



Aldergrove Public School
150 Aldergrove Dr.
Markham, ON.
L3R 6Z8

905.470.2227

aldergrove.ps@yrdsb.ca

Twitter: @aldergroveps

This year guiding question:
How do I become
anti-racist?



Mission

To advance student achievement and well-being through public education, which motivates learners, fosters inclusion, inspires innovation and builds community.

Vision

To be a leader in public education by empowering all students to become engaged and caring citizens of the world.

APS - Seven Values

Citizenship
Empathy
Inclusivity
Innovation
Relationships
Self-Awareness
Optimism

Aldergrove Public School **Community Newsletter**

01.06.2022

Message from the Office

Thank you for your partnership in supporting our scholars' transitions during this time of change. As we work in partnership to ensure the safety of our scholars, families and staff we ask that you complete the daily screening process and confirmation to minimise transmission into our school and ensure our school remains safe and open. We continue to practise social distancing, hand sanitising and cohorting, as well as enhanced cleaning measures. Scholars entering the building from Kindergarten to grade 8 are now required to wear masks. This is a change for our Kindergarten scholars and we ask for your support in building comfort for our youngest scholars to practice this safety measure throughout the day.

Message from the Office

Happy New Year to all our families.

We hope you have managed to stay healthy while safely navigating this time of change. We are gaining familiarity with "pivoting" but look forward to better days ahead. Thank you for your partnership in supporting our scholars' transitions to remote learning over the past few days. Teachers and staff have been working behind the scenes to prepare and welcome scholars to their virtual classrooms. As Associate Director Steven Reid noted, we must temporarily do this in the best interest of scholars, and although not what we had hoped for, we now have an opportunity to get to know each other as a whole community as F2F scholars join their remote peers in virtual classes. Please be aware that we continue to follow regular school hours, which means that school begins promptly at 8:30 am and ends at 3:00 pm. Scholars are to follow their regular schedules online. Each period will include both synchronous and asynchronous times. There is a "Tips Sheet" below that shares additional information to support scholars during online learning - your partnership is key in ensuring scholars continue to engage in their learning and maintain social connections to support well-being during this time. Please reach out if you have any questions or concerns.

Our School Council meeting is on January 25th from 6:30- 8:00 pm. We look forward to seeing many familiar and new faces as we begin a new year together. **Join us virtually at <https://yrdsb-ca.zoom.us/my/aps123>.**

Please continue to check your email and/or access Twitter @YRDSB or @AldergrovePS for current updates. If you require any support, please send us a message at aldergrove.ps@yrdsb.ca or call us and leave a message at 905-470-2227. On behalf of the staff at Aldergrove, welcome back and positive wishes for a healthy and joyous 2022!

Partners in education,

F. Jessa
Principal

H. Ou-Hingwan
Vice Principal

School Schedule

8:15 am - staff on duty outside
8:25 am - entry bell
8:30 am - announcements & morning learning block
10:10 - 10:40 am recess (30 minutes)
10:40-12:20 - middle learning block
12:20 - 1:20 pm lunch (1 hour)
1:20 - 3:00 pm afternoon learning block
3:00 pm - end of day bell rings

Late Arrivals: Families may not enter the building. Please ring the buzzer and scholars will enter and follow protocols.

FAQs Reminders

What time should my child(ren) arrive at school?

Students should arrive at the school by 8:15 a.m. in the morning. Teachers will be present OUTSIDE, in the school yard.

• Where do I pick my child up at the end of the day?

Please meet your child where you dropped them off in the morning.

Please visit the website



<http://net.schoolbuscity.com/> to check if your scholar's bus is on time.

Student Information Updates

If you change your address, home number, or cell phone numbers that are different from the school record, please email the school (Aldergrove.ps@yrdsb.ca) about the updates. For address change, we will need proof of ownership or lease agreement to update it. Thank you very much for your attention.

A MESSAGE FROM YOUR SCHOOL COUNCIL CHAIRS

Hi Aldergrove Community!

Hope everyone was able to take some time to recharge and enjoy time with family despite a challenging holiday season.

Please be reminded our next school council is scheduled for January 25, 2022 at 6:30 pm. Hope to "see" you all there virtually!!

For high school scholars looking for volunteer opportunities visit <https://yrfn.ca/get-involved/volunteer/>. We will share more opportunities as they are brought to our attention.

Wishing you all renewed energy and health in the New Year!!

Parents' Voice Matters!



INCLEMENT WEATHER DAYS Decisions about school transportation and school closures will be made as early as possible and no later than 6:00 a.m. We will do our best to notify families in advance. Our priority continues to be the safety of our students, staff members and families. If you have any questions, please speak with your school principal.

Transportation cancellations or school closures will also continue to be communicated through:

- Student Transportation Services website: www.schoolbuscity.com
- Student Transportation Hotline: 1-877-330-3001
- Board website and school websites
- @YRDSB Twitter account
- Radio and TV media outlets

Families who have provided the school with their cell phone will also receive a text message, unless you have opted out of this service. Please contact your school if you have any questions.

For more information on inclement weather days, please visit our website www.yrdsb.ca.

Weather ALERT!

As winter weather approaches bringing colder temperatures, please be sure to send scholars to school **dressed to go outside** during morning recess (10:25 - 10:40 am) and lunch recess (12:40 - 1:20 pm). A "fresh air" break as part of their

daily routine is a healthy practice for our scholars that contributes to overall health and well-being. [Extreme Hot and Cold Weather Guidelines](#)

Community Safety - **SLOW DOWN**

We have received notification that cars are driving through the intersection at Aldergrove and Chichester and not obeying the crossing guard and speeding near the school zone. There have also been incidents of cars driving very quickly while entering and exiting the Bus Loop with complete disregard of the staff and scholars' safety in the loop. **Our staff and scholars' safety is of our utmost concern.** Please slow down near the school zone, and follow the directions of the crossing guard during drop off and pick up. We need your help in ensuring everyone stays safe at school.

TAMIL HERITAGE MONTH is fast approaching!

Calling all Tamil families to help us plan our celebration of Tamil Heritage! This year's theme is: "Tamil Women of Excellence". You, your family, and/or community can help in one of a few ways:

- **Create a virtual workshop for students showcasing an element of your culture**
- **Create a short video for students that highlights a Tamil woman of excellence**

If you are interested in helping to celebrate Tamil Heritage and share your Tamil culture with Aldergrove scholars and staff, please let us know in the office. Thank you!

