

Adrienne Clarkson News

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905-709-3554
Website: adrienneclarkson.ps.yrdsb.ca
Twitter: @AClarksonPS



Principal: Nadia Russiello

Superintendent: Lois Agard

Vice Principal: Ruth Walker-Rosewood

Trustee: Cindy Liang

Administrators' Message

Dear Families,

We would like to wish you all a Happy New Year and we hope that your break was a happy and healthy one. The pandemic continues to bring challenges our way and we continue to adapt to new situations as they arise. We thank our ACPS community for your ongoing support and we appreciate the efforts of our staff as they adapt to online teaching this January.



The New Year brings new beginnings, renewed hope, new goals and a determination to be a better person. Children should be included and encouraged to set both academic and social goals for themselves. It is important for children to understand and believe that although situations may not always have the outcome they would like, we can learn and become better people because of our willingness to work through them.

As adults, we need to encourage students to be open to new or unknown situations. We have all been faced with such challenges, and can recognize the empowerment and pride that comes from overcoming a fear, a change or an unknown possibility.

These are ways that we can help our children to become more resilient, that is, knowing that when they are faced with a challenge, they can overcome it. Will they be happy with the outcome of every situation? Probably not; however, these are important experiences that children must have in order to be prepared for difficult decisions in adolescence and even more complicated scenarios as adults. Learning how to compromise, work together and look for positive solutions are ways that we are trying to help Adrienne Clarkson students grow as learners.

Thank you for your continued support.

Mme Russiello et Mme Walker-Rosewood

- Jan 1 - 14 ~ ACPS Donation Drive
- Jan 11 ~ School Council Meeting 7 pm
- Jan 13 ~ Grade 1 FI Information Session
- Jan 14 ~ PA Day
- Jan 14 ~ Grade 1 FI Registration begins
- Jan 14 ~ Kindergarten Registration begins (at homeschool)
- Jan 20 ~ ACPS Donation Drive Draw (7 pm)
- Jan 21 ~ Twin Day
- Jan 27 ~ International Holocaust Remembrance Day

Please visit our [website](#) to view our full Calendar.

ACPS Donation Drive

A reminder that the ACPS Donation Drive ends on Friday, January 14th. For every \$20 donation made between January 1st and 14th you will have one chance to win a prize at the draw on January 20th.

During the school closure, please email a copy of your School CashOnline receipt to the school at: adrienne.clarkson.ps@yrdsb.ca Please include "Donation Drive" in the subject line.

We will email you the numbers on your tickets. Please keep the ticket number(s) in a safe place for the live draw on January 20th. Thank you for your support!

Schools Move to Remote Learning January 5-14

Between January 3-14, 2022, schools will be closed to students. From January 5-14 students will participate in remote learning. This is in an effort to reduce the spread of the COVID-19 pandemic. At this time, [schools are expected to reopen](#) to students for in-person learning on January 17, 2022.

Before and after care programs will not operate while schools are closed to students. For full day child care programs, please check in with your child care provider.

Resources for Families

- Families can contact their child's school if they require access to technology and/or internet services.
- Resources for using online tools, including IT support for families, can be found on the [Family Resources page on the Board website](#).
- [Mental health resources](#), [community resources](#), [programs](#), [online learning resources](#) and more are available at www.yrdsb.ca/school-reopening

For more information, follow the Board's Twitter feed: [@YRDSB](#) or visit: www.yrdsb.ca/school-reopening.

BUS CANCELLATIONS & INCLEMENT WEATHER DAYS

A reminder to families that for the 2021-2022 school year, in the event school bus transportation is cancelled, the following Inclement Weather Days Procedures for Elementary and Secondary Schools will be in effect :

- All elementary and secondary schools will be closed to students
- All student learning (elementary and secondary) will be remote and asynchronous.
- Before and After (B&A) Care programs will not run

When an Inclement Weather Day is announced information is communicated through:

- local media outlets,
- the [Student Transportation Services website](#), School Transportation Hotline: 1-877-330-3001,
- the Board's website and Twitter account and on the Board and school's voicemail recording.



