

# Adrienne Clarkson News

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



**Principal:** Nadia Russiello

**Superintendent:** Lois Agard

**Vice Principal:** Bryan Gerson

**Trustee:** Cindy Liang

## Administrators' Message

It is hard to believe that we are already in May ... where has the year gone?? Maintaining a regular routine as the days get longer (and warmer) remains important for students to be well rested for school. Be sure to keep homework and bedtime routines as regular as possible.

With the warmer weather, our students are now able to use the field during recess. Please review the school dress code with your child.

On May 16th, students will enjoy an UPower® Student Presentation by Sarah Westbrook called Healthy Resilient Minds Matter. Sarah will also be presenting to families: Nurturing Your Child's Emotional Well-Being on the evening of May 18th. We appreciate the School Council's support in securing these presentations for our students and community. On May 18th, 55 of our Grade 7 & 8 students will be participating in the Gauss Math Contest. From May 24 to June 1, our Grade 3 and 6 students will partake in the provincial EQAO assessments. Please note the dates each grade will be writing these assessments. Our Eco Team, Yearbook Committee and TED Ed Club have also been busy. It's wonderful to see the ACPS community slowly returning to its vibrant and busy self!

Please read the newsletter for other important information that will help both your child and yourself support their learning and experiences at ACPS. Thank you for your cooperation and support in making ACPS a great school community.

*N. Russiello*

N. Russiello  
Principal

*B. Gerson*

B. Gerson  
Vice Principal

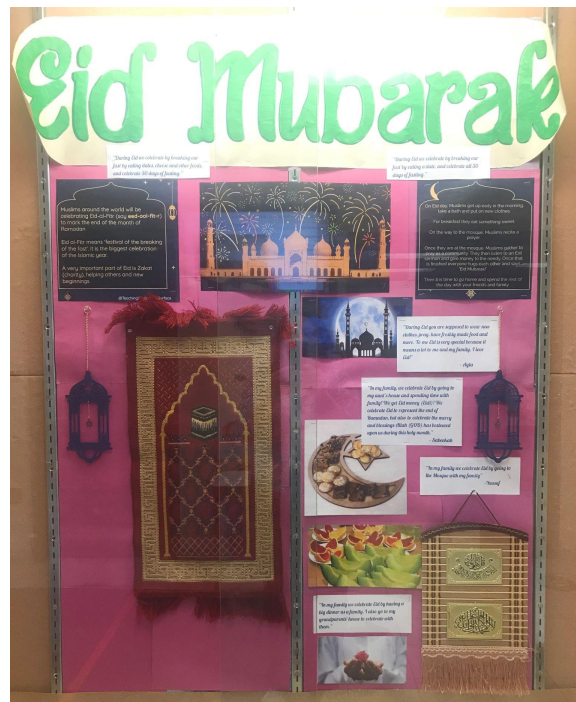


- 12** ~ Popcorn Day
- 13** ~ Pizza Lunch
- 15** ~ Popcorn Session #2 orders due
- 16** ~ Sarah Westbrook student presentations
- 18** ~ Class Placement Input forms due
- 18** ~ Sarah Westbrook family presentation (6:30 pm)
- 18** ~ Gauss Math Contest
- 19** ~ Popcorn Day
- 20** ~ ACPS Spirit Wear/School Colours Day
- 20** ~ Pizza Lunch
- 23** ~ Victoria Day
- 24 - 27** ~ Grade 6 EQAO
- 26** ~ Popcorn Day Session #2 begins
- 27** ~ Pizza Lunch
- 30-June 1** ~ Gr. 3 EQAO
- June 2** ~ PA Day

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

# Observing Ramadan and Celebrating Eid al-Fitr

In April and the beginning of May, many of our families observed Ramadan and celebrated Eid al-Fitr. Ramadan is a holy month of fasting and contemplation for Muslims. During Ramadan, most Muslims fast during the hours of daylight and increase their focus on prayer and contemplation. At the end of each day the fast is traditionally ended with a prayer and a light meal called the iftar. Eid al-Fitr (Id al-Fitr) Literally the 'Festival of Breaking the Fast,' 'Īd al-Fiṭr is one of the two most important Islamic celebrations. At 'Īd al-Fiṭr people dress in their finest clothes, adorn their homes with lights and decorations, give treats to children, and enjoy visits with friends and family.