Tips for Families to Support Online Learning



Teachers strive to work in partnership with home to support student learning and well-being in culturally responsive ways. Parents and families know their children best, so we transition to this new online learning context, please find some considerations below for supporting your child(ren) from home.

Establish and Maintain Routines

Help your child(ren) set regular hours for their school work using a calendar or checklist of required tasks per day. Expectations for daily tasks are important but do not have to be rigid and need to work for your family context. Customize your child(ren)'s schedule to fit their needs, as well as those of your family. Activities such as bedtime, nutrition, hygiene and physical activity are important. Establish these parameters from the beginning to build habits of success. At the end of the week, review which routine worked well and which may need to be adjusted moving forward.

Monitor Communications from your Child's Teacher(s)

Consider tagging into online classrooms regularly to see announcements and lessons/activities posted by your child(ren)'s teacher and continue to communicate with the teacher as needed. Students are to do their best to complete work on time and meet deadlines and can connect with their teacher during the teacher's scheduled office hours when they need support.

Encourage Physical Activity and/or Exercise

Research shows that increased physical activity has a positive effect on cognitive functioning, health, well-being and learning. Remind your child(ren) to move and stretch. Take breaks from the learning when needed and get outside if possible. Consider an online physical challenge and/or exercise class.

Start/End Each Day With a Learning Check-In

Regular check-ins with your child(ren) will help them to process instructions, organize their work and proceed with the learning for the day. Engaging with your child(ren)'s learning can help support learning skills and work habits needed for successful online learning.

Find a Physical Space for Learning

We encourage families to help their child(ren) find a space(s) to work that supports sustained concentration, reading/learning/working and where they can check-in with them (consider using headphones where possible/appropriate). It is also important to remember that many children benefit from a 'flexible learning space', meaning one where they can rearrange things or move to a different space depending on the type of work they are doing (e.g., move to a couch or bed for reading).

Remain Mindful of How your Child is Feeling

Online learning is new for everyone, so it's important to monitor and support your child(ren)'s well-being in this new context. Children may need help managing the worry, anxiety and range of emotions they may experience. Access [mental health and community support resources](#) as needed.

Support Digital Citizenship

Keep your child(ren) connecting online socially but be aware of their online interactions and the total amount of time they spend online. Monitor and set parameters for your child(ren)'s use of social media and the platforms they use. Remind your child(ren) that the rules of the classroom apply online too. They must be respectful and appropriate in their online communications. Online interactions should continue to align with the board's [Digital Citizenship policy](#). Follow the [CISD's Guidelines for Acceptable Use of Technology](#).

Tips for Families to Support Online Learning

Dates to Remember

January 14 - PA Day - No School

Questions? Please call the office for more information

Dates for School Council Meetings

January 25th @ 6:30 - 8:00 pm

May 17, 2022

January						
			1	2	3	
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

Kindergarten Registration

Kindergarten registration for September 2022 begins January 14 for the 2022-23 school year. Children who were born in 2018, 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 online Edsby by following 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](#) at www.yrdsb.ca/Kindergarten and email the completed form to their school email address Aldergrove.ps@yrdsb.ca .
- **By phone** - Families can request support from the school office to complete the registration form on their behalf by collecting the required information by phone. School contact number (905) 470-2227
- **By mail or appointment.** You can mail completed applications to the school, or request an appointment to drop-off your completed paper application form. Families are asked to follow all school COVID-19 protocols while on site. All permitted visitors must wear a mask.

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

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

Screening Tool **Update:** January 2022

The Ministry has recently directed school boards to implement the daily on-site confirmation of self-screening for all elementary students commencing in January 2022.

Process:

Step 1: Parents/Guardians of Elementary students are required to complete on-line self-assessment COVID-19 School and Child-Care Screening Tool on a daily basis, prior to their child entering the school.

Step 2: Upon completion of the self-assessment, Parents/Guardians will complete the response to the question: "Have you completed the self-screening tool?" in the [Confirmation Form](#), using their child's GAPPs account login information

COVID-19 School and Child-Care Screening Tool

[ENGLISH](#)

[中文 \(简体\) \(Chinese \(Simplified\) PDF\)](#)

[中文 \(繁體\) \(Chinese \(Traditional\) PDF\)](#)

[فارسی \(Farsi PDF\)](#)

[ગુજરાતી \(Gujarati PDF\)](#)

[हिन्दी \(Hindi PDF\)](#)

[한국어 \(Korean PDF\)](#)

[தமிழ் \(Tamil PDF\)](#)

[اردو \(Urdu PDF\)](#)

[ਪੰਜਾਬੀ \(Punjabi PDF\)](#)

Please help us keep our scholars safe upon return to school.

Learning Model Switch Request Update for Long Term Model Changes **(PAUSED UNTIL REMOTE LEARNING PERIOD ENDS)**

Switch Face to Face:

- contact the office and make the request.

- If no transportation is required, the switch can take place within 1-2 days.
- **Requests can be made at any time**

Switch to Remote:

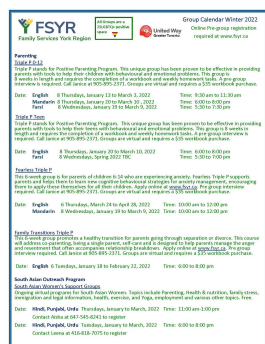
- Learning model changes for students affected by COVID-19 or extenuating circumstances are supported through conversations with administrators.
- Please contact the office for further details.

Vacation or Other Excused Absences (Non-COVID related)

- Learning model changes are not intended for the purpose of vacation or any other reason where the family has control of the schedule.
- Information is available to parents on our [Board's FAQ site](#).

Community News

FSYR - FAMILY SERVICES YORK REGION



Group Calendar Winter 2022 Online Pre-Group Registration required at www.fysr.ca

Please see examples of programs listed below and as well on attachment at the end of the newsletter.

Parenting Triple P 0-12

Triple P stands for Positive Parenting Program. This unique group has been proven to be effective in providing parents with tools to help their children with behavioural and emotional problems. This group is 8 weeks in length and requires the completion of a workbook and weekly homework tasks. A pre-group interview is required. Call Janice at 905-895-2371. Groups are virtual and requires a \$35 workbook purchase.

