



Invite Ignite Inspire

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

905.470.2227

Email:

aldergrove.ps@yrdsb.ca

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APS Guiding Questions:

Who am I?

Who are you?

Who are we together?

APS - Seven Values

Citizenship

Empathy

Inclusivity

Innovation

Relationships

Self-Awareness

Optimism

Inspire Learning!

Aldergrove Public School Community Newsletter September 29, 2023, Vol.3

Message from the Office

It has been an exciting few weeks of establishing routines and learning for families, scholars and staff. As a caring community, we are approaching this new school year with a positive lens of support for each other, where scholars can feel safe and be their true selves in the Aldergrove space. Thank you to our families for your tremendous support as scholars begin to get to know their teachers, peers and school routines. There is a lot of learning and growing to do and we will get there together.

Last week we had our first school-wide event, the Terry Fox Walk. It was an exciting event and we know that our scholars enjoyed learning about the legacy of Terry Fox and putting this learning into action. Our cross country team went to the Area event on September 28th. We are proud to have scholars who will be moving on to cross country Regionals in October.

Aldergrove had Orange Shirt Day today (Friday September 29) to build understanding of residential schools and its tragic impact on the Indigenous communities. The Every Child Matters flag is a reminder of our commitment as a school towards Truth and Reconciliation. Classes learned about the legacies of the past and the hope of a better future.

It was wonderful to see many of you last week at our Meet the Family evening. We know that your connection to classroom learning is a foundation for our scholars' success. Thank you for your partnership.

Ms. Jessa
Principal

Mr. Pamayah
Vice Principal

October

Islamic Heritage Month

2SLGBTQI+ History Month

International Walk to School Month

Women's History Month

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

Resources for Families

[Guide to the School Year](#)

[The Centre for Black Student Excellence Newsletter - October](#)

[Student Mental Health and Addictions Newsletter - October](#)

[Triple P Positive Parenting Seminars](#)
[Aldergrove Archives: Past Newsletters and School Council Minutes](#)

School Schedule

8:15 am - staff on duty outside
8:25 am - entry bell
8:30 am - learning block
10:10 am - 10:40 am recess
10:40 am -12:20 - learning block
12:20 pm - 1:20 pm lunch
1:20 pm - 3:00 pm learning block
3:00 pm - dismissal

Safe Arrivals: Please be on time for school. If your child is late or will be absent, please inform the school office or use EDSBY to share this information.

School Start-Up Forms

At the start of each school year, schools share with families a package of information about the school. Please ensure you review this important information. Families are also encouraged to review the online [Guide to the School Year](#).

We also ask families to complete some important forms. These forms are now available online. [Please complete and submit these online School Start-Up Forms](#) through your child's YRDSB Google account. Translations are available.

- You can access your child's YRDSB Google account via a web browser. For best results, use a computer rather than a mobile phone.
- The username is your child's YRDSB Student Number. Your child will receive their login information from the school at the start of the year. If you or your child do not know the password to log in to their Google account, please contact your child's teacher or the school office.
- Frequently asked questions and additional information on [how to complete the forms](#) are available on the Board website under [Family Resources](#) (click on the "Need Help" link for Family Start-Up Forms).

It is important that these forms are completed as soon as possible at the start of the school year. There are both mandatory and optional forms. Please complete a separate form for each child attending Aldergrove. Your child's school will access the information.

If you prefer to complete the forms on paper or have questions about the information in the forms, please contact the school office.

Join Our School Council

The School Council is excited to welcome all new and returning families of the Aldergrove Community. We are looking forward to reconnecting in person and reigniting the community spirit this year! Have your voice heard. Parents and guardians are encouraged to attend School Council meetings. It offers parents an excellent opportunity to have a positive influence on their child's school experience, to stay informed and engaged, contribute ideas or simply network with other parents. Our School Council Election will be held on Thursday, October 5, 2023 at 6pm. We look forward to seeing you all soon!

Bus Loop Safety

Drivers must not park and leave their vehicle in the "Kiss-and-Ride" or Bus Loop as it can be unsafe for arrival and dismissal.