## 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 enrollment 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.

### DRESS CODE

With the warmer weather approaching, we would like to remind families and students of the school dress code. To maintain a positive school atmosphere, we ask that students refrain from wearing clothing that displays inappropriate language or pictures. We also ask that students dress in a manner that does not expose undergarments, navels or midriffs.

In the warmer weather, footwear should allow students to participate in all school activities safely. Students should not wear flip flops, Crocs or slides to school. Sandals should be securely fastened to avoid tripping over them during recess or going up/down stairs.



### EQAO for 2021-22

Our Grade 3 students will be writing the Mathematics portion of the EQAO assessment from **May 30th to June 1st**.

Our Grade 6 students will be writing the Reading, Writing and Mathematics EQAO **May 24th to 27th**. Please do not book appointments or vacations during these periods. Thank you for your cooperation.

### **Grade 8 Graduation - Save the Date**

Our Grade 8 graduation is booked for Wednesday, June 22nd. More information will be shared with Grade 8 families in the coming weeks.

For now, if you have a child in grade 8, please save the date!

## **2022 Summer Learning Programs Available**

During the summer, YRDSB continues to offer credit and non-credit summer school program opportunities for elementary, secondary and adult students. Registration is now open for the following programs:

### Elementary Credit and Non-Credit Programs:

- [Elementary Summer School](#) (Grades 6 - 8 non-credit reinforcement)
- [Grade 8 Reach Ahead](#) – Students in Grade 8
- [Summer Institute](#) - Kindergarten to Grade 8



### Secondary Credit Programs:

- In-Person Learning
- Online Learning

### Adult Learning Programs:

- Adult Literacy and Basic Skills
- English as a Second Language
- Citizenship Classes

For more information about summer learning programs and registration please visit [www.yrdsb.ca](http://www.yrdsb.ca) and follow us on Twitter @YRDSB.

## **Policy 221 Review**

The York Region District School Board regularly engages in reviewing its policies. Currently, the Board of Trustees has identified a need to review Policy #221 Student Trustees. As part of the review process The YRDSB consults extensively with students, staff and community members.

We encourage you to review this [slide deck](#) to build some context around our student trustee election process and fill out the [survey](#) to provide your feedback. You may also wish to go to our [Board's Policy review page](#) for more information.










We thank you for your participation and your voice in ensuring our policies are reflective of our community of learners. Participation in the survey is completely voluntary, anonymous, and confidential. Your input will be considered and used to help inform revisions to the policy.

## **After School and Evening Mental Health Supports in Light of War In Ukraine and Global Conflicts 2022**

### **After School and Evening Events:**

- Parent/Caregiver Virtual Session: June, 1, 2022, 6:30-7:30 pm
- Students Grades 6-8 Virtual session: May 24, 2022, 4:00-5:00 pm
- Students Grades 9-12 Virtual session: May 30, 2022, 4:00-5:00 pm

Parents/ Caregivers can use this [registration form](#) to register for the parent/caregiver session, or to register their child in a student session. **Registration closes on May 20, 2022.** More information about the session can be found within the [registration form](#).

