

Adrienne Clarkson News

68 Queens College Drive,
Richmond Hill, ON. L4B 1X3
905-709-3554
Website: adrienneclarkson.ps.yrdsb.ca



Principal: Nadia Russiello

Superintendent: Michael Grieve

Vice Principal: Bryan Gerson

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 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 M. Gerson



Jan 10 ~ Horseshoe Valley Safety/Info Assembly (Grades 4-8)

Jan 12 ~ Thornlea SS Course Selection Visit (Grade 8)

Jan 18 ~ Electives/Horseshoe Valley (Gr. 4-8)

Jan 18 ~ FI Information Night (for Sep Gr. 1)

Jan 19 ~ PA Day

Jan 19 ~ FI Registration begins (for Sep Gr. 1)

Jan 22 ~ Dental Screening

Jan 24 ~ School Council Mtg (7 pm)

Jan 24 ~ Kome Lunch Term 2 orders due (School CashOnline)

Jan 25 ~ Langstaff SS Course Selection Visit (Grade 8)

Jan 26 ~ Engineering for Kids begins (Gr 1-3)

Jan 31 ~ Jr. Girls Volleyball Area Tournament

Feb 1 ~ Jr. Boys Volleyball Area Tournament

Feb 1 ~ Pizza Lunch Term 2 Orders due (School CashOnline)

Feb 2 ~ PA Day

Please visit our [website](http://www.adrienneclarkson.ps.yrdsb.ca) to view our full Calendar.

Kids Kitchen ~ Mondays & Thursdays

Popcorn ~ Jan 10, 17, 24 & 31

Mr. Sub ~ Jan 9, 16, 23, & 30

Kome Lunch ~ Jan 10, 17 & 24

Pizza Lunch ~ Jan 12 & 26

BUS CANCELLATIONS & INCLEMENT WEATHER DAYS

BUS AND SCHOOL CANCELLATIONS

BUSES -If buses have been cancelled in the morning, there **will not** be afternoon bussing. Please see below for bussing information.

DROP OFF/PICK UP - Students who come to school when busses are cancelled may be dropped off through the parking lot loop in the morning.



Pick up will begin at 2:00 pm. You must come into the school to pick up your child. Please pick up your child by 2:35 pm.

When an extreme cold or inclement weather day is declared, school transportation (including buses and taxis) is cancelled in the morning and afternoon. Schools will remain open. Please notify the school if your child will not be attending school on those days. Students will not be penalized for missing school on these days.

There may be rare instances when emergency weather events occur and we need to close all schools and Board locations. Please take the time to make plans in the event of an emergency school closure. Information about transportation cancellations and Board closures will be shared through local media, Board and school websites and on twitter @YRDSB.

Our process for extreme cold, inclement weather and emergency weather days are outlined in the Board's Severe Weather policy. Families, students and school staff are asked to access the following radio and television stations after 6:00 a.m. to receive bus and/or school cancellation information:

RADIO

590 AM 640 AM 680 AM 860 AM 1010 AM 1050 AM 1540 AM 1580 AM

88.5 FM 89.9 FM 92.5 FM 93.1 FM 94.9 FM 95.9 FM 97.3 FM 98.1

FM99.1 FM 99.9 FM 101.1 FM 102.1 FM 104.5 FM 100.7 FM 105.9 107.1 FM

TELEVISION

CITY TV CTV Barrie CTV Toronto CP24 GLOBAL NEWS

Please note that school bus charters (trips) will not operate when home to school bus service is cancelled.



Grade 1 French Immersion Information Sessions and Registrations

Please see below information related to YRDSB's French Immersion program. Registration begins January 19, 2024.

What is French Immersion?

- Provides opportunities for students to develop enhanced proficiency in French.
- Students receive instruction in French from teachers who are fluent in French.
- 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, instructional time is shared equally between French and English.
- Program continues in secondary school.
- Secondary school students must earn at least 10 French Immersion credits to qualify for the French Immersion Certificate upon graduation.