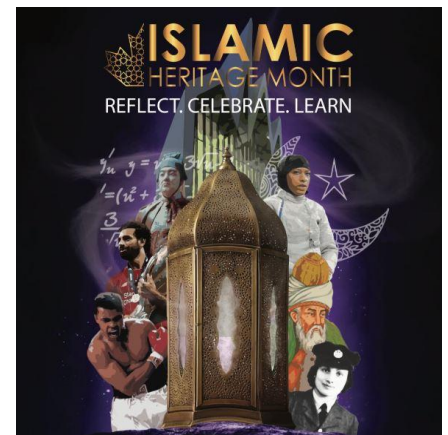
Orange Shirt Day

Every year on September 30, Canadians observe National Day for Truth and Reconciliation and Orange Shirt Day. It is a day to educate and promote awareness of residential schools and their lasting legacies of trauma, suffering and genocide of Indigenous Peoples. The topic of residential schools first appears in the newly revised Social Studies curriculum in Grade 1. Given the observance of Orange Shirt Day and the National Day for Truth and Reconciliation, many Educators K-12 will take on this topic as part of their instructional program. At Aldergrove, staff and students wore an orange shirt on Friday, September 29, 2023, to recognize the resiliency, bravery and survival of Residential School Survivors and those who did not come home.



October is Islamic Heritage Month

The month of October is Islamic Heritage Month, which was officially established by the Canadian government in 2007. Islamic Heritage Month is a great opportunity to learn about the rich history of Islam, the vast diversity within Islam, and to break down stereotypes and beliefs that interrupt our goals of inclusion. Students can engage in activities and learning opportunities that celebrate this heritage, and will serve as an entry-point for inclusion and affirmation of Muslim identities throughout the year. Islamophobia continues to be a significant barrier to the well-being and academic success of students who are Muslim or assumed to be Muslim. York Region District School Board's commitment to equity as a foundational practice recognizes that equitable access to opportunities and success for underserved and underperforming students can only be actualized when biases, barriers, and power dynamics are intentionally disrupted and eliminated.



October is 2SLGBTQI+ History Month.

The month of October commemorates the impact that Two Spirit, lesbian, gay, bisexual transgender, queer, questioning, and individuals with related identities have had in our local communities, nationally and internationally. It is an opportunity to build awareness of the contributions the 2SLGBTQ+ community has made in Canada and abroad.

The affirmation of sexual and gender diversity in our learning and working environments means that we recognize the diversity within our 2SLGBTQ+ communities and acknowledge the presence of Indigenous, racialized, disabled and other diverse identities among our students and staff. Likewise, knowledge about 2SLGBTQ+ history helps to address the systemic barriers that contribute to heterosexism and cissexism.



Breakfast Club

Please have your children enter through the front door and follow the signs to the staffroom. All scholars are welcome to attend.

When: 8:00 AM - 8:25 AM every morning

Where: Staffroom



Recognizing Significant Faith Days and Heritage Months

York Region is rich in culture and diverse in religious beliefs and practices based on faith. Our staff want to ensure that we honour and recognize significant faith days and heritage months for the members of our community. We do this important work through the lessons that happen in class, our communications through newsletters and twitter, our assemblies and displays that happen in the school. You can see some of the significant faith days [here](#). Please speak to the office if there are faith days that you would like to contribute to. For example by providing visual artifacts for our foyer display cases. We are committed to affirming and valuing all the faith diversity in our schools.

Cross-Country

Our grade 4-8 students have been training for Cross-Country Running. Cross country running is a sport in which teams and individuals run a race on open-air courses over natural terrain such as dirt or grass. The course, 1.2 - 2.6 kilometres long, may include surfaces of grass and earth, pass through woodlands and open country, and include hills and flat ground. On Thursday, September 28 they participated in the Area Cross Country Meet. Thank you to Ms. Huang, Ms. Nandakumar and Mr. Kaszel for coaching this team.



Active School Travel

Aldergrove is participating in the Markham Active School Travel program. The project is funded through the City of Markham, York Region and York Region District School Board and is a partnership program.

The purpose of the project is to implement Active School Travel programs and traffic calming tools to:

- promote walking/cycling/scootering and sustainable travel to school
- improve school zone safety
- reduce traffic congestion on our school site and in the neighbourhood
- improve students physical and mental health
- increase social development and academic performance and
- reduce air pollution and greenhouse gases.

We had our Active School Travel Launch on Wednesday, September 27.



Active School Travel School Zone Tools

School Zone Tools around your school community. Please review the tools below so you understand what they mean.



School Zone Pavement Marketing

These markings indicate when a vehicle is entering the school zone.



Ladder Crosswalks

Enhances visibility of people crossing the road



No Stopping Signs on Street Adjacent to School.

Stopping a vehicle, including for pick-up or drop-off of students, is not permitted during the times shown.