Please be sure to have alternate child care arrangements planned for Inclement Weather days as schools are closed to students.



Grade 1 French Immersion Information Sessions and Registrations

Please see below information related to YRDSB's French Immersion program. You can now access [a pre-recorded information session](#), which includes commonly asked questions and answers about

French Immersion at YRDSB. Registration begins January 14, 2022.

What is French Immersion?

- In French Immersion, students receive instruction in French in a variety of subjects from a teacher who speaks French fluently.
- The French Immersion program begins in Grade 1 and is designed for children whose first language is not French.
- In Grades 1, 2 and 3, all subjects are taught in French. Starting in Grade 4, time is shared equally between French and English instruction.
- The French Immersion program continues in high school.
- Secondary school students must earn at least 10 French Immersion credits to qualify for the French Immersion Certificate upon graduation.

Important Considerations

- For the first few months of Grade 1, the children do not acquire skills identical to those learned by children in an English program as the focus is on learning in French.
- There may be certain lags in English Language Arts skills in the first few years of the program, but by the end of the elementary grades, successful French Immersion students perform as well as their peers in a regular English program.
- Communication with parents/guardians is in English including, but not limited to, report cards, newsletters and parent-teacher interviews.
- Reading to a child at home in a child's native language can strengthen literacy skills. Research studies confirm that children achieve greater academic success when parents read frequently (daily) to them.
- There is only one entry point into French immersion in YRDSB; Grade 1.

Information Sessions

This year our Information session for Grade 1 entry into the French Immersion (FI) program will take place virtually. You can now access [a pre-recorded information session](#), which includes commonly asked questions and answers.

Registration

FI registration will begin on January 14, 2022. Parents or guardians of Senior Kindergarten students entering Grade 1 in 2022, and wishing to enrol in the FI Program, can email or call their home school office and indicate their intention to enrol. The home school will notify the French Immersion school, and the French Immersion school will contact you by phone or email to collect any necessary information. You are asked to register by February 4, 2022. Registration during this period is not first come, first served.

Late Registrations

Late registrations are those submitted after February 4, 2022. Late registrations will be treated on a first-come, first-served basis and will be considered subsequent to registrations received during the registration period should overflow be necessary.

Accommodation Plan

YRDSB's FI Accommodation Plan provides long-term consistency and equity of access to all students in York Region and will enable YRDSB to continue to offer the FI program to all who wish to enrol. The FI program will be offered in Dual Track or Single Track settings, in a variety of configurations. In order to meet community needs and optimize available space in our schools, a community's Grade 1-8 FI program may be provided over more than one school during the course of a student's FI education. Space requirements at some schools may mean that siblings are in different schools for primary dual track French Immersion programs due to differing grade structures. Like any of our schools across the Board, changes to school boundaries, and/or the accommodation model for the French Immersion program may need to be considered when new schools open, a school experiences enrolment growth, and program changes occur. This will allow flexibility in addressing community needs and the opportunity to use existing space in schools.

More information is available on the Board's website: www.yrdsb.ca. Please note: Some of the FI accommodation plans will require facility modifications or the development of new schools and will require short-term transition plans that might include overflow while we work toward the long-term vision. Overflow refers to situations in which the Board directs students to attend a school other than their community school or optional program for a specific period of time, as defined in Policy #108.

Kindergarten Registration

Kindergarten registration for September 2022 begins January 14 for the 2022-23 school year **at your child's home school** (Adrienne Clarkson PS does not have a Kindergarten program). Children who turn four or five years old during 2022, live within the school boundary and whose parents/guardians are public school tax supporters will be eligible to register for Kindergarten.

There are several ways you can register for Kindergarten:

Online - Families can access the online Kindergarten registration information at www.yrdsb.ca/kindergarten. It is recommended that families use a laptop or a desktop, rather than a mobile device to complete this registration.

By email - Families can download the [Elementary School Registration Form](http://www.yrdsb.ca/Kindergarten) at www.yrdsb.ca/Kindergarten and email the completed form to their school email address. Email addresses can be found on the [school website](#).