Important Considerations

- Grade 1 is the only entry point into French immersion in YRDSB.
- Communication with parents/guardians is in English including, but not limited to, report cards, newsletters and parent-teacher interviews.
- For the first few months of Grade 1, children may not acquire skills identical to those learned by children in an English program as the focus is on learning in French.
- During the first few years of the FI program, students may not develop the same level of English proficiency as their peers in an English program, however children should acquire these skills by the end of Grade 8. Families are encouraged to continue to read to their children in their first language.

FI 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 is 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](#). **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.

Information Sessions

This year, our Information session for Grade 1 entry into the French Immersion program will take place in French Immersion schools on January 18, 2024, at 7 p.m. Program locations and additional

information is available on our [website](#). If families are unable to attend the information session, they can hear about the French Immersion program on the [Tune In YRDSB: French Immersion Podcast](#).

Registration

FI registration will begin on January 19, 2024. Parents or guardians of Year 2 Kindergarten students entering Grade 1 in 2024, and wishing to enrol in the FI Program, can email or call their **home school (the school where they attend Kindergarten)** office and indicate their intention to enrol. The home school will notify the French Immersion school, and the French Immersion school will contact families by phone or email to collect any necessary information. Families are asked to register by February 6, 2024. Registration during this period is not first come, first served.

Late Registrations

Late registrations are those submitted after February 6, 2024. 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.

Kindergarten Registration

Kindergarten registration for September 2024 begins January 19 for the 2024-25 school year. Children who turn four or five years old during 2024, 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 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](#).
- In-person at the school - Families may visit the school office to drop off or complete a registration form.

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.

Students Can Now Explore Secondary School Opportunities by Sector

Our secondary schools offer courses and programs that let you explore your interests, build skills and gain experience in areas that interest you. You can now [search from 16 different sectors](#) to learn more about:

- career pathways in the fields that interest you
- courses and programs you can take in secondary school that let you gain sector-specific skills, knowledge and experience
- how you can earn certifications, post-secondary credits and job experience while in high school

Find out what courses and programs are available in the fields that interest you at your school. Visit www2.yrdsb.ca/experience-yrdsb.



January is Tamil Heritage Month

January is Tamil Heritage Month that aims to celebrate the richness of the Tamil language and its literature, and highlight Tamil Canadians' vibrant traditions, history, arts, and cultures. In addition, it seeks to recognize the significant contributions of Tamil Canadians in key areas of social, cultural, economic, and political spheres.

Also, of significance is January 15, 2024. According to the Tamil calendar, January 15, 2024, begins the month of "Thai." On this day, people of Tamil heritage celebrate Thai Pongal, the Tamil harvest festival. Thai Pongal is the most important and widely-celebrated festival amongst Tamils around the globe. Thai Pongal is a time to give thanks for the previous year's blessings and a time to look forward to the new year.



January 27 is Holocaust Remembrance Day

The annual International Day of Commemoration in memory of the victims of the Holocaust is observed with ceremonies and activities at United Nations Headquarters in New York and at United Nations offices around the world.












Online Puzzles

Puzzles give meaningful and enjoyable problem solving opportunities to learn math while having fun. They can be played individually or collaboratively with a friend or family member, and at home or on the go.

Ken Ken Puzzles	Your goal is to fill in the whole grid with numbers, making sure that no numbers are repeated in any row or column.
Sudoku Puzzles	Sudoku is played on a square grid of 9 x 9 spaces. Within the rows and columns are 9 "squares" (made up of 3 x 3 spaces). Each row, column and square (9 spaces each) needs to be filled out with the numbers 1-9, without repeating any numbers within the row, column or square.
Magic Squares	Magic squares are number puzzles that are played on a square grid. The puzzle is complete when all of the rows, columns, and both diagonals add up to the same number.
Digits	Similar to wordle, players use a combination of given numbers to reach a target number. You can use any operation to get as close to the target number as you can.

