



NAEC Newsletter

Monday September 14, 2026

Dear NAEC Families,

We hope the first two weeks of school have gone well with your child(ren) and we very much look forward to working with them and you this school year. A big welcome to our new families and students! We hope you feel welcomed and look forward to getting to know you better.

Each month, you will receive a newsletter from your administrative team. The newsletter is packed with useful information such as the school year calendar, upcoming dates, and how to report when student(s) will be away. This particular version outlines school climate goals and expectations that were shared with our students the first week of school. We encourage you to review this content with your child and if they have any questions encourage them to have a conversation with a staff member. Within this copy of the letter we have split the elementary and secondary sections; please review the sections that pertain to your child(ren).

Next week, we have a few large scale events. Secondary students have **picture day on Wednesday, September 30th** The following Week is Safety week.

If you have any questions, please feel free to call the school or email at **613-336-8991**

We look forward to a wonderful year,

Becky MacDonald and Paul Olmstead

The NAEC Admin Team

Whole School Updates

School Council



School Advisory Councils increase parental and guardian involvement in schools and promotes greater understanding of the education process.

Wednesday, September 23rd is the first NAEC School Advisory Council election and meeting. We will meet in the library starting at 3:30 pm. This is the first meeting and future meeting dates and times will be decided at this initial meeting. All are welcome! We hope to see you there. Should you wish to join virtually, please email Becky MacDonald macdonaldb@limestone.on.ca OR Paul Olmstead olmsteadp@limestone.on.ca

We meet 4 times a year, and new members are always welcome. Future dates will be shared in the newsletter.

Call for Nominations: If you would like to nominate yourself or someone else for a position, please email Becky MacDonald macdonaldb@limestone.on.ca OR Paul Olmstead olmsteadp@limestone.on.ca

Please submit nominations by 3pm on Thursday, September 24th. Elected positions are for a 1-year term:

- Chair or Co-Chair
- Vice-Chair

- Indigenous Representative
- Secretary
- Treasurer
- Fundraising Coordinator
- Volunteer Coordinator
- Public Relations / Communications Coordinator
- Program / Event Coordinator
- Member at Large / Divisional Representative

We hope to see you there,

Becky and Paul

School Climate

Cell Phones

- Phones should be in your backpack or the cell phone hotel during instructional time
- Phones are to be away unless your teacher has explicitly told you to get them out
- If for medical or safety reasons please come use your device in the office or another supervised space AFTER communicating with your teacher and EA in the classroom
- Intermediate students should remain in their lockers at all times, and only be out during the twenty minute break or lunch hour.

Being good neighbours

- Whether in local businesses or walking to and from school we are asking students to make decisions they would be proud of. We want to be to continue to be known as the students that take pride in our community no matter the audience.

Bathrooms and breaks

- During class time, breaks should be no longer than 3 to 5 minutes and within the area of their classroom unless accessing the closest individual stall.
- If your child has a spare, they are to be in the library or cafeteria.

- Washrooms are to be used for their intended purpose. Congregating will result in progressive discipline as it impacts the schools moral tone. Students can expect to see staff coming in and out of washrooms. The majority of student and parent/guardian feedback indicates that washroom safety is important for all students to feel safe and welcome.
- If in the halls during class time, students should expect ANY staff member to inquire and help support them in getting them to where they need to be.



Limestone District School Board

Code of Conduct

Members of the school community will:

- Treat each other with kindness and respect
- Support learning and keep distractions out of class
- Help others when they are in need

Members of the school community will not:

- Bully, cyberbully, or encourage others to do so
- Harm others, including harm with the motivation of hate or discrimination
- Use a personal mobile device during class unless permitted by an educator
- Use, share or sell vape, nicotine and/or tobacco products on school property

Speak with a staff member if you or someone else needs help.

Visit ontario.ca/SchoolRules to learn more about the Provincial Code of Conduct

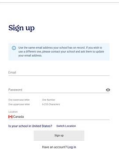


ontario.ca/SchoolRules

Ontario

Attendance

School Attendance - Every School Day Counts!



Sign up

First Name
Last Name
Email
Phone
School
Grade

Sign Up



Welcome To SchoolMessenger!

Sign up with School Messenger Home to report Student Absences and receive communications from the school. Go to home.schoolmessenger.ca/#/signup Register your account using the email address provided to the school. Please contact the school if you need your email address updated.



