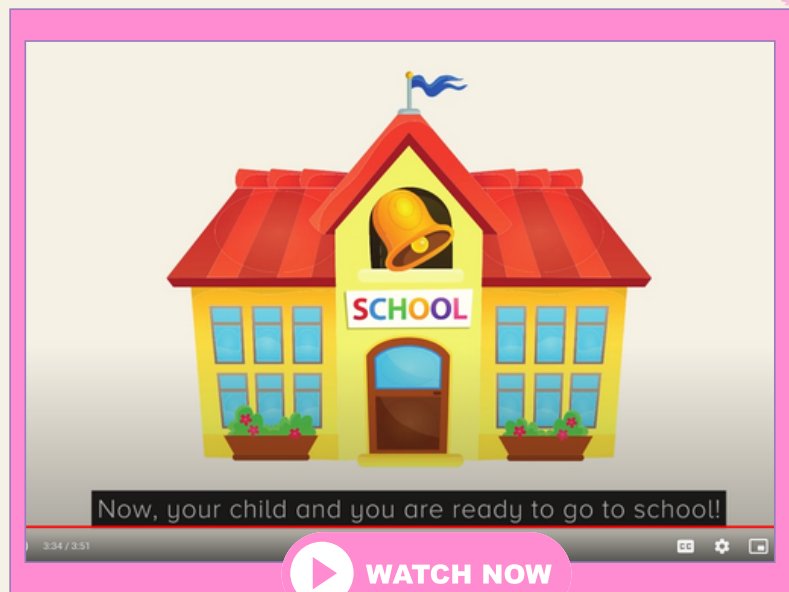
- **backpack**
- **lunchbox**
- **locker**

We have a video for you! Watch this video and if you have any questions, get in touch with us!

If you want to know more, click on these two links:

- [Canada's Food Guide](#)
- [Safe school lunches](#)

Special thanks to Bharti Lokre for her content contributions



# The Lunch Box

## What can you give your Child for Lunch?

It's time to pack the lunch box for your child. What foods can you pack for lunch? This is what you can put!

Vegetables and Fruits	Whole Grain Foods	Protein Foods
<ul style="list-style-type: none"><li>• Cherry tomatoes</li><li>• Baby carrots</li><li>• Apple, banana, clementine, orange (in slices)</li><li>• Canned fruit in water</li><li>• Frozen or dry fruit</li></ul>	<ul style="list-style-type: none"><li>• Crackers</li><li>• Flatbread (roti, chapatti, naan)</li><li>• pita, tortilla</li><li>• Brown rice cakes</li><li>• Grains (for example quinoa, brown rice, bulgur, whole wheat couscous, whole grain pasta)</li></ul>	<ul style="list-style-type: none"><li>• Beans, chickpeas, lentils</li><li>• Roasted chickpeas</li><li>• Edamame, tofu</li><li>• Hummus or bean dips</li><li>• Cheese (in cubes)</li><li>• Yogurt dips (e.g. tzatziki, raita)</li><li>• Plain white milk</li><li>• Hard-boiled eggs</li><li>• Canned light tuna or salmon</li><li>• Leftover chicken or meat</li></ul>



### One thing: Pack lunches that do not have nuts

Some foods, such as nuts and nut butters, are not allowed in schools due to nut allergies among some students. Always follow your school's rules.

### A few things to remember:

Plan and pack the lunchbox with your child

Pack foods that your child enjoys

Ask your child to bring home the food that they didn't eat at school. Why? You will know how much they ate.



