

Anne Frank Forward

A Message from Administration



"How wonderful it is that nobody need wait a single moment before starting to improve the world."

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Upcoming Dates: May

- May 4: School Council Meeting
- May 4-8: Scholastic Book Fair
- May 6: Official School Opening— tickets required
- May 11 Bounce Back & Thrive Workshop (7-9PM)
- May 12: Jump Rope for Heart
- May 13: Jr. Track & Field (Alt: May 21)
- May 18: Victoria Day—no school
- May 20: -Lion Pride Assemblies
-Welcome to Kindergarten(6-7 PM)
-Spec. needs Track & Field (Raindate: May 22)
- May 25: Bounce Back and Thrive (7-9PM)
- May 25-June 4: EQAO Gr. 3 & 6

June Dates continued on next page...

Dear Families,

On April 22nd, we marked Administrative Assistants' Day and I want to take this opportunity to thank Mrs. McPhail and Mrs. Giancola for all that they do at our school. Our office staff work very hard and support student achievement and well being in many ways, including:

- Working with our students, staff and community,
- Greeting visitors to our school,
- Managing our school's phone lines,
- Managing our student information system,
- Monitoring and completing month end enrollment and Ministry statistical reports,
- Overseeing student attendance and safe arrivals program,
- School year opening and closing,
- Purchase requisitions and overseeing our school budget,
- Working with our School Assistants,
- Logging and tracking student medication,

...and this is only a short list. With a new school, the responsibilities and duties increase even more so. A school office is always a busy place and our office staff are very important members of our school team.

I want to extend my appreciation to Mrs. McPhail who has been working for over a year now preparing for our new school and supporting our opening this year. Mrs. Giancola has gone above and beyond for our school this year.

Please help me in thanking our Administrative Assistants for their work at our school.

As we enter May, we are reminded that the school year is quickly coming to a close and yet there! Warmer weather has arrived, along with more adventurous outdoor play and more excitement as learning starts to focus on the changing seasons and some end-of-the-year activities. We are happy to share that our field is finally open and our students are thrilled to have the extra play space. We ask that our community be respectful of our field play area and not use it as a dog park. Dogs are not allowed on our field. Your help and support reinforcing this expectation is much appreciated.

A quick note about EQAO:

Families, please remember that from May 25th to June 4th, Grade 3 and 6 students will be taking part in the provincial Assessment of Reading, Writing and Mathematics, Primary Division (Grades 1-3) or Junior Division (Grade 4-6), created by the Education Quality and Accountability Office (EQAO). This assessment is administered to all Grade 3 and Grade 6 students in Ontario's publicly funded school system. Please do not plan to have your child out of school during this time period. Please plan appointments at other times/dates.

We would also like to take the time to say a special thank you to the volunteers at Anne Frank P.S. We truly appreciate the time and talents you share with us, and we look forward to seeing you at the Volunteer Appreciation Breakfast on June 22 at 8:30 a.m.!

Finally I would like to thank the amazing staff at Anne Frank P.S. for making the school such an incredible place to work and learn in. Your care, compassion, professionalism and dedication to servicing our students and our community are valued and appreciated by all. I look forward to sharing our official school opening with families and community members on May 6th and making memories together.

Aneta Fishman

Principal



MUSIC ALIVE FESTIVAL 2015

On Monday, April 13, 2015, the band club went on a trip to participate in the Music Alive Festival. The Music Alive Festival is a competition between different school bands. We got pulled out of our class at 10:00 a.m. to go and practice in the band room. We had some time before our bus came at 11:00 a.m. We ate our snacks and went right away. The festival was held at Glenn Gould P. S. When we got there, there were 3 other schools. We were the last ones to play. We played 'A Classical Canon' and 'Rio Bravo'. After we played, we got our score: 'Silver+'. We got silver in 4 categories, and gold in 3 categories. That is why we got a 'Silver+'. We were all very surprised because we didn't think that we would do that well. When we came back to school at 2:00 p.m., we had a little party with some food and then Mrs. Fishman came to congratulate us. It was really fun to be a part of! ~Annie S., AFPS student

On April 13th and April 16th our school band and choir participated in Music Alive. Music Alive is a festival that many schools across our region participate in. The festival provides students with the opportunity to hear other ensembles their age and level perform and to receive feedback from professional music adjudicators. Our band received a Silver + award and our choir received Silver. This is an incredible accomplishment for our school, especially considering this is the first year many of these students have ever been in a band or choir. Some of our students have only been playing their instruments for several months. We are also very proud of the way the students conducted themselves during the trip. They were very respectful audience members while watching the other schools perform and received high scores in the etiquette category. They were great ambassadors of Anne Frank P.S!

Upcoming Dates: June

- June 5: PA Day—no school
- June 8: Bounce Back & Thrive (7-9 PM)
- June 10: Area Track & Field (Alt. June 11)
- June 11: Lion Pride Assemblies
- June 16: -Grade 8 Graduation
-Reg. Track & Field
-Houghton/Lapadula/Cornell's classes to zoo.
- June 17: -BORC (Galini/Goldman)
-Me to We volunteer @ VIVA retirement home
- June 18: BORC (Rochweg)
- June 19: Gr. 8 Grad trip
- June 22: -BORC (Berdugo)
-Volunteer Breakfast 8:15-9:00
- June 23: BORC (Arro/Cohen)
- June 24: Reports go home
- June 26: PA Day—no school

School Council Dates

- June – TBD Year End celebration and wrap up

HUDDLE UP AGAINST BULLYING



On April 16th, Grades 4-8 students were visited by representatives from the Toronto Argonauts organization, and player Natey Adjei who shared their personal stories and messages of anti-bullying with us. Students had the chance to ask questions, hear personal experiences and even received autographed footballs.