App version Available on the Apple Store and Google Play Store

Attendance Reporting

How to report an absence

In some instances, students may need to be away from school for illness, appointments or other events. Parents/caregivers can use the SafeArrival system to report a full day absence, an extended student absence and also a late arrival to school. When reporting an absence for a secondary student parents/caregivers will also be able to select an early departure. To report an absence, use one the following methods:

School Messenger application

1. Use the email address you provided to the school.
2. Use your mobile device to download and install the free **SM Home** app from the Apple App Store or the Google Play Store.
3. Tap **Sign Up** to create your account. Please ensure you use the same email address your student's school has on file. If you do not use that same email address, you will not be able to create an account, or may not be able to see the "Attendance" option. You may have already created an account when we introduced the Communicate broadcast system.
4. Select **Attendance** from the menu, then select Report an Absence and follow the prompts.

SchoolMessenger SafeArrival website portal

1. Use the e-mail address you provided to the school.
2. Go to the website [SchoolMessenger website portal](#).
3. Click **Sign Up** to create your account. Please ensure you use the same email address your student's school has on file. If you do not use that same email address, you will not be able to create an account, or may not be able to see the "Attendance" option. You may have already created an account when we introduced the Communicate broadcast system.
4. Select **Attendance** from the menu, then select **Report an Absence**.

Interactive toll-free telephone

1. Call **1-855-257-9349** toll-free to report an absence using the automated phone system.
2. Follow the instructions to report an absence.

These options are available 24 hours a day, 7 days a week. For any school day in the school term up to the cut-off time on the day of the absence. Future absences can be reported at any time using any one of these methods.

If you are experiencing trouble with reporting your students attendance please call the school. Intermediate: 613-542-9733 & Secondary: 613-546-1734



Emergency Preparedness (Safety Week)

NAEC will be practicing Emergency Procedures (Hold and Secure, Lockdown, Fire Alarm, Shelter-in Place) during the week of September 21-25. Students will be briefed on the procedures by classroom teachers and will know that there will be drills. Please contact the school if there are steps we should take to prepare your child.

Secondary Updates

This year, the assessment and evaluation practices for secondary schools have changed. Please review the linked parent guide which helps explain these changes - [2026-09-02-Assessment Evaluation Family Poster.pdf](#). The other aspect that has changed is the number of exams students will write during the exam periods, majority of courses will now have final exams. Families wherever possible should avoid travel unless it is an emergency during this time. The exam dates are located below with the school calendar.

Attendance: what counts?

Attendance and participation are part of the final grade because being present in class **supports learning**. Students should attend regularly, participate actively, complete classroom learning, and be prepared for the final evaluation format in each course. If participation becomes a concern, families and schools can work together early to support success.

Will an excused absence lower my child's mark? No. Excused absences do not lower the attendance mark. Examples may include illness, severe weather, cultural days, holy days, bereavement, mental health, school closures, and approved school activities.

What should families do if attendance or participation becomes a concern? Contact the classroom teacher early so the school and family can work together to support the student.

if a student misses:	That equals:	Which is:	Over 4 years of high school:
1 day every 2 weeks	20 days per year	4 weeks per year	4 months of school
1 day per week	40 days per year	8 weeks per year	8 months of school
2 days per week	80 days per year	16 weeks per year	Over a year and half of school
3 days per week	120 days per year	24 weeks per year	24 weeks per year
			OVER 2 YEARS of school

Participation: what does it look like?

Participation can look like:

- Participation can include speaking in class, asking questions, listening respectfully, working with others, completing in-class learning activities, and using digital learning spaces appropriately.

How evidence may be gathered:

- daily observations	- conversations	- student conferences	- anecdotal notes
- learning journals/ reflection logs	- small-group discussions	- peer/selfassessments	- think-pair-share activities
- presentations and seminars	- collaborative projects	- exit tickets	- laboratory and practical tasks
- online discussion forums and digital participation	- classroom leadership	- assignment completion patterns	- attendance and punctuality records

Attendance Evaluation

Participation Evaluation

Level 4	2 or fewer unexcused absences Consistently present or proactively addresses missed learning	- Consistently contributes ideas and questions - Supports and builds on others' thinking - Demonstrates leadership in maintaining a positive learning environment
Level 3	2.5 to 4.5 unexcused absences Usually present and makes an effort to stay on track	- Regularly contributes ideas and participates - Asks relevant questions - Works respectfully with others and contributes to a positive environment
Level 2	5 to 7 unexcused absences Attendance is inconsistent; some missed learning impacts progress	- Occasionally participates or contributes - May need prompting to engage - Demonstrates appropriate behaviour but limited impact on group learning
Level 1	7.5 to 9 unexcused absences Frequent absences impact learning continuity	- Rarely contributes or participates - Limited engagement in class activities - Inconsistently supports a positive learning environment
Below Level 1	More than 9 unexcused absences significant gaps in presence	Rare or no visible participation in class

Elementary Updates

Human Development and Sexual Health Information

As part of LDSB's commitment to ongoing transparency and communication with families, please follow the link to [Form 325-D](#) on the LDSB website. It outlines the Human Development and Sexual Health curriculum expectations for Grades 1-8.