Date: **English** 8 Thursdays, January 13 to March 3, 2022 Time: 9:30 am to 11:30 am

Mandarin 8 Thursdays, January 20 to March 10, 2022 Time: 6:00 to 8:00 pm

Farsi 8 Wednesdays, January 19 to March 9, 2022 Time: 5:30 to 7:30 pm

Mental Health Awareness and Support



Covid 19 has had a major impact on our health and well-being. We are aware of the increasing need for support in the area of mental health for our students. In an effort to support this need, our Board has put together the ABC's of mental health which focus on three key aspects: Acknowledge, Bridge, Connect.

Please click on the link below for more information about the ABC's of mental health.

<https://adobe.ly/3DAWjs7>



GSA (Gender and Sexuality Alliance)

York Region Board of Education believe that all students must be

treated with respect and dignity and all students must have access to schools where they feel safe, welcomed, accepted and included.

We are committed to eliminating harmful biases and prejudice that lead to discrimination and exclusion of our 2SLGBTQ+ students, staff and families. We are committed to upholding the principles outlined in the following:

- Canadian Charter of Rights and Freedoms
- Ontario Human Rights Code
- The Canadian Charter of Rights and Freedoms
- Bill 157: Keeping our Kids Safe at School
- Policy 119: Developing & Implementing Equity & Inclusive Education Policies in Ontario Schools
- YRDSB's Equity and Inclusive Education Policy/• YRDSB's Caring and Safe Schools policy
- YRDSB's Equity Action Plan/• The Director's Action Plan

We also recognize the diversity within our 2SLGBTQ+ communities and acknowledge the intersectionality of other often marginalized identities (e.g. indigenous, racialized, disabled, etc.).



The poster for the Sankofa Mentoring Program features a yellow background. At the top left is a circular photo of three young people. At the top center is the Sankofa logo, which includes a bird with a circular arrow around its head. To the right of the logo is the title 'THE SANKOFA MENTORING PROGRAM' in large, bold, white letters with a yellow outline. Below the title is the tagline 'BRIDGING THE PAST WITH THE PRESENT... NAVIGATING THE PRESENT INTO THE FUTURE' in smaller white letters. In the center, there is a large black brushstroke graphic containing the text 'ACCEPTING REGISTRATIONS FOR NEW STUDENT COHORTS FOR BLACK YOUTH BETWEEN THE AGES OF 12-18' in white and yellow. To the left of this graphic is a list of activities: Cultural Food, Community hours, Life skills, Retreats, Field Trips, Career Exploitation, Academic Support (When needed), Mentorship, Leadership, and Cultural Experience. At the bottom center, a paragraph describes the program's roots in African Rites of Passage. To the right of this paragraph is a circular photo of two young people sitting on the grass. At the bottom left, the pre-registration information is provided. At the bottom right is the logo of the York Region African Canadian Community Association.

THE SANKOFA MENTORING PROGRAM

"BRIDGING THE PAST WITH THE PRESENT...
NAVIGATING THE PRESENT INTO THE FUTURE"

- Cultural Food
- Community hours
- Life skills
- Retreats
- Field Trips
- Career Exploitation
- Academic Support (When needed)
- Mentorship
- Leadership
- Cultural Experience

**ACCEPTING REGISTRATIONS
FOR NEW STUDENT COHORTS
FOR BLACK YOUTH BETWEEN
THE AGES OF 12-18**

The Sankofa Mentoring Program is rooted in an African Rites of Passage framework that highlights the principles of Unity, Self-Determination, Collective Work and Responsibility, Cooperative Economics, Purpose, Creativity, Faith and Self-Respect.

Pre-Register at:
<https://yorkregionaacc.ca/sankofa-mentoring-program>
or
gmgr@yorkregionaacc.ca

Ongoing Open Registration for 2021-2022 Adult ESL, LINC & LBS Programs

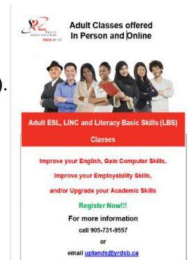
English as a Second Language (ESL); Language Instruction for New Comers (LINC); and Literacy and Basic Skills (LBS) Classes

YRDSB offers Adult **English as a Second Language (ESL)** programs for those who want to develop effective language skills in speaking, listening, reading, and writing for daily life in Canada. We also offer specialized classes in *Citizenship* and *Conversation*.

Adult ESL Program Registration – In person and online options available!

1. Email uplands@yrdsb.ca or call **905-731-9557** with the following information:
 - your first and last name
 - your telephone number
 - CLARS identification number (those without a CLARS number will require an assessment, please contact us for further assistance).
2. Our office will contact you if additional documentation is required.
3. Visitors to Canada may also register and attend for a fee of \$10 per day, per class.

For an assessment or to register, please call: 905-731-9557



If you are interested in improving your digital skills, want to work on your resume or interview skills, or prepare to take your GED exam, our Literacy and Basic Skills (LBS) program is for you!

Literacy and Basic Skill Assessment – In person and online options available!

1. Email uplands@yrdsb.ca or call **905-731-9557 Ext. 307** with the following information:
 - your first and last name
 - your telephone number
 - tell us that you are "*interested in the LBS program*"

NOTE: Due to the high volume of inquiries, it may take a few days to receive a reply communication from our office. We appreciate your patience.

Thank you for your interest in our programs. We look forward to serving you.



FREE English as a Second Language Classes for Adults



Adult English as a Second Language & Citizenship
Improve your Listening, Speaking, Reading and Writing Skills
Communicate with Confidence in English

