

# Adrienne Clarkson News

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Website: [adrienneclarkson.ps.yrdsb.ca](http://adrienneclarkson.ps.yrdsb.ca)



**Principal:** Nadia Russiello

**Superintendent:** Michael Grieve

**Vice Principal:** Bryan Gerson

**Trustee:** Cindy Liang

## Administrators' Message

With the beautiful weather we have had, we have certainly taken the opportunity to be outside. On October 18th classes were outside for "La Journée Amène-Moi Dehors/Take Me Outside Day". We enjoyed a wonderful Halloween Parade on October 31st and students in Grade 2 participated in their trip to Brooks Farms on the 17th. Our Cross Country Team represented us well at both the Area and Regional Meets. A big thank you to the ACPS School Council for decorating our front door for Halloween!



In November, families will be receiving the Progress Report Card electronically. This Report Card will not include letter grades. Instead, it will focus on the development of your child's learning skills, as well as their general progress in each of the subject areas. The Progress Report will be sent home electronically beginning on November 9th. Family-Teacher interviews will take place the evening of November 16<sup>th</sup> and the morning of November 17<sup>th</sup>. This is a great time to help your child reflect on what they have enjoyed at school, but also talk about what they have found challenging. Why not set some realistic goals with your child in an area that they identify as wanting to improve upon?

Some examples might be:

- *French* - I speak French in class all the time.
- *Reading* - I read by myself for 5 minutes, then we read together for 5-10 minutes. Remember to talk about what you have read to review comprehension.
- *Responsibility* - I will pack my bag the night before so that I don't forget my belongings.
- *Self-Regulation* - When I feel myself getting upset or angry, I will count to 10 and practice my breathing (4-7-8 Breathing: breathe in for 4, hold for 7, breathe out slowly for 8).

We look forward to a wonderful month!

Sincerely,

*Mme Russiello & Mr Gerson*

## November

- 1 Hindu Heritage Month begins
- 1 Take Our Kids to High School Day
- 1 Grade 8 Trip Information Evening
- 1-9 Holocaust Education Week
- 2 Langstaff SS Open house
- 3 School Photo Day
- 5 Daylight Savings time ends
- 5-11 Treaties Recognition Week
- 6-10 Families schedule interview times on Edsby
- 6 School Council Meeting 7pm
- 6 Arts @ Alexander Mackenzie Info. Night
- 7 Int. Boys Volleyball Tournament
- 8 Kome Lunch begins
- 8 Int. Girls Volleyball Tournament
- 9 Progress Reports begin to go home electronically
- 10 Remembrance Day Assembly
- 11 Remembrance Day
- 12 Diwali
- 13 Holocaust Survivor Presentation
- 13-17 Scholastic Book Fair
- 14 Mr. Sub Lunch begins
- 15 Grade 8 Ottawa Trip Registration & Deposit due
- 16 Family-Teacher Interviews (pm)
- 17 PA Day
- 17 Family-Teacher Interviews (am)
- 21 Thornlea SS Gr. 8 Open House
- 24 ACPS Spirit Wear Orders due on School CashOnline
- 27-Dec 1 Gr. 3 Gifted Screening
- 30 Everything You Need to Know About High School Presentation (7 pm)

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

## Remembrance Day

We will be holding our Remembrance Day Ceremony on Friday, November 10th. Any students who are part of Scouts, Cubs, Brownies, Guides, etc. are encouraged to wear their uniform to school on this day. We will also provide all Primary students with a 'sticker' poppy and Junior/Intermediate students with a poppy. Families who would like to make a donation to the Royal Canadian Legion are encouraged to send the donation to school with their child. Let's remember to take the time on this day and every day to remember the sacrifices made by all of our service people who keep our country a safe and wonderful place to live, grow and learn.



### Family– Teacher Interviews

We are using *Edsby*, an on-line application to book Family-Teacher Interviews. **The office must have a valid e-mail address for you to book an interview time.** If you have recently changed e-mail addresses, please notify the school office immediately.

Here are the timelines for Family-Teacher Interviews that have been previously communicated:

**November 6th - 10th** - Family-Teacher Interview schedule opens at 9:00 am for booking. Log into your Edsby account. An invitation to book appointments will be sent to your Edsby account and a notification to your email. If you would like to meet with a non-homeroom teacher (Phys Ed, Art, Music), please contact that teacher directly.

