

Nourishing the Flame



Lisgar Collegiate Institute

29 Lisgar Street | Ottawa, Canada

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February 20, 2023



Menstrual Equity at Lisgar

While menstruation is a normal and healthy bodily function, for too many students, having a period can lead to feelings of shame and financial hardship. Thanks to the advocacy of students across the OCDSB, our school has been providing students with free menstrual pads. Menstrual sanitary pads will be available in the following locations:

- Main Office
- Phys Ed Office
- Student Services
- Non-Gender Washrooms

Students don't have to ask for them. They can just take what they need. Product dispensers will be installed in washrooms later this school year.



More information about the OCDSB Menstrual Equity Initiative can be found at ocdsb.ca/me. This website also includes links to resources from health organizations should you wish to discuss this topic with your child.

Pink Shirt Day: Feb 22, 2023

Pink Shirt Day is a movement that is celebrated across the globe that was inspired by an act of kindness in a small town in Nova Scotia. Pink Shirt Day aims to raise awareness on bullying. [Pink Shirt Day](#) encourages everyone to practice kindness and wear pink to symbolize that bullying is not tolerated. We encourage Lisgar students to demonstrate kindness every day. Join the social media conversation on February 22nd. [#ocdsb](#) [#PinkShirtDay](#) [#Pinkitforward](#)

School Cash Online

School Cash Online is an easy and secure way to send money to the school for everything from team fees, school clothing, field trip fees, donations, yearbooks, and much more! Please check your School Cash Online account regularly to ensure you are up-to-date with payments. You can access School Cash Online [here](#) or by clicking the blue School Cash Online box on the [Lisgar website](#).



Strategic Plan for the OCDSB: 2023-2027

Students and families are invited to participate in an online conversation about what you think is important to support student learning and well-being. You can participate in the language of your choice. Your thoughts will be shared, but your anonymity will be protected. There are some short survey questions and one open-ended question, which leads to an online conversation with others who are in the same group as you. If you did not receive an email invitation, you can still participate using the appropriate link below:

Students	Parents/Caregivers	Community Members
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If you have questions, please contact strategicplan@ocdsb.ca or read our [Frequently Asked Questions](#). You can participate until 11:59 p.m. Friday, February 24th, 2023.

Toonie Tuesday: February 21, 2023

School is for so much more than just learning. School should be a safe haven; a place of stability. It's the place where children and youth spend most of their day; it's their connection to the larger community. **The Education Foundation of Ottawa** is here to ensure that every child's critical needs are met by giving students the essentials they need to



make anything possible. If you'd like to help out with a donation of \$2 or more, you have a few options:

1. Visit your [SchoolCashOnline](#) account and select the Toonie Tuesday item;
2. Visit the [Toonie Tuesday page](#) and click on "Donate Here"; or
3. Send a toonie to the school for collection in the Main Office or at the Student Council booth.

Two dollars can be the difference between nothing and something.

Celebrating Student Success

On Valentine's Day, residents at The Villagia in the Glebe retirement residence received hand-made greetings from students in **Ms. Sommers'** Arts and Crafts classes! This annual tradition is one of the ways that Lisgar students foster connections with members of our community.



SCHOOL COUNCIL



The next School Council meeting is on March 7, 2023 at 7:00pm. Meetings take place in the Lisgar library and can be accessed virtually through [Google Meet](#). Online participants will be asked to share their name and affiliation with the school so that their presence can be accurately noted in the minutes. We look forward to welcoming you!



Ottawa Public Health wants you to know about some of the programs and resources available to you and your family.

Check out the list below and visit their website at

www.ottawapublichealth.ca

The [Parenting in Ottawa - Youth](#) webpage provides supports for parents/guardians with their youth on various topics such as:
mental health, substance use health, immunization, etc.

Did you know...



The **Lisgar Alumni Association** promotes and celebrates the traditions of Lisgar Collegiate Institute by assisting the former faculty and students in maintaining linkages with their past, with each other, and with the current faculty and students of the school. Check out their [website](#) and consider becoming a member today!