Sem 1: September 10, 2021 - January 19, 2022

Sem 2: January 24, 2022 - June 10, 2022

MARKHAM & UNIONVILLE		DAY	TIME
Milliken Gospel Church 8 Elson Street (East of McCowan, North of Steeles) L3S 2C4		Monday, Tuesday, Wednesday, Thursday, Friday	9:00 am - 12:00 pm
Milliken Mills High School 7522 Kennedy Road (South of 14th Avenue) L3R 9S5		Monday, Tuesday, Wednesday, Thursday, Friday	9:00 am - 2:30 pm
NEWMARKET & AURORA		DAY	TIME
Bethel Church 333 Davis Drive, (East of Yonge) L3Y 2N6		Monday, Tuesday, Wednesday, Thursday, Friday	9:00 am - 12:00 pm
RICHMOND HILL		DAY	TIME
Community Education Centre - Central 317 Centre Street (West of Bayview, North of Major Mackenzie Dr.) L4C 1B3		Monday, Tuesday, Wednesday, Thursday, Friday	9:00 am - 12:00 pm
STOUFFVILLE & GEORGINA		DAY	TIME
EastRidge Evangelical Missionary Church 12485 Tenth Line (North of Main Street) L4A 7X3		Monday, Tuesday, Wednesday, Thursday, Friday	9:00 am - 12:00 pm
THORNHILL		DAY	TIME
Uplands Community Learning Centre 8210 Yonge Street (South of Hwy #7, west side of Yonge Street) L4J 1W6		Monday, Tuesday, Wednesday, Thursday, Friday	9:00 am - 12:00 pm 12:30 pm - 3:30 pm
Uplands Community Learning Centre* NIGHT SCHOOL		Monday, *Tuesday~🕒, Wednesday, *Thursday~🕒	6:30 pm - 9:00 pm
DISTANCE LEARNING CLASSES/ ONLINE CLASSES		DAY	TIME
ALL CANADIAN LANGUAGE BENCHMARK LEVEL		Monday, Tuesday, Wednesday, Thursday, Friday	9:00 am - 12:00 pm 12:30 pm - 3:30 pm
			9:00 am - 2:30 pm 4:00 pm - 7:00 pm
			6:00 pm - 9:00 pm 12:30 pm - 3:30 pm
		Monday, Wednesday, Friday	9:00 am - 12:00 pm
		Saturday	
Call 905-731-9557 or 905-305-4122 or email us at uplands@ydrsb.ca for more information			
* ~🕒 On line class			

Parenting

Triple P 0-12

Triple P stands for Positive Parenting Program. This unique group has been proven to be effective in providing parents with tools to help their children with behavioural and emotional problems. This group is 8 weeks in length and requires the completion of a workbook and weekly homework tasks. A pre-group interview is required. Call Janice at 905-895-2371. Groups are virtual and requires a \$35 workbook purchase.

Date:	English	8 Thursdays, January 13 to March 3, 2022	Time: 9:30 am to 11:30 am
	Mandarin	8 Thursdays, January 20 to March 10, 2022	Time: 6:00 to 8:00 pm
	Farsi	8 Wednesdays, January 19 to March 9, 2022	Time: 5:30 to 7:30 pm

Triple P Teen

Triple P stands for Positive Parenting Program. This unique group has been proven to be effective in providing parents with tools to help their teens with behavioural and emotional problems. This group is 8 weeks in length and requires the completion of a workbook and weekly homework tasks. A pre-group interview is required. Call Janice at 905-895-2371. Groups are virtual and requires a \$35 workbook purchase.

Date:	English	8 Thursdays, January 20 to March 10, 2022	Time: 6:00 to 8:00 pm
	Farsi	8 Wednesdays, Spring 2022 TBC	Time: 5:30 to 7:00 pm

Fearless Triple P

This 6-week group is for parents of children 6-14 who are experiencing anxiety. Fearless Triple P supports parents and helps them to learn new cognitive behavioural strategies for anxiety management, encouraging them to apply these themselves for all their children. Apply online at www.fsyrr.ca. Pre group interview required. Call Janice at 905-895-2371. Groups are virtual and requires a \$35 workbook purchase.

Date:	English	6 Thursdays, March 24 to April 28, 2022	Time: 10:00 am to 12:00 pm
	Mandarin	8 Wednesdays, January 19 to March 9, 2022	Time: 10:00 am to 12:00 pm

Family Transitions Triple P

This 6-week group promotes a healthy transition for parents going through separation or divorce. This course will address co-parenting, being a single parent, self-care and is designed to help parents manage the anger and resentment that often accompanies relationship breakdown. Apply online at www.fsyrr.ca. Pre group interview required. Call Janice at 905-895-2371. Groups are virtual and requires a \$35 workbook purchase.

Date:	English	6 Tuesdays, January 18 to February 22, 2022	Time: 6:00 to 8:00 pm
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South Asian Outreach Program

South Asian Women's Support Groups

Ongoing virtual programs for South Asian Women. Topics include Parenting, Health & nutrition, family stress, immigration and legal information, health, exercise, and Yoga, employment and various other topics. Free.

Date:	Hindi, Punjabi, Urdu	Thursdays, January to March, 2022	Time: 11:00 am-1:00 pm
	Contact Aisha at 647-545-8241 to register		

Date:	Hindi, Punjabi, Urdu	Tuesdays, January to March, 2022	Time: 6:00 to 8:00 pm
	Contact Leena at 416-818-7075 to register		

Groups for Adults

Emotion Regulation and Interpersonal Skills Development

An 8-week group for adults that focuses on skill development and experiential learning in the areas of emotion regulation and interpersonal relationships. This is an integrated and evidence-informed program where participants will learn and practice such skills as managing difficult feelings, using positive coping strategies, communication, assertiveness and setting healthy boundaries. Together in a supportive space, participants will help work through common life stressors. This group is virtual and requires a \$150 registration fee.

Date: **English** 8 Thursdays, January 20 to March 10, 2022

Time: 6:00 to 7:30 pm

Groups for Women

Farsi Women's Support Group

This program will focus on self-confidence, assertiveness, communication skills, parenting, healthy relationships, immigration and settlement issues, self-care, health and wellness, and will explore community resources. Apply online at www.fsyr.ca. Call Poopah at 905-883-6572. This group is virtual and Free.

Date: **Farsi** 6 Thursdays, January 20 to February 24, 2022

Time: 5:30 to 7:00 pm

Groups for Youth

Emotion Regulation and Interpersonal Skills Development

This is an 8-week program for youth 13 to 17 years of age that focusses on skill development and experiential learning in the areas of emotion regulation and interpersonal relationships. This is an integrated and evidence informed program where teens will learn and practice skills such as identifying feelings, regulating emotions, positive coping strategies, communication, self-compassion/self-esteem, and assertiveness and understanding boundaries. A pre-group interview is required. Groups are virtual and requires a \$20 registration fee.

Date: **English** 8 Tuesdays, January 18 to March 8, 2022

Time: 4:30 to 6:00 pm

2SLGBTQ+ Groups

Transgender Support Group

An ongoing program for those questioning/exploring their gender identify or wanting more supports. This group provides a safe environment to talk about things that matter as well as learn more about community supports. This group is free and virtual. Call Barb Urman at 905-895-2371 or Apply online at www.fsyr.ca.

Date: **English** Third Wednesday of each month, 2022

Time: 7:00 to 8:30 pm

FREE to BE

This is a 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. Call Barb Urman at 905-895-2371 or apply online at www.fsyr.ca. Free.

