



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

**905.470.2227**

[aldergrove.ps@yrdsb.ca](mailto:aldergrove.ps@yrdsb.ca)

Twitter: @aldergroveps



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

**Inspire**Learning!

## **Aldergrove Public School Community Newsletter October 28, 2022, Vol.5**

### **Message from the Office**

We have moved through the month of October at a fast pace. It has been encouraging to see scholars interacting with learning around 2SLGBTQI+ History Month and Islamic Heritage Month. We hope that this learning will stay with us throughout the year as we embrace difference and celebrate diversity.

We look forward to meeting our families who are new to the Aldergrove Community from the last two years. There is a gathering next Thursday November 3, 2022 from 6:30 - 8:00 pm. This is an opportunity to tour the school and learn about each other. Please complete this [link](#) to register for the event.

We look forward to recognizing Remembrance Day with a school performance on Thursday, November 10 from 6:30-8:00pm. We know that this performance experience will help us to centre our thinking around peace and respecting the legacy of veterans.

On November 1, families of SK to Grade 8 will be invited to book their Parent/Teacher Interview for November 17 & 18. A link will be sent to parent/guardian emails. This meeting is designed to share your child's progress with you so that you understand strengths and next steps. Progress reports will be sent to families electronically the following week between November 23-25.

Thank you for your partnership.

Ms. Jessa  
Principal

Mr. Pamayah  
Vice Principal

### **November**

**Albanian Heritage Month**

**Hindu Heritage Month**

**Holocaust Education Week November 2-9, 2022**

**Treaty Recognition Week November 6-12**

**Remembrance Day November 11, 2022**

**Transgender Day of Remembrance November 20, 2022**

Please let us know at the office if you can support our efforts to create identity affirming spaces for our scholars.

### **Up and Coming**

October 31 - Halloween

November 1 - All Saints' Day

November 2 - Mathify -3/4A, 5B, 5C

November 3 - Grade 8 Visit to Milliken Mills Secondary School

November 3 - New to Aldergrove at 6:30 - 8 pm

November 6 - Daylight Savings Time (Set your clock an hour back)

November 8 - Grade 7 Immunizations

November 8 - Birthday of Guru Nanak Dev Ji

November 10 - 2C, 2B at Milne Outdoor Ed Ctr

November 10 - Remembrance Day Evening Performance 6:30pm

November 11 - Remembrance Day/ Grade 2s (2A, 1/2A) at Milne

November 14 - Grade 4A at Milne

November 15 - Grade 4s (4B, 3/4A) at Milne

November 16 - Grade 7s (6/7A, 6/7B) at Milne

November 17 - Grade 7s (7/8A, 7/8B) at Milne

November 17/18 - Parent Teacher Interviews

November 18 - PA Day (No School)

November 20 - Transgender Day of Remembrance

November 23-25 Progress Reports Sent Home through GAPPS

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### **Aldergrove's Hot Lunch Program**

Tuesday: Sub Lunch

Wednesday/Friday: Pizza Lunch

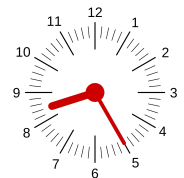
Thursday: Hot Lunch by Lunch Lady, order [online](#) by every Wednesday.

### **Self-Screening Process**

**Self-Screening Process: TO BE DONE DAILY** Every day students will need to screen for COVID-19. Follow the directions to ensure the safety of all the members of our school community.