No Stopping "Red Zone"

Supplemental to the existing "No Stopping" signs, the red line indicates where pick-up and drop-off activity is not allowed.

Safety at Aldergrove

The York Region School Board is committed to ensuring the safety of students, staff, building occupants and visitors in the event of an emergency situation. As such, throughout the school year, schools in our Board practice various safety drills including Fire Drills, Lockdown Drills, Hold and Secure Drills and the newly established Bomb Threat Drill. It is critical that all members of our school community become familiar with emergency protocols as they are designed to keep all of us safe at school. Please refer to Board Policy #669.0 for more information about Emergency Preparedness and Crisis Management. Practicing drills may create some anxiety for some students.

If you are concerned about how these situations might impact the mental health and well-being of your child, please contact school administrators, as we have school mental health professionals available to support your child.

General Supports for Emotional Well-Being:

- 310-COPE: 905-310-COPE (2673) or 1-855-310-COPE (2673) - available 24/7
- KidsHelpPhone: 1-800-668-6868, text 686868 - available 24/7, <https://kidshelpphone.ca/> ● Mental Health Helpline: 1-866-531-2600 - available 24/7
- York Hills Help Phone Line: 905-503-9561 Monday, Wednesday, Friday 9:30 a.m.-4:00 p.m. for children and youth (0-18 years) and their parents, caregivers or adult supporters. Visit www.yorkhills.ca for more information.
- Trans Lifeline: <https://translifeline.org/>
- Black Youth Helpline: <https://blackyouth.ca/>
- Naseeha Helpline: <https://naseeha.org/>
- 2SLGBTQ+ Youthline: <https://www.youthline.ca/>

Terry Fox Event

On September 26th, we honoured Terry Fox's legacy by participating in the Terry Fox Run at APS. We continue his marathon in his honour by running or walking every September and raising money for the Canadian Cancer Society. Thank you to Ms. Szonda and Ms. Ghafouri for coordinating the day's events. We would like to say thank you to everyone who helped. It takes a community to do things like this and it was wonderful to see so many people helping out. A big thank you to our Grade 8 helpers and to Ms. Gilbert and her tech team for setting up the music and mic to make it fun! We are collecting donations until October 2nd. We appreciate your support!



September Math

Are you looking for fun ways to learn or practice math at home? Whether you are out for a walk, taking a bus, driving in a car, or just hanging out at home, there are lots of fun games you can play to support math learning.

Guess My Number is a math game that can be played with just two people and doesn't require any set up or materials. You will need two or more people to play this game.

Player 1 - Chooses a number between 1-100 (*the range can be increased or decreased based on age/grade level*).

Other players - Ask questions that can be answered with either a "yes" or a "no". Example: "Is it higher than 10?" or "Is it an odd number?"

Player 1 - Responds with either a "yes" or "no".

Other players - Continue to ask questions until they feel confident that they have enough information to guess the correct number.

Variations of this game can be added to increase or decrease the level of challenge.

- High/Low - The guesser of the game can only ask questions that allow a response of "too high" or "too low".
- Track your guesses and see how many guesses it takes! Is there an optimal strategy?

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.

[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](#).

Aldergrove Lunch Programs

Aldergrove is providing following lunch programs:

Tuesday: Pizza Lunch, October 17-January 30, order thru [School Cash Online](#) by October 9.

Wednesday: Sushi Lunch, October 18-January 31, order thru [School Cash Online](#) by October 9

Friday: Sub Lunch, October 27-January 26, order thru [School Cash Online](#) by October 9

1. If your child will be absent on the hot lunch day, there will be NO REFUNDS.

2. Payments are to be made thru School Cash OnLine only:

No Cash/Cheque will be accepted!

<http://yrdsb.schoolcashonline.com>

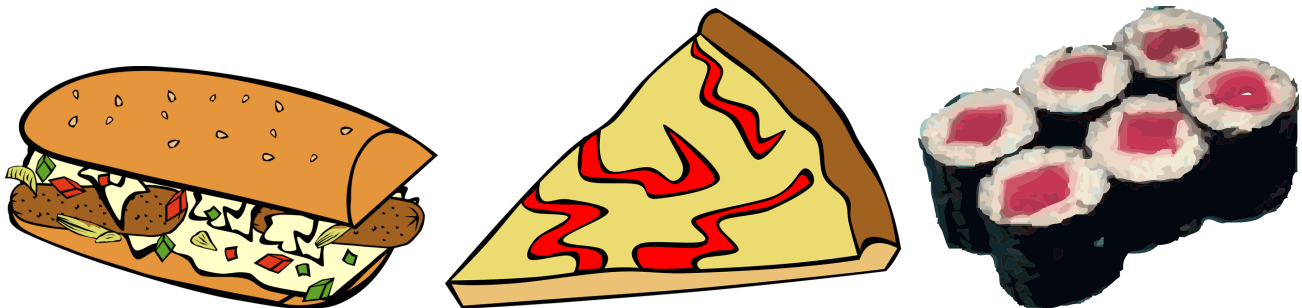
3. Deadline for ordering pizza, sushi, subway is October 9, 2023

NO Late Order will be accepted!

