

WWW.SIKHIMAARAGSCHOOL.COM

Guiding Hearts, Inspiring Minds

ADMISSIONS  
OPEN

EMBARK ON THE PATH

SIKHI  
MAARAG  
SCHOOL

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Sikhi Maarag School

# Parent Handbook

Your Guide to a Positive Journey



Guiding Hearts, Inspiring Minds

647 830 6909



<https://sikhimaaragschool.com/>





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## **ABOUT SIKHI MAARAG SCHOOL**

### **Welcome to Sikhi Maarag! A Well-Rounded Foundation for the Future**

At Sikhi Maarag School, we believe education should shape not just what a child knows—but who they become.

We are more than a school; we are a nurturing community where children grow through strong academics, Gurmat values, and character development. Rooted in Gurmat, our approach connects academic excellence with spiritual growth and physical well-being, creating a strong foundation for every child's future.

In today's fast-changing world, children need more than knowledge. They need discipline, values, and inner strength. At Sikhi Maarag, students are guided by the wisdom of our Guru Sahibaan, helping them develop confidence, resilience, and a deep sense of purpose.

Our classrooms are designed to inspire curiosity, while our environment instills Seva, Simran, and strong character. We don't just prepare students for tests—we prepare them for life.

At Sikhi Maarag School, we are raising the next generation of learners, leaders, and Sikhs who will walk confidently on the path of Sikhi and make a positive impact on the world.

***Give your child a foundation rooted in values and excellence.***

Register today and become part of the Sikhi Maarag family.

647-830-6909

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## **ABOUT SIKHI MAARAG SCHOOL**

### **Our Integrated Curriculum**

We have carefully designed our programs to ensure your child is ready for high school, university, and their future career, while remaining firmly rooted in their identity and well-being.

#### **I. Academic Excellence & Career Readiness**

- We maintain high standards that exceed the Ontario Ministry of Education requirements.
- *Specialized Phonics*: A strong foundation in reading and literacy from the earliest levels.
- *University Preparatory Workshops*: Training in exam strategies, public speaking, and presentation skills.
- *Career Focus*: Developing the discipline and critical thinking required for professional success.

#### **II. Spiritual Life & Character Building**

- We provide students with a "spiritual anchor" to help them manage stress and build a strong moral compass.
- *Santhiya, Daily Paath & Gurbani Memorization*: Disciplined study and practice of Gurbani.
- *Kirtan (Vaja & Dilruba)*: Musical expression through traditional string and keyboard instruments.
- *Gurmat Studies*: Building a deep understanding of Sikh history, philosophy, and values.
- *Monthly Virtue Program*: Each month, we focus on one core value (e.g., Integrity, Compassion, Resilience) through role-plays and literature to build lasting character.

#### **III. Holistic Health & Vitality**

- A sharp mind requires a healthy body. We promote physical discipline and nutritional awareness.
- *Gatka*: Traditional Sikh martial arts to build strength, focus, and self-defense skills.
- *Health Studies*: Learning about macro-nutrients, vitamins, and minerals to understand how food fuels the body.
- *Daily Exercise*: Mandatory physical activity and outdoor sessions every day.
- *Healthy Lifestyle Partnership*: We encourage parents to reduce screen time (to 30 minutes or less) and prioritize organic, nutrient-dense foods at home.

#### **Our Commitment to You**

By choosing Sikhi Maarag, you are choosing a school that values your child's well-rounded growth. We are registered under the Ontario Ministry of Education and are dedicated to offering a path that leads to both worldly success and spiritual fulfillment.

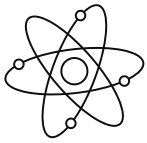


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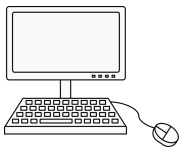
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## **SPECIALIZED STREAMS**



**Science**



**Computer Studies**

**Eligibility: Minimum B+ average, Grade 6 to 8**

### **Science Stream:**

A specialized program with advanced science learning, projects and STEM activities, ideal for students interested in careers such as medicine, healthcare, research, or engineering.

### **Computer Studies Stream:**

A program focused on advanced computer skills, coding, digital tools, and technology, ideal for students interested in pursuing careers in IT and technology.