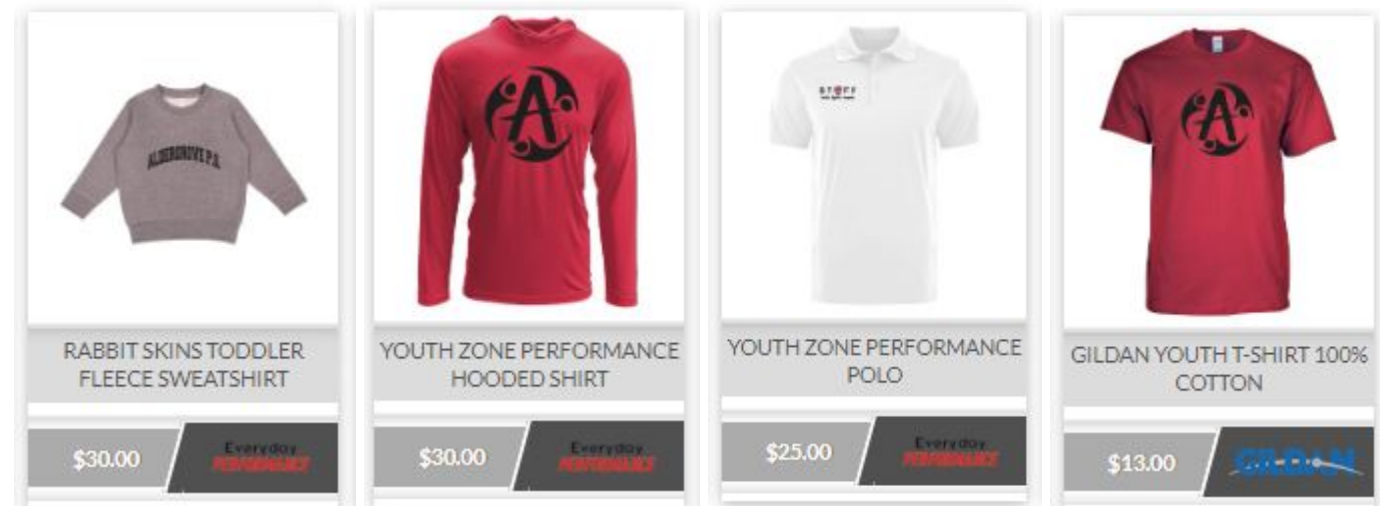
### **Arrival**

We are encouraging all scholars to arrive on-time in the morning. The line-up bell rings at 8:25 and scholars are invited to come into the school at this time to begin announcements, the Land Acknowledgement and O Canada. Arriving late delays the start of the day and classroom room learning.



### **The Aldergrove Entripy Shop is OPEN!**

Welcome to the official online shopping portal for Aldergrove Public School. Enjoy browsing a wide selection of products from a variety of brands that you can then customize with the approved logos and graphics found on the site. Display your pride in fantastic apparel customized entirely by you. Our site lets students, parents, fans, & staff choose from approved merchandise to fit their needs 24/7 with no minimum order quantities. Here are a few of the many items you can purchase.



### **School Council**

Hi Aldergrove Community!

School Council executive team is excited to partner with staff, scholars, and families to facilitate "Inviting", "Igniting", and "Inspiring" opportunities to build community where everyone belongs!

Have your voice heard. We value your input! Please feel free to contact anyone on the School Council with any concerns, suggestions and ideas at [aldergrove.ps@sc.yrdsb.edu.on.ca](mailto:aldergrove.ps@sc.yrdsb.edu.on.ca).

Parents' Voice Matters!

#### **Council Meetings for 2022/2023**

Thursday, December 1, 2022

Thursday, February 23, 2023

Thursday, May 18, 2023



## 5B's Planting Adventure

On Monday October 24th, we were invited to plant native plants in the front of the school with Alex from TRCA. Planting gives shelter to small animals, it provides food for insects and gives us oxygen. We went outside to the front of the school, and each student was given a wild strawberry plant. Using a shovel we dug up the ground and were careful to not damage the roots of the plant as we placed it in the soil. Hopefully our efforts and hard work to care for the environment leads to blooming plants in the spring.



## Elementary School Dental Screening Program

York Region Public Health has resumed the dental screening program in schools. Public health staff will begin visiting Aldergrove on December 12, 13 and 14, 2022.



## “Like Me First” Program

We would like to inform you of an upcoming program with the York Regional Police - Community Safety Village. The “Like Me First” program will speak to students who identify as females in grades 6 and 7. The purpose is to help our students become resilient and make positive choices, while also developing self esteem and positive friendships. The topics that we will be addressing include: building self-esteem, mindfulness, meditation, coping techniques, developing positive self-worth through self-care, and self image (discussing the positive and negative impacts of social media). Ultimately, our hope is that this program will help to develop self-love and a lifelong impact for these students who identify as female.

Participant Criteria:

- Resident in York Region
- Grade 6 or 7 student currently attending school in York Region

The program will run on Tuesdays and Thursdays from November 8th – 24th. Meetings will be held on ZOOM from 6:00pm – 7:30pm.