By phone - Families can request support from the school Principal/Vice-Principal to complete the registration form on their behalf by collecting the required information by phone. Families can request an interpreter, if needed, during this phone conversation. Call your local school.

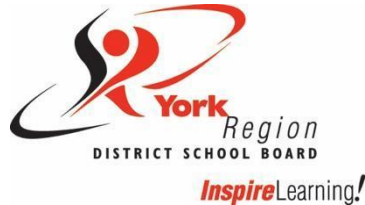
By mail or appointment. You can mail completed applications to the school, or request an appointment to drop-off your completed paper application form. Families are asked to follow all school COVID-19 protocols while on site. All permitted visitors must wear a mask.



Please note, at this time, under our [health and safety protocols](#), we cannot accept walk-in registrations. Once you have completed your application, the school will contact you to make an appointment to review and verify the [required documents](#).

Our Kindergarten programs are caring and welcoming where children learn through exploration, play and inquiry. You can learn more at www.yrdsb.ca/Kindergarten. We look forward to welcoming our new students and families to the school.

January's Holidays and Observances	
 Bahá'í Faith	Jan 16 ~ World Religion Day Jan 18 ~ Sultán
 Buddhism	Jan 1 ~ Solar New Year Jan 10 ~ Linji Memorial Jan 17 ~ Mahāyāna New Year Jan 17 ~ Baizhang Memorial Jan 18 ~ Hakuin Ekaku Memorial Jan 19 ~ Eihei Dogen Kigen Birth date Jan 25 ~ Honen Shonin Memorial
 Christianity	Jan 6 ~ Epiphany (W) Jan 6 ~ Armenian Christmas Jan 6 ~ Theophany (E - New Calendar) Jan 7 ~ Christmas (E - Orthodox) Jan 14 ~ New Year (Old / Julian Calendar) Jan 18 ~ Week of Prayer for Christian Unity begins Jan 19 ~ Theophany (E - Old Calendar)
 Hinduism	Jan 14 ~ Makar Sankranti
 Indigenous Spirituality	Jan 1 ~ Snow Moon (local Oneida)
 Judaism	Jan 16 ~ Eve of Tu B'Shevat Jan 17 ~ Tu B'Shevat
 Shinto	Jan 1 ~ Gantan-sai Jan 10 ~ Seijin-no-hi
 Sikhism	Jan 5 ~ Birth date of Guru Gobind Singh Ji (1666 - 1708) Jan 13 ~ Maghi
 Zarathushti (Zoroastrianism)	Jan 4 ~ Ghambar Maidyarem ends
Other Events This Month	Tamil Heritage Month (CAN) Jan 1 ~ New Year's Day Jan 14 ~ Thai Pongal Jan 27 ~ Holocaust Remembrance Day (UN)



Student Mental Health and Addictions Newsletter

January 2022

YRDSB Mental Health services are provided by YRDSB psychology and social work personnel

Returning to some uncertainty after the Winter Break

To our students, families and caregivers, it is our sincere hope that you have had moments of rest and joy over the winter break. Even if these moments may have been brief or minor, they are worth highlighting in the spirit of hope and optimism. Our return to in-person learning has been delayed due to provincially mandated school board requirements coinciding with the rising COVID -19 cases across the province. For many, this has created feelings of uncertainty, worry and other emotions. Although these feelings may not be new, they can be challenging to navigate, especially for younger children and children with special education needs.

As we respond to this current phase of the Pandemic, our families are asked to shift their focus from in-person learning to online learning. We are also encouraged to follow Public Health guidelines for social distancing and gatherings. It is especially important at this time for us to maintain social connections and positive mental health practices. Each one of us is unique and may require different strategies to support our mental health. One size does not fit all. The following are some suggestions to help you think about what may help to support your own mental health and the mental health of your children.

This month's edition of our Mental Health newsletter will focus on some suggestions of ways to maintain mental health during this continued time of physical distancing. [Dr. Shimi Kang](#), a mental health expert and associate professor at the University of British Columbia, suggests 5 tips for supporting our mental health during the Pandemic. Although these tips may be familiar, they bear repeating as a reminder of ways to support our mental health.

