



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

Contact Us

431 Ilan Ramon Blvd.
Maple ON L6A 0X2
P: 289-342-1001
E: anne.frank.ps@yrdsb.ca

Superintendent:
Tod Dungey
CEC West
905-764-6830

Trustee: Linda Aversa
647-462-0921
E: linda.aversa@yrdsb.ca

Upcoming Dates:

Winter Break Dec.26- Jan.6, 2017

- Jan. 9 : Classes resume
- Jan. 12: Coffee Chat 9-10am
- Jan. 16: School Council 7pm
- Jan. 18: Lion Pride Assemblies
- Jan. 20: PA DAY: No classes
Kindergarten 16/17
Registration

February

- Feb.3: PA DAY : No classes
- Feb.6: School Council 7pm
- Feb.8: Lion Pride Assemblies
- Feb.14: Dance-a-thon
- Feb.16 : Term 1 Report Cards
go home
- Feb.20: Family Day (no school)
- Feb.22: Family Math Night

Anne Frank Forward

A Message from Administration

Dear Families,

Although there are many holidays and celebrations throughout the school year, the month of December is one that includes celebrations from several faith groups. There may be some who feel that Christmas has been silenced in an attempt to be inclusive of our diverse faith communities. Please know that working to develop an equitable and inclusive school and to be inclusive of the many celebrations that take place in our school community do not negate Christmas nor diminish the fact that it is a celebration observed by many students, staff and families. It is the spirit of Christmas that is recognized and shared within the context of a public school. Christmas trees can be present and it is not problematic to wish people who observe it, a "Merry Christmas". However, with the ever-changing demographics of our country, Christmas has become one of many Canadian celebrations. As educators, we honour our school communities that continue to reflect the broader Canadian society, and we must think about who is marginalized by the decisions we make to place a certain amount of prominence on what we celebrate, honour or disregard with particular holidays and observances.

As we made decisions about what we do in our school during the month of December we considered the following questions:

- i. How do we celebrate and acknowledge the various holidays and celebrations in our building?
- ii. Can we say we do so in a way that is equitable and inclusive- time, display, music, festivities?

At Anne Frank P.S. we ensure that our approaches do not make parents, families, students and staff feel uncomfortable or excluded. While this is not an easy process, it requires a collaborative approach to honour the multiple voices represented in our school. As always, we welcome your input, support and voice as we continue to build a safe and inclusive school climate.

In the end, we must remember that as a public school, we are here for all of our students and we have a responsibility to ensure that we do not put students in a place where they are in contradiction with their own family beliefs and/or traditions.

Our move toward inclusion is not about replacing or removing Christmas, but recognizing that we are part of a cosmopolitan society with many diverse celebrations. When it comes to a public school system, one celebration should not be seen as more important than any other. Therefore, we must work together to ensure that we have a truly inclusive society and this includes being able to say "Merry Christmas" or "Happy Chanukah" or other holiday greetings.



Anne Frank Forward

Message from Administration Cont'd...

A school bearing the name Anne Frank obliges itself to stand up for freedom, justice, tolerance and human dignity and to resolutely turn against any form of aggression, discrimination, racism, political extremism and excessive nationalism. As an Anne Frank School we have two important responsibilities: keeping the memory of Anne Frank's story alive, and stimulating our pupils to think about issues such as freedom, diversity and mutual respect.

We thank you for your ongoing partnership in educating your children and preparing them to be respectful and successful citizens of the world. Please join us in wishing students, staff and members of the community who will be celebrating Christmas, Chanukah and Kwanzaa a joyful time of celebration. We also wish all our families Happy New Year and a healthy and prosperous 2017!

Aneta Fishman
Principal

Doug Chester
Vice Principal






Cyberbullying Awareness

The Government of Ontario designated the week of November 17 as Bullying Awareness and Prevention Week. During this week, schools across York Region focused on addressing cyberbullying. York Region District School Board has been working collaboratively with York Regional Police and the York Catholic District School Board to develop resources to support school-wide cyberbullying awareness initiatives.