The message was clear - bullying hurts. We can take a stand by saying something, advocating for others and not being a bystander. Students learned that the "scars" from bullying may last a lifetime, but so do the memories of being helped by others. Following the assembly, members of the school's anti-bullying team joined Natey for a lively discussion about how to overcome obstacles and pursue your dreams.

ME TO WE

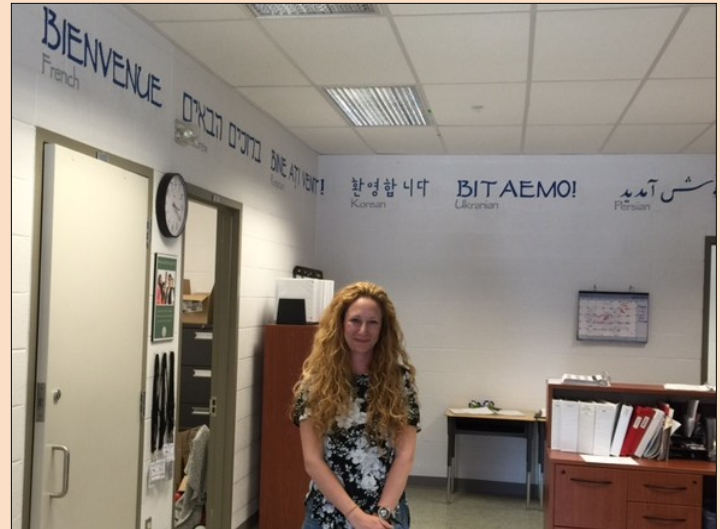


The Me to We Committee is proud to announce, for their global initiative “Change for Change”, that they have raised enough funds to purchase 5 goats for 5 families in a 3rd world country. A big thank you goes out to the entire community who helped support this initiative; your generosity will go a long way to help those in

need. This has been an amazing opportunity to teach our students about empathy, giving back, and global issues. Again, thank you.

The Me to We Committee is also pleased to share with you that we have created a partnership with the Viva Retirement Community Home for seniors. We will be volunteering at the Viva Retirement community home once a month until end of the school year and will continue this partnership in September. Our second last initiative for the year will be The Vow of Silence. This initiative recognizes girls around the world who are uneducated, who are forced to stay home and take care of younger siblings, child labour, children growing up in poverty and voices that aren't heard. Anne Frank P.S.'s Vow of Silence will be Thursday, May 14, 2015.

A “WELCOME” CHANGE IN OUR OFFICE



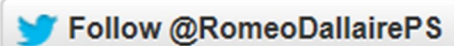
At Anne Frank P.S. we pride ourselves on creating and maintaining an inclusive environment. Thanks to the efforts of artist and AFPS parent Jordana Lieberman, in cooperation with Ms. Pathak, our ESL teacher, our main office now reflects our welcoming spirit! The walls of our office now greet visitors, staff, and students alike in a handsome display of the word “welcome” in many languages. The aim was to create an atmosphere of comfort and acceptance for everyone who walks through our doors. Thank you Ms. Lieberman and Ms. Pathak for your efforts and a job well done!

A MESSAGE FOR FAMILIES OF STUDENTS ENTERING GR. 1 FRENCH IMMERSION AT ROMÉO DALLAIRE P.S.

Grade 1 French Immersion Orientation will be taking place on **June 3 from 4:30 pm to 5:30 pm** at **Ventura Park P.S.** Important information will be shared at this time and we hope to see you there. We would appreciate if you could bring your child's most recent SK report card at that time. You may also drop off the report card at Ventura Park PS anytime before June 3. These reports will help us greatly in class placement decisions.

Macklin House KidZone will provide licensed Before and After school care effective September 8, 2015. Registration for this service is now open and information can be found on <http://romeodallaire.ps.yrdsb.ca>

If you have any questions, you may contact Roméo Dallaire P.S. staff through email at: romeo.dallaire.ps@yrdsb.ca You may also follow them on twitter.



CONGRATULATIONS MRS. PINSK, NOMINEE, TEACHER OF THE YEAR!

Congratulations to our very own Teacher of the Year nominee, Mrs. Fern Pinsk! Mrs. Fishman was honoured to accompany Mrs. Pinsk to the celebratory luncheon, where each nominee was given a chance to speak on their experiences as teachers, and others were also invited to speak for the nominees. It was a special event and such a pleasure to hear the personal stories of teachers who have made such a wonderful impact in their students' lives.