**November 10th** - Interview Scheduler closes at (10:00 a.m.)

**November 16/17th** - Families with appointments arrive at their scheduled time to meet with the scheduled teacher.



This year, we are excited to announce a **Scholastic Book Fair!**

From **November 13 to November 17**, you can discover exciting new and bestselling titles.

## EQAO for 2023-24

Our Grade 3 students will be writing the Mathematics portion of the EQAO assessment and our Grade 6 students will be writing the Reading Writing and Mathematics EQAO assessment later this year. Please avoid booking appointments or vacations during the period of May 8 - June 14, 2024. More information for families will be provided as we approach these dates. Thank you for your cooperation!



### **EQAO Results for 2022-2023**

Last May and June, students across the province in Grades 3 and 6 wrote the EQAO assessments. York Region District School Board students continue to perform above the provincial average in all areas. Student achievement and well-being are key areas of focus for our Board, we have a number of strategies and resources in place to support students and staff, for example our partnerships with families.

The table below compares the school results with Board and Province results. Please note that our students in Grade 3 only complete the Mathematics portion of the testing. The Grade 3 EQAO assessment is completed in French for our school. The Grade 6 EQAO assessment is completed in English. EQAO results are one of the many ways we measure student success and provide a snapshot of results across our Board and the province.

We use EQAO data, along with other data sources, to inform school and board improvement strategies to continue to support the needs of our students. At Adrienne Clarkson PS, we use this information to guide our teaching and examine areas and strategies for student improvement. We are committed to our students' success and recognize that there are areas for continued learning.

<p style="text-align: center;"><b><u>Grade 3 Mathematics</u></b></p> <p>Percentage of Students at or above Provincial Standard <b>School: 65.3%</b> Board: 70.7% Province: 59.7%</p>	<p style="text-align: center;"><b><u>Grade 6 Reading</u></b></p> <p>Percentage of Students at or above Provincial Standard <b>School: 96.8%</b> Board: 88.2% Province: 83.7%</p>
<p style="text-align: center;"><b><u>Grade 6 Writing</u></b></p> <p>Percentage of Students at or above Provincial Standard <b>School: 100%</b> Board: 90% Province: 83.6%</p>	<p style="text-align: center;"><b><u>Grade 6 Mathematics</u></b></p> <p>Percentage of Students at or above Provincial Standard <b>School: 71.4%</b> Board: 63.8% Province: 49.5%</p>

## November is Hindu Heritage Month

On December 8, 2016, the province of Ontario designated November as Hindu Heritage Month as outlined in the Hindu Heritage Month Act. November 2022 marked Canada's first official Hindu Heritage month.



Hindus first arrived in Canada at the beginning of the 20th century. During various waves of immigration, Hindus from all parts of the world continued to make Canada their home from the 1960s to present day. Canada is the proud home to nearly 830,000 Canadians of Hindu heritage, and many have settled in the Greater Toronto Area, including York Region.

## November 1-9 is Holocaust Education Week



November 1 - November 9, 2023 marks the annual Holocaust Education Week (HEW).

The Holocaust was the systemic, state-sponsored persecution and murder of six million Jewish people by the Nazi regime and its allies, and it's critical that we not allow this cruel chapter of modern history to fade from memory. During Holocaust Education Week, it is important to also acknowledge that other racialized people, the Romas, people with physical disabilities, and those who identify as 2SLGBTQI+, among others, were also targeted and murdered by the Nazis.

Holocaust Education re-humanizes those who experienced and continue to experience the impact of the Holocaust. By giving voice to the victims and survivors, we can ensure historical contexts are not trivialized.

## November 5-11 is Treaties Recognition Week

Did you know that the first week of November is officially Treaties Recognition Week in Ontario? 2023 is the 100th year anniversary of the signing of the Williams Treaty.

When learning about the significance of this signing, consider the 2018 negotiated Settlement Agreement as well as the statement of apology made by the Canadian Government on November 17, 2018.



During the week of November 5-11, 2023, we recognize the importance of treaties and bring awareness to the treaty relationships between First Nations, Métis and Inuit and non-Indigenous people throughout the province. There are 46 treaties in Ontario, and we all have a responsibility to recognize, learn about and honour these treaties.