\*There is no cost associated with this program.\*

If your child or someone you know is interested in participating in this program, please email us at [csv@yrp.ca](mailto:csv@yrp.ca).



## Bus Loop Safety

We need all drivers using the bus loop to slow down. Please do not park and leave your vehicle in the “Kiss-and-Ride” or Bus Loop as it can be unsafe for arrival and dismissal. There are three lanes in our bus loop. One designated for the drive thru, one for kiss and ride and one for the buses only. When vehicles are left unattended the bus cannot maneuver safely in the bus loop. Please respect this procedure and stay inside your vehicle in the bus loop.



## [Grade 8 Open House Information Nights](#)

Our YRDSB high schools offer a number of programs, including IB and Arts. Please see the link for more information for open house information nights at our high schools and information about the [transition to Secondary School](#).

## Crossing Guard Needed:

Our Crossing has retired. Any interested community member who would like to support our school community outside during pick up and drop off, please speak to Ivy Lo or Myrna Habbib in the office at (905) 470-2227.

## Diwali

Diwali is known as the Festival of Lights and is a Hindu, Sikh, and Jain festival celebrated throughout the diaspora. Diwali celebrates the triumph of good over evil. The festival has a different significance for different people. Everywhere it is celebrated, Diwali signifies the renewal of life. To celebrate this joyous and important festival, people may get together with friends and family, exchange greetings and gifts of sweets, and devote time for prayer and introspection. Some set off fireworks and wear new clothes. Many light little clay lamps, or candles.



## Halloween Monday, October 31, 2022

A reminder to parents and students that Halloween is approaching. Halloween brings memories of dress-up parades, costume competitions, and classroom parties for some members of our community and carries a very different meaning for others. It is important for us to recognize that not all families celebrate and participate in Halloween. Students are invited to wear a costume or

dress in autumn colours (e.g., orange) on Monday, October 31st. Teachers will be sending home additional information indicating if they have any classroom activities planned. Please do not send Halloween treats or any food items for the entire class.

We ask that our Aldergrove families consider the following for Halloween:

- Students may bring their own snacks; or individually wrapped snacks may be given out within the cohort. Nut products are not permitted in school. Please pay close attention when packing lunches with Halloween treats! Please remember to pack lunches that are nut free!
- No Halloween masks are to be worn and students should only use single use make-up (no sharing of make-up).
- Costumes at our school must comply with the Board Policy and must not be disrespectful/offensive to anyone or groups of people. Symbols or objects that represent the cultures or beliefs of others should not be worn as part of a costume.
- No replica weapons of any kind are allowed.

### **Treaty Recognition Week**

Did you know that the first week of November is officially Treaties Recognition Week in Ontario? During the week of November 6-12, 2022, we recognize the importance of treaties and bring awareness to the treaty relationships between Indigenous and non-Indigenous people in the province. There are 46 treaties in Ontario and we all have a responsibility to honour the 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)

### **Holocaust Education Week**

The week of November 2nd to 9th marks the annual Holocaust Education Week (HEW). Learning about the Holocaust in classrooms, schools, and workplaces across the YRDSB is critical to countering antisemitism and other forms of hate. This year’s Neuberger Holocaust Education Week theme is The Future Is Here. 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, we also want to acknowledge that people of colour, the Romas, people with physical disabilities, and those who identify as 2SLGBTQI+, among others, were targeted and murdered by the Nazis. As one means of working towards a world free of intolerance, racism, discrimination, and hatred, educators are encouraged to discuss the Holocaust and the many people who put their lives on the line in the face of antisemitism and other forms of hate.



## PARENTING SESSIONS

### Let's talk about it!

Kids don't come with an instruction manual! Many familiar parenting problems have very simple solutions that can be applied with some effort and focus. Triple P's easy-to-understand and practical strategies have been shown to help families in all types of situations.

**We welcome all parents, guardians, caregivers and community members  
to attend these virtual sessions!**

**November 2, 2022 | 10:00 a.m. – 11:30 a.m.**

#### Getting Teens Connected

For parents of children 12+. This session will focus different aspects of helping teens to develop supportive friendships and become engaged in appropriate social and recreational groups and activities in the wider community.