TOGETHER WE'RE BETTER



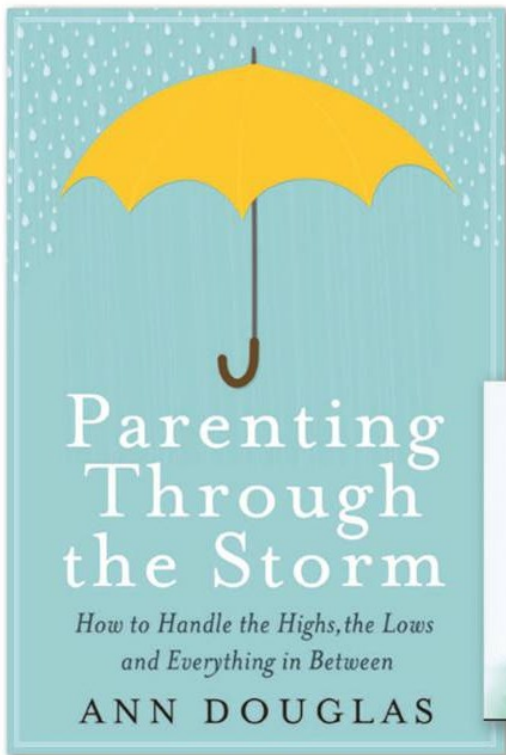
On Friday, April 24th, eight grade 7 and 8 students got to participate in the Together We're Better Conference. The students got to participate in take part in several workshops aimed at discussing equity, inclusivity and human rights. From special education stigma to First Nations teachings on the Medicine Wheel, the day shed light on topics that had students thinking about global connectivity and the differences that allow for each one of us to shine our unique light on the world. The day inspired the students to question where the messages we see in the media come from as well as who we consider to be role models and why. What was clear is that the students were thinking about their role in the future, the world and perhaps most importantly, how they see themselves contributing to the greater picture. I was so proud to be able to accompany these students to the conference, what an amazing opportunity for us all to learn and grow.

BEHOLD OUR LION PRIDE!

Can you feel the pride?



Now displayed on our gymnasium walls is our school logo - the blue of our team colours boldly printed on our pristine white walls! Special thanks goes out to **Matt Cone** (AFPS parent) for your contribution in making this possible! We are excited to display our school logo proudly for all to see!



Ann Douglas is a Canadian Author of a number of bestselling books about parenting and also a magazine writer who specializes in writing about parenting and health. This year she published her newest book **Parenting Through the Storm: handling the Highs, the Lows, and everything In Between**, a guide to parenting a child who is struggling with mental, neuro-developmental, or behavioral challenge.

Please join us for an evening with her on
Wednesday May 27th. Time: 6-7:30 PM
Location: Anne Frank Public School

RSVP to: anne.frank.ps@yrdsb.ca (subject line: "Ann Douglas")
Anne Frank Families: RSVP by May 1st, 2015

It will be open to community after May 1st. Limited space available.



This quick read explores different strategies that adults can use when responding to our emotionally distraught children and students. As adults we do not do enough self talk or checking how we are feeling in the moment. If we were to spend half the amount of time checking ourselves when our child or student was emotionally hurt we would be able to help support them in a better, calmer manner.

Example from the article:

"Here are some things you can do right now to prepare both yourself and your child for the next, inevitable, episode:"

- Practice keeping things in perspective and avoid the panic – your child experiencing a strong emotion is not a medical emergency. Your calm will show them the way through whatever they are feeling.
- Limit actions, but not feelings – keep yourselves physically safe, but allow the emotions to flow.
- Remind yourself that your child's capacity for emotion regulation is limited. Their outburst is usually a message, a signal, a cry for help – look beyond the here and now to what lies beneath.

See Link for more: <http://afineparent.com/emotional-intelligence/emotional-meltdown.html>

DR. BETTE STEPHENSON CENTRE FOR LEARNING INTERNATIONAL LANGUAGES PROGRAM

INTERNATIONAL LANGUAGES PROGRAM- SECONDARY CREDIT PROGRAM 2015-2016

Why Study International Languages at High School?

Language is our connection with our community and the world. Through language we identify the world around us, express our concerns and hopes, and share our experiences and ideas.

So what are you waiting for Grade 8's?! Now is the time to take advantage of this opportunity and register for a Level 1 YRDSB International Language CREDIT course of your choice! We offer CREDIT courses in 13 languages at 4 high schools.

Learning another language...

- can enhance intellectual functioning
- strengthens first language skills and facilitates learning additional languages
- creates pride in one's own cultural background and better understanding of other cultures
- enhances career options (source: <http://www.ilea.ca> 03/11/15)

COURSE	Level 1 (Grade 9/10)	SCHOOL LOCATION			
		MIDDLEFIELD C.I.	RICHMOND HILL H.S.	THORNLEA S.S.	UNIONVILLE H.S.
CANTONESE	LKC BD	Saturday		Saturday	Tuesday
FARSI	LYF BD			Saturday	
GREEK	LBG BD		Saturday		
GUJARATI	LIG BD	Saturday			
JAPANESE	LKJ BD			Saturday	Tuesday
KOREAN	LKK BD		Saturday		
MANDARIN SIMPLIFIED	LKB BD	Saturday	Saturday	Saturday	Tuesday
MANDARIN TRADITIONAL	LKM BD	Saturday		Saturday	
MANDARIN SIMPLIFIED AP	Grade 12 Course Only	Saturday			
PUNJABI	LIP BD	Saturday			
RUSSIAN	LRR BD		Saturday		
SPANISH	LWS BD		Saturday		
TAMIL	LIT BD	Saturday			
URDU	LIU BD	Saturday			

SCHOOL LOCATION	ADDRESS	SUBMIT REGISTRATION FIRST CLASS OF CLASS
MIDDLEFIELD C.I.	525 Highglen Ave. <i>South of 14th Ave., East of McCowan Rd.</i>	September 19, 2015 8:45 am to 12:30 pm
RICHMOND HILL H.S.	201 Yorkland St. <i>East of Yonge, North of Elgin Mills Road</i>	September 19, 2015 8:45 am to 12:30 pm
THORNLEA S.S.	8075 Bayview Ave. <i>South of Highway #7</i>	September 19, 2015 8:45 am to 12:30 pm
UNIONVILLE H.S.	201 Town Centre Blvd. <i>Warden Ave. & Highway #7</i>	September 22, 2015 5:45 pm to 9:30 pm

Register online via *Career Cruising* commencing May 4th, 2015.