*"Today, some Canadians see treaties as artifacts of another era in their history, with no current relevance. First Nations people view treaties as "living" agreements that respect their status as nations, as recognized in the Royal Proclamation of 1763. They see this as their "inherent right" referred to in Section 35 of the Canadian Constitution." (Maurice Switzer, "We are all...Treaty People" p.34)*

## **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, which has been recently updated and is available for public comment. Seeking feedback from staff and community members, including parents/guardians, is an important part of the review process. All policies available for comment are sent to school council chairs and are posted on the Board website, along with information about how to provide feedback.

Parents, 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.**

## Chinese Heritage Student Support Group

The YRDSB Community Care Social Work series will provide a language specific Chinese students virtual group to build community, support mental health, and promote healing.

The first session in the series is offered for YRDSB students of Chinese Heritage . Students are invited to join this cultural specific students support group and engage meaningful conversations that help co-construct more inclusive, student-centered school environments. This will be a free virtual students group.

- **“SKY LANTERN”** ,  
Grade 6-8, Deliver in English, Mandarin and Cantonese, 4-8 sessions in total  
First round: Jan 15th, 2024, Every Monday, at 4:00pm; 45 mins each  
Second round: March 1th, 2024, Every Monday at 4:00pm; 45 mins each

VIRTUAL EVENT. (link will be provided upon registration)

RSVP by emailing the Community Care Social Worker (Chinese Heritage) at [charmaine.tong@yrdsb.ca](mailto:charmaine.tong@yrdsb.ca)

## Math Card Games

There are many fun games you can play with a [deck of regular](#) that support math fluency.



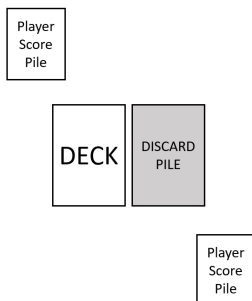
[playing cards](#)

**24**

**Goal:** Be the first player whose three cards have a sum of 24.

**How to Play:** Deal out 3 cards to each player and place the remaining cards face down in a pile between the two players.( Face cards = 10, Ace = 1 or 11)

On their turn, a player draws a card from the deck and discards a card from their hand into the discard pile.



The game continues until all three of one player's card has a sum of 24.

*Variation:* After a player achieves a sum of 24, they place those cards in their score pile and draw 3 new cards from the deck. The game continues until the deck is completed. The player with the most cards in their score pile wins.

*Variation:* Before the game begins, players can decide a number between 5 and 30 their target number.

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### **Go Fish Addition**

Goal: To have the most cards in your score pile at games end.

How to Play: Each player receives 5 cards, the remaining cards are placed in the draw pile. On their turn players may request a card from their opponent, i.e. "Do you have a four?". If the opponent has a four they must give it to the player, if they do not, they respond with "Go Fish" and the player draws a card from the deck. (Face cards = 10, Ace = 1 or 11)

The goal of the game is to collect as many sets of cards which equal a predetermined sum. (example: If the sum is 10, a player with an 8 and 2 can place those cards into their score pile)

A player can use pairs or triads of cards to equal up to the predetermined sum. (Example: The cards 2,3,5 can also be scored if the goal is a sum of 10)

At the end of their turn, if a player has less than 5 cards, they may draw additional cards from the draw pile until they have 5 cards in their hand.

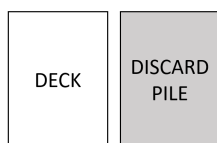
Players continue to take turns until the cards are gone or they are no longer able to make pairs or triads. The player with the most cards in their score pile is the winner.

(It is recommended predetermined sums range between 10 - 25)

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### **Twenty-Four**

Goal: Use 4 cards to create an equation with a solution of 24 using any operation (addition, subtraction, multiplication, division).










How to Play: Players are dealt 4 cards, a player must create an equation with a solution of 24 using any combination of operations (addition, subtraction, multiplication, division) in a sequence. (Face cards = 10, Ace = 1 or 11). On their turn, a player may select a card from the deck or the discard pile, they must then discard one card, face-up, to the discard pile. If a player succeeds they add their four cards to their score-pile and draw four new cards from the deck. When the deck runs out the game ends, the player with the most cards in their score pile wins.

Order of operations matters.

**Example:** 2,2,6,8 could be played  $(8-2) \times (6-2) = 24$ .

*Variation:* Before the game starts, players can select any predetermined goal.

Please visit the [board's math page](#) for useful information about what students learn in school and for resources to support math learning at home.