Date: **English** First Wednesday of each month, 2022

Time: 7:00 to 8:30 pm

Gender Galaxies

A free 8 week virtual group for youth 12 to 15 exploring their gender identity and gender expression. Learn about and discuss topics such as: self-care, self-advocacy, media, dysphoria, body image, coming out, gender affirming care and intersectionality. Call Max Denley at 905-883-6572 ext. 138 or apply online at www.fsyr.ca.

Date: **English** 8 Tuesdays, March 29 to May 10, 2022

Time: 4:30 to 6:00 pm



Aldergrove Public School
150 Aldergrove Dr.
Markham, ON.
L3R 6Z8

905.470.2227
aldergrove.ps@yrdsb.ca
 ca
 Twitter:
 @aldergroveps

今年思考问题：
 我如何能成为反种族歧视的人？



宗旨

通过公共教育，鼓励学生，推动包融，启发创新和建设社区，以学生成就和身心健康发展

理念

增强所有学生参与以成为关心社会的世界公民，并成为在公共教育的一位领袖

APS 学校七个价值

公民責任
 同理心
 包融
 創新
 关系
 自觉
 乐观

每天自我筛检：

[School and Child Care Screening Tool](#)

Translation begins here -翻译从这里开始

来自办公室的消息

亲爱的家长，

祝我们所有的家庭新年快乐。

我们希望您在这个变化的时期保持健康。我们越来越熟悉“反复变化”，但期待未来更好的日子。感谢您在过去几天帮助我们的学生过渡到远程学习。教师和工作人员一直在幕后工作，准备和欢迎学生进入他们的虚拟教室。正如副主任Steven Reid 指出的那样，我们必须为了学生的最大利益而暂时这样做，尽管这不是我们所希望的，但随着面对面学生加入他们的远程同学，我们现在有机会在整个社区中相互了解在虚拟课堂中。请注意，我们继续遵循正常上课时间，这意味着学校会在上午 8:30 准时开学，并在下午 3:00 结束。学生们将在网上按照他们的常规时间表进行。每个时期将包括同步时间和异步上课时间。下面有一个“提示表”，可以分享更多信息以在在线学习期间为学生提供支持 - 您的合作伙伴关系，是确保学生在此期间继续参与学习并保持社交联系，以支持学生福祉的关键。如果您有任何问题或疑虑，请与我们联系。

我们的校务委员会会议于 1 月 25 日下午 6:30-8:00 举行。当我们一起开始新的一年时，我们期待看到许多熟悉的新面孔。虚拟会议在 <https://yrdsb-ca.zoom.us/my/aps123> 上加入我们。

请继续检查您的电子邮件和/或访问 Twitter @YRDSB 或 @AldergrovePS

以获取当前更新。如果您需要任何支持，请发送邮件至 aldergrove.ps@yrdsb.ca 或致电留言 905-470-2227。代表 Aldergrove 的员工，欢迎您的归来，并祝愿 2022 年健康快乐！

您的教育合作伙伴，

F. Jessa H.Ou-Hingwan
 校长 副校长

学生更新资料

如果您改地址，电话号码，手机号码，请通知学校，电邮 aldergrove.ps@yrdsb.ca 如果改地址，请附上业主证明或租单。谢谢。

来自学校家长会主席的信息

嗨，Aldergrove社区！

尽管假期充满挑战，但希望每个人都能够花一些时间来充电并与家人共度时光。

请注意，我们的下一届学校理事会定于 2022 年 1 月 25 日下午 6:30 举行。希望虚拟地“看到”你们所有人！

对于寻找志愿者机会的高中学生，请访问 <https://yrfn.ca/get-involved/volunteer/>。当我们有更多机会时，我们将与您分享。

祝大家在新的年里精力充沛，身体健康！！

家长的声音意见很重要！

学校上课时间表

早上8:15 - 教职员在校外当值

8:25- 打钟学生可进校

8:30- 广播和早课开始

10:10-10:40- 休息(三十分鐘)

10:40-12:20-早上中段课

下午12:20-1:20-午飯(一个小时)

1:20-3:00- 下午课程

3:00- 放学打钟

迟到: 家长不可进入学校。
请按门铃和学生可按规定进入学校。

重要问题和提示

-我的孩子应该什么时候到校?

学生应在早上八时十五分到达学校。老师会在后操场等候学生。

- 我应该在下课时在那里接走我孩子?

请在您早上把他们放下的地方接走孩子。



恶劣天气日 关于学校交通和学校停课的决定将尽早做出，最迟不晚于早上 6:00。我们将尽最大努力提前通知家庭。我们的首要任务仍然是我们学生、教职员工和家庭的安全。如果您有任何问题，请与您的学校校长联系。

交通取消或学校关闭也将继续通过以下方式传达:

· 学生交通服务网站: www.schoolbuscity.com

· 学生交通热线: 1-877-330-3001

· 教育局网站和学校网站

· @YRDSB 推特账号

· 广播电视媒体

向学校提供手机的家庭也会收到一条短信，除非您选择退出此服务。如果您有任何问题，请联系您的学校。

有关恶劣天气日的更多信息，请访问我们的网站 www.yrdsb.ca

天气预警

冬季天气来临带来寒冷的气温，请确定学生们能穿**适合衣物**在外面活动，早上小休（十时二十五分至四十分）和午饭小休（十二时四十分至一时二十分）离开出外吸“新鲜空气”是我们学校日程的一个健康活动的部分。对锻炼我们学生整体身心健康是重要的。 [极端冷热天气指南](#)

社区安全 - 慢下来

我们收到通知称，汽车驶过 Aldergrove 和 Chichester 的十字路口，不遵守十字路口的守卫，并在学区附近超速行驶。也发生过汽车在进出巴士环路时开得非常快，完全无视环路中工作人员和学生的安全的事件。我们的工作人员和学生的安全是我们最关心的。请在学区附近减速，并在上下车时听从过路警卫的指示。我们需要您的帮助以确保每个人在学校都安全。

泰米尔遗产月即将到来!

呼吁所有泰米尔家庭，帮助我们计划泰米尔遗产的庆祝活动！今年的主题是：“泰米尔杰出女性”。您、您的家人和/或社区可以通过以下几种方式之一提供帮助：

- 为学生创建一个虚拟研讨会，展示您的文化元素
- 为学生制作一个简短的视频，突出泰米尔女性的卓越表现

如果您有兴趣帮助庆祝泰米尔遗产并与 Aldergrove 学生和工作人员分享您的泰米尔文化，请在办公室告诉我们。谢谢！



Teachers strive to work in partnership with home to support student learning and well-being in culturally responsive ways. Parents and families know their children best, as we transition to this new online learning context, please find some considerations below for supporting your child(ren) from home.