1. Practice self-care: Taking care of our mental health is just as important as caring for our physical health. For example, monitoring sleep, routine exercise, and mental stimulation.
2. Identify, practice and master coping skills: Identify what are your own personal and unique coping skills that help you to cope, practice these in times of distress.

3. Learn from experience: Reflect on what has worked or not worked from you in the past as you have navigated stress during the Pandemic.
4. Honour your unique mental health needs: There is a lot of information out there about “what works”. Honour your own unique needs and recognize what may work for others may not work for you and vice versa.
5. Monitor your “Tech Diet”: Monitor your tech use and recognize the difference between positive and negative tech use. Consider replacing some of your tech use time with meaningful social connection or self-care. For example, 30 minutes of tech time might be replaced with 30 minutes of movement, music or mindfulness.

[School Mental Health Ontario](#) has created a variety of resources for educators, parents and families, and students regarding supporting student mental health during this time. Check out some more tips from School Mental Health Ontario on building [personal resiliency](#).

Mental Health COVID-19 Page

COVID-19 has presented unprecedented issues and concerns for our community, our country and the world. As we focus on keeping ourselves healthy and containing the spread of COVID-19, we must also keep ourselves mentally well.

The link below is dedicated to supporting student mental health during this Pandemic. Resources for students, parents/guardians as well as community resources are listed. In addition, there are various links to YRDSB mental health supports as well as community supports available during the school closure. Please consider taking some time to familiarize yourself with the supports found on the [COVID-19 Mental Health Resources for Students and Families](#).

Continue to check out the [YRDSB website](#) for updated information as well as the Twitter account @YRDSB.

Patricia Marra-Stapleton, M.Sc., C. Psych. Assoc.

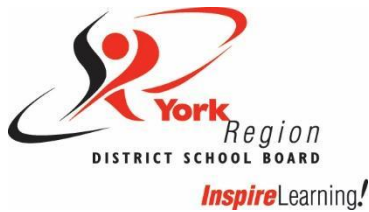
Mental Health Lead

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Hoshana Calliste, M.S.W., R.S.W.

Assistant Coordinator of Mental Health

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INFORMATION FOR FAMILIES AND CAREGIVERS WITH SCHOOL-AGE CHILDREN

Canada Recovery Caregiving Benefit (CRCB) Extended to May 7, 2022

The CRCB is extending until **May 7, 2022**. The maximum number of weeks you can apply for also increases to **44 weeks**. You can apply retroactively until February 16, 2022 if you are eligible.

The Canada Recovery Caregiving Benefit (CRCB) gives income support to employed and self-employed individuals who are unable to work because they must care for their child under 12 years old or a family member who needs supervised care. This applies if their school, regular program or facility is closed or unavailable to them due to COVID-19, or because they are sick, self-isolating, or at risk of serious health complications due to COVID-19. The CRCB is administered by the Canada Revenue Agency (CRA).

If you are eligible for the CRCB, your household can receive \$500 (\$450 after taxes withheld) for each 1-week period.

If your situation continues, you will need to apply again. Each household may apply for up to a total of 44 weeks between September 27, 2020 and May 7, 2022.

For more information and to apply please take this link:

[Canada Recovery Caregiving Benefit](#)

If you have any questions please contact:

Yvonne Kelly,
Community and Partnership Developer with Regional Portfolio on Poverty and Intersections of Poverty Inclusive School and Community Services

Yvonne.kelly@yrdsb.ca

416-697-4208



Red Cross Babysitting Course

(with first aid & CPR)

Offered by Stayin Alive with First Aid, CPR & AED

COURSE NOW OFFERED ONLINE

(2 hour and 20 min sessions over 3 days) plus some homework

OR on a PA day (8:30am to 3:30pm)

Caregiver and first aid skills for youth in grades 5 to 8.

Participants learn how to manage difficult behaviour, recognize and prevent unsafe situations, how to care for babies and children, and leadership skills. Babysitting promises to deepen and enhance the responsibility that older youth feel when caring for younger children. The curriculum includes new science for giving appropriate care in an emergency.