November's Holidays and Observances	
 Bahá'í Faith	4 Qudrat 23 Qawl 26 Day of the Covenant 28 Ascension of `Abdu'l-Bahá
 Buddhism	24 Tiantai/Tendai Memorial 27 Kathina ends
 Christianity	1 All Saints Day (W)
 Hinduism	1 Karwa Chauth 12 Diwali (Hindu, Jain and Sikh celebration) 13 Vikram New Year (2080)
 Indigenous Spirituality	1 Hunting Moon (local Oneida)
 Jainism	12 Mahavira Nirvana 14 Jain New Year & Day of Enlightenment 18 Jnana Panchmi 27 Dev Diwali 27 Chaturmas ends
 Sikhism	12 Bandi Chhor Divas 24 Martyrdom of Guru Tegh Bahadur Ji 27 Birth date of Guru Nanak Dev Ji
Other Events this Month	Hindu Heritage Month 1-9 Holocaust Education Week 5-11 Treaties Recognition Week 5 Daylight Saving Time ends (USA, Canada) 11 Remembrance Day 13 New Moon 27 Full Moon



# MENTAL HEALTH & DIGITAL WELL-BEING

Digital technology has increased, and offers opportunities to work, learn, be entertained and stay connected. This increased use can impact mental health and wellbeing.

## How do I know if my child's screen time is a concern?

- Spending more time on screens than non-screen activities
- Decreased participation in school, extracurricular activities, friendships, or family life
- Symptoms of excessive use or withdrawal from devices:
  - Irritable, anxious, sad, less interested in activities previously enjoyed, headaches, decreased energy and sleep difficulties
- Overly concerned about their online presence (e.g., number of “likes” on social media posts)
- Spending money online, engaging in online gambling and gaming purchases



## What can I do to manage my child's screen time?

Healthy screen use can be encouraged by following the [4 M's of Digital Wellbeing](#):

1. **Manage** screen use through plans, rules, and limits
2. **Meaningful** screen use, so that time spent online serves a purpose
3. **Model** healthy screen use, as you are their best example. Such as screen-free mealtimes to enjoy eating and connecting with one another
4. **Monitor** for signs of problematic screen use and appropriate content

This material is provided by York Region Public Health. For more information on staying healthy, please visit [york.ca/healthyschools](http://york.ca/healthyschools)

### Resources

[Dear Parents - Screen Use Conversation Resource \(screentimenetwork.org\)](http://screentimenetwork.org)

[Helping Your Child Manage Digital Technology](#) School Mental Health Ontario

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### PUBLIC HEALTH

1-877-464-9675

TTY 1-866-512-6228

[york.ca/healthyschools](http://york.ca/healthyschools)



## Keep the Door Open: Understand Your Child's Inner World 做开孩子的心房/做開孩子的心房

This session in Mandarin and Cantonese will share tips on ways that lead your child to open their inner world and take care of their emotional wellbeing under the influence of both traditional Chinese culture and Western culture.

本次研讨会将探讨传统华裔文化和西方文化的影响下如何有效地关爱和照顾孩子的心理健康。

這次的講座將探討傳統華裔文化和西方文化的影響下如何有效地關懷和照顧孩子的心理健康。

To register for a Mandarin session:  
[点击这里报名普通话讲座](#) or scan QR code



To register for a Cantonese session:  
[點擊這裡報名粵語講座](#) or scan the QR code



**HONG FOOK**  
MENTAL HEALTH ASSOCIATION

## Parents, Guardians, Caregiver and Students

Join us to learn and share with your community how the families are supported!

Date: **Tuesday, Nov 21st, 2023**

Time: **6:00pm-7:00pm (Mandarin 普通话)**  
**7:00pm-8:00pm (Cantonese 粵語)**

Location: **Virtually**

### Presenters:

#### **Hannah Xu** (MPH)

Hong Fook Mental Health Association  
Youth Program Worker

#### **Charmaine Tong** (M.S.W., R.S.W.)

York Region District School Board  
Community Care Social Worker (Chinese Heritage Community)

### For more information, please contact:

Community Care Social Worker (Chinese Heritage)  
Charmaine Tong  
[charmaine.tong@yrdsb.ca](mailto:charmaine.tong@yrdsb.ca)

This free session is brought to you in partnership with Hong Fook Mental Health Association and Community Care Team of York Region District School Board



## Student Mental Health and Addictions Newsletter

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

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### Stress and Resilience

Dear Families,

Fall is officially upon us. Symbolically, Fall represents change – leaves changing hues, cooler temperatures and an Earth preparing to rest. Fall is also a season of changes. Our abilities to embrace and adjust to change vary – some may approach change with ease, while for others adapting to change may be stressful.

