

Adrienne Clarkson News

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



Principal: Nadia Russiello

Superintendent: Lois Agard

Vice Principal: Bryan Gerson

Trustee: Cindy Liang

Administrators' Message

The month of February has flown by and we had a wonderful week of Carnaval fun for our Grade 2s and 3s. We have also been highlighting Black Excellence during February which is Black History Month. At ACPS, we continue the learning beyond the month of February and in this newsletter you will see some examples of displays that were created by our staff and students.

We're looking forward to spring which we hope will come soon. Please keep in mind that inclement weather and cold temperatures are very common in March and April. To assist in keeping your child safe and comfortable at school, we are encouraging families to send their children to school dressed appropriately for the weather, and to remind children to continue to wear appropriate outdoor clothing and footwear during recess times. March is also the month where we start to see a change in the weather. The snow begins to melt and the schoolyard becomes wet and muddy. As a result, we want to remind families that it is important that students have a change of clothes and socks in case they get wet. They also need a pair of indoor and outdoor footwear.

Teachers are working with students towards meeting curriculum expectations for the second term. We encourage families to continue to keep in contact with their child's classroom teacher as we work in partnership to support student learning.

We are excited to have the opportunity to offer school lunches and milk again - our first time in almost 2 years! Look for more information to come in the weekly Clarkson Connections.

We appreciate everything you do at home to support your child's learning at home.

Your partners in education,

Mme Russiello et M. Gerson



Mar 2 ~ School Council Mtg (7 pm)

Mar 10 ~ The Big Crunch

Mar 11 ~ Beach Day

Mar 13 ~ Daylight Savings Time

Mar 14-18 ~ Mid-Winter Break

Mar 17 ~ St. Patrick's Day

Mar 20 ~ Milk Orders due

Mar 23 ~ Kune's Together Presentation

Apr 7 ~ Grade 8 Grad Photos

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

Don't forget to order Milk by March 20th!

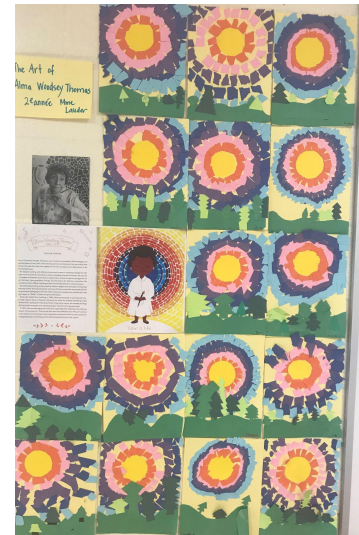


Grade 8 Graduation - Save the Date

Our Grade 8 graduation is booked for Wednesday, June 22nd. We don't know what the format will be, but we are hoping to celebrate with our first in-person event. For now, if you have a child in grade 8, please save the date!

Celebrating Black Excellence

Our students are exploring and celebrating stories of black excellence throughout the month of February and beyond. Some of their work is being displayed in our front entrance so that all of our students can be inspired by and benefit from reading and seeing their work.



Daylight Savings Time



Clocks “Spring” forward one hour on Sunday, March 13 @ 2:00 am

Are You Moving?



If you will be moving by September 2022, please let us know as soon as possible. We are currently projecting our student enrolment for September 2022. These numbers help us hire sufficient staff and support personnel. It is important that we know as soon as possible if your child will not be attending Adrienne Clarkson PS in September. This does not apply to our Grade 8 students. Thanks for your assistance in preparing for the next school year. Please call our office with any information: 905-709-3554.

GAPPS Profile Images

YRDSB does not tolerate any forms of hate or discrimination. In the last school year, it came to the Board’s attention that YRDSB Google Apps (GAPPS) profile pictures were being used to spread online hate through racist imagery shared and uploaded to GAPPS accounts. These images cause pain and can make other students and staff members feel unsafe, marginalized and unwelcome in our learning environments.

Appropriate actions were taken to address this issue, including a mandatory learning series for all students, mandatory training for all YRDSB staff, and temporarily removing access to customizing profile images. YRDSB will be continuing to implement measures that support student safety over the course of this school year. These measures include providing teachers with ongoing access to resources and support for addressing issues of hate.