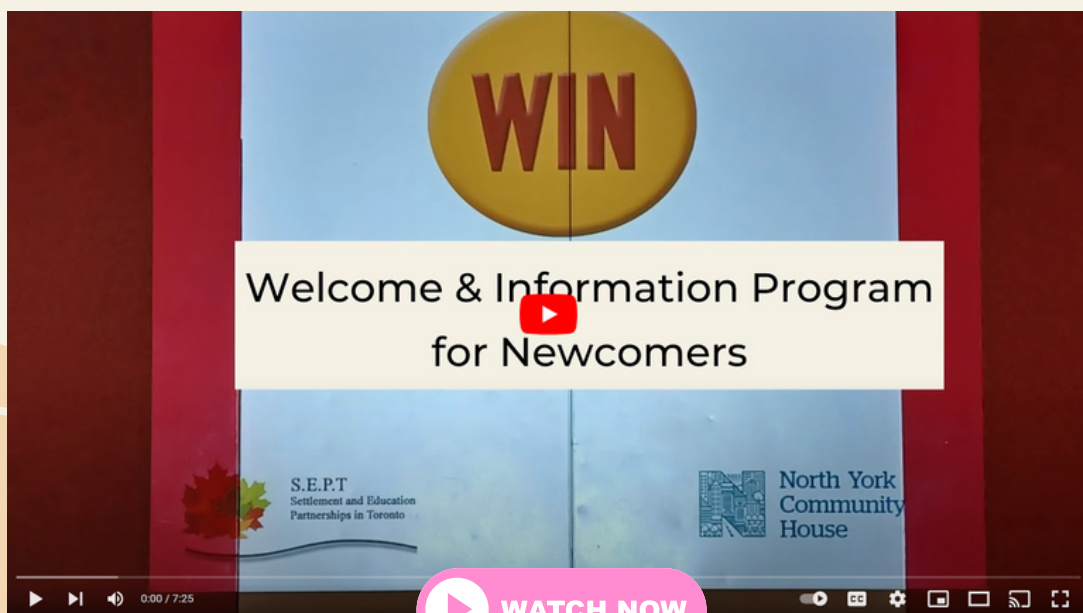
At the beginning of the year, NYCH organizes the WIN Program which stands for:

## Welcome Information for Newcomers



It is a one-day program where you can get information about how the school works and how the education system in Canada works.

Get in touch with your settlement worker about this program in your area. This is what we did last year at the WIN Program with Bharti



## Improving your English!



Do you want to know who works in the school and what they are called?

Do you want to know what you have to do if your child is sick?

We're going to play a game called,

**"Guess Who?"**



# GUESS WHO?

We will try to guess who the people are.

**Instructions: Find the missing letters.**

## GAME 1

1. Pri\_ \_ipal and V\_ \_e-pri\_ \_ipal
2. The E\_ \_ teacher
3. The \_ \_ \_ \_her
4. The se\_ \_lement w \_ \_ \_er
5. The Office Administrator / The School Se\_ \_ \_tary
6. The School Li\_ \_ra\_ian

Now, we will try to guess what each of these people does in the school.

**Instructions: Choose the right answer.**

More than one correct answer is possible!

#1

### The Principal & Vice-Principal..

- a. Solve problems among students
- b. Are responsible for the safety of the students
- c. Make sure that students follow the rules.

#2

### The ESL teacher helps my child...

- a. To understand basic grammar and vocabulary
- b. To improve their reading and listening skills
- c. To improve their writing skills
- d. To improve their speaking skills

\*Answers on p9

# GUESS WHO?

#3

## **The Teacher...**

- a. Helps my child if they don't understand what they do in class
- b. Gives homework
- c. Checks assignments and gives marks
- d. Prepares the report cards
- e. Meets with me at parent-teacher interviews

#4

## **The Settlement worker...**

- a. Is at the school where my child goes
- b. Can help me with information about community services
- c. Can help me to connect with people who speak many languages

#5

## **The Office Administrator / the School Secretary can...**

- a. Connect me with the Principal and Vice-Principal
- b. Sign my child in when if they are late
- c. Sign my child out of school if they are leaving early
- d. Keep items that are lost in the "lost and found" section
- e. Call me if my child is feeling sick

#6

## **The School Librarian helps my child...**

- a. To find information for school projects and assignments
- b. To access the computers in the library
- c. To find books that my child enjoys

# ANSWERS

## GAME 1

### **The Answers**

1. Principal and Vice-Principal
2. The ESL teacher
3. The Teacher
4. The Settlement Worker
5. The Office Administrator / The School Secretary
6. The School Librarian

## #1-6

### **The Answers**

All of the answers to each question are correct!

Now, you know what each person does at the school where your child goes to.



**North York  
Community  
House**

## Who we are?

North York Community House (NYCH) is a dynamic, multi-service neighbourhood centre that has been working with residents in under-resourced and low-income neighbourhoods of northwest Toronto for 30 years.

## What do we do?

We are committed to building strong, vibrant communities, and we do this by engaging residents, understanding their needs, and supporting them in achieving their goals.

As a result of our work:

- newcomers are able to develop the skills, knowledge, and connections to settle, gain employment and build successful lives in their new home;
- children and youth are supported in becoming active, healthy citizens - gaining the skills, knowledge, and self-esteem they require to meet their long-term goals; and
- local residents are provided with training and opportunities that enable them to become leaders in improving their own lives and their neighbourhoods.

## How can we help you?

Learn more about our programs and services on our [website](#).