[REGISTER NOW](#)

**November 9, 2022 | 10:00 a.m. – 11:30 a.m.**

#### Our Family, Our Rules

For parents of children and teens. This session will focus on developing a collaborative approach to family rules, expectations, and problem solving/solution seeking skills to help guide your children

[REGISTER NOW](#)

**November 16, 2022 | 10:00 a.m. – 11:30 a.m.**

#### Promoting Resiliency in Children

For parents of children and teens. This session will focus on helping your child develop skills to help build resiliency that will help them deal with everyday challenges and the more serious challenges they may face.

[REGISTER NOW](#)

**November 23, 2022 | 10:00 a.m. – 11:30 a.m.**

#### Nurturing Healthy Self-Esteem

For parents of children and teens. This session will focus on how to create a supportive and engaging environment that helps your child develop and maintain confidence and healthy self-esteem.

[REGISTER NOW](#)

**November 29, 2022 | 10:00 a.m. – 11:30 a.m.**

#### Managing Negative Self-Talk

For parents of children and teens. This session will focus on different strategies to help your child manage and reduce negative self-talk and realize their self-worth

[REGISTER NOW](#)

**Facilitator:** Uma Bhatt, R.S.W. York Hills Centre for Children, Youth and Families



These free virtual parent presentations are brought to you in a collaborative partnership with  
York Region District School Board and York Hills Centre for Children, Youth and Families.

For more information contact: **Oksana Majaski, Community & Partnership Developer**  
[Oksana.majaski@yrdsb.ca](mailto:Oksana.majaski@yrdsb.ca)



# WELCOME



**THURSDAY NOVEMBER 3RD 2022**

**6:30 TO 8:00 PM**

**LIGHT REFRESHMENTS  
AND  
CHILDCARE WILL BE PROVIDED**





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Twitter: @aldergroveps



### 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

**Inspire Learning!**

## Aldergrove Public School Community Newsletter October 28, 2022, Vol.5

Translation from here: 从这里翻译:

来自办公室的消息……

我们以极快的速度度过了十月。看到学者围绕 2SLGBTQI (所有非异性戀者) + 历史月和伊斯兰遗产月进行学习互动，令人鼓舞。我们希望在拥抱差异并庆祝多样性时，这种学习将伴随我们全年。

我们期待着与过去两年新加入 Aldergrove 社区的家人见面。2022 年 11 月 3 日下周四下午 6:30 - 8:00 有一个聚会。这是参观学校和相互了解的机会。请填写[此链接](#)以注册该活动。

我们期待在 11 月 10 日星期四下午 6:30-8:00 举行学校表演，以纪念国殇纪念日。我们知道，这种表演经验将帮助我们将思想集中在和平和尊重退伍军人的遗产上。

11 月 1 日，SK-八年级家庭将被邀请预订 11 月 17 日和 18 日的家长/教师访谈。链接将发送至家长/监护人电子邮件。本次会议旨在与您分享您孩子的进步，以便您了解长处和后续步骤。进度报告将在 11 月 23 日至 25 日之间的一周以电子邮件方式发送给家庭。

感谢您的合作。

Ms. Jessa  
校长

Mr. Pamayah  
副校长

### 十一月

阿尔巴尼亚传统月

印度教遗产月

大屠杀教育周 2022 年 11 月 2 日至 9 日

条约承认周 11 月 6 日至 12 日

阵亡将士纪念日 2022 年 11 月 11 日

跨性别纪念日 2022 年 11 月 20 日

如果您能支持我们为我们的学者创造身份确认空间的努力，  
请在办公室告诉我们。

## 即将到来的日期

10 月 31 日 - 万圣节  
11 月 1 日 - 万灵节  
11 月 2 日 - Mathify学习辅助 -3/4A、5B、5C  
11 月 3 日 - 8 年级访问 Milliken Mills 中学  
11 月 3 日 - 下午 6:30 - 晚上 8 点 Aldergrove欢迎会  
11 月 6 日 - 调夏令时间（将时钟拨回一小时）  
11 月 8 日 - 7 年级学生接种疫苗  
11 月 8 日 - Nanak Dev Ji 大师的生日  
11 月 10 日 - 2C、2B 去 Milne Outdoor Ed Ctr  
11 月 10 日 - 阵亡将士纪念日晚间表演，晚上 6点半  
11 月 11 日 - 国殇纪念日/2A、1/2A的2 年级去 Milne Outdoor Ed Ctr  
11 月 14 日 - 4A去 Milne Outdoor Ed Ctr 级  
11 月 15 日 - 4B、3/4A的4 年级去 Milne Outdoor Ed Ctr  
11 月 16 日 - 6/7A、6/7B的7年级去 Milne Outdoor Ed Ctr  
11 月 17 日 - 7/8A、7/8B的7年级去 Milne Outdoor Ed Ctr  
11 月 17 日 - 下午家长教师访谈  
11 月 18 日 - PA 日（无学校）/上午家长教师访谈  
11 月 20 日 - 跨性别纪念日  
11 月 23 日至 25 日通过 GAPPS 将进度报告电邮回家