Next term will start in February 2024.

Thank you for supporting Aldergrove's fundraising program. All profits will go directly towards supporting our creative and innovative classroom experiences as well as ensuring that all members of our community can access every opportunity (ie. Music program, Athletic program).

Please call the school office for any questions or assistance, thank you! (905) 470-2227





October 2023

The Breakfast Program is **OPEN** every day from 8:00 - 8:25 am

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	2 Day 4	3 Day 5 Bill Crothers Info Night	4 Day 1 Walk to School Wednesdays	5 Day 2 School Council 6:30pm	6 Day 3 Last Day of Sukkot	7
8	9 Thanksgiving No School	10 Day 4	11 Day 5 Gr 7: Rouge Park Walk to School Wednesdays	12 Day 1 IB Info at Milliken Mills S.S. 7pm	13 Day 2	14
15	16 Day 3	17 Day 4 Pizza Day 🍕	18 Day 5 Sushi Day 🍣 Walk to School Wednesdays	19 Day 1	20 PA Day No School	21
22	23 Day 2	24 Day 3 Pizza Day 🍕 Photo Day	25 Day 4 Sushi Day 🍣 Gr 8: Tim Horton's Camp Walk to School Wednesdays	26 Day 5 Gr 8: Tim Horton's Camp	27 Day 1 Sub Day 🍞 Gr 8: Tim Horton's Camp	28
29	30 Day 2	31 Day 3 Pizza Day 🍕				

Phone: (905) 470-2227

Email: aldergrove.ps@yrdsb.ca

Twitter: [@aldergroveps](https://twitter.com/aldergroveps)



Groups

Fall 2023

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 ext. 108. Groups are virtual and require a \$35 workbook purchase.

Dates:

- **English: 8 Tuesdays, October 3 to November 28, 2023, Time: 6:00 PM to 8:00 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 long and requires a workbook and weekly homework tasks. A pre-group interview is required. Call Janice at 905-895-2371 ext. 108. Groups are virtual and require a \$35 workbook purchase.

Dates:

- **English: 8 Thursdays, October 26 to December 14, 2023, Time: 6:00 PM to 8:00 PM**
- **Mandarin: 8 Thursdays, October 12 to November 30, 2023, Time: 6:00 PM to 8:00 PM**
- **Farsi: 8 Wednesdays, September 6 to October 25, 2023, Time: 5:30 PM to 7:30 PM**

Fearless Triple P

This 8-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/contact/get-started. Pre-group interview required. Call Janice at 905-895-2371 ext. 108. Groups are virtual and require a \$35 workbook purchase.

Dates:

- **English: 8 Wednesdays, October 4 to November 22, 2023, Time: 6:30 PM to 8:00 PM**

Family Transitions Triple P

This 5-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/contact/get-started. Pre-group interview required. Call Janice at 905-895-2371 ext.108. Groups are virtual and require a \$35 workbook purchase.

Dates:

- **English: 5 Thursdays, September 7 to October 5, 2023, Time: 6:00 PM to 8:00 PM**

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, Yoga, employment, and various other topics. Free.

Dates:

- **Urdu, Punjabi, and Hindi: Thursdays, September to December, 2023, Time: 12:00 PM to 2:00 PM**
Contact: Aisha at 647-545-8241 to register
- **Hindi, Urdu, and Punjabi: Tuesdays, TBD 2023, Time: 6:00 PM 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. Apply online at: www.fsyrr.ca/contact/get-started. This group is virtual and requires a \$150 registration fee.

Dates:

- **English: 8 Thursdays, September 21 to November 9, 2023, Time: 6:00 PM to 7:30 PM**

Groups for Women

Farsi Women's Support Group

This virtual Free 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: https://www.fsyrr.ca/farsi_womens_groups_application or call Poopeh at 647-243-9646 Monday or Wednesday.