Cyberbullying is the use of electronic devices and or the internet to threaten, embarrass, socially exclude and harass. Cyberbullying can occur through various forms of social media, including: texting, email, chats, websites, instant messaging, cell phones and through pictures/video clips. Cyberbullying is often aggressive behaviour that can be intentional or

How would you  Like it?

unintentional, direct or indirect. It may include: mocking, insults, threats, racist, homophobic comments, gossiping, spreading of rumours, excluding, humiliating and shunning.

How to tell if your child is being cyberbullied:

- Computer avoidance
- Computer obsession
- Change in behaviour at home
- Change in behaviour at school/school avoidance
- Kids will either want to be on the computer to see if anything else is being written for others to see or not want to be on the computer at all
- May experience nightmares

Source: YRP.ca

If you'd like to learn more, watch our [Change The Culture of Cyberbullying](https://www.youtube.com/YRDSBMedia) video on the Board's YouTube channel, <https://www.youtube.com/YRDSBMedia>. Join us in saying #yeswewill change the culture of cyberbullying through your favourite social media tools.

As a reminder, you can also report instances of bullying using our [Report it!](#) tool available on our website.

School Council

School Council meets once per month during the school year, and each meeting is preceded by a "Coffee and Chat" from 6:30 p.m. – 7:00 p.m. The council meeting is then held from 7:00 p.m. – 8:30 p.m. If you are available to attend any of these dates, we would love to have you join us.

The acclaimed positions for the 16/17 school council are as follows:

Co-Chairs

Carly Moore & Rosita Salehi
Rosita Salehi

Secretary

Gayla Ber

Members at Large

Karen Cohen
Jennifer Stroll
Jen Offernheim
Jordana Lieberman
Kathy Dymont
Carly Moore
Angelina Algranti
Noa Rothman
Michelle Shapiro
Mark Jacobson
Poly Birnbaum

Treasurer

Dan Jankelow

Community Representative

David Walt

Upcoming Council Dates

February 6

March 6

May 8



Thank you to everyone who has volunteered and committed their time to attending the meetings.
Thank you so much for caring and contributing to a successful school year!



Kindergarten Registration to Commence January 15, 2016

Kindergarten registration will commence on **January 20, 2017** for the 2017-18 school year. Registration forms are available on YRDSB's website: www.yrdsb.ca. Children who turn four or five years old during 2017, live within the school boundary and whose parents are public school tax supporters will be eligible to register for kindergarten. A kindergarten information session for parents of registered children will take place on **May 17th, 2017**. For more information please visit the YRDSB website or contact us at 289-342-1001.

French Immersion Information Sessions and Registrations

Information sessions for the French Immersion (FI) program will take place at French Immersion schools on January 19, 2017 at 7 p.m. Please visit YRDSB's website in January 2017 (<http://www.yrdsb.ca/Programs/fi/Pages/Program-Locations.aspx>) to find the FI program location for your elementary school location. FI registration will begin January 20, 2017. Parents or guardians of Senior Kindergarten students entering Grade 1 in 2016, and wishing to enroll in the FI Program, can visit or call the school office and request an *Office Index Card - short version*. The Office Index Card must be signed by the principal of the home school. Parents or guardians then take this form, along with one piece of identification showing their address to the designated FI program location to register between January 20 and February 10, 2017. This eliminates the need to provide duplicate enrollment information or to pre-register.

YRDSB's FI Accommodation Plan provides long-term consistency and equity of access to all students in York Region and will enable YRDSB to continue to offer the FI program to all who wish to enrol. The FI program will be offered in Dual Track or Single Track settings, in a variety of configurations. In order to meet community needs and optimize available space in our schools, a community's Grade 1-8 FI program may be provided over more than one school during the course of a student's FI education. This will allow flexibility in addressing community needs and the opportunity to use existing space in schools. More information is available on the Board's website: www.yrdsb.ca. Please note: Some of the FI accommodation plans will require facility modifications or the development of new schools and will require short-term transition plans that might include overflow while we work toward the long-term vision. Overflow refers to situations in which the Board directs students to attend a school other than their community school or optional program for a specific period of time, as defined in Policy #108.