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## Aldergrove 的午餐计划

周二：三明治午餐

周三/周五：披萨午餐

星期四：Lunch Lady 的热午餐，每周三之前[在线订购](#)。

## 自我筛选过程

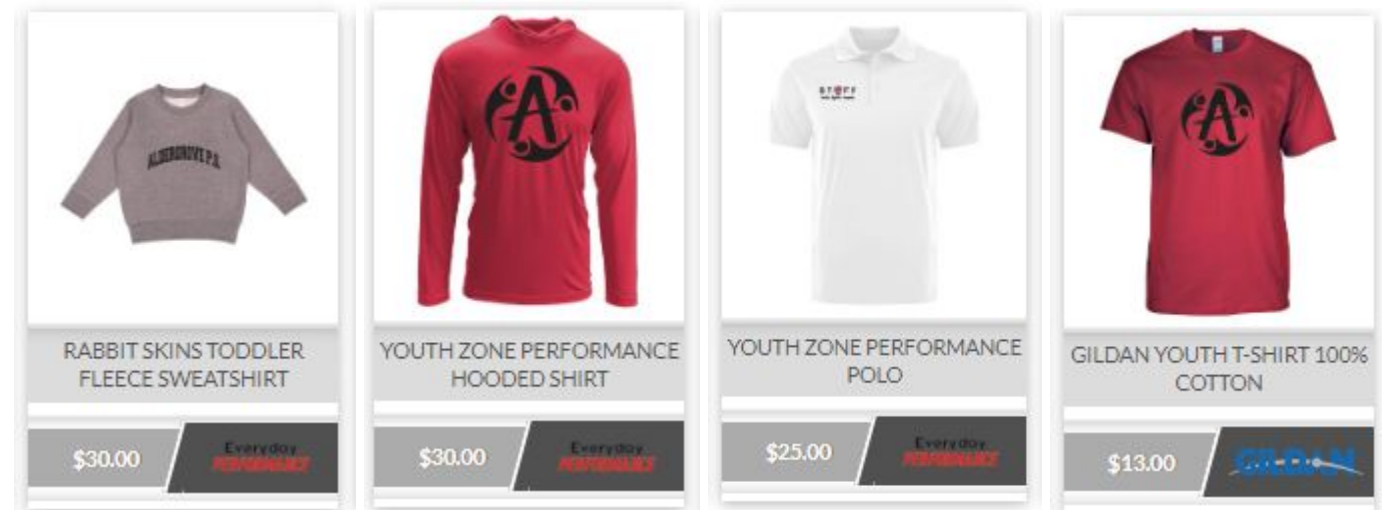
[自我筛查过程：每天进行](#) 学生每天都需要筛查 COVID-19。按照指示确保我们学校社区所有成员的安全。

## 到校

我们鼓励所有学者早上准时到达。8:25 排队的铃声响起，邀请学者在这个时候进入学校，开始宣布土地致谢和 O Canada。迟到会延迟一天的开始和教室学习。

## [Aldergrove Entripy 商店](#)开张了！

欢迎来到 **Aldergrove** 公立学校的官方在线购物门户。享受浏览来自各种品牌的各种产品，然后您可以使用网站上的认可徽标和图形对其进行定作。展示您对完全由您定制的精美服装自豪。我们的网站让学生、家长、粉丝和工作人员从认可的商品中进行选择，以满足他们 **24/7** 的需求，没有最低订购量。以下是您可以购买的众多商品中的一些。



## 学校家长会

嗨，Aldergrove社区！

学校家长会执行团队很高兴与员工、学者和家庭合作，以促进“邀请”、“点燃”和“激励”的机会，以建立每个人都属于的社区！

听到您的声音。我们重视您的意见！如有任何疑虑、建议和想法，请随时通过 [aldergrove.ps@sc.yrdsb.edu.on.ca](mailto:aldergrove.ps@sc.yrdsb.edu.on.ca) 联系学校家长会的任何人。