<b>May's Holidays and Observances</b>	
 Bahá'í Faith	<b>May 2</b> ~ 12th Day of Riḍván <b>May 17</b> ~ 'Aẓamat <b>May 24</b> ~ Declaration of The Báb <b>May 29</b> ~ Ascension of Bahá'u'lláh
 Buddhism	<b>May 16</b> ~ Wesak (Buddha Day)
 Christianity	<b>May 26</b> ~ Ascension (W)
 Indigenous Spirituality	<b>May 1</b> ~ Planting Moon (local Oneida)
 Jainism	<b>May 3</b> ~ Akshaya-tritiya
 Islam	<b>May 2</b> ~ Īd al-Fiṭr
 Shinto	<b>May 21</b> ~ Sanja Matsuri (Three Shrine Festival)
 Wicca	<b>May 1</b> ~ Beltane
 Zarathushti (Zoroastrianism)	<b>May 4</b> ~ Ghambar Maidyozairem ends
Other Events This Month	Asian & South Asian Heritage Month (Canada) Jewish Heritage Month (Canada, USA)

# SARA WESTBROOK



A child's emotional state affects their performance at school, their relationships and their physical and mental well-being. Emotions can be hard to identify, to move through and hardest of all...to talk about.

## NURTURING YOUR CHILD'S EMOTIONAL WELL-BEING

DATE: Wednesday May 18th

TIME: 6:30 - 7:45 pm

In this virtual presentation, parents and guardians will learn  
**3 Strategies** to help develop:

### Resilience and Emotional Well-Being in Children

Using the **3 Strategies** with your child will help them:

- Self-regulate
- Decrease anxiety and stress
- Have a closer relationship with others
- Communicate with empathy, respect & kindness
- Create healthier mental and physical well-being

*'Sara's presentation was phenomenal! We thoroughly enjoyed our evening with her and learned useful techniques.'*

BPS Council Chair / Ballantrae PS

As seen and heard on



[www.sarawestbrook.com](http://www.sarawestbrook.com)

# THE CENTRE FOR BLACK STUDENT EXCELLENCE

---



“The Come Up Summer Program was amazing. My experience was, in-short, incredible. It taught me different things and things I need to know to help me in my future endeavors. It was an incredible experience and helped me a lot to know how to handle school situations as a Black teenager.”

- Bamishe, YRDSB Student

The Come Up summer program is a unique **in-person** experience for self-identifying Black students (and their parents/guardians) in the York Region District School Board who will be entering grade 9 or 10 in September 2022. The program will begin Wednesday, July 6 and end Friday, July 29, 2022 (9:00 a.m. - 3:30 p.m.).

Students will have an opportunity to successfully earn a high school credit by participating in a fun and dynamic program. Some of the topics may include: positive identity formation and affirmation, career pathways, emotional intelligence, social media, digital literacy, entrepreneurship and legal rights. Each activity/workshop is designed to prepare and support Black students as they embark on a new journey.

A workshop series on navigating the secondary school system, supporting your child and accessing resources is also available for parents / guardians.

See [flyer](#) for further information. Deadline to [register](#) is May 31, 2022.

## Scholarships

---

**[AEBS Scholarship](#)** The Alliance of Educators for Black Students (AEBS) is pleased to offer York Region District School Board students graduating from high school in 2022 the opportunity to apply to several scholarships.

**Deadline: May 16, 2022.**

**[BFCN Scholarship](#)** BFCN believes that access to education of all forms is important for the continued success and development of youth in our community. Their Scholarship Program is designed to address a few of the gaps and barriers in order to increase access to post-secondary education and support Black students and their families.

**Deadline: July 31, 2022.**

---

## Triple P Parenting Seminar

### Sibling Rivalry

Sibling rivalry is the jealousy, competition and fighting between brothers and sisters.

It is a concern for most parents with two or more kids.

This session will look at the roots of rivalries and how parents can build greater harmony in family life.

You will learn about:

- What sibling rivalry is
- How to handle sibling rivalry
- Useful sibling conflict resolution strategies
- Simple parent techniques that work

**[REGISTER](#)** today!

### 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:** Wednesday, May 18, 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](mailto: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**





## Active Transportation Safety Tips

Help keep kids safe and active on their travels with these top tips.