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## **SIKHI MAARAG SCHOOL**

Sikhi Maarag School is a registered private school under the Ontario Ministry of Education and a registered charity in Canada. Besides running the school, we also offer camps for Sikhi parchar.

### **ELIGIBILITY CRITERIA**

We are accepting students from Kindergarten to Grade 8. Below are the eligibility criteria:

- Student must be at least four years old or turning four soon.
- Must be potty trained and be able to use the washroom on their own.
- Must be kesadhari or willing to keep kes.
- Must be willing to wear school uniform (Bana) including dastaar.

### **HOURS OF OPERATION & GENERAL SCHEDULE**

School hours of operations are 9am to 3:15pm from Monday to Friday. The general daily schedule is as follows:

Assembly - 9:00am  
Snack Break - 10:30am  
Lunch - 12:40pm  
Dismissal - 3:15pm



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## **UNIFORM POLICY**

Students are required to wear a uniform, which can either be purchased independently or through the school.

### ***Regular uniform:***

1. Navy blue, royal blue or yellow chola/baana with pajami.
2. Navy blue dastar for both girls and boys.
3. White hazooria (not required for the kindergarten students)
4. Sweaters can only be plain blue, black, brown, white or yellow in colour.
5. Amritdhari students should wear sarbloh kirpaan and gaatra over top of clothes. All other kakaars should be worn at all times.
6. All kids need to wear Sarbloh Kara.

## **ARRIVAL & DISMISSAL**

- Students are required to be punctual and arrive on time for school at 9am.
- Timely attendance is crucial, and absences should be rare. If a student is going to be late or absent, parents must notify the school in advance.
- Students should arrive no earlier than 5 minutes before their class time, unless special arrangements have been made. Please note that supervision is not available before 8:55 AM.
- Please ensure that your child has a reliable ride back home at 3:15pm.
- For safety reasons, parents or guardians are expected to personally collect their child from the front door. Students can not leave the school premises until their parents arrive to pick them up from the designated location.
- During morning drop-offs, parents or guardians are kindly requested to wait until their child has entered the school building before departing or personally drop them off inside. Kindergarten students should be dropped off upstairs.
- Parents need to submit "Pick up Authorization form" before the school starts.



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## **BEHAVIOUR EXPECTATIONS & CONSEQUENCES**

- Members of Sikhi Maarag community must treat each other with respect and practice good manners at all times. It is essential to refrain from any form of physical aggression under all circumstances.
- Swearing, using any foul language, bullying, discussing video games or movies, or singing songs is strictly prohibited at school. Violating these guidelines will result in stringent actions, including detentions and suspensions.
- The school will not tolerate any form of academic dishonesty such as cheating and plagiarism on class work like assignments, tests, projects and homework. Consequences may include receiving a zero grade, notifying parents, and in cases of repeated offenses, suspension.
- Late or missed homework assignments will incur mark deductions.
- Emotional or physical relationships between students are strictly forbidden and will result in immediate expulsion.
- If a student damages school property, including furniture or books, parents will be required to compensate for the cost of the damaged item.

### ***Furthermore, student can be suspended for the following actions:***

- Deliberate infliction of physical harm of others
- Use of offensive language towards any staff member
- Vandalism of school property
- Repeated instances of tardiness or incomplete homework
- Failure to follow repeated instructions of teacher



## **STUDENT EXPECTATIONS**

1. Arrive at school equipped with the necessary supplies and a positive attitude towards learning.
2. Display respect towards all members of the school community, including both peers and teachers.
3. Maintain a tidy appearance by keeping nails trimmed and wearing clean attire.
4. Abstain from bringing items that may jeopardize the safety of others (such as weapons, knives, pepper spray) or items that could cause distractions (toys and games).
5. Complete homework on time. Study well for tests and exams.
6. Offer assistance to peers in need.
7. Handle school books and materials with utmost care; students are accountable for any damage and may be required to cover associated costs.
8. Students are responsible for cleaning up any mess they make on school property, including classrooms and lunchroom. They must demonstrate proper care and respect for both school property and the belongings of other students.
9. Students must seek permission before borrowing any materials from the school or a fellow student.
10. Follow all the established rules and take responsibility for actions.