家长的声音很重要！

2022/2023 年家长会会议

2022 年 12 月 1 日，星期四

2023 年 2 月 23 日，星期四

2023 年 5 月 18 日，星期四



## 5B的种植经验

10月24日星期一，我们受邀与来自 TRCA 的 Alex 在学校门前种植本地植物。种植为小动物提供庇护，为昆虫提供食物并为我们提供氧气。我们走到校门口，给每个学生一株野草莓。我们用铲子挖了地面，小心地不要损坏植物的根部，因为我们把它放在土壤里。希望我们为爱护环境所做的努力和辛勤工作会导致春天的植物开花。



## 小学牙齿检查计划

约克地区公共卫生部门已恢复学校的牙齿筛查计划。公共卫生人员将于 2022 年 12 月 12 日、13 日和 14 日开始访问 Aldergrove。



## “Like Me First先喜欢我”计划

我们想通知您即将与约克地区警察 - 社区安全村合作的计划。“Like Me First”计划将面向 6 年级和 7 年级的女性学生进行交流。目的是帮助我们的学生变得有韧性并做出积极的选择，同时培养自尊和积极的友谊。我们将讨论的主题包括：建立自尊、正念、冥想、应对技巧、通过自我保健发展积极的自我价值和自我形象（讨论社交媒体的积极和消极影响）。最终，我们希望该计划将有助于培养自爱和对这些认定为女性的学生产生终身影响。

参与者标准：

- 居住在约克区
- 目前在约克地区上学的 6 年级或 7 年级学生

该计划将于 11 月 8 日至 24 日的周二和周四进行。会议将于下午 6:00 至 7:30 在 ZOOM 上举行。

\*此计划不收取任何费用。\*

如果您的孩子或您认识的人有兴趣参加此计划，请发送电子邮件至 [csv@yrp.ca](mailto:csv@yrp.ca)。



## 校车环路安全

我们需要所有使用学校环路的司机减速。请不要将您的车辆停放在中间线接送区及第一条校车环线，因为上下车可能不安全。我们的学环路有三个车道。一个指定用于车辆通过，一个用于接送区，一个仅用于校车。当无人在车辆内，校车无法在校车环路中安全行驶。请遵守此程序，如您在校车环路中请留在您的车内。



## [8 年级开放日信息之夜](#)

我们的 YRDSB 高中提供许多课程，包括 IB 和艺术。请参阅链接以获取更多关于我们高中开放日信息之夜的信息以及有关[升中学的信息](#)。

需要十字路口守卫员：

我们的十字路口守卫员已经退役。任何想要在上下学接送期间支持我们学校社区感兴趣的社区成员，请致电 (905) 470-2227 与办公室的 Ivy Lo 或 Myrna Habbib 联系。

## 排灯节

排灯节被称为灯节，是印度教、锡克教和耆那教的节日，在整个散居地庆祝。排灯节庆祝善战胜恶。这个节日对不同的人有着不同的意义。在任何地方庆祝排灯节，排灯节都象征着生命的更新。为了庆祝这个欢乐而重要的节日，人们可以与亲朋好友相聚，互致问候和糖果礼物，并花时间祈祷和反省。有的放烟花，穿上新衣服。许多人点亮小粘土灯或蜡烛。



万圣节 2022 年 10 月 31 日星期一

提醒家长和学生万圣节快到了。万圣节为我们社区的一些成员带来了装扮游行、服装比赛和课堂派对的回忆，对其他人来说则有着截然不同的意义。对我们来说重要的是要认识到并非所有家庭都会庆祝

和参加万圣节。学生被邀请穿着服装或於10月31日星期一，穿上秋天的颜色（例如橙色）。教师将向家里发送额外的信息，表明他们是否有任何课堂活动计划。请不要为全班寄送万圣节零食或任何食品。