- See attached *Career Cruising Tip Sheet* for registration instructions
- Once you have registered, print a sign-off sheet and get your parents to sign for parental approval
- Students who have pre-registered will not need to register again in September
- Attend the first class according to the above schedule and bring your signed *Career Cruising Sign-off Sheet*
- Course schedules will be posted in the foyer of the International Languages school on the first day of class

Bicycle and Helmet Safety

Cycling is the most popular outdoor activity among young Canadians. Unfortunately, every year 50,000 children are seriously injured in bike related mishaps. Wearing a certified helmet can reduce the risk of serious head injuries by 85 per cent. Children and youth (under 18) are required by law to wear a helmet with the chin strap clip fastened under the chin when cycling. Kids imitate their parents. Ninety-eight per cent of children will wear their helmets if their parents do, so wear one every time you ride. Before age ten, most children do not have the skills to cycle safely on the road and they need help to make good choices. Children under nine years should cycle with responsible adults at all times

Components of a Safe Bike

Some bicycle equipment is required by law, while other equipment is recommended.



Required Equipment

- **Helmet:** Cyclists under 18 are required by law to wear a helmet when cycling. The helmet has to be on your head and the chin strap clip must be fastened under the chin. Does your helmet fit properly? Check our [helmet fit brochure](#) and see
- **Light and reflector:** If you ride 30 minutes before sunset and/or 30 minutes before sunrise, you need a white light (not just a reflector) and a red rear reflector or red rear light
- **Bell or horn:** A bell or horn that works must be attached to the bike
- **Reflective tape:** White reflective tape on the front forks, red reflector tape on the front and rear stay

Recommended Equipment

- **Basket:** Having a basket lets you keep your hands free for steering
- **Water Bottle:** A water bottle and cage allow you to stay hydrated
- **Shoes:** When cycling, wear shoes that cover your toes and back of your foot like running shoes
- **Bright Clothing:** Reflective and bright clothing make you more visible to drivers when riding in the dark
- **Eyewear:** Protective eyewear can keep the sun, bugs and wind from blinding you

Bike Inspection

Begin each cycling season and each ride with a complete bike inspection. If your bike is not in perfect shape take it to a bike shop for a check-up. Check for:

- **Size of bike:** Make sure your bike is the proper size. A bike that is too big or too small will be hard to control. You should be able to comfortably straddle the bike frame while standing flat footed on the ground. There should be at least a 2-3 inch gap between you and the top bar
- **Tire Pressure:** Make sure your tires are properly inflated
- **Chain:** Check the bike's chain to make sure it's clean and lubricated
- **Brakes:** Check your brakes for even pressure. They should make your back wheels skid on dry pavement, but you don't want brakes that stick

Traffic Laws and Fines

Your bicycle is considered a vehicle and falls under the jurisdiction of the *Highway Traffic Act (HTA)* The following are just some of the offences you could be fined for under the HTA:

- | | |
|--|--|
| • Improper bicycle lighting: \$20 | • Ride two on a bicycle: \$85 |
| • Improper or no helmet (under 18): \$60 | • Attachment to vehicle: \$85 |
| • Parent/guardian knowingly permit person under 16 – no helmet: \$60 | • Disobey stop sign – fail to stop: \$85 |
| • No bell/ no horn: \$85 | • Fail to signal for turn: \$85 |
| • Ride in or along crosswalk: \$85 | |

Source: http://www.york.ca/wps/poc/york/yorkhome?1dmy&urile=wcm%3apath%3a%2FYR_Content%2FYorkConstituent%2FHome%2FRecreation%2FCycling%2FBicyclesandHelmetSafety%2FBicycleandHelmetSafety





Triple P Positive Parenting

For parents of children birth to 12 years of age

Managing Behaviour with Assertive Discipline

Assertive discipline helps children understand that their behavior always has consequences and that those consequences are carried out in a predictable, loving environment. Assertive discipline helps children learn to accept responsibility for their behavior, develop self control and helps them learn to consider the feelings and needs of others.

This free workshop will help parents learn about:

- ✓ Five Positive Principles to encourage building positive relationships
- ✓ Building a Positive Bank Account
- ✓ Importance of being emotionally available to children
- ✓ Possible causes of misbehavior
- ✓ Identifying “Parenting Traps” and escalation cycles
- ✓ Establishing Family Rules
- ✓ How and when to give instructions and requests
- ✓ Strategies for managing misbehavior and guiding/teaching appropriate behavior

Location: Westminster Public School
366 Mullen Drive, Thornhill L4J 2P3

Date: Wednesday May 27, 2015

Time: 7:00 – 9:00 p.m.

To register and for further information contact:

Oksana Majaski, Community Resource Facilitator, Inclusive School & Community Services

Email: Oksana.majaski@yrdsb.ca

This presentation is brought to you by Westminster P.S. in partnership with Blue Hills Child and Family Centre and York Region District School Board.