Between March 28-31, 2022, students will have opportunities to customize their profile pictures [within parameters established by the YRDSB](#). This will enable students to express or represent themselves in their profile images, while prioritizing safe and inclusive learning and working environments for all of our students and staff.

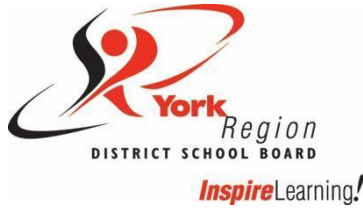
What does this mean for my child?

- Students will have an opportunity in March to select a customized profile picture that meets YRDSB guidelines.
- Students will receive guidelines and considerations based on their grade level to support them in selecting and/or creating an appropriate profile picture.
- This is optional. Students who do not select an image will continue to have their first initial as their GAPPS profile image.
- In future years, students will have two opportunities each year, during the fall and again in the spring, to change their images.

Students are also encouraged to report problematic images that perpetuate hate or cause harm by speaking with a caring adult or by making use of the YRDSB’s [ReportIT tool](#). More information is [available on the Board website](#)

March's Holidays and Observances

 Bahá'í Faith	<p>Mar 2 ~ 'Alá'</p> <p>Mar 2 ~ 19-day Fast begins</p> <p>Mar 21 ~ Naw-Rúz</p> <p>Mar 21 ~ Bahá</p>
 Buddhism	<p>Mar 3 ~ Losar - Tibetan New Year</p> <p>Mar 14 ~ Memorial of Shan-tao/Zendo Daishi</p> <p>Mar 17 ~ Festival of Higan-e</p> <p>Mar 20 ~ Spring Ohigan</p>
 Christianity	<p>Mar 1 ~ Shrove Tuesday (W)</p> <p>Mar 2 ~ Ash Wednesday (W)</p> <p>Mar 4 ~ World Day of Prayer</p> <p>Mar 7 ~ Great Fast begins (E)</p>
 Hinduism	<p>Mar 1 ~ Mahashivaratri</p> <p>Mar 18 ~ Holi</p>
 Indigenous Spirituality	<p>Mar 1 ~ Half Days Moon (local Oneida)</p>
 Judaism	<p>Mar 16 ~ Eve of Purim</p> <p>Mar 17 ~ Purim</p>
 Islam	<p>Mar 17 ~ Laylat al Bara'at (Niṣf Sha'bān) (beginning at sunset to sunset of the next day)</p> <p>Mar 21 ~ Nowruz</p>
 Shinto	<p>Mar 20 ~ Shunbun-no-hi (Spring Memorial Service / Vernal Equinox Day)</p>
 Sikhism	<p>Mar 14 ~ Sikh New Year's Day</p> <p>Mar 18 ~ Hola Mohalla</p>
 Wicca	<p>Mar 20 ~ Ostara</p>
 Zarathushti (Zoroastrianism)	<p>Mar 16 ~ Ghambar Hamaspathmaedem begins</p> <p>Mar 20 ~ Ghambar Hamaspathmaedem ends</p> <p>Mar 21 ~ Nowruz</p> <p>Mar 26 ~ Birth Anniversary of Prophet Zarathustra</p>
Other Events This Month	<p>Mar 8 ~ International Women's Day (UN)</p> <p>Mar 13 ~ Daylight Saving Time begins (Canada, USA)</p> <p>Mar 20 ~ March Equinox</p>



Student Mental Health and Addictions Newsletter March 2022

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

March Break: Taking Time to Pause

Dear families and caregivers,

The past two school years have been school years like no other. “Something none of us prepared for,” [School Mental Health Ontario](#). March 12th, 2022, marks two years since the first Ontario school closure announcement due to the Covid-19 pandemic. The school closure followed March break, and for some, this was referred to as the “[March break that never ends](#).” We have faced many Covid-19 related challenges over the past two years. Ontario students, families, and caregivers have displayed hope, resilience, growth, and triumph despite the many ongoing challenges.

Check out [A YRDSB Story: Brian Park, Noah Bryan](#), and many more in the [YRDSB Newsroom](#) to view some positive past and present highlights that display the triumphs, growth and excellence of YRDSB students.

This newsletter edition shares ways to take a “pause” and maintain mental wellness during the March break and beyond.