我们要求我们的 Aldergrove 家庭在万圣节期间考虑以下事项：

- 学生可以自带零食；或单独包装的零食可以在队列中分发。学校不允许使用坚果产品。用万圣节零食打包午餐时请密切注意！请记得打包不含坚果的午餐！
- 不得佩戴万圣节面具，学生只能使用一次性化妆品（不得共用化妆品）。
- 我们学校的服装必须符合教育局政策，不得对任何人或人群不尊重/冒犯。代表他人文化或信仰的符号或物品不应作为服装的一部分佩戴。
- 不允许使用任何类型的复制武器。

## 条约承认周

您知道 11 月的第一周是安大略省正式的条约认可周吗？在 2022 年 11 月 6 日至 12 日这一周，我们认识到条约的重要性，并让人们了解该省土著和非土著人民之间的条约关系。安大略省有 46 项条约，我们都有责任遵守这些条约。

“今天，一些加拿大人将条约视为他们历史上另一个时代的产物，与当前无关。正如 1763 年皇家公告所承认的那样，原住民将条约视为尊重其国家地位的“活的”协议。他们认为这是加拿大宪法第 35 条中提到的“固有权利”。

（Maurice Switzer, “我们都是……条约的人”，第 34 页）

## 大屠杀教育周

11 月 2 日至 9 日这一周是一年一度的大屠杀教育周（HEW）。在 YRDSB 的教室、学校和工作场所了解大屠杀对于打击反犹太主义和其他形式的仇恨至关重要。今年的 Neuberger 大屠杀教育周主题是“未来就在这里”。大屠杀是纳粹政权及其盟友对 600 万犹太人进行系统性、国家支持的迫害和谋杀，我们不能让现代历史的这一残酷篇章从记忆中消失，这一点至关重要。在大屠杀教育周期间，我们还想承认有色人种、罗马人、身体残疾者以及那些认定为 2SLGBTQI+（所有非异性恋者）的人等都被纳粹瞄准并杀害。作为努力建设一个没有不容忍、种族主义、歧视和仇恨的世界的一种方式，我们鼓励教育工作者讨论大屠杀以及许多在反犹太主义和其他形式的仇恨面前冒着生命危险的人。



## PARENTING SESSIONS

### Let's talk about it!

Kids don't come with an instruction manual! Many familiar parenting problems have very simple solutions that can be applied with some effort and focus. Triple P's easy-to-understand and practical strategies have been shown to help families in all types of situations.

**We welcome all parents, guardians, caregivers and community members to attend these virtual sessions!**

**November 2, 2022 | 10:00 a.m. – 11:30 a.m.**

#### **Getting Teens Connected**

For parents of children 12+. This session will focus different aspects of helping teens to develop supportive friendships and become engaged in appropriate social and recreational groups and activities in the wider community.

[REGISTER NOW](#)

**November 9, 2022 | 10:00 a.m. – 11:30 a.m.**

#### **Our Family, Our Rules**

For parents of children and teens. This session will focus on developing a collaborative approach to family rules, expectations, and problem solving/solution seeking skills to help guide your children

[REGISTER NOW](#)

**November 16, 2022 | 10:00 a.m. – 11:30 a.m.**

#### **Promoting Resiliency in Children**

For parents of children and teens. This session will focus on helping your child develop skills to help build resiliency that will help them deal with everyday challenges and the more serious challenges they may face.

[REGISTER NOW](#)

**November 23, 2022 | 10:00 a.m. – 11:30 a.m.**

#### **Nurturing Healthy Self-Esteem**

For parents of children and teens. This session will focus on how to create a supportive and engaging environment that helps your child develop and maintain confidence and healthy self-esteem.

[REGISTER NOW](#)

**November 29, 2022 | 10:00 a.m. – 11:30 a.m.**

#### **Managing Negative Self-Talk**

For parents of children and teens. This session will focus on different strategies to help your child manage and reduce negative self-talk and realize their self-worth

[REGISTER NOW](#)

**Facilitator:** Uma Bhatt, R.S.W. York Hills Centre for Children, Youth and Families



These free virtual parent presentations are brought to you in a collaborative partnership with York Region District School Board and York Hills Centre for Children, Youth and Families.

For more information contact: **Oksana Majaski, Community & Partnership Developer**  
[Oksana.majaski@yrdsb.ca](mailto:Oksana.majaski@yrdsb.ca)



# WELCOME



**THURSDAY NOVEMBER 3RD 2022**

**6:30 TO 8:00 PM**

**LIGHT REFRESHMENTS  
AND  
CHILDCARE WILL BE PROVIDED**