Dates:

- **Farsi: 6 Wednesdays, November 1 to December 6, 2023, Time: 5:30 PM 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 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 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. Apply online at: www.fsyrr.ca/contact/get-started. A pre-group interview is required. Groups are virtual and require a \$20 registration fee.

Dates:

- English: 8 Tuesdays, October 10 to November 28, 2023, Time: 6:00 PM to 7:30 PM

2SLGBTQ+ Groups

Transgender Support Group (Adults 18+)

A free monthly program for those questioning/exploring their gender identity or wanting more support during their journey. This group provides a safe environment to talk about things that matter and learn more about community resources. This group is free with in-person and virtual options. Call Liway at 905-895-2371 ext. 137 or register online at: www.fsyrr.ca/contact/get-started.

Dates:

- English: Fourth Thursday of each month, Time: 6:00 PM to 7:30 PM

Free to Be

This is a free 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 Liway at 905-895-2371 ext. 137 or register online at: www.fsyrr.ca/contact/get-started.

Dates:

- English: Third Wednesday of each month, Time: 6:00PM to 8:00 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 Liway at 905-895-2371 ext. 137 or register online at: www.fsyrr.ca/contact/get-started

Dates:

- English: TBD, Time: 6:00PM to 7:30PM

LET'S CELEBRATE IWALK MONTH!



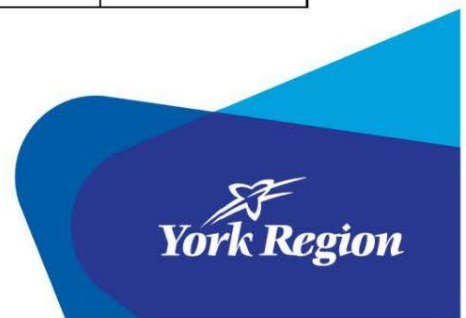
S N M A I Y U S T N R R O L L
 A X P T Y W H P S F V I H T P
 F X A Z M B E I B O V B H P L
 E Z Z L T U L W E Q K H V Y C
 T V W A L K M G L J Q N M V M
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 J R J Z A T W M M E T F D I U
 N J B I N O H S I D Z A O T C
 J Y F X L B E V L M P L M K G
 B A B J C E A H O H F L C O X
 U N I Y Y R L T P Y H T G Y Q
 Y M K D G M T Y Y Z Y U S F R
 N W E Q T L H S H Y C V Q O M
 B N O V Z I Y Z F R I E N D S



<ol style="list-style-type: none"> 1. In what month does IWALK take place? 2. Don't forget to wear this while riding your bike, scooter, or rollerblades! 3. What season is the Month of October in? 4. It's important to have fun, but always remember ____ first! 5. Being active on the way to and from school helps me be ____! 6. Who might you see on the journey to school? 7. You can walk, bike or ____ to school! 8. This is something that you can use while on your bike to signal to others that you are getting closer. 9. If you get driven to school, make sure to park and ____ the last block to participate in IWALK. 10. What is something that has two wheels and can get you to school, your friends house, or anywhere else all while having fun? 	HELMET OCTOBER FALL SAFETY HEALTHY FRIENDS ROLL BELL WALK BIKE
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PUBLIC HEALTH

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 york.ca





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APS 指导问题:
我是谁?
你是谁?
我们在一起是谁?

APS学校七个价值
公民责任
同理心
包容
创新
关系
自觉
乐观



Aldergrove Public School 社区通讯 2023 年 9 月 29 日, 第 3 期

来自办公室的消息

对于家庭、学者和工作人员来说,这几周是建立常规和学习的令人兴奋的几周。作为一个充满关爱的社区,我们以积极的相互支持的态度迎接新学年,让学者们在Aldergrove空间中感到安全并做真实的自己。感谢我们的家人在学者们开始了解他们的老师、同龄同学和学校日常生活时给予的巨大支持。还有很多学习和成长的事情要做,我们将一起实现目标。

上周我们举办了第一次全校范围的活动, Terry Fox步行活动。这是一次令人兴奋的活动,我们知道我们的学者喜欢了解Terry Fox的传承,并将这种学习付诸实践。我们的越野队于9月28日参加了地区活动。我们很自豪有学者将在10月份继续参加越野区域赛。

Aldergrove今天(9月29日星期五)举办了“橙色衬衫日”活动,以加深人们对寄宿学校及其对原住民社区的悲惨影响的了解。每个孩子都很重要的旗帜提醒我们作为一所学校对真相与和解的承诺。课程了解了过去的遗产和对更美好未来的希望。