Families can request to have their child or children exempted from instruction related to Human Development and Sexual Health expectations by completing and returning an exemption form for each child ([Form 325-B](#)) five school days before the start of instruction.

Prior to instruction, your child's classroom teacher will inform parents/guardians when the expectations related to the Human Development and Sexual Health expectations in Strand D will be covered. For a more detailed overview of this process, please refer to Administrative Procedure 325: Exemption From Human Development and Sexual Health Instruction (listed under the Policies and Procedures section of the LDSB website), or contact the school.

Key Dates Coming Up!



- Monday, September 21st -22nd - Grade 9 Retreat at RKY
- Thursday September 24th - Senior Boys Volleyball Tournament
- Thursday September 24th - First School Advisory Council Meeting (all welcome)
- Monday, September 28th Bus Patroller Training
- Wednesday September 30th - National Day for Truth and Reconciliation
- Wednesday September 30th - Picture Day
- Friday, October 2nd - Terry Fox Walk/Run
- Thursday, October 8th - Grade 7 immunization clinic
- Friday October 9th - Turkey Shoot Golf Tournament

- Monday October 12th - Thanksgiving Monday
- Wednesday, October 21st - Photo Retake day
- Monday, October 26th - PD DAY- NO SCHOOL

Community Supports & Events



Dear Parent/Caregiver:

Re: School Based Rehabilitation Services – Universal Occupational Therapy Support (2026-2027)

KidsInclusive has provided Occupational Therapy (OT) services for decades within the school environment. Occupational Therapists are health professionals who work with children in many different settings and have expert understanding of fine motor (printing, cutting), gross motor (jumping, throwing), self-care (putting on coat, zippers, opening packages), and self-regulation (being able to control emotions and actions) development.

Research has shown that all students in the classroom may benefit from the strategies offered by an OT. KidsInclusive, in collaboration with your school board, has fully implemented OT services rooted in the principles of Universal Design to all grades (at the secondary level, upon request by the school team).

Under this model, the OT and potentially an Occupational Therapy Assistant (OTA) under the supervision of an OT, will support the classroom teacher and school staff by providing activity ideas, trying different materials and tools, sharing resources, and offering strategies for students to participate in classroom activities and routines that address the types of development noted above. As part of this support, the OT may also observe the students in their classrooms, the gym, or playground. Examples of suggestions the OT may provide include: trial of different types of pencil grips and scissors, review of active seating (movement cushion, wobble stool) options, or introduction of exercises and movements to encourage postural control, to help the student learn in the classroom and participate throughout the school day. Teachers may share ideas with you that they are using in their classroom to help your child.

If, through this program, your child appears to need more help with their fine motor, gross motor, self-care, or regulation skills, the teacher and the OT assigned to the school will discuss whether your child would benefit from more direct support. If appropriate, the teacher will then speak with you about a referral to KidsInclusive's School Based Rehabilitation program and obtain consent.

If you have any concerns about your child's development or do not consent to your child participating in the tier 1 OT offerings as noted above, please let your child's teacher know. Please note that KidsInclusive is part of Kingston Health Sciences Centre, which is a teaching facility. As such, learners may be accompanying the OT to their school visits. Please let us know if this is a concern for you.

If you have any questions about the OT service please call Lesley Clifford, System Navigator for the School Based Rehabilitation Services program at 613 544 3400 ext.23314

Sincerely,
Emily Jackson, OT Reg. (Ont.)
Manager

Scan the QR Code to go to [The OT Classroom](#) for strategies and practice opportunities at home!



National Day For Truth and Reconciliation



Walk For Truth & Reconciliation

Guided By The Seven Grandfather Teachings

Sept. 30

- 5:00 p.m.** Gather at McBurney Park
- 5:30 p.m.** Walk to Confederation Park
- 7:30 p.m.** Event concludes

Organized By Walk for Truth and Reconciliation Working Group
Sherry Elliot, Patrick Brant, KNCLN, and City of Kingston

Questions? Please Contact:
WalkforTruthandReconciliation@proton.me



Kingston Native Centre
and Language Nest



Daily routines

support teen well-being

Daily routines help teens feel more calm, confident and organized.



Uninterrupted sleep helps with focus, learning and managing emotions.

Aim for 8 to 10 uninterrupted hours!



Zzz



Screens are part of life, but can affect sleep, mood and attention.



Turn off screens at least one hour before bedtime



No screens in bedrooms



No screens during meals



Daily movement and outdoor time help teens manage stress, sleep better and feel more confident.



Meals, snacks and water throughout the day fuel energy, focus and mood.

Sharing meals builds connection.



Want to learn more?

School Mental Health Ontario (SMHO)
Supporting your child's well-being

<https://bit.ly/4wApkzU>



