

The Panabaker Chronicle

Dear Families,

As the new school year has begun, our students arrived full of excitement, eager to embrace new challenges and embark on fresh adventures. We are thrilled to share that our reorganization process is now complete with the opening of a brand-new Kindergarten class! We sincerely thank all our parents, students, and dedicated school staff for making the first month of school such a productive and successful start.

September was a busy and inspiring month, and now, as October unfolds, we are excited to focus on Equity and Well-Being as key priorities in our Multi-Year Strategic Plan.

With the 2025-2026 school year in full swing, we warmly encourage you to continue being an active part of your child's learning journey here at Frank Panabaker. Together, we can create meaningful opportunities that support the growth and success of every student.

On behalf of the entire Frank Panabaker staff, we wish you and your family a joyful and restful Thanksgiving!

Warm regards,
Mr. Fede & Mrs. Baggio



October Happenings

Dates to Remember:

October 2 - National Custodial Workers' Day
October 5 - World Teachers' Day
October 6 - Cross Country
October 9 - Picture Day / Meet the staff / Book Fair / School Council
October 13 - Thanksgiving (No School)
October 23 - Pumpkin Stroll (4-8PM)
October 24 - PA Day
October 31 - Halloween

Save the date!

Meet the Staff

4:30 PM-6:30 PM

**School Council to follow
(South Learning
Commons)**

**Curbside Food Truck will
be onsite!**

Responding

As a school, we will hold students accountable for the language they use. Everyone has the right to safe and inclusive spaces that are free from discrimination and harassment motivated by bias, prejudice and hate. It is our collective responsibility and obligation to **stop**, **address** and **support** when acts of bias, hate or prejudice occur. Behaviours or actions in school that intentionally or unintentionally harm others based on the person's ancestry, national or ethnic origin, race, language, colour, religion, sex, age, disability, sexual orientation, gender identity or expression must be addressed. I am sharing a graphic that we use to address these issues. These acts are never acceptable and will result in progressive discipline which can include suspension.

All students, staff, parents/guardians/caregivers, and visitors at HWDSB have the right to safe and inclusive spaces that are free from discrimination and harassment motivated by bias, prejudice and hate.

It is our collective responsibility and obligation to stop, address and support when acts of bias, hate or prejudice occur.

Behaviours or actions in school that intentionally or unintentionally harm others based on the person's ancestry, national or ethnic origin, race, language, colour, religion, sex, age, disability, sexual orientation, gender identity or expression must be addressed.



1: INTERRUPT

- Stop the harmful act with a firm and fair tone of voice to show all present that the behaviour is being addressed.



2: IDENTIFY

- Explicitly label the form of harassment and focus on the unacceptable language being used. E.g. "That comment is racist/transphobic/etc."
- Focus is on the language, not the individual.



3: EXPLAIN and SUPPORT

- Ensure the immediate safety of the individual(s) impacted. Ask how you can support their well-being.
- Use emotion coaching to validate their experience and communicate their importance to the school community.



4: ASK FOR CHANGE and REPORT

- Explain that the incident will be reported, and that the student should not use that unacceptable language again.
- Document and report the incident, and follow-up with all impacted.



5: ENSURE ACCOUNTABILITY

- All HWDSB staff have an obligation to stop actions of discrimination and harassment, and to take proactive measures to create inclusive learning environments for all students.
- Ensure the above steps are followed, students are supported, and the incident is properly reported.

Halloween at Panabaker is still in our planning stage!

More information to follow!



Safe Schools Safety Awareness Month: “Prepared Together, Safe Together”

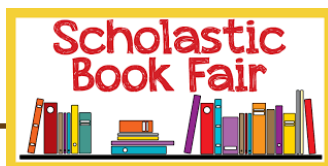
From the last week of September through mid-November, our school will be participating in Secure Secures Safety Awareness Month.

This initiative helps us gently practice important safety procedures, including fire evacuation, lockdown, hold and secure, shelter in place, and bomb threat response. We understand that drills may bring up different feelings or memories for some students, especially those with past experiences of conflict or emergencies. Our staff will approach each practice with care and reassurance.

You may hear your child talking about drills or safety activities. Please encourage open conversations and let them know it's okay to have feelings or questions about these practices. Together, we can support students in feeling safe, prepared, and cared for at school.



Explore a world of stories at the Scholastic Book Fair during our Meet the Staff event on Thursday, October 9th! With books for every reader, this is an exciting opportunity to nurture a love of reading while supporting literacy and helping our school grow its resources.



We can't wait to see you there!

4:30-6:30

North Site Gym

Terry Fox Run

On Friday September 26th, our students did an amazing job by showing their support for Terry Fox. Students ran/walked around our school and field numerous times. Thank you to everyone who donated for such a great cause! Our goal was \$2700 and together we raised over \$4000 for the Terry Fox Foundation!

Thank you to Mr. Waterhouse for organizing this amazing event!