**The York Centre for Children, Youth & Families Presents:
A Coffee & Conversation Workshop Series
May 4-7, 2015**

To celebrate *Children's Mental Health Week*, The York Centre for Children, Youth & Families is hosting a *Coffee & Conversation Series* of workshops for interested parents and other community members. The workshops are *free* of charge, but you *do need to register in advance for each workshop you would like to attend.* The format of the evenings will be structured, but informal. Each evening will include a presentation, discussion, coffee, and goodies, not necessarily in that order!

Place: The York Centre for Children, Youth & Families
11225 Leslie Street, Richmond Hill (Elgin Mills & Leslie)

Phone: 905-887-5896
Email: info@theyorkcentre.ca

***** TO REGISTER, please go online to the Eventbrite website using the link listed below each topic. Choose one only for each evening*****

Monday, May 4: 6:30pm - 8:00pm

The Use of Mindfulness and Mental Health
<http://theuseofmindfulnessandmentalhealth.eventbrite.com>

**Presenter: Sheri Van Dijk,
MSW, RSW**

***"A Different Way of Learning": Understanding and Accommodating
The Unique Learning Styles of Individuals with Autism Spectrum Disorder***
<http://adifferentwayoflearning.eventbrite.ca>

Presenter: Neil Walker, BSW

Rubber Band Kids: Raising Resilient Children
<http://raisingresilientchildren.eventbrite.ca>

Presenter: Lettie Hall, M.Ed.

Tuesday, May 5: 6:30pm - 8:30pm

Parenting Your Anxious Child
<http://parentingyouranxiouschild.eventbrite.ca>

Presenter: Jennifer Scott, SSW

Wednesday, May 6: 6:30pm - 8:30pm

***Early Referral's - Why They Make All The Difference for
Children with Communication and language delays***
<http://why-early-referrals-for-language-communication.eventbrite.ca>

**Presenter: Marlene Green M.A.
Speech Language
Pathologist**

Anxiety and Autism: A Kerry's Place Group Learning Session (GLS)
<http://autismandanxiety.eventbrite.ca>

**Presenter: Michael Morris B.A.,
B.Ed., OCT**

Thursday, May 7: 6:30pm - 9:30pm

safeTALK Training
<http://safetalktraining.eventbrite.ca>

**Presenter: Michelle Cassidy,
Mental Health
YRDSB**

Youth Led Engagement
<http://youthledengagement.eventbrite.ca>

**Presenter: Jaana Lempinen,
CYW**

Workshop Descriptions on reverse side.



WORKSHOP DESCRIPTIONS

Monday, May 4 (choose one)

The Use of Mindfulness and Mental Health: In recent decades, researchers have been learning that Mindfulness helps us live healthier lives, by reducing emotional problems such as depression, anxiety, and anger; improving sleep, concentration, memory, and immune system function; and helping us to be more effective in the relationships in our lives. In this workshop you will learn practical exercises, what Mindfulness is, and how it can help us with depression, anxiety, anger, chronic pain, low self-esteem, post-traumatic stress disorder, and other emotional difficulties. We will also learn how the way we think can increase our suffering and what we can do to reduce your emotional pain. *This workshop is geared towards adults and teens 16+.* ***Presenter: Sheri Van Dijk, MSW, RSW., Psychotherapist and Author.***

"A Different Way of Learning"; Understanding and Accommodating the Unique Learning Styles of Individuals with Autism Spectrum Disorder: This workshop will highlight the learning strengths and weaknesses experienced by students with Autism Spectrum Disorder. Participants will learn about support strategies that accommodate learning needs and reduce anxiety for individuals on the Autism Spectrum. *This workshop is suitable for parents, teachers, and classroom support staff.* ***Presenter: Neil Walker, BSW. COMPASS Manager, Project Manager; York ASD-Partnership.***

Rubber Band Kids; Raising Resilient Children: One of the most important tasks of parenthood is helping children learn to deal with their emotions. This seminar will help you raise your child with the ability to bounce back when stretched by stressors. You'll learn six key building blocks for becoming emotionally resilient which will help you to help your child to cope with day-to-day stresses and major life events. *This workshop is suitable for parents of children ages 0-12.* ***Presenter: Lettie Hall, M.Ed. YRDSB/The York Centre.***

Tuesday, May 5 (choose one)

Parenting Your Anxious Child: What does a child who is anxious look like and sound like? Come and learn about the cycle of anxiety and the signs and symptoms that anxious children present. There are things you can do and things you perhaps shouldn't do. You'll learn helpful strategies that parents can use. *This workshop is geared to parents and caregivers of kids of all ages.* ***Presenter: Jennifer Scott, SSW. The York Centre Intensive Services.***

Wednesday, May 6 (choose one)

Early Referrals – Why They Make All The Difference for Children with Communication and Language Delays: This interactive talk will discuss how to identify communication and other language delays. Participants will also learn how to make referrals to York Region Preschool Speech and Language Program and York Region Early Intervention Services using E.R.I.K. referral kit. The importance of Early Intervention and Identification will be a key topic in this workshop. There will be opportunities to discuss how sensitive information is shared between agencies and to answer any questions from the audience. *This workshop is geared towards parents and caregivers, teachers, Early Childhood Educators, and/or support staff who interact with children ages 0-6.* ***Presenter: Marlene Green, MA, Speech and Language Pathologist, York Region Pre School Speech and Language, Child Development Programs Markham Stouffville Hospital.***