January's Holidays and Observances

 Bahá'í Faith	<p>19 Sultán</p> <p>21 World Religion Day</p>
 Buddhism	<p>1 Solar New Year</p> <p>10 Linji Memorial</p> <p>17 Baizhang Memorial</p> <p>18 Hakuin Ekaku Memorial</p> <p>19 Eihei Dogen Kigen Birth date</p> <p>25 Mahāyāna New Year</p> <p>25 Honen Shonin Memorial</p>
 Christianity	<p>6 Epiphany (W)</p> <p>6 Armenian Christmas</p> <p>6 Theophany (E - New Calendar)</p> <p>7 Christmas (Old / Julian Calendar)</p> <p>14 New Year (Old / Julian Calendar)</p> <p>18 Week of Prayer for Christian Unity begins</p> <p>19 Theophany (E - Old Calendar)</p>
 Hinduism	<p>15 Makar Sankranti</p>
 Indigenous Spirituality	<p>1 Snow Moon (local Oneida)</p>
 Judaism	<p>24 Eve of Tu B'Shevat</p> <p>25 Tu B'Shevat</p>
 Shinto	<p>1 Gantan-sai</p> <p>8 Seijin-no-hi</p>
 Sikhism	<p>5 Birth date of Guru Gobind Singh Ji (1666 - 1708)</p> <p>13 Maghi</p>
 Zarathushti (Zoroastrianism)	<p>4 Ghambar Maidyarem ends</p>
Other Events This Month	<p>Tamil Heritage Month (CAN)</p> <p>1 New Year's Day</p> <p>11 New Moon</p> <p>15 Thai Pongal</p> <p>25 Full Moon</p> <p>27 Holocaust Remembrance Day (UN)</p>

A GOOD NIGHT'S SLEEP

The proper amount of sleep can:

- Boost the immune system
- Help to regulate appetite and metabolism
- Improve memory
- Stabilize mood and reduces anxiety
- Support faster growth and development



How much sleep do children need?

- Ages 6 to 12 years require 9 to 12 hours of sleep
- Teens require 8 to 10 hours of sleep

Signs of lack of sleep:

- Difficulty waking up in the morning
- Falling asleep in class
- Trouble with memory, concentration and motivation
- Irritable or depressed

How do you encourage your child to get the most out of sleep?

- Set up a regular routine and bedtime to prepare the mind and body for sleep
- Encourage your child to be physically active daily
- Avoid caffeine (pop, energy drinks, chocolate) especially past mid-afternoon
- Avoid napping (if needed limit naps to 30 minutes and do not nap in the evening)
- Limit the use of electronics (cellphones, TV) and turn off bright lights one hour before bedtime

This material is provided by York Region Public Health. For more information on staying healthy, please visit york.ca/healthyschools

Resources

[Kids Help Phone: Get Better Sleep with These Tips](#)

[Canadian Pediatric Society: Teens and Sleep](#)

[Please note that, in reproducing this document, should you modify the wording or reproduce it in part with other wording, the original meaning of the document may no longer be accurate. In this event, The Regional Municipality of York is not responsible for any inaccuracies in the content of your reproduction of this document or any part of it.]

PUBLIC HEALTH

1-877-464-9675

TTY 1-866-512-6228

york.ca/healthyschools



தமிழ் மரபுத் திங்கள்

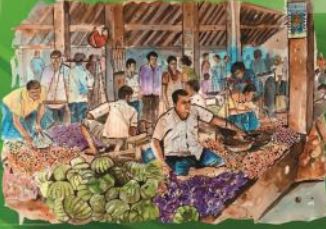
Tamil Heritage Month 2024

Tamilicious:
Tamils and Food:
Past, Present
and Future

தமிழ்ச் சுவை:
நேற்று,
இன்று,
நாளை



Celebrating 15 years...
15வது ஆண்டில் வெற்றிகரமாக...



இருந்தோம்பி இல்வாழ்வ தெல்லாம் விருந்தோம்பி
வேளாண்மை செய்தற் பொருட்டு.

அதிகாரம் 9, குறள் 1

A verse from Thirukkural, a classic Tamil language text written about 2000 years ago.