MEDICAL ALERT

Just a reminder that Frank Panabaker school is a NUT FREE School. We have both staff and students with severe life-threatening allergies to peanuts and tree nuts. Do not send any nut products to school with your child. Thank you!



Sports Update!

Congratulations to our Sr Girls 3 Pitch on their Silver Medal! They went undefeated in Round Robin and came up just shy of a Gold Medal in a tight 11-13 game against a very strong Lawfield team. Not only did they finish the day with an incredible record and a Silver Medal, they showed what Panabaker athletics are all about!

What an amazing day of ball for our Jr Girls 3 Pitch team as well! The day started with a narrow 6-8 loss to Dalewood (who would advance to the finals in the end) and then went undefeated for the rest of the day. Throughout the day each player showed tremendous effort, positivity and sportsmanship.

Way to go Pumas!- Coaches Fox & Bondy

The Junior Boys 3-Pitch team had an amazing tournament day at the Ancaster Rotary Center on September 25. The team played 4 games and won 3. They showed skill development, good sportsmanship and PUMA PRIDE!

Way to go team! - Coaches Lisson & Jack

Our senior boys' 3-pitch team had an impressive showing at their tournament on September 22nd at Turner Park!

The team won 4 out of 5 games in the round robin, finishing in a tie with Ancaster Meadows and R.A. Riddell. Thanks to a stronger 'runs against' score, our Pumas secured first place in the Mountain West AA division and earned a spot in the championship game against Mountain East champions, Bellmoore Elementary.

Although Bellmoore's strong hitting and solid defence led to an 11-3 loss for our team, the boys played with heart and determination throughout. They proudly took home silver medals and celebrated a tournament filled with teamwork, effort, and great sportsmanship.

Way to go, Pumas! - Coach Fairley

Our grade 3-8 Cross Country team will represent Frank Panabaker at Christie's Conservation Area on October 7!



Mobile Devices - Reminder

Students must not use their personal electronic devices (e.g., cell phones, laptops and tablets) during the instructional day, unless directed to do so by an educator.

- Students in Kindergarten to Grade 8 must have their devices stored out of view and powered off (or on silent mode) throughout the full instructional day (school day), including nutrition breaks unless permitted by the educator

Students are responsible for their personal mobile devices and how they use them. If an educator sees a personal mobile device not stored out of view and powered off, the student must hand it in for the instructional day. It will be placed by the student in a storage area in a location designated by the educator.



Interested in Volunteering?

We're excited to welcome volunteers at Frank Panabaker this year! More details about the volunteer process will be shared shortly. In the meantime, if you're interested in volunteering, please ensure you have a **current Vulnerable Sector Screening (VSS)** completed.

We are currently reviewing the volunteer packages we have on file and will contact you directly if an updated form is needed.

Thank you for your support!

From the office:

- Please take a moment to log into the Parent Portal to update your contact information and complete media consent and medical forms. Keeping this information current helps us stay connected with you. [Parent Portal](#)
- We kindly ask that you continue using School Messenger to report any absences, late arrivals, or early pick-ups. If you plan to pick up your child before dismissal, please notify the office before 2 PM. Additionally, if you inform your child's teacher about absences or early dismissals via email or notes, please also make sure to notify the office.
- When sending birthday treats, we ask that all items be individually wrapped and nut-free. Alternatively, we encourage sending non-food items such as pencils, erasers, or other small gifts to celebrate the occasion safely for all students.



CAA School Safety Patrol Program

The CAA School Safety Patrol Program is a youth-focused road safety and leadership initiative for students.

Frank Panabaker has 23 school buses and this is why we decided to take on this new initiative! Our student bus patrollers will be trained to help keep their peers safe while on school buses. Training for students who have been selected will occur on Wednesday October 8th.

Thank you to Mrs. White who is leading this amazing initiative!



Lost & Found Alert!

Does anything in this photo look *mysteriously familiar*? If your child has recently misplaced a favorite hoodie, a sneaky water bottle, or maybe even that one elusive mitten, it's probably hanging out in our Lost & Found at the North Site, patiently waiting for a reunion.

Come by and claim your treasures before they start making new friends!



Get Your Frank Panabaker Spirit Wear!

Show your Puma Pride in style!

We're excited to launch our official Frank Panabaker Spirit Wear Store – now open for a limited time only!

 Hoodies,  T-shirts,  Hats & More – all customized with our school spirit!

 Order Online Now:

[!\[\]\(339a16584d5da0f0a3ca4e9ec17bf6a1_img.jpg\) Click here to shop the store!](#)

 Order Deadline: October 15

After this date, the store will close and no additional orders will be accepted – so don't miss out!

 Please check the sizing charts before placing your order. These items are custom made – no exchanges or refunds will be possible.

Let's fill the halls with Panabaker Puma gear and show off our school spirit!  