A Message From Our Trustee, Linda Aversa

As we near the end of 2016, I hope everyone has had a great school year so far and found opportunities to get involved with the life of the school.

It is wonderful to have opportunities to see not only what our students are learning, but to see how they are learning – collaborating and problem solving, using technology in exciting new ways, and engaged in hands-on activities.

I want to take this opportunity to thank the dedicated staff members, students, families and community members across our Board. Thanks to all of the great people we have in our system, we continue to advance student achievement and well-being.

Our Board continues to have a strong commitment to creating welcoming, inclusive learning environments that enable all of our students to thrive. Engaging families in your child's education and the school community is in an important part of creating that environment.

There are resources for families available on our Board website at www.yrdsb.ca/parents, including information on Board programs and supports, and tips for parents to support your child's learning at home and at school.

Best wishes to everyone for a safe and happy holiday season and a wonderful start to 2017. I hope you are able to enjoy time with family and friends.



PHYSICAL EDUCATION

New Physical Education Equipment

Thanks to various fundraising events and the support of our parent council the Physical Education department has been able to buy some additional sporting equipment. Coming to the equipment room in January will be new basketballs, a table tennis set, replacement floor hockey sticks, a class set of lacrosse sticks, new flying discs, new footballs, and a few game volleyballs and basketballs for hosting various tournaments in the years to come.

Life Skills Poster - "A Healthy Mind in a Healthy Body"

At Anne Frank PS our Health and Physical Education programs recognize that health is a combination of physical, social, emotional, and mental factors. Our new Life Skills poster helps to illustrate the power of play by connecting sporting concepts to life skills and character traits that will shape our students now and in the future. Our focus in the gymnasium continues to be on developing good people first and talented athletes second. Educators will help to facilitate conversations on mental health, self-esteem, and resiliency as we continue to build a safe and inclusive Physical Education program for everyone.



Dental Services in York Region

Dental screening is available to children 17 years of age and under in all York Region elementary schools and at Public Health dental clinics.

Children from families in financial hardship and without dental coverage may be eligible for no-cost dental care.

If you have oral health questions or concerns, speak with a Public Health registered dental hygienist, Monday to Friday, 8:30 a.m. to 4:30 p.m. by calling Health Connection.

For more information, visit www.york.ca/teeth

1-800-361-5653

TTY: 1-866-252-9933



York Region Health Connection

Community and Health Services

Public Health

www.york.ca



Concussions - not just a bump on the head!

A concussion is a brain injury caused by any blow to the head, face, neck or any sudden jarring of the head (e.g., a ball to the head, playground fall or being checked into the boards in hockey). Children do not need to be knocked out (lose consciousness) to have had a concussion.

Children who may have a concussion should:

- Stop playing the sport or activity right away and not go back to play that day
- Not be left alone
- Be seen by a doctor as soon as possible
- Be monitored by parents/guardian as signs and symptoms often last for seven to 10 days



For more information visit www.york.ca/injuryprevention

1-800-361-5653

TTY: 1-866-252-9933



York Region Health Connection

Community and Health Services

Public Health

www.york.ca



6523_07_2014



Hand washing

Children share many items throughout the school day and at home including: books, puzzles, computers, water bottles and sports equipment. During the cold and flu season, sharing can spread germs that can cause sickness. Correct hand washing is the best way to prevent the spread of infection.

To help keep the people in your home healthy, take these steps:

- Encourage children to sneeze into the bend of their arm rather than into their hands
- Make time for hand washing, especially before eating
- Always have soap, paper or hand towels within easy reach
 - Before eating, preparing food or visiting someone who is sick
 - After using the bathroom, blowing their nose, sneezing or coughing, handling garbage, touching animals, playing outdoors or visiting someone who is sick
 - When hands look or feel dirty



Together we can make the healthy choice the easy one!