**The whole design of living in the domestic life and laying up property
is to be able to exercise the benevolence of hospitality to others.**

Chapter: 9, Kural 1

This official poster for Tamil Heritage Month 2024, released by Tamil Heritage Month Council, celebrates Tamil Cuisine, Tamils in Agriculture/Food Production, Preparation, Distribution and food related Hospitality sectors. From many centuries ago to the present day, Tamils have contributed greatly to food production, preparation and distribution across the world. Tamil Cuisine and culinary skills of Tamils have also made an enormous impact across the Globe. The images shown in the poster through drawings and photos are a few significant examples of that contribution of Tamils. The poster illustrates food items that are unique to Tamil cuisine, farmers markets in Tamil homelands to restaurants in the diaspora. As 2024 is the 15th year anniversary of the Tamil Heritage Month initiative, the central image pays tribute to our collective effort in making this initiative a great success. The artwork includes work by artists from Tamil Eelam, Tamil Nadu and Canada. We thank artists Keera Ratnam, Pirunthajini Pirabakaran and Jeeva Nathan. Poster design by Maiyuran Kanagasabapathy.

info@tamilcivicaaction.com | www.tamilheritagemonth.com





Student Mental Health and Addictions Newsletter

January 2024

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

New Beginnings and Exams

Dear Families,

After the winter break we are welcomed back to school and to a new beginning of the 2024 calendar year. We recognize that many of our students and families follow various acknowledgements of the calendar year, and that new beginnings are happening all the time. This provides us with many opportunities to begin anew.

When experiencing transitions, such as the beginning of a new year, we can become aware of parts of the transition that are joyful, and the parts that are challenging. We can help our children learn that it is OK for new things to feel uncomfortable and exciting, or to be curious and tentative about what the new year will bring. For some of our secondary students this new year will bring their first experiences with exams.

While some students may be entering their first exam season with a sense of confidence, some students may be feeling a mix of emotions such as: stressed, overwhelmed, or uncertain. How can we help our youth through this new chapter of their lives? One thing we can do is listen to our children when they talk to us about their emotions, including those related to exam stress. As we listen, we can also validate their emotions. While this may seem like a small act, it is hugely impactful because it makes youth feel heard, understood, and supported.

It might also be beneficial to remind youth of the times they have put their best efforts into taking a test, or times when they've taken a test and have been proud of



YRDSB Mental Health

their performance. In reminding them of these experiences, you might also encourage them to think about the strategies they used to study, prepare and feel confident for these tests. Everyone will have different strategies and that is OK. For some it might be studying while listening to music, or studying at a certain time of day. For others it might be preparing a study schedule, prayer and contemplation, eating healthy, or asking for additional academic help. No matter the strategy, it's helpful to encourage youth to remember what has worked well for them in the past. Finally, remind youth that exam results are not the sole definition of success. Even if they don't do as well as they would like to on their exam, encourage them to think about how they could continue to learn, grow and, ultimately, improve their understanding after the exam. This can help take some of the pressure off of taking exams. The Central Mental Health team met with Youth S.P.A.C.E. Student Leaders and a Student Trustee to talk about managing stress and mental health during exams. Listen to the Tune In YRDSB podcast episode to hear this important discussion: [Tune In YRDSB: Supporting Student Mental Health During Exams](#)

As we navigate the winter months, it is also essential to prioritise the well-being of our young learners. Some tips to ensure a healthy and happy winter season include outdoor play, healthy snacking, group reading and more.

Supportive Resources:

[Mental Health Resources in York Region](#)

[YorkHills Here to Help Line](#) (905-503-9561)

The Here to Help Line is a free service available to children/youth (0-18 years) and their parents/caregiver/adult supporters. Monday to Thursday from 2:00pm-7:00p.m

[Family Services York Region](#) (905-895-2371)

Virtual walk in is operated on a first come, first serve basis, and can be accessed once per month. Virtual appointments can be 15 minutes to 1.5 hours long depending on your specific needs. Monday, Tuesday, Thursdays from 10:00 a.m. to 5:00 p.m.

[CMHA BounceBack Ontario](#)

Feeling sad, irritable or stressed out sometimes? Do you feel that maybe you could benefit from some support? BounceBack® gives you access to materials and resources that will support you in learning new skills through workbooks, activities,



YRDSB Mental Health

videos, and a trained coach who can provide up to six telephone sessions. BounceBack Coaching is available through the provincial [Ontario Structured Psychotherapy](#) program. Offered to [youth aged 15-17](#) and [adults 18+](#).