Anxiety & Autism (ASD) – Group Learning Session: One of the most commonly cited concerns we hear about day to day is the anxiety that people with Autism face day-to-day. This Group Learning Session (GLS) has been designed to help you recognize signs of Anxiety and learn what you can do about it. Come to learn more and be empowered on how to help your son/daughter/self gain a sense of self control over life again! *This workshop is open to parents and caregivers who have children that have been diagnosed with Autism Spectrum Disorder who are also experiencing anxiety.* ***Presenter: Michael Morris B.Ed., OCT. Autism Associate, Community Kerry's Place Autism Services, Central Region***

Thursday, May 7 (choose one)

safeTALK Training: safeTalk is a training that prepares you to identify persons with thoughts of suicide and connect them to suicide first aid resources. Most people with thoughts of suicide invite help to stay safe. Alert helpers know how to use these opportunities to support that desire for safety. As a safeTALK-trained suicide alert helper, you will be better able to: move beyond common tendencies to miss, dismiss or avoid suicide; identify people who have thoughts of suicide; apply the TALK steps (*Tell, Ask, Listen and KeepSafe*) to connect a person with suicide thoughts to suicide first aid, and intervention caregivers. Powerful video clips illustrate both non-alert and alert responses. Discussion and practice help stimulate learning; Learning steps that contribute to saving lives. *This workshop is three hours in length.* ***Presenter: Michelle Cassidy, Mental Health Lead, YRDSB.***

Youth Led Engagement: This youth lead workshop will encompass an open and judgment free forum for youth who would like to have the opportunity to engage in positive conversations with their peers (with Child and Youth Worker Support and Guidance) about youth-related important topics. Most importantly, there is FREE PIZZA! So come and join us for an evening of pizza and conversation. *This workshop is geared towards youth ages 13-18 years old.* ***Presenter: Jaana Lempinen, CYW., The York Centre Youth Day Treatment Program.***



Anne Frank P.S. First Annual Fun Fair

Date: Wednesday, June 10TH, 2015

Time: 4:30 - 7:30

Location: Anne Frank Public School (rain or shine)

Buy your wrist bands today

(allows you to participate in all the activities)

Wrist Bands Presale \$10.00 From May 1 - May 30

Wrist Bands at the Fun Fair \$15.00

Giant inflatables • Carnival games • Create your own music video with **Dance Heads** • Your favourite reptiles from **Reptilia** • Create your own arts and crafts with **Kreative Kidz Art Bus** • Show us your dance moves with **Bounce Entertainment** • **Sands Alive!** sand box • **Meet Spiderman & Wonder Woman** • And so much more...

Amazing raffles with tons of prizes to be won! Bring all your family and friends

A variety of Food Trucks will be there to serve you (extra cost)

**** Volunteers Needed ****

Please email anne.frank.ps@yrdsb.ca if you would like to help support the Fun Fair. There will be high school volunteer hours awarded so please ask your kids / neighbours and email the school with their name so we can plan ahead and assign them to a task for the evening.



Advanced Wristband Order Form (Due May 30th, 2015)

Name of Student: _____

Teacher Name/Class: _____

# Wristbands	Price	Total
	\$10.00	\$

Please submit this order form with cheques no later than May 30, 2015 to receive the Advanced Sale Price
Please make all cheques payable to Anne Frank P.S.

Wristbands will be available for pick up June 10, 2015 the day of the event starting at 4:00pm



groups & workshops

MAY 2015

BEYOND THE CHUPPAH, BECOMING A COUPLE

A two session Marriage Preparation group for couples who are going to be married in the next year. Topics include: Changing roles and expectations, finances, conflict negotiation and resolution, communication, and Jewish home and family life. This program is offered in partnership with the Rabbinical Assembly-Ontario Region.

Sunday May 3 & May 17, 2015 | 100 Elder St | Beth Emeth Synagogue | 11 am to 3:30 pm

EFFECTIVE PARENTING

A four session group to help parents learn what they can do to raise a happy, motivated and well behaved child. For parents of children ages 2 to 10 years. Topics include: how to; nurture self esteem, encourage problem solving, increase communication and set appropriate limits and discipline.

Tuesday, May 5, 2015 | 4600 Bathurst St | Lipa Green Centre | 1 pm to 3 pm

Thursday, May 28, 2015 | 4600 Bathurst St | Lipa Green Centre | 7 pm to 9 pm

WHEN YOU'RE ABOUT TO SEPARATE: WHAT TO TELL THE KIDS

A workshop for parents about to separate or in the early stages of separation. How and when to tell the children as well as ideas and strategies to best meet your child's needs will be discussed.

Tuesday, May 5, 2015 | 4600 Bathurst St | Lipa Green Centre | 6:30 pm to 8:30 pm

WIDOW/WIDOWERS 65+ BEREAVEMENT

A six session daytime group for men and women over 65 years who have recently lost a partner or spouse. Topics to be discussed may include: coping with grief, living with loneliness, changing relationships, and new beginnings.

Wednesday, May 6, 2015 | 4600 Bathurst St | Lipa Green Centre | 1 pm to 2:30 pm

LIFE SKILLS FOR TODAY'S WOMAN | 2 LOCATIONS

A six session group for women wanting to discuss relevant issues and wanting to make a change in their lives. Topics include: Time and stress management, building self esteem, assertiveness and improving communication skills.