Go Pumas!





home_and_school_association

frankpanabakerhomeandschool@gmail.com

WHAT IS HOME AND SCHOOL?

Home and School is an association made up solely of parent volunteers of Frank Panabaker North & South.

At the heart of our Home and School lies a commitment to ensuring the **"Best Start for Each Student"**.

We believe in providing a solid foundation that equips our students with the necessary tools to succeed. Together, we work hand in hand with the community, forging a strong bond between our home and school, creating an environment where every student can flourish.

We strive to create memorable, fun events that go beyond the classroom, ensuring that learning is not only education, but also enjoyable.

The funds raised through these events directly benefit our school and community, allowing us to enhance educational resources, support extracurricular activities, and provide additional opportunities for our students to thrive.

HOME AND SCHOOL VRS. SCHOOL COUNCIL

We work with the School Council, but they are two separate groups. School Council is a government mandated group run by the school Principal and the school Principal oversees the decisions.

The Home and School Association is a non-profit Association that was started over 100 years ago. They are run by the parents of the school and as a group make decisions on events and fund distribution.

HOW DO I BECOME A VOLUNTEER?

FIRST: you need a **vulnerable sector scan** completed

Choose **Volunteer Police Check** fee is \$25. www.policesolutions.ca/checks/services/hamilton/index.php

SECOND: You need to complete the Volunteer Application and give that with the police check to the reception at the school so they can add you to their list.

THIRD: You pay \$20 to the Home and School to cover the insurance for yourself each year. This gives you voting rights for spending funds at meetings.

WHAT ARE SOME THINGS WE NEED HELP WITH?

- | | |
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| <ul style="list-style-type: none">• 5 Online Meetings a year: 1 Hour long 7-8 PM• 1 in-person meeting at the end of year• Voting on spending• Leading & organizing events, or just show up & help• Valentine's Bake Sale in February• Movie Nights• Pumpkin Stroll in October• School Lunch Program/ Hand out SUBWAY every Thursdays @ 11:30 for 30 min | <ul style="list-style-type: none">• Grad Speech and Awards• Spring Carnival in June• Administration• Bookkeeper• Secretary: minutes for meetings• Run Social Media account Instagram• Design Posters and Canva Ads• Run table at Open Houses & Kindergarten Orientation• Sponsorship and New Fundraising Ideas |
|--|--|

If you have questions reach out to:

frankpanabakerhomeandschool@gmail.com

message Instagram **home_and_school_association**

The Great Pumpkin Stroll

**THURSDAY, OCTOBER 23RD
FROM 4PM – 8PM**

**FIELDCOTE MEMORIAL
PARK & MUSEUM**

**64 Sulphur Springs Road
Ancaster**

FREE FLASHLIGHTS

(while quantities last)

**PUMPKIN STROLL,
AWARDS, HOT DRINKS
AND FOOD TRUCKS**

thegreatpumpkinstroll@gmail.com



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ADMISSION BY CASH DONATION

Suggested donation of \$10 per family

**All proceeds to support: Frank Panabaker Home and School
Association & Ancaster Community Services**



**Frank Panabaker
Home & School
Association**



**ANCASTER COMMUNITY
SERVICES**



**Hamilton
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Owned and operated
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www.hamilton.ca/museums

The Difference between Bullying, Aggression and Teasing



Bullying always involves aggression. Aggression becomes bullying when it is repeated over time between the same individuals and there is a power imbalance.

Conflict can be positive or negative. Bullying is a form of negative conflict. Conflict becomes bullying when it is repeated over time and involves a power differential.

Teasing becomes hostile when it implies interpersonal rejection and social exclusion, rather than camaraderie and social inclusion.

Bullying

Bullying is behavior that includes the use of any physical, verbal, electronic, written or other means. Bullying is intentional aggressive behaviour. If aggressive behaviour is physical, it may include hitting, pushing, slapping, and tripping. If it is verbal, it may include name calling, mocking, insults, threats, and sexist, racist, homophobic, or transphobic comments. If it is social or relational aggression, it is more subtle and may involve such behaviours as gossiping, shunning, ignoring, spreading rumours, excluding others from a group, or humiliating others with public gestures or graffiti. Social aggression may also occur through the use of technology (e.g., spreading rumours, images, or hurtful comments through the use of e-mail, cell phones, text messaging, Internet websites, social networking, or other technology).

Aggression

Aggressive behaviour is conflict that may be intentional or unintentional, direct or indirect. It can take many forms, including physical, verbal, and social. It can be experienced in a number of ways including physical, mental, emotional, and psychological harm.

Teasing

Teasing can be positive or negative.

Positive Teasing:

- illustrates closeness, affection, and familiarity with another person
- person being teased is not distressed
- takes place within a strong relationship
- strengthens the relationship

Negative Teasing:

- alienates, criticizes, and embarrasses the other person
- the person being teased is distressed
- takes place within a weak relationship
- undermines the relationship