[YRDSB Mental Health Resource Page](#)

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

Follow YRDSB Mental Health on Twitter [@MH_YRDSB](#)

Students

York Services Support Network

- [Wellness Recovery Action Plan \(WRAP\)](#)
 - January 10, 1:00 pm – 3:30 pm

Caregivers

[York Hills Centre for Children, Youth and Families](#)

- January 15, 6:30- 8:30- [Teen Triple P Seminar #1- Responsible Teenagers](#)
- January 16, 6:30- 8:30- [Learning to Pay Attention](#)
- January 22, 6:30- 8:30- [Teen Triple P Seminar #2- Competent Teenagers](#)
- January 23, 6:30- 8:30- [Raising a Child with ASD](#)
- January 29, 6:30- 8:30- [Teen Triple P Seminar #3- Getting Teenagers Connected](#)

Family Services York Region

- [Free To Be](#)
 - Third Monday of Each Month, 6:30 pm – 8:00 pm
 - This is a free virtual group for parents/caregivers of gender diverse children, regardless of age which meets once a month. Free to Be offers an opportunity to meet for support and education. The goal of this program is to destigmatize gender diversity

York Services Support Network

- [Starting the Journey for Tweens and Teens](#)
 - January 10, 12:00 pm – 1:00 pm
 - This group is for parents and family caregivers of children and teens ages 8-18, who have a recent diagnosis of autism. The group is facilitated by YSSN's Family Peer Mentors, who have felt all the feelings and are ready to listen and share, as well as a Foundational Family



YRDSB Mental Health

Service Worker, who will be on hand to answer your questions about funding and services.

- [Mindfulness-Based Stress Reduction Workshop \(MBSR\) 8-Week Series](#)
 - [January 18, 25, 9:30 am - 12:00 pm](#)
 - Hosted by the DS Family Peer Mentor program and led by Dr. Mabel Hsin, you will learn tools for building resilience, increase wellbeing, manage stress, ADHD, improve focus, and numerous other benefits.
- [Transition Planning Resource Days](#)
 - [January 3, 19, 31 from 9:00- 5:00 p.m](#)
 - Need help understanding the developmental services system and transition planning? Does your child have an IEP? Book a free, 1 hour session, with a transitional planner to discuss and ask important questions.
 - Registration can be done through emailing cmacdonald@yssn.ca or calling: 905-953-8354 or 1-833-953-8354 ext. 2245.
- [An Overview of Sensory Processing and Strategies with Paula Aquilla](#)
 - Part 1: January 24, 6:30- 8:00, Part 2: January 31, 6:30- 8:00
 - Learn some of the more commonly-seen issues, how to identify when your child may be hypersensitive or hyposensitive, and strategies to support their sensory processing.
 - This workshop is for caregivers of children with autism ages 0-18.
- [Starting the Journey: Monthly Virtual Meetup For Parents and Family Caregivers](#)
 - [January 31, 11:00- 12:00 p.m.](#)
 - This is a group for parents and caregivers of children up to age 8 who are recently diagnosed with autism. The group is facilitated by YSSN's Family Peer Mentors and OAP-Funded Family Support Worker teams, who have felt all the feelings and are ready to listen and share. This judgement-free space is a chance to ask questions and connect with other families with young ones.

PFlag

- [Coffee Night](#), held every second Monday of the month, is a safe space where members of the LGBTQ2 community, their friends, family or allies can come together.
- [Online Registration](#)

[Peer Support Group for Parents and Caregivers](#)



YRDSB Mental Health

- This group is a support for parents and caregivers raising children and youth with mental health concerns
- 3rd Monday of each month
- Aurora Town Hall 6:30- 8pm
- January 15, 2024

This edition of the Newsletter was written by the Student Mental Health and Addictions Strategy Implementation Team 2022-2023, inclusive of YRDSB School Social Workers Ruth Damdar, Kymani Spence, Peter Reid and Kate Phillips.

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

Mental Health Lead

patricia.marra-stapleton@yrdsb.ca

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

Assistant Coordinator of Mental Health

hoshana.calliste@yrdsb.ca

Paula Vicente M.S.W., R.S.W.

Assistant Coordinator of Mental Health

paula.vicente@yrdsb.ca