Establish and Maintain Routines

Help your child(ren) set regular hours for their school work using a calendar or checklist of required tasks per day. Expectations for daily tasks are important but do not have to be rigid and need to work for your family context. Customise your child(ren)'s schedule to fit their needs, as well as those of your family. Routines such as bedtime, nutrition, hygiene and physical activity are important. Establish these parameters from the beginning to build habits of success. At the end of the week, review which routines worked well and which may need to be adjusted moving forward.

Monitor Communications from your Child's Teacher(s)

Consider logging into online classrooms regularly to see announcements and resources/activities posted by your child(ren)'s teacher and continue to communicate with the teacher as needed. Students are to do their best to complete work on time and meet deadlines and can connect with their teacher during the teacher's scheduled office hours when they need support.

Encourage Physical Activity and/or Exercise

Research shows that increased physical activity has a positive effect on cognitive functioning, health, well-being and learning. Remind your child(ren) to move and exercise. Take breaks from the learning when needed and get outside if possible. Consider an online physical challenge and/or exercise class.

Start/End Each Day With a Learning Check-In

Regular check-ins with your child(ren) will help them to process instructions, organise their work and proceed with the learning for the day. Engaging with your child(ren)'s learning can help support learning skills and work habits needed for successful online learning.

Find a Physical Space for Learning

We encourage families to help their child(ren) find a space(s) to work that supports sustained concentration, reading/listening/typing and where they can check in with them (consider using headphones where possible/appropriate). It is also important to remember that many children benefit from a flexible learning space, meaning one where they can rearrange things or move to a different space depending on the type of work they are doing (i.e., move to a couch or basket chair for reading).

Remain Mindful of How your Child is Feeling

Online learning is new for everyone, so it's important to monitor and support your child(ren)'s well-being in this new context. Children may need help managing the worry, anxiety and range of emotions they may experience. Access [mental health and community support resources](#) as needed.

Support Digital Citizenship

Keep your child(ren) connecting online socially but be aware of their online interactions and the total amount of time they spend online. Monitor and set parameters for your child(ren)'s use of social media and the platforms they use. Remind your child(ren) that the rules of the classroom apply online too. They must be respectful and appropriate in their online communications. Online interactions should continue to align with the board's [Digital Citizenship policy](#). Follow the [CCSB's Guidelines for Acceptable Use of Technology](#).

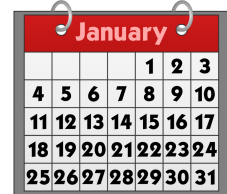
家庭支持在线学习的提示

请记得这些重要日子

1 月 14 日 - PA 日 - 不上课
有问题？请致电办公室了解更多信息

学校家长委员会

2022 年 1 月 25 日下午 6:30 - 8:00
2022 年 5 月 17 日



幼儿园报名

2022-23 学年幼儿园注册于2022 年1 月 14 日开始。2018 年出生、居住在学校范围内且父母/监护人是公立学校税收支持者的儿童将有资格注册幼儿园。

您可以通过以下几种方式注册幼儿园：

- **在线 Edsby** - 家庭可以访问 www.yrdsb.ca/kindergarten 的在线幼儿园注册信息。建议家庭使用笔记本电脑或电脑而不是手机来完成此注册。
- **通过电子邮件** - 家庭可以在 www.yrdsb.ca/kindergarten 下载 [小学注册表格](#)，并将填写好的表格通过电子邮件发送到他们学校的电子邮件地址 Aldergrove.ps@yrdsb.ca。
- **通过电话**——家庭可以通过电话收集所需的信息，请求学校办公室的支持，以代表他们填写注册表。学校联系电话 (905) 470-2227
- **通过邮件或预约**。您可以将填好的申请邮寄给学校，或要求预约寄出您填妥的纸质申请表。要求家庭在现场时遵守所有学校 COVID-19 协议。所有允许的访客必须戴口罩。

请注意，目前，根据我们的[健康和安​​全协议](#)，我们不接受无预约登记。完成申请后，学校将与您联系以预约审查和验证[所需文件](#)。

我们的幼儿园课程充满爱心和热情，让孩子们通过探索、游戏和探究来学习。您可以在 www.yrdsb.ca/Kindergarten 了解更多信息。我们期待着欢迎我们的新学生和家庭来到学校。

自我筛选工具**更新**：2022 年 1 月

卫生部最近指示学校教育局从 2022 年 1 月开始对所有小学生实施每日自我筛查确认。

过程：

- 第 1 步：小学生的家长/监护人必须在孩子入学之前，每天完成在线 COVID-19 [自我评估筛查](#)工具。

请参阅下面筛选的翻译版本。

- 第 2 步：完成自我检测时，家长/监护人需用他们孩子的 GAPPs 邮件账户的登入资料，回答在[确认表](#)上问题：“您是否已经完成那自我检测？”

请参阅下面筛选的翻译版本。

[ENGLISH](#)

[中文 \(简体\)](#) (Chinese (Simplified) PDF)

[中文 \(繁體\)](#) (Chinese (Traditional) PDF)

请帮助我们保证我们的学生返回学校后的安全。

请求更改学习模式

(暂停申请直到远程学习期结束)

更改到面对面学习模式：

- 联系办公室并提出请求。
- 如果不需要校车，1-2天内即可完成转换。
- **可以随时提出要求**

更改到远程学习模式：

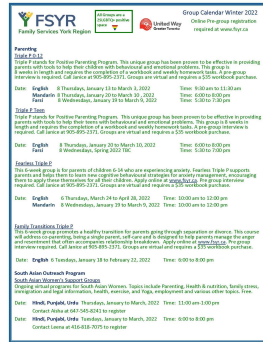
- 联系校长并提出请求，受 COVID-19 影响或情有可原的情况可得到允许。
- 请联系办公室了解更多详情。

假期或其它无故缺席（非 COVID 相关）

- 学习模式不能为了休假或家庭可以控制日程安排的任何其它原因而改变。
 - 家长可以在我们[教育局的常见问题网站上获得信息](#)。
-

社区消息

FSYR - 约克区家庭服务中心



2022 年冬季组日历 需要在 www.fysr.ca 上在线预组注册
请参阅下面列出的程序示例以及时事通讯末尾的附件。

育儿 0-12岁

Triple P 代表积极养育计划。这个独特的群体已被证明可以有效地为父母提供工具来帮助他们的孩子解决行为和情绪问题。这个小组的长度为 8 周，需要完成一本练习册和每周的家庭作业任务。需要进行组前面试。请致电 905-895-2371