上周在我们的与家庭见面之夜上见到您们中的许多人真是太好了。我们知道您与课堂学习的联系是我们学者成功的基础。感谢您的合作。

Ms. Jessa
校长

Mr. Pamayah
副校长

十月
伊斯兰遗产月
2SLGBTQI+ 历史月
国际步行上学月
妇女历史月

如果您可以支持我们为学者创造身份确认空间的努力,请连系办公室告知我们。

家庭资源

[学年指南](#)

[黑人卓越中心-十月](#)

[学生心理健康和成瘾通讯 - 十月](#)

[Triple P 积极育儿研讨会](#)

Aldergrove档案: [过去的社区通讯和学校理事会会议纪要](#)

学校时间表

上午 8:15 - 学校工作人员开始外面值班

8:25 - 进校铃响

8:30 - 学校早会和课程开始

10:10 - 课间休息 (30 分钟)

10:40 - 课程继续

12:20 - 午餐 (1小时)

1:20 - 课程继续

3:00 - 放学

安全抵校: 请准时到校。如果您的孩子将迟到或缺席, 请通知学校办公室或使用 EDSBY 分享此信息。

学校开学表格

每个学年开始时, 学校都会与家庭分享有关学校的一些信息。请确保您查看此重要信息。还鼓励家庭查看在[学年指南](#)。

我们还要求家人填写一些重要的表格。这些表格现在可以在网上获取。请通过您孩子的 YRDSB Google 帐户[填写并提交这些在线学校开学表格](#)。提供翻译。

- 您可以通过网络浏览器访问您孩子的 YRDSB Google 帐户。为了获得最佳效果, 请使用电脑而不是手机。
- 用户名是您孩子的 YRDSB 学生编号。您的孩子将在年初收到学校发来的登录信息。如果您或您的孩子不知道登录其 Google 帐户的密码, 请联系您孩子的老师或学校办公室。
- 有关[如何填写表格](#)的常见问题和其它信息, 请访问教育局网站的“[家庭资源](#)”(点击“家庭开学表格”的“需要帮助”链接)。

重要的是, 这些表格应在学年开始时尽快填写。有份是必须填交的表格及其它可选择的表格。请为每个就读Aldergrove的孩子单独填写一份表格。以便学校可以得到您孩子的信息。

如果您更喜欢填写纸质表格或对表格中的信息有疑问, 请联系学校办公室。

加入我们的学校理事会

学校理事会很高兴欢迎Aldergrove社区的所有新家庭和回归家庭。我们期待今年重新面对面并重新点燃社区精神!

让您的声音被听到。鼓励家长和监护人参加学校理事会会议。它为家长提供了一个绝佳的机会, 可以对孩子的学校经历产生积极影响, 保持知情和参与, 贡献想法或只是与其他家长建立联系。如果您对执行委员会职位感兴趣, 请在 9 月 28 日之前填写 Start-Up pkg 中的[提名表](#)。如果您需要纸本表格, 请前往办公室。我们的学校理事会选举将于 2023 年 10 月 5 日星期四下午 6 点举行。我们期待很快见到大家!

校车环线安全

司机不得将车辆停放在“上下车接送区”或校车环线上, 因为对上下学的学生不安全。



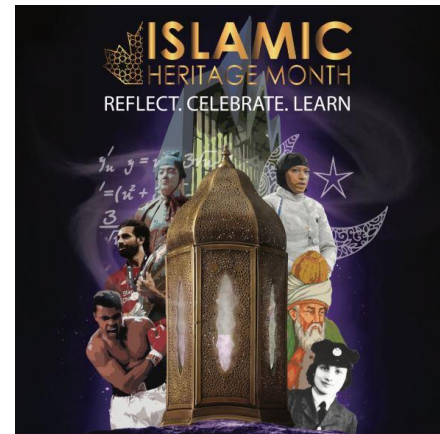
橙色衬衫日

每年 9 月 30 日，加拿大人都庆祝全国真相与和解日和橙衫日。这一天旨在教育和提高人们对寄宿学校及其对原住民造成的创伤、苦难和种族灭绝的持久遗产的认识。寄宿学校的主题首次出现在新修订的一年级社会研究课程中。考虑到橙色衬衫日和全国真相与和解日，许多 K-12 教育工作者将把这个主题作为其教学计划的一部分。2023 年 9 月 29 日星期五，Aldergrove 教职员和学生穿着橙色衬衫，以表彰寄宿学校幸存者和那些没有回家的人的坚韧、勇敢和生存。