Wednesday, May 6, 2015 | 9600 Bathurst St | Lebovic Jewish Community Centre | 7 pm to 9 pm

Thursday, May 7, 2015 | 4600 Bathurst St | Lipa Green Centre | 1 pm to 3 pm

ONE FAMILY, TWO HOMES

A six session series for families experiencing separation and divorce. Children participate in separate age appropriate groups which will help them to: feel better, deal with some of the myths and know where to get support. Topics for parents include: tips for keeping the kids out of the conflict, trends in family law and the impact of separation and divorce on children.

Wednesday, May 6, 2015 | 4600 Bathurst St | Lipa Green Centre | 6:30 pm to 8 pm

THE CHALLENGE OF ANGER FOR WOMEN

A six session group for women to learn how to express their anger in an assertive, non- aggressive way. Topics include: understanding what triggers your anger, emotional and physical responses to anger and alternative techniques to express your anger.

Thursday, May 7, 2015 | 4600 Bathurst St | Lipa Green Centre | 7:30 pm to 9 pm

LIVING WITH TEENS

Parenting your adolescent without losing your cool. A six session group for parents of teenagers. Topics include: setting limits, letting go, parents rights and responsibilities, keeping the lines of communication open, realistic expectations, and the pressures of drugs, alcohol, dating and sexuality.

Thursday, May 7, 2015 | 4600 Bathurst St | Lipa Green Centre | 7:30 pm to 9 pm

ADULT CHILDREN LOSING A PARENT

A six session group for adult children who have recently lost a parent. Topics include: coping with grief, loss and legacy and resolving unfinished business.

Tuesday, May 12, 2015 | 4600 Bathurst St | Lipa Green Centre | 7:30 pm to 9 pm

MIND, BODY, CONNECTION for Women

Join us in an 8 session group for women who want to learn the practice of mindfulness and meditation in a safe and supportive group setting. Topics will include: stress and anxiety reduction, connecting with your mind and body, enhancing your self worth and self esteem, and learning about general relaxation and happiness.

Thursday, May 14, 2015 | 4600 Bathurst St | Lipa Green Centre | 1 pm to 2:30 pm

HIGH CONFLICT DIVORCE

A workshop for parents wanting to develop strategies and techniques to deal with a High Conflict situation and help to lessen the impact of that conflict on their children. This workshop requires active participation and is not for individuals in an abusive situation.

Wednesday, May 20, 2015 | 9600 Bathurst St | Lebovic Jewish Community Centre | 6:30 pm to 8:30 pm

PARENTING THE CHILD/TEEN WITH ADHD

This is a four week group for parents of children diagnosed with ADHD who are wanting to learn more about ADHD and develop strategies for assisting their children at home and at school.

Thursday, May 28, 2015 | 4600 Bathurst St | Lipa Green Centre | 7pm to 9 pm

As with all of our programs, registration is required. Our groups and workshops are open to all members of the community regardless of cultural, religious and/or racial background and we offer a sliding scale for those who require reductions.

For more information or to register, please call Shawna Sidney at 416-638-7800 x 6215 or visit our website at www.jfandcs.com.





Triple P Positive Parenting Seminar Series

For parents of children birth to 12 years of age

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.

Location: Westminster Public School
366 Mullen Drive, Thornhill L4J 2P3

Free Seminars and Dates

May 13, 2015 7:00 p.m. – 9:00 p.m.

Raising Resilient Children

- Recognize and accept feelings
- Express their feelings appropriately
- Build positive feelings
- Deal with negative feelings
- Deal with upsetting or stressful life events

May 27, 2015 7:00 p.m. – 9:00 p.m.

Managing Behaviour with Assertive Discipline

Assertive discipline helps children understand that their behavior always has consequences and that those consequences are carried out in a predictable, loving environment. Assertive discipline helps children learn to accept responsibility for their behavior, develop self control and helps them learn to consider the feelings and needs of others.

- Five Positive Principles to encourage building positive relationships
- Building a Positive Bank Account
- Importance of being emotionally available to children
- Possible causes of misbehavior
- Identifying "Parenting Traps" and escalation cycles
- Establishing Family Rules
- How and when to give instructions and requests
- Strategies for managing misbehavior and guiding/teaching appropriate behavior

To register and for further information contact:

Oksana Majaski, Community Resource Facilitator

Phone# 905-738-5497 ext. 213 Email: Oksana.majaski@yrdsb.ca

This presentation is brought to you by Westminster P.S. in partnership with Blue Hills Child and Family Centre and York Region District School Board.



LDAYR and Evoke Learning Presents: The Science of Student Success Workshops Part Two: Note-taking and Preparing Notes that are Test and Exam Ready

Location & Time:

4 Sessions
2 hours per session

Richmond Hill:

LDA - York Region
11181 Yonge Street
Richmond Hill, ON
905-884-7933 ext.23
(Room: B13 basement)

Week: August 17 - 20, 2015
Time: 12:30pm - 2:30pm

Aurora:

Evoke Learning York Region
15224 Yonge Street Suite 202
Aurora, ON
905-853-7283

Week: July 13 - 16, 2015
Time: 12:30pm - 2:30pm

Cost:

\$210 LDAYR member
\$235 Non-LDAYR member

*Program fees are transferable
but non-refundable.