## **PROHIBITED ITEMS IN SCHOOL**

- Weapons or knives (including pepper spray)
- Electronic devices (ex: phone, tablet, camera)
- Cosmetic products (ex: nail polish, make up, lip gloss); students cannot wear makeup or bring it to school.
- Jewellery (ex: rings, necklaces, earrings)
- Watch
- Hat
- Books that do not belong to school
- Any toys or personal expensive things

*\*Parents, please make sure your child does not bring any of the above things to school.*



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## **LUNCH POLICIES**

- Each student is required to bring homemade, vegetarian, nut-free, healthy meals.
- For snacks, we encourage students to bring only fruits and vegetables, avoiding fried or sugary foods.
- Please ensure that meals do not contain nuts, eggs, meat, or seafood.
- Students must wash their hands before eating.
- Students are not permitted to share food with others, except for siblings for safety reasons.
- After finishing their meals, students are responsible for cleaning up their area and properly storing their lunch bags.

## **PARENT EXPECTATIONS**

*Parents hold a pivotal role in their child's educational journey and bear the responsibility of bolstering the school's efforts. To effectively support your child, kindly adhere to the following guidelines:*

- Please drop off and pick up your child on time.
- Notify the school of any absences or late arrivals.
- Please provide your child with a homemade, healthy vegetarian lunch. Avoid store-bought items such as soft drinks, juice, cookies, granola bars, chips, or chocolate, as they are high in sugar and fat, which can raise children's sugar levels and contribute to hyperactivity.
- Ensure all of your child's belongings (binder, lunch bag, water bottle, pencil case, backpack, jacket, etc.) are clearly labeled with their name.
- Ensure that your child is equipped with the necessary supplies every day.
- Promote the completion of homework, diligent test preparation, and punctual submission of assignments and projects.
- Kindly provide the school with information regarding any allergies, learning disabilities or developmental challenges that your child may have.
- Foster a commitment to Nitnem and encourage participation in Amritvela.



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## **PARENT EXPECTATIONS**

- Parents are encouraged to restrict or eliminate screen time, including video games, to prioritize academic learning, physical activities, and Gurmat-related activities. High screen time has been linked to lower focus level, aggression, hyperactivity and behavioral issues, including the use of foul language, among students.
- If your child is unwell with symptoms like cough, cold, fever, or any other illness, please refrain from sending them to school.
- Ensure your child does not bring non-permitted items to school.
- Encourage your child to exhibit good manners and respect towards others, fostering positive interactions.

By embracing these suggestions, parents can significantly contribute to their child's educational success and the nurturing of a harmonious school environment.

## **FIELD TRIP POLICY**

Field trips are occasionally organized throughout the year. Parents will be notified in advance of any planned trips and will be asked to provide transportation to the field trip location. If a parent prefers their child not participate in a specific field trip, the child will need to stay home for that day.



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THE AFOREMENTIONED POLICIES IN THE INFORMATION PACKAGE ARE NOT AN EXHAUSTIVE LIST OF RULES. ANY BREACH OF GOOD MANNERS OR OF DISCIPLINE IS A BREACH OF RULES AND REGULATIONS.

Please ensure that all policies and rules are understood by you and your child. If you agree to the following terms, please sign below.

I, \_\_\_\_\_[Parent/Guardian's Name], as the parent/guardian of \_\_\_\_\_[Child's Name], hereby agree to waive and release the school, teachers, its staff members and board of directors from any claims, actions, costs, expenses, damages, or injuries that may arise from my child's participation in any school activities. I undertake to abide by the rules, regulations, policies, and procedures as established from time to time by Sikhi Maarag School. Additionally, I authorize Sikhi Maarag School to use my child's photo, video or achievement record for promotional purposes.

Parent Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Let us collectively uphold these standards to ensure a harmonious and productive learning environment within our Sikhi Maarag community!

If you have any questions, you could email us at [info@sikhimaaragschool.com](mailto:info@sikhimaaragschool.com) or call us at (647) 830 6909.

*We look forward to an exciting year at Sikhi Maarag School. We would like to thank you for your interest in our school.*

Sincerely,  
Administration