Due to the new lockdown and the pressure on parents to figure out online school once again. We have decided to leave the pricing at the discount for another month

Location: Online using Google Meet (link provided 20 mins prior to class)

Instructor: Stayin Alive Certified Red Cross Instructor

Cost: \$65 per participant (Grades 5 to 8) + HST = **\$73.45**

Course content:

- Check, Call, Care (including phoning 911)
- Conscious choking (adult/child/baby/alone)
- Introduction to CPR (baby/child)
- Asthma (includes use of inhaler and spacer)
- Anaphylaxis (includes use of EpiPen), poisoning and insect stings
- Wound care (minor cuts and scrapes, splinters, nosebleeds, bumps and bruises, life-threatening bleeding, and burns)
- Broken bones, head, neck and back injuries, seizures

Course materials delivered (address required during registration):

Red Cross Babysitter's Manual and Materials

Red Cross Babysitter Certificate



Register today!
Space is limited to 12 per course

www.StayinAliveWithFirstAid.ca

Questions? info@StayinAliveWithFirstAid.ca



Red Cross Stay Safe Course

Offered by Stayin Alive with First Aid, CPR & AED

COURSE NOW OFFERED ONLINE

(2 hour and 20 min online sessions plus homework over 2 days)

For youth in grades 3, 4 and 5.

Participants learn the skills needed to stay safe on their own at home, how to respond to unexpected situations (such as strangers or visitors knocking on the door), how to give first aid treatment, and when and how to call 911. Whether in the community or alone, this course is a must-take if you want your children to have better tools for staying safe.

Due to the new lockdown and the pressure on parents to figure out online school once again. We have decided to leave the pricing at the discount for another month

Location: Online using Google Meet (link provided 15 mins prior to class)

Instructor: Stayin Alive Certified Red Cross Instructor

Cost: \$65 per participant (Grades 3, 4 and 5) + HST = **\$73.45**

Course content:

- Understanding the responsibility of being accountable for yourself
- How to stay safe at home and within the community
- Check, Call, Care (including phoning 911)
- Conscious choking (adult/child/alone)
- Asthma (includes use of inhaler and spacer)
- Anaphylaxis (includes use of EpiPen), poisoning and insect stings
- Wound care (minor cuts and scrapes, splinters, nosebleeds, bumps and bruises, life-threatening bleeding, and burns)

Course materials delivered (address required during registration):

Red Cross Stay Safe Manual

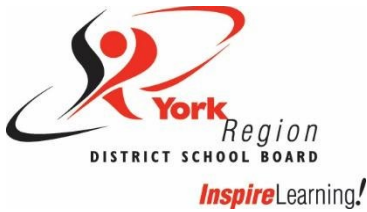
Red Cross Stay Safe Certificate



Register today!
Space is limited to 10 per course

www.StayinAliveWithFirstAid.ca

Questions? info@StayinAliveWithFirstAid.ca



Triple P Parenting Seminar

Parenting Traps and Strategies

Kids don't come with an instruction manual! Many familiar parenting problems have very simple solutions that can be applied with some effort and focus. Triple P's easy-to-understand and practical strategies have been shown to help families in all types of situations.

This session explains:

- how parents may get “trapped” in escalations and power struggles;
- why parents experience “defiance and non-compliance” when they ask or request their children to do something; and
- understanding various traps ways to avoid these traps and develop age appropriate and do-able strategies.

[Registration](#)

Parents, Grandparents and Caregivers!

Join us to share, learn and build a school culture where mental health and well-being is valued and promoted.

Date: Thursday, January 13, 2022

Time: 10:00 a.m – 11:30 a.m.

Location: Zoom Link will be provided

Facilitator: Uma Bhatt, R.S.W.
York Hills Centre for Children, Youth and Families

More Information:

Oksana Majaski
Community Partnership Developer
Oksana.majaski@yrdsb.ca

This free Parent Presentation is brought to you in partnership with York Hills Centre for Children, Youth and Families and York Region District School Board

