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*Applies to our regular priced items only ending in .99¢. **Our original price. †Applies to yellow ticket items, not all price points or items available at all locations. ‡Second item must be of equal or lesser value.
†Oversizes extra and available in select colours/styles. Also available through FastFind.
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COLUMN

Preparing for a healthy start to school year



DR. PAUL ROUMELIOTIS
Health Matters

As we approach the middle of August, it's that time of year again.

Yes, a new school year is fast approaching! A lot of the parental and child stress and anxiety can be avoided or decreased if parents prepare themselves and their children for the upcoming new school year.

The most important thing is to find out what is expected of your child and what the specific new challenges will be. Knowing the challenges your child will be facing and discussing them before hand is a great preparation. The more prepared a child, the fewer surprises there will be, ensuring a smoother beginning.

Some of the challenges or issues include:

- A new school;
- First time going to school;
- First time on a school bus;
- What will the first few days ask of the child?; and,
- What is the schools philosophy? Start right away with homework or ease into assignments?

Parents of children with learning problems or other school-related difficulties should meet the teacher(s) and/or principal in advance in order to:

- Describe and discuss the problems and any anticipated difficulties;
- Agree to a joint plan on how to address the problems or difficulties;
- Make arrangements on how often the school will give you



REUTERS/POSTMEDIA NETWORK

A mother shops for back to school supplies with her children at a Walmart store.

regular feedback on the child's progress; and,

- Settle on how the school-to-home communication occurs logistically; phone call? Or even a home/school notebook

It is best to have these plans worked out before school starts or very early on in the new school year.

Getting enough sleep and eating a proper breakfast

It is important to ensure that children are well rested, have had a good night's sleep and a good breakfast before starting school. This of course, is important every school day, but especially important during the first days back when children will need to be as rested and relaxed as a possible.

Tired children tend to be more anxious, impatient and more easily upset and frustrated.

Medical checkups and chronic medical conditions or food allergies

It is important that your child receives a medical checkup before school starts. During the evaluation a hearing and vision screening should be done. The necessary immunizations or booster shots, if needed, may also be given at this time.

If a child has a chronic medical condition requiring special attention at school, the administration of medication at school or any limitation of a physical activities make sure that you get all the proper paperwork prepared by your doctor so the school can easily understand what is expected of them regarding your child's medical needs and condition.

Similarly if your child had food allergies, it is important supply to the school with the necessary medical documents describing what to avoid and how to deal with accidental ingestion of a food your child is allergic to.

The school should always have an EpiPen or adrenalin injector on hand that is easily accessible at all times. These devices have expiry dates, so checking to make sure the one at school is current is recommended.

The school personnel should all know how to uses this medication in case of an emergency.

ONTARIO ENERGY BOARD NOTICE TO CUSTOMERS OF UNION GAS LIMITED

Union Gas Limited has applied for approval to change its gas commodity, storage and transportation rates effective January 1, 2016.

Learn more. Have your say.

Union Gas Limited has applied to change its rates to better reflect how it supplies natural gas to its customers. The proposed changes include the following:

- A change in the reference price used to set rates on a quarterly basis for a majority of its customers; and
- A change to how it allocates costs to the different types of customers that it serves.

An average residential customer would see the following annual bill impact, but these impacts would only start in 2018:

| Residential Customer – Service Area | Approximate Bill Impact |
|---|------------------------------|
| Southern Ontario (Windsor to Hamilton) | Decrease of \$20 |
| Northern Delivery Area (North Bay to Kapuskasing) | Increase of \$26 |
| All Other Delivery Areas | Decrease of \$1.50 – \$51.50 |

Other customers in Union Gas Limited's service area, including businesses, will also be affected.

THE ONTARIO ENERGY BOARD IS HOLDING A PUBLIC HEARING

The Ontario Energy Board (OEB) will hold a public hearing to consider the application filed by Union Gas.

We will question Union Gas on the case. We will also hear arguments from individuals and from groups that represent the customers of Union Gas. At the end of this hearing, the OEB will decide whether to approve the changes that Union Gas has requested in this application.

The OEB is an independent and impartial public agency. We make decisions that serve the public interest. Our goal is to promote a financially viable and efficient energy sector that provides you with reliable energy services at a reasonable cost.

BE INFORMED AND HAVE YOUR SAY

You have the right to information regarding this application and to be involved in the process.

- You can review the application filed by Union Gas on the OEB's website now.
- You can file a letter with your comments, which will be considered during the hearing.
- You can become an active participant (called an intervenor). Apply by **August 25, 2015** or the hearing will go ahead without you and you will not receive any further notice of the proceeding.
- At the end of the process, you can review the OEB's decision and its reasons on our website.

LEARN MORE

Our file number for this case is **EB-2015-0181**. To learn more about this hearing, find instructions on how to file letters or become an intervenor, or to access any document related to this case, please select the file number **EB-2015-0181** from the list on the OEB website: www.ontarioenergyboard.ca/notice. You can also phone our Consumer Relations Centre at 1-877-632-2727 with any questions.

ORAL VS. WRITTEN HEARINGS

There are two types of OEB hearings – oral and written. The OEB will determine at a later date whether to proceed by way of a written or oral hearing. If you think an oral hearing is needed, you can write to the OEB to explain why by **August 25, 2015**.

PRIVACY

If you write a letter of comment, your name and the content of your letter will be put on the public record and the OEB website. However, your personal telephone number, home address and e-mail address will be removed. If you are a business, all your information will remain public. If you apply to become an intervenor, all information will be public.

This hearing will be held under section 36 of the Ontario Energy Board Act, 1998, S.O. 1998 c.15 (Schedule B).



Ontario
Ontario Energy Board Commission de l'énergie de l'Ontario

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