This workshop is for students who have already registered for our first workshop; Preparing for Tests and Exams, and is an extension of what they need to know as a student to prepare effective study notes. While students may have an understanding of how to study, they may not be using effective note-taking strategies. Quite often students find themselves disorganized and without effective study notes to prepare for a test or exam.

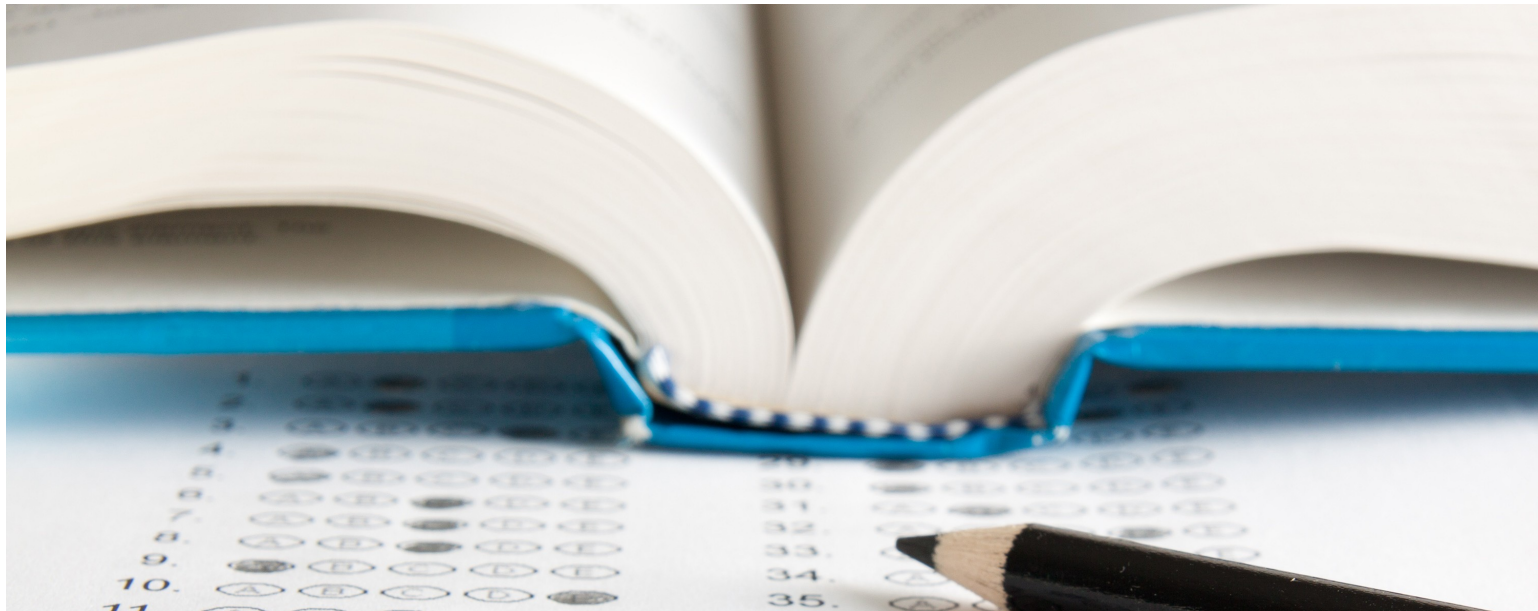
This workshop is designed for high school students (and those entering grade 9 in the fall) and demonstrates:

- Effective note-taking strategies
- Effective reading strategies (how to annotate)
- How to create effective study-ready notes from a lesson, a reading assignment and a video
- Organization techniques

*All workshops are capped at 20 students.

*Pizza and drinks will be served during the workshops.

NOW is the right time to learn these important skills to ensure the information is understood and absorbed!



LDAYR and Evoke Learning Presents The Science of Student Success Workshops

Part One: Preparing for Tests and Exams

Location and Time:

4 sessions
2 hours per session

Richmond Hill

LDA - York Region
11181 Yonge Street
Richmond Hill, ON
905-884-7933 ext.23
(Room: B13 basement)

Week: August 17 - 20, 2015
Time: 10:00am - 12:00pm

Aurora

Evoke Learning York Region
15224 Yonge Street Suite 202
Aurora, ON
905-853-7283

Week: July 13 - 16, 2015
Time: 10:00am - 12:00pm

Cost:

\$210 LDAYR member
\$235 Non-LDAYR member

Program fees are transferable
but non-refundable

Study skills are often referred to as the "hidden curriculum". Teachers often assume student know how to prepare for a test or exam, however many students lack these essential skills and approach the studying task haphazardly. We tell students to make sure they study for the next upcoming test, but many just don't know where to start. Our brains were not made for school, which means that we need to know the science behind how our brain works in order to understand effective study strategies. It also means that retaining information requires extra work on the part of the student. Knowing just what this work needs to look like, and how to study for a test or exam, is half the battle.

This workshop is designed for high school students (and those entering grade 9 in the fall) and demonstrates:

- How the brain learns
- How to prepare for a test or exam
- Effective and evidence-based (brain science) strategies for writing tests and exams - what works and what doesn't
- Why cramming doesn't work
- Some online tools that can be accessed to make studying a little more interesting and engaging

Students will receive a handout to take home that will help remind them of what they learned.

*All workshops are capped at 20 students.

*Pizza and drinks will be served during the workshops.

NOW is the right time to learn these important skills to ensure the information is understood and absorbed!