### Driver safety tips: Help keep pedestrians and cyclists safe

- **Reduce your speed.** Lower speeds give you more time to react and brake if needed. Lowering your speed also greatly reduce the chances a pedestrian will be killed if there is a crash. Be especially cautious in areas such as school zones, where children may be travelling to or from school.
- **Drive at 30 km/h.** A pedestrian struck by a car traveling at 50 km/h is almost six times more likely to be killed than a pedestrian struck at 30 km/h. At a speed of 30 km/h, vehicles and pedestrians are both relatively safe; drivers have sufficient time to stop for pedestrians and pedestrians can make better crossing decisions.
- **Keep your distance.** Ensure you give cyclists space on the road. When parking on the street, always check for cyclists before opening your door.
- **Put down the distractions.** In the few seconds you turn and reach for something in the vehicle, your eyes are off the road. Leave whatever it is until you stop. Don't use handheld devices of any kind; these create high levels of distraction risk among drivers.
- **Be alert.** Traffic congestion and unsafe driver behaviour are common in school zones during drop-off and pick-up times. As a driver, be patient and expect kids to be kids. Be alert for child pedestrians and cyclists darting between cars or moving suddenly onto the road.
- **Drive sober.** If you are planning to drink alcohol or use drugs, don't drive.

Visit our road safety page for more helpful tips: [parachute.ca/en/injury-topic/road-safety/](https://parachute.ca/en/injury-topic/road-safety/)

## Pedestrian safety tips

- **Travel with your younger children.** Younger children still need to develop the cognitive and physical skills to make safe judgments about road crossing and traffic. While your children are developing these skills, travel with them and talk to them about pedestrian safety.
- **Use sidewalks or paths.** Spaces that allow pedestrians to move around separate from motor vehicles are safer. Sidewalks can reduce the incidents of drivers hitting pedestrians along a roadway by up to 88 per cent. No sidewalks? Travel facing traffic and as far away from vehicles as possible.
- **Cross at designated crossings.** Use traffic signals and crosswalks when possible. Talk about what you do before you cross a road. Teach your child to use their senses. Think, look and listen, even if there is a crossing guard or traffic signals to assist them. Teach kids at an early age to look left, right and left again when crossing the road. When the way is clear, or all the cars at the crosswalk or intersection have come to a full stop, teach your child to cross the road and not to double back or run.
- **Be a role model.** Children learn from their parents and caregivers. Over time, your frequent demonstrations will become ingrained in your child's approach to crossing roads. Expect them to do the same thing when they are crossing the street independently.

Visit our pedestrian safety page for more helpful tips.  
[parachute.ca/en/injury-topic/pedestrian-safety/](https://parachute.ca/en/injury-topic/pedestrian-safety/)

## Cycling safety tips

- **Check your ride.** Ensure your child's bike is adjusted correctly for their height and have them do a bike check before riding to ensure tires are inflated and brakes are working properly.
- **Be prepared.** Bike safety training and knowing the rules of the road are important for riders' safety. Protect young riders by using designated riding areas when possible. Bike safety training courses are available at <https://canbikecanada.ca/>
- **Assess your child's navigational skills before riding on the road.** Children develop better physical and cognitive skills around age 10 – but their ability to ride on the road may depend on their experience, environment and development. Not sure if your child is ready to ride solo? Consider traffic volume, the number of intersections and your child's level of experience before making a decision.
- **Stay on the right side of the road.** When using the road, ride on the right side in the same direction as traffic to make you more visible to drivers. Adults should lead kids by cycling single file and having them repeat hand signals.
- **Protect your head, wear a helmet.** A properly fitted and correctly worn bike helmet can make a dramatic difference, cutting the risk of serious head injury by 60 per cent. Use

the 2V1 rule for helmet fitting (two fingers above eyebrows, straps form a “V” under ears, no more than one finger space between strap and chin) to ensure the right fit.

- **Be seen and heard.** Make sure drivers can always see you and your child. Wearing bright, reflective clothing and equipping your bike with flashing lights and reflectors help increase 360-degree visibility. A working bell will also alert other riders and pedestrians when you are close or passing.