March break signifies an opportunity to break from academic expectations and school-related commitments for many students, families, and caregivers. The time off permits students to focus on things outside of the day-to-day school routines. However, this is not true for all students, families, and caregivers. The reality is March break can look different for each student/household.

We recognize that not all households will be “taking a break.” Some students, caregivers, and families are simply trying to figure out how to get through the March break and manage the shift in routine and predictability of the school day. [Children’s](#)



[Mental Health Ontario](#) offers helpful tips on creating routine and predictability as well as supporting mental wellness over the March break.

No matter what your March break entails, finding time to pause can be helpful. "A pause is an opening; it acts as a portal to other options and choices." —Robert Poynton.

A pause can be a few minutes, hours or even days. Taking time to pause and reflect can help us develop an awareness of our physical and mental states. For some, a pause can be connected to faith/religion, culture and or an individual/family or group's unique way of being (existing) in the world. Each person's way of pausing may look different. Taking a pause can help us rest, reset, reflect and simply catch our breath. Pausing can help us avoid becoming overwhelmed in stressful situations; it aids us in slowing down in times when we feel rushed or under pressure.

Over the March break, we invite parents and caregivers to consider pausing. Pause to rest, pause to play, pause to listen, pause to paint, pause to reflect, pause to read, pause to engage in identity-affirming activities, pause to nourish, pause to connect.

A pause may feel unattainable and unrealistic, which is understandable, given the many realities of parents & caregivers. Yet, recognizing the benefits of pausing, we encourage you to consider what a "pause" may look like for you and your family. Even a few minutes a day can be helpful and restoring.

School Mental Health Ontario offers some helpful ways to [Pause and reflect](#). These resources can help you, and your child(ren) make time to pause.

Additional Resources:

[YRDSB Mental Health Resource Page](#)

[SMHO Parent/Family Page](#)

Upcoming Workshops:

[Being a Parent](#) - Wed, Mar 16, 2022 12:00 PM EDT

For more additional workshops visit [York Hills Centre for Children, Youth and Families website](#). We look forward to creating pathways for caring connections and meaningful relationships with parents, caregivers, and families. Share your voice by using this [feedback form](#), and let's pave the path forward together.

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 support as well as community support. Please consider taking some time to familiarize yourself with the supports found on the [COVID-19 Mental Health Supports for Students and Families](#) webpage.

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

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

Swetha Srikanthan, M.S.W., R.S.W

Assistant Coordinator of Mental Health

swetha.srikanthan@yrdsb.ca

Supports for Community Members with Family and Loved Ones Impacted by Events in Ukraine

In solidarity with all of those in our community with family and loved ones impacted by the conflict in Ukraine.

The following are some services currently available to families:

- [LifeWorks 24/7 Free Support Crisis Line for Those Impacted by the events in Ukraine](#): 1-844-751-2133
- [Ukrainian Enquiries Phone Line for Clients in Canada and Abroad](#): 613-321-4243 (Collect calls accepted)
More [information about Canadian immigration measures](#) for people affected by events in Ukraine are available online by [Canadian Immigration and Citizenship](#).
- [Jewish Immigrant Aid Services \(JIAS\) | ukraine@jiastoronto.org](#)
 - Services for newcomers of all faiths and cultural affiliations.
 - Currently supporting with family sponsorships.
- [Emergency Hotline for the Ukrainian Jewish Community](#)
Info, Guidance & Assistance (Hebrew, Ukrainian and Russian)
Provided by The Jewish Agency & The International Fellowship of Christians and Jews
 - From Ukraine: 0-800-504-504603 (Toll Free)
 - From Israel: 1-800-228055 x4 (Toll Free)
 - [Assistance Request Form](#)

150,000 - 300,000 Jewish people live in Ukraine. Ukraine is home to the 5th-largest Jewish community in Europe and one of the poorest Jewish communities in Europe. It is also home to the largest Chabad Centre and Jewish complex in the world.

- In-School Settlement Worker, Olga Joukova
Supporting Newcomer Families in York Region (Ukrainian, Russian & Hebrew)
ojoukova@ccsyrr.org | 416-616-6789
Provided by [Settlement Education Partnership in York Region \(SEPYR\)](#),
[Catholic Community Services of York Region \(CCSYR\)](#)
*Services for newcomers of all faith affiliations.