十月是伊斯兰遗产月

十月是伊斯兰遗产月，由加拿大政府于 2007 年正式设立。伊斯兰遗产月是了解伊斯兰教丰富历史、伊斯兰教内部巨大多样性以及打破传统观念和信仰的绝佳机会。学生可以参与庆祝这一传统的活动和学习机会，并将作为全年包容和肯定穆斯林身份的切入点。伊斯兰恐惧症仍然是穆斯林或被认为是穆斯林学生的福祉和学业成功的重大障碍。约克地区教育局致力于将公平作为基本实践，认识到只有当偏见、障碍和权力动态被有意扰乱和消除时，才能实现服务不足和表现不佳的学生公平获得机会和成功。



十月是 2SLGBTQI+ 历史月

十月是为了纪念“两种精神”、女同性恋、男同性恋、双性恋跨性别者、酷儿、质疑者和具有相关身份的个人在国内和国际上对我们当地社区产生的影响。这是一个提高人们对 2SLGBTQ+ 社区在加拿大和国外所做贡献的认识的机会。

在我们的学习和工作环境中对性和性别多样性的肯定，意味着我们认识到 2SLGBTQ+ 社区的多样性，并承认我们的学生和教职员工中存在原住民、种族化、残疾人和其它多元化身份。同样，了解 2SLGBTQ+ 历史有助于解决导致异性恋和顺性主义的系统性障碍。



早餐俱乐部

早餐俱乐部将于开学第一天（9月5日星期二）上午8点在教教室开始。请让您的孩子从前门进入，然后按照指示牌前往员工室。欢迎各位学者参加。



时间：每天早上 8:00 - 8:25

地点：教职员室

认识重要的信仰日和遗产月

约克地区文化丰富，宗教信仰和基于信仰的实践多种多样。我们的员工希望确保我们尊重并认可社区成员的重要信仰日和遗产月。我们通过课堂上的课程、通过时事通讯和推特进行的交流、在学校举行的集会和展示来完成这项重要的工作。您可以在[这里](#)看到一些重要的信仰日。如果您想为信仰日做出贡献，请与办公室联系。例如，为我们的门厅展示柜提供视觉物件。我们致力于肯定和重视学校中的所有信仰多样性。

越野跑

我们 4-8 年级的学生一直在接受越野跑训练。越野跑是一项团队和个人在泥土或草地等自然地形的露天场地上进行比赛的运动。赛道长 1.2 - 2.6 公里，可能包括草地和泥土表面，穿过林地和开阔的乡村，包括丘陵和平地。9月28日星期四，学生参加了地区越野运动会。感谢 Ms. Huang, Ms. Nandakumar and Mr. Kaszel 对这支队伍的指导。



积极活跃的上下学计划

Aldergrove正在参加万锦市积极活跃的上下学计划。该项目由万锦市、约克地区和约克区教育局资助，是一个合作伙伴计划。

该项目的目的是实施积极的上下学计划和稳定的交通工具，以：

- 提倡步行/骑自行车/滑板车和可持续的上下学
- 改善学区安全
- 减少我们学校和附近地区的交通拥堵
- 提高学生身心健康
- 提高社会发展和学业成绩
- 减少空气污染和温室气体。

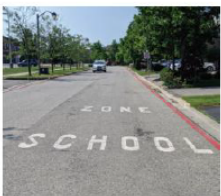
我们于 9 月 27 日星期三开始了 Active School Travel 活动。



积极活跃的上下学 学区工具

学校社区周围的学区工具。请查看下面的工具,以便您了解它们的含义。

学校区域



路面标记

这些标记表明车辆已进入学区。

行人斑马线



人们过马路时增强斑马线可见性

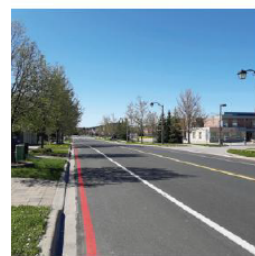
禁止停车标志



位于去学校毗邻街道上

在显示的时间内,不允许临时停止车辆,包括接送学生。

“红区”不可暂停



对现有“禁止临停”标志的加强,红线表示不允许上下车接送的地方。

Aldergrove的安全

约克地区学校教育局致力于在紧急情况下确保学生、教职员工、建筑居住者和访客的安全。因此，在整个学年中，我们的学校都会进行各种安全演习，包括消防演习、封锁演习、控制和安全演习以及新设立的炸弹威胁演习。我们学校社区的所有成员都必须熟悉应急措施，这一点至关重要，因为它们旨在确保我们所有人在学校的安全。请参阅教育局政策#669.0，了解有关应急准备和危机管理的更多信息。演习可能会给一些学生带来一些焦虑。