Visit our cycling safety page for more helpful tips.

[parachute.ca/en/injury-topic/cycling/](https://parachute.ca/en/injury-topic/cycling/)

## Safety tips for other wheeled activities (such as skateboarding, rollerblading, scootering)

- **Choose a safe place to wheel, away from traffic.** Use pathways, sidewalks and skate parks.
- **Wear the right helmet for the activity.** Bike helmets can be used for in-line skating and non-motorized scootering, but skateboarding helmets should be used for skateboarding and longboarding; they cover the back of the head better and can protect against more than one crash. Visit Parachute’s helmets page for more information.  
[parachute.ca/en/injury-topic/helmets/](https://parachute.ca/en/injury-topic/helmets/)
- **Always wear the gear.** Along with a helmet, wear wrist guards to help prevent broken bones and sprains. Wear elbow and knee pads for in-line skating. Also wear brightly coloured clothing and reflective gear to help increase 360-degree visibility.

**For more information, visit**

[parachute.ca/safekidsweek](https://parachute.ca/safekidsweek)

# IT'S TIME TO GET KIDS PHYSICALLY ACTIVE AGAIN!



Physical activity has unquestionable benefits to the growth and development of children and youth. It is associated with higher health-related quality of life, improved cardiovascular health, bone health, immune function, cognitive development and academic achievement. It is also known to promote healthy brain development and to be effective at preventing and treating anxiety and depression.

During the pandemic, children and youth have been profoundly impacted socially, emotionally and physically due to all the public health restrictions. As we move toward recovering from the pandemic, it is also time to let kids play again while continuing to follow public health recommendations.

According to the [2020 ParticipACTION Report Card for Children and Youth](#), families play a crucial role in influencing kids' physical activity. Here is how you can help your children:

- Be an active role model
- Prioritize active transportation (e.g. walking, cycling, wheeling)
- Create a family media plan that includes screen-free times
- Encourage more outdoor time

Please remember to follow COVID-19 Public Health guidelines.

For more information, please visit [york.ca/healthyschools](http://york.ca/healthyschools)

[This document has been prepared and approved by The Regional Municipality of York. We encourage you to share this information in your communications with families in its entirety. Any modification to wording or by reproducing it in part with other wording can alter the original meaning and may no longer be accurate.]

## Public Health

1-877-464-9675  
TTY 1-866-512-6228  
york.ca





## Safe routes to school information sessions



### Getting active while getting to high school. Safe routes to school information sessions for grade eight students.

All grade eight students are invited to attend an information session about active ways to travel to high school.

[Register here](#) to join York Region Transportation Services and road safety partners for a virtual meeting with various dates by town or city, April 26 to May 31, 2022. Meetings will include a 20-minute presentation that introduces students to [York Region Transit \(YRT\)](#) and provides [pedestrian and cycling safety tips](#), followed by time for questions and answers. Meetings will be hosted on Zoom from 7:30 p.m. to 8:15 p.m.

Taking public transit, walking, or riding a bike to school promotes good health and benefits the environment. It can also save time and improve safety by reducing the number of cars entering busy school areas. **Attend a virtual meeting to learn more!**

For further information, email [transportation@york.ca](mailto:transportation@york.ca) or call 1-877-464-9675 ext. 75000. Follow @YorkRegionGovt on [Twitter](#) and [Facebook](#).

Join us at the **2022 CNE**  
ALL PROGRAMS **FREE\*** WITH ADMISSION!

**CNE**



**KID'S PASS**  
**FREE GROUNDS ADMISSION**

CN11A

QR Code

**CANADIAN NATIONAL EXHIBITION**  
**AUG 19 TO SEPT 5 | 2022**  
**LET'S GO TO THE EX!**  **THEEX.COM**

TORONTO, CANADA

\*Does not include rides, games and food.  
All programs subject to change