Stress is normal, it is a normal response to situational pressures or demands that are a part of daily life (Centre for Addiction and Mental Health, 2023). Some common sources of stress that your child may experience include, but are not limited to: tests /exams, homework, lack of organization, too little 'down time,' poor sleep, speaking in front of their classmates and changes to routine.

Caregivers play a pivotal role in identifying and supporting young people with stress management. No two youth are the same, each bringing their unique gifts and assets. We recognize that what works for one young person, may not work for another. With that in mind, we suggest the following coping exercise as one example of a useful skill that can be used in stressful times. We invite you to consider exploring and practicing [this exercise](#) at a time that works best for you and your child. If this practice doesn't resonate, the good news is you can continue to explore others until you find something that does. And, keep in mind that you may have your own strategy for managing stress in your own life. We encourage you to share your practice or traditions with your child.



## YRDSB Mental Health

The guided imaginary walk exercise - provided by [School Mental Health Ontario](#) provides a script for us to read bringing us through a beautiful walk. You are welcome to get creative with this idea! What are memories or places that bring calm to your family? You can use these to create guided imagery that brings the most calm to your child(ren).

Exercises like this one build skills in bringing our focus inwards, and paying attention to how we are feeling. School Mental Health Ontario reminds us that when we build skills in this area, we help the mind respond to distractions and bring our attention back to ourselves.

In line with our theme for November on stress and resilience, The YRDSB Central Mental Health Team will be offering a Virtual Parents' and Caregivers evening "*Anxiety in school aged youth, a presentation for parents and caregivers*" on November 21 at 6:00 to 7:00 p.m. Please sign up using the following [Google Form](#). Look out for more information about future events coming soon.

### **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.

[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](#)

### **Free Community Events:**

#### **Caregivers**

York Hills Centre for Children, Youth and Families



## YRDSB Mental Health

- November 6, 6:30 pm - 8:30 pm- [Understanding and Managing Challenging Behaviours](#)
- November 15, 6:30 pm - 8:30 pm- [Plugged In](#)
- November 21, 6:30 pm - 8:30 pm- [Supporting Communication Challenges in Autism Spectrum Disorder](#)
- November 22, 6:30 pm - 8:00 pm- [Exploring and Understanding the Inattentive Brain](#)

### York Services Support Network

- [Mindfulness-Based Stress Reduction Workshop \(MBSR\) 8-week series](#)
  - November 2 @ 9:30 am - 12:00 pm
  - You will learn tools for building resilience, increase your well being, manage stress, improve focus and numerous other benefits.
  - This series is for parents or caregivers of children diagnosed with autism ages 0-18.
- [Transition Planning Resource Days](#)
  - November 8 @ 9:00 am - 5:00 pm
  - 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](mailto:cmacdonald@yssn.ca) or calling: 905-953-8354 or 1-833-953-8354 ext. 2245.

### Students

#### York Services Support Network

- [Mental Health Housing and Navigation Day](#)
  - November 21 @ 11:00 am - 7:00 pm, by phone for people 16 years+
  - Need help figuring out mental health resources and how to access available services in York Region and South Simcoe?  
Once a month you can book a 60-minute appointment to meet with a case manager so that you can get help with:
    - Filling out initial applications for financial assistance programs such as Ontario Works (OW), Ontario Disability Support Program (ODSP), housing applications



## YRDSB Mental Health

- Information about available community resources, such as, free counselling options, local programs, where to access shelter, food, furniture, community meals, etc.
  - Finding information on supportive housing options in York Region
  - Getting connected to ministry-funded services such as Developmental Services Ontario Central East Region (DSO CER)
- Single Session Counselling
    - [Tuesdays in November - 9:30- 10:30 am](#)
    - [Tuesdays in November - 11:00 a.m - 12:00](#)
    - [Thursdays in November- 11:00 a.m.- 12:00 p.m](#)
    - [Thursdays in November- 12:30 - 1:30 p.m](#)

### **Families**

#### 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](#)

This edition of the Newsletter was written by the Student Mental Health and Addictions Strategy Implementation Team 2023-2024, inclusive of YRDSB School Social Workers Kate Phillips and Peter Reid.

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