联系Janice。小组是虚拟的，需要购买 35 元的工作簿。

日期：英语 8 个星期四，2022年1月13日至3月3日时间：上午9:30至11:30

国语8个星期四，2022年1月20日至3月10日时间：下午6:00至8:00

波斯语 8 星期三，2022 年 1 月 19 日至 3 月 9 日时间：下午 5:30-7:30

心理健康意识和支持



Covid 19 对我们的健康和福祉产生了重大影响。我们意识到学生在心理健康领域越来越需要支持。为了支持这一需求，我们的教育局将心理健康 ABC 集中在三个关键方面：承认、桥梁、联系。

请单击下面的链接以获取有关 ABC 心理健康的更多信息。<https://adobe.ly/3DAWjs7>



GSA（性别与性取向联盟）

约克地区教育委员会认为，所有学生都必须受到尊重和尊严的对待，所有学生都必须能够进入让他们感到安全、受欢迎、被接纳和包容的学校。

我们致力于消除导致歧视和排斥我们的 2SLGBTQ+ 学生、教职员工和家庭的有害偏见和偏见。我们致力于维护以下概述的原则：

- 加拿大权利和自由宪章
- 安大略人权法典
- 加拿大权利与自由宪章
- 第 157 号法案：保证孩子在学校的安全
- 政策 119：在安大略学校制定和实施公平和包容性教育政策
- YRDSB 的公平和包容性教育政策/ YRDSB 的关爱和安全学校政策
- YRDSB的公平行动计划/校董事的行动计划

我们还承认我们的 2SLGBTQ+ 社区内的多样性，并承认其他经常被边缘化的身份（例如原住民、种族、残疾人等）的交叉性。



THE SANKOFA MENTORING PROGRAM

"BRIDGING THE PAST WITH THE PRESENT...
NAVIGATING THE PRESENT INTO THE FUTURE"



- Cultural Food
- Career Exploration
- Community hours
- Academic Support (When needed)
- Life skills
- Mentorship
- Retreats
- Leadership
- Field Trips
- Cultural Experience

**ACCEPTING REGISTRATIONS
FOR NEW STUDENT COHORTS
FOR BLACK YOUTH BETWEEN
THE AGES OF 12-18**

The Sankofa Mentoring Program is rooted in an African Rites of Passage framework that highlights the principles of Unity, Self-Determination, Collective Work and Responsibility, Cooperative Economics, Purpose, Creativity, Faith and Self-Respect.

Pre-Register at:
<https://yorkregionaacc.ca/sankofa-mentoring-program>
or
gmgr@yorkregionaacc.ca



2021-2022 年成人 ESL、LINC 和 LBS 课程的开放注册正在进行中

英语作为第二语言 (ESL)；新来者语言教学 (LINC)；识字和基本技能(LBS)课程

约克区教育局提供成人英语作为第二语言 (ESL) 课程，适用于希望在加拿大日常生活中培养有效的口语、听力、阅读和写作语言技能的人。我们还提供公民身份和对话方面的专业课程。

成人ESL课程报名-可选择面对面或网上！

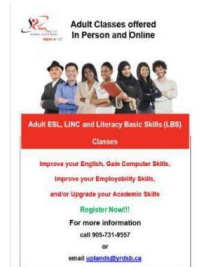
1. 发送电子邮件至uplands@yrdsb.ca或致电905-731-9557提供以下信息：

- 您的名字
- 您的电话号码
- CLARS识别号码（那些没有一个CLARS数
将需要一个评估，请联系我们为进一步帮助）。

2. 我们的办公室会联系你，如果需要其他文件。

3. 访客到加拿大可能还注册，并每一天，每堂课收费 \$10。

评估或到报名，请致电：905-731-9557



如果您有兴趣提高您的数字技能，想要提高您的简历或面试技巧，或者准备参加 GED 考试，我们的识字和基本技能 (LBS) 课程适合您！

英文和基本技能评估-可选择面对面或网上！

1. 电邮 uplands@yrdsb.ca 或致电 905-731-9557 分机。307 包含以下信息：

- 您的名字
- 您的电话号码
- 告诉我们您是否对“LBS 英文和基本技能课程”有兴趣

注：由于咨询量很大，可能需要几天时间才能收到我们办公室的回复。我们感谢您的耐心等待。

感谢您对我们的课程感兴趣。我们期待您的光临。



FREE English as a Second Language Classes for Adults



Adult English as a Second Language & Citizenship
Improve your Listening, Speaking, Reading and Writing Skills
Communicate with Confidence in English

Sem 1: September 10, 2021 - January 19, 2022

Sem 2: January 24, 2022 - June 10, 2022

MARKHAM & UNIONVILLE	DAY	TIME
Milliken Gospel Church 8 Elson Street (East of McCowan, North of Steeles) L3S 2C4	Monday, Tuesday, Wednesday, Thursday, Friday	9:00 am - 12:00 pm
Milliken Mills High School 7522 Kennedy Road (South of 14th Avenue) L3R 9S5	Monday, Tuesday, Wednesday, Thursday, Friday	9:00 am - 2:30 pm
NEWMARKET & AURORA	DAY	TIME
Bethel Church 333 Davis Drive, (East of Yonge) L3Y 2N6	Monday, Tuesday, Wednesday, Thursday, Friday	9:00 am - 12:00 pm
RICHMOND HILL	DAY	TIME
Community Education Centre - Central 317 Centre Street (West of Bayview, North of Major Mackenzie Dr.) L4C 1B3	Monday, Tuesday, Wednesday, Thursday, Friday	9:00 am - 12:00 pm
STOUFFVILLE & GEORGINA	DAY	TIME
EastRidge Evangelical Missionary Church 12485 Tenth Line (North of Main Street) L4A 7X3	Monday, Tuesday, Wednesday, Thursday, Friday	9:00 am - 12:00 pm
THORNHILL	DAY	TIME
Uplands Community Learning Centre 8210 Yonge Street (South of Hwy #7, west side of Yonge Street) L4J 1W6	Monday, Tuesday, Wednesday, Thursday, Friday	9:00 am - 12:00 pm 12:30 pm - 3:30 pm
Uplands Community Learning Centre* NIGHT SCHOOL	Monday, *Tuesday-☹, Wednesday, *Thursday-☹	6:30 pm - 9:00 pm
DISTANCE LEARNING CLASSES/ ONLINE CLASSES	DAY	TIME
ALL CANADIAN LANGUAGE BENCHMARK LEVEL	Monday, Tuesday, Wednesday, Thursday, Friday	9:00 am - 12:00 pm
		12:30 pm - 3:30 pm
		9:00 am - 2:30 pm
		4:00 pm - 7:00 pm
	Monday, Wednesday, Friday	6:00 pm - 9:00 pm
	Saturday	12:30 pm - 3:30 pm 9:00 am - 12:00 pm