To assist Canadians concerned about their loved ones in Ukraine, effective immediately, the following phone providers will be waiving all Home Phone and consumer Mobility Postpaid Long Distance charges for calls from Canada to Ukraine until Mar. 31, 2022:

- Bell Canada
- Fido - including long distance SMS to Ukraine and roaming fees are also waived.
- Freedom Mobile - including long distance SMS to Ukraine and roaming fees are also waived.
- Rogers - including long distance SMS to Ukraine and roaming fees are also waived.
- Telus - waiving all additional charges for long-distance calls and texts to Ukraine until March 12th
- Virgin Plus

These changes will be applied automatically during the month of March. No action is required by customers.



Proud to be serving lunch at
ADRIENNE CLARKSON P.S.
 Service days: **Monday to Thursday**

Entrees

Beef burger	\$5.35
Buttery pasta	\$5.50
Chicken burger (H)	\$5.70
Chicken fingers with rice pilaf (GF)(H)	\$6.50
Grilled cheese sandwich	\$5.75
Grilled cheese & turkey sandwich	\$6.55
Macaroni & cheese	\$6.35
Meatballs with mashed potatoes & brown gravy (H)	\$6.75
Pasta with meat sauce (GF)	\$6.85
Pasta with tomato sauce (GF)	\$5.75
Greek chicken with steamed rice	\$6.75
Greek tofu with steamed rice	\$6.75
Veggie meatballs with mashed potato & brown gravy	\$6.95
Veggie burger	\$6.35
Veggie fingers with rice pilaf	\$6.95

Side Items

Baked potato with sour cream	\$2.35
Chicken fingers (2 pcs) (GF) (H)	\$4.55
Corn niblets	\$1.75
Cucumber slices	\$1.65
Edamame (cold, shelled)	\$2.35
Garden salad with Italian dressing	\$3.35
Garlic bread	\$1.65
Pancakes with syrup (2pcs)	\$4.55
Perogies (4 pcs) with sour cream	\$4.55
Steamed rice	\$2.35
Veggies & dip	\$2.75

Complete Meals

Chicken caesar wrap with fruit (H)	\$6.95
Chicken fried rice with fruit	\$6.95
Tofu fried rice with fruit	\$6.95
Tuna salad sandwich with fruit	\$7.25
Pancakes (2pcs) with turkey sausage, syrup and apple sauce	\$6.95

Snacks & Desserts

Carrot Muffin (GF) (SFTE)	\$1.75
Banana Muffin (SFTE)	\$1.75
Chocolate chip cookie (SFTE)	\$1.50
Diced Fruit	\$2.35
Fruit of the Day	\$1.65
Fudgy Brownie (SFTE)	\$1.65
Popcorn	\$1.95
Superfood granola bar	\$1.65
Yogurt Cup	\$1.75

Drinks

2% Milk	\$1.55
Chocolate Milk	\$1.75
Various fruit juices (100% juice) Apple juice; Fruit punch; Apple grape Strawberry banana orange	\$1.55

Condiments

Butter	\$0.35
Cheese Slice	\$0.55
Extra Syrup	\$0.35
Mayonnaise	\$0.55
Parmesan cheese	\$0.55
Pickles	\$0.35
Plum sauce	\$0.35
Ketchup, Relish, Mustard	Comp.

(GF) Gluten-friendly also available. See prices online.

(H) Halal also available. See prices online.

(SFTE) Sweets from the Earth Premium Baked Good

*Rice Pilaf = contains peas & carrots

~ALL bread, buns and wraps are whole wheat.

Visit our website at www.kidskitchen.ca for more menu options!

Ordering is easy! Online orders can be placed up until 10am the previous business day.

Call: 905.944.0210 Email: information@kidskitchen.ca

Leave the lunches to us!



MARCH 2022 SPECIALS

Ordering is Easy. Kid Approved. Stress Free.

Enjoy a Spaghetti Lunch!



Spaghetti with Meatballs in Tomato Sauce

Gluten-friendly, vegetarian and other menu options available online!

Ordering is easy!

Online orders can be completed up until 10am
the previous business day

We're here to help!
905-944-0210

information@kidskitchen.ca
www.kidskitchen.ca

Kid's Kitchen Co.

Helping children eat well and perform better since 2001!