如果您担心这些情况可能会如何影响您孩子的心理健康和福祉，请联系学校校长，因为我们有学校心理健康专业人员可以为您的孩子提供支持。

对情绪健康的一般帮助：

- 310-COPE: 905-310-COPE (2673) or 1-855-310-COPE (2673) - 七天24小时接听
- 儿童帮助电话: 1-800-668-6868, text 686868 - 七天24小时接听, <https://kidshelpphone.ca/>
- 心理健康帮助热线: 1-866-531-2600 - 七天24小时接听
- York Hills 帮助电话热线: 905-503-9561 周一、周三、周五上午 9:30 至下午 4:00 儿童和青少年 (0-18岁) 及其父母、看护者或成人支持者。请参访 www.yorkhills.ca 了解更多信息。
- 跨生命线: <https://translifeline.org/>
- 黑人青年帮助热线: <https://blackyouth.ca/>
- Naseeha 帮助热线: <https://naseeha.org/>
- 2SLGBTQ+ 青年热线: <https://www.youthline.ca/>

Terry Fox活动

9月26日，我们通过参加APS的Terry Fox Run活动来纪念Terry Fox的传承。为了纪念他，我们每年九月通过跑步或步行继续他的马拉松比赛，并为加拿大癌症协会筹集资金。感谢Ms. Szonda和Ms. Ghafouri协调当天的活动。我们要向所有提供帮助的人表示感谢。像这样的事情需要一个社区来完成，很高兴看到这么多人提供帮助。非常感谢我们的8年级助手以及Ms. Gilbert和她的技术团队，他们设置了音乐和麦克风，让活动变得有趣！我们正在收集捐款，截止日期为10月2日。感谢您的支持！



九月数学

您是否正在寻找在家学习或练习数学的有趣方法？无论您是外出散步、乘坐公共汽车、开车还是只是在家闲逛，您都可以玩很多有趣的游戏来帮助数学学习。

猜猜我的数字是一款数学游戏，只需两个人即可玩，不需要任何设置或材料。您需要两个或更多人来玩这个游戏。

玩家 1 - 选择 1-100 之间的数字（范围可以根据年龄/年级水平增加或减少）。

其他玩家 - 提出可以用“是”或“否”回答的问题。示例：“高于 10 吗？”或“这是奇数吗？”

玩家 1 - 回答“是”或“否”。

其他玩家 - 继续提问，直到他们确信自己有足够的信息来猜出正确的数字。

可以增加或减少挑战级别来加入游戏

- 高/低 - 游戏的猜测者只能提出允许回答“太高”或“太低”的问题。
- 跟踪你的猜测，看看需要猜多少次！有最优策略吗？

请访问该[教育局的数学页面](#)，了解有关学生在学校学习内容的有用信息以及支持家庭数学学习的资源。

[八年级开放日信息之夜](#)

我们的 YRDSB 高中提供多种课程，包括 IB 和艺术课程。请参阅链接，了解有关我们高中开放日信息之夜的更多信息以及有[关过渡到中学](#)的信息。

Aldergrove 午餐计划

Aldergrove提供以下午餐计划:

周二: 披萨午餐, 10月17日至1月30日, 请在10月9日之前通过 [School Cash Online](https://vrdsb.schoolcashonline.com) 订购。

星期三: 寿司午餐, 10月18日至1月31日, 在10月9日之前通过 [School Cash Online](https://vrdsb.schoolcashonline.com) 订购

周五: 三明治午餐, 10月27日至1月26日的午餐, 10月9日之前通过 [School Cash Online](https://vrdsb.schoolcashonline.com) 订购

1. 如果您的孩子在当日午餐日缺席, 则不予退款。

2. 付款只能通过 [School Cash Online](https://vrdsb.schoolcashonline.com) 进行:

不接受现金/支票!

<http://vrdsb.schoolcashonline.com>

3. 订购午餐截止日期为2023年10月9日

不接受逾期订单!

下一学期将于 2024 年 2 月开始。

感谢您支持Aldergrove的筹款计划。所有利润将直接用于支持我们的创造性和创新性课堂体验, 并确保我们社区的所有成员都能获得每一个机会(即音乐项目、体育项目)。

如有疑问或需要帮助, 请致电学校办公室, 谢谢! (905) 470-2227