Call 905-731-9557 or 905-305-4122 or email us at uplands@yrdsb.ca for more information

* ☹ On line class

Parenting

Triple P 0-12

Triple P stands for Positive Parenting Program. This unique group has been proven to be effective in providing parents with tools to help their children with behavioural and emotional problems. This group is 8 weeks in length and requires the completion of a workbook and weekly homework tasks. A pre-group interview is required. Call Janice at 905-895-2371. Groups are virtual and requires a \$35 workbook purchase.

Date:	English	8 Thursdays, January 13 to March 3, 2022	Time: 9:30 am to 11:30 am
	Mandarin	8 Thursdays, January 20 to March 10, 2022	Time: 6:00 to 8:00 pm
	Farsi	8 Wednesdays, January 19 to March 9, 2022	Time: 5:30 to 7:30 pm

Triple P Teen

Triple P stands for Positive Parenting Program. This unique group has been proven to be effective in providing parents with tools to help their teens with behavioural and emotional problems. This group is 8 weeks in length and requires the completion of a workbook and weekly homework tasks. A pre-group interview is required. Call Janice at 905-895-2371. Groups are virtual and requires a \$35 workbook purchase.

Date:	English	8 Thursdays, January 20 to March 10, 2022	Time: 6:00 to 8:00 pm
	Farsi	8 Wednesdays, Spring 2022 TBC	Time: 5:30 to 7:00 pm

Fearless Triple P

This 6-week group is for parents of children 6-14 who are experiencing anxiety. Fearless Triple P supports parents and helps them to learn new cognitive behavioural strategies for anxiety management, encouraging them to apply these themselves for all their children. Apply online at www.fsyrr.ca. Pre group interview required. Call Janice at 905-895-2371. Groups are virtual and requires a \$35 workbook purchase.

Date:	English	6 Thursdays, March 24 to April 28, 2022	Time: 10:00 am to 12:00 pm
	Mandarin	8 Wednesdays, January 19 to March 9, 2022	Time: 10:00 am to 12:00 pm

Family Transitions Triple P

This 6-week group promotes a healthy transition for parents going through separation or divorce. This course will address co-parenting, being a single parent, self-care and is designed to help parents manage the anger and resentment that often accompanies relationship breakdown. Apply online at www.fsyrr.ca. Pre group interview required. Call Janice at 905-895-2371. Groups are virtual and requires a \$35 workbook purchase.

Date:	English	6 Tuesdays, January 18 to February 22, 2022	Time: 6:00 to 8:00 pm
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South Asian Outreach Program

South Asian Women's Support Groups

Ongoing virtual programs for South Asian Women. Topics include Parenting, Health & nutrition, family stress, immigration and legal information, health, exercise, and Yoga, employment and various other topics. Free.

Date:	Hindi, Punjabi, Urdu	Thursdays, January to March, 2022	Time: 11:00 am-1:00 pm
	Contact Aisha at 647-545-8241 to register		
Date:	Hindi, Punjabi, Urdu	Tuesdays, January to March, 2022	Time: 6:00 to 8:00 pm
	Contact Leena at 416-818-7075 to register		

Groups for Adults

Emotion Regulation and Interpersonal Skills Development

An 8-week group for adults that focuses on skill development and experiential learning in the areas of emotion regulation and interpersonal relationships. This is an integrated and evidence-informed program where participants will learn and practice such skills as managing difficult feelings, using positive coping strategies, communication, assertiveness and setting healthy boundaries. Together in a supportive space, participants will help work through common life stressors. This group is virtual and requires a \$150 registration fee.

Date: **English** 8 Thursdays, January 20 to March 10, 2022 Time: 6:00 to 7:30 pm

Groups for Women

Farsi Women's Support Group

This program will focus on self-confidence, assertiveness, communication skills, parenting, healthy relationships, immigration and settlement issues, self-care, health and wellness, and will explore community resources. Apply online at www.fsyr.ca. Call Poopah at 905-883-6572. This group is virtual and Free.

Date: **Farsi** 6 Thursdays, January 20 to February 24, 2022 Time: 5:30 to 7:00 pm

Groups for Youth

Emotion Regulation and Interpersonal Skills Development

This is an 8-week program for youth 13 to 17 years of age that focusses on skill development and experiential learning in the areas of emotion regulation and interpersonal relationships. This is an integrated and evidence informed program where teens will learn and practice skills such as identifying feelings, regulating emotions, positive coping strategies, communication, self-compassion/self-esteem, and assertiveness and understanding boundaries. A pre-group interview is required. Groups are virtual and requires a \$20 registration fee.

Date: **English** 8 Tuesdays, January 18 to March 8, 2022 Time: 4:30 to 6:00 pm

2SLGBTQ+ Groups

Transgender Support Group

An ongoing program for those questioning/exploring their gender identify or wanting more supports. This group provides a safe environment to talk about things that matter as well as learn more about community supports. This group is free and virtual. Call Barb Urman at 905-895-2371 or Apply online at www.fsyr.ca.

Date: **English** Third Wednesday of each month, 2022 Time: 7:00 to 8:30 pm

FREE to BE

This is a 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. Call Barb Urman at 905-895-2371 or apply online at www.fsyr.ca. Free.

Date: **English** First Wednesday of each month, 2022 Time: 7:00 to 8:30 pm

Gender Galaxies

A free 8 week virtual group for youth 12 to 15 exploring their gender identity and gender expression. Learn about and discuss topics such as: self-care, self-advocacy, media, dysphoria, body image, coming out, gender affirming care and intersectionality. Call Max Denley at 905-883-6572 ext. 138 or apply online at www.fsyr.ca.

Date: **English** 8 Tuesdays, March 29 to May 10, 2022 Time: 4:30 to 6:00 pm