For health-related information visit www.york.ca/healthyschools

1-800-361-5653

TTY: 1-866-252-9933



York Region Health Connection

Community and Health Services

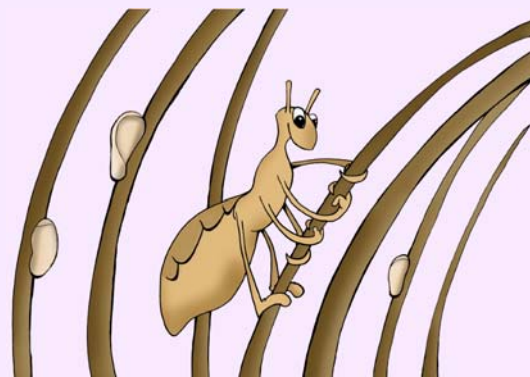
Public Health

www.york.ca



6523_07_2014

'Tis the Season – Please Check your Child for Lice and Nits



It's that time of year again (ha ha) – the season where pediculosis (head lice) tends to spread amongst the warmth of the children's hats and hair. We kindly ask that parents please be vigilant in searching for nits and lice in your child's hair as it spreads quickly from child to child and jacket to jacket. As lice are a nuisance rather than a public health risk, the public health nurses do not provide whole-school checks and students are checked in the school on a case-by-case basis, with notices sent home to the affected classes. We appreciate your understanding that the responsibility for lice checks lie with the families. Your cooperation is appreciated.

For more information on pediculosis, please refer to http://kidshealth.org/parent/infections/common/head_lice.html or call York Region Public Health at 1-800-361-5653



Tobogganing and sledding safety

Tobogganing and sledding are fun, popular winter activities; however, every year hundreds of children are injured on toboggans. Here are some tips to keep your children safe!

- Parents should always actively supervise children at the toboggan/sled hill
- Dress children in warm layers of brightly coloured, waterproof clothes and boots
- Use a neck warmer instead of a scarf, and cover children's head, ears and hands
- Teach children to toboggan/sled down the middle of hill and use the sides to walk to the top
- To prevent head injuries, children should wear a hockey or ski helmet; they are designed to protect the head in all directions in icy conditions
- Toboggans/sleds should be sturdy, easy to control and in good condition
- Remind children to sit on a toboggan/sled, face forward and avoid lying on their stomach — no sledding head first
- Choose a hill with a gentle slope and enough room to stop. The hill should be free of hazards (e.g., trees and rocks) and be well lit to see any potential dangers and to be seen by others
- No jumping in front of toboggans/sleds going downhill and make sure only the recommended number of children ride the toboggan/sled



For more information, visit www.york.ca/healthyschools



1-800-361-5653
TTY: 1-866-252-9933

York Region Health Connection

Community and Health Services
Public Health

www.york.ca



6523_07_2014

A Gentle Reminder



At Anne Frank P.S., we embrace our wonderful Canadian weather! All students from Junior Kindergarten to Grade 8 are expected to go out for every recess unless the Principal decides that weather conditions are so poor that it would be detrimental for them to be outdoors. Students are to come to school ready for the weather and prepared to be outdoors for up to 40 minutes at a time. We always monitor the weather and, in extreme conditions e.g. wind chill and storm conditions, we keep the students indoors or shorten the recess breaks.

We often receive requests from parents asking us to keep their children indoors during recess times because they are not feeling well. Unfortunately, we do not have the staff or facilities to supervise students who are sick or still recovering from an illness. Students with heavy colds, etc., which are serious enough to prevent them from participating in physical education, recesses or other outdoor activities, should remain at home until their condition improves. This will likely benefit the students concerned and prevent the spread of their illness to others.

As we approach the winter season, please make sure that your children are dressed properly for our invigorating winter days. It is advisable for students to bring extra pants and socks. A change is often necessary due to the wet and cold weather of the winter months. An indoor pair of shoes is recommended as well. To avoid adding to our clothing collection in the Lost and Found, please be sure to label all articles of clothing. Boots, hats, mitts/gloves, and snow pants for the younger children will help make recess an enjoyable time.



Student Transportation Services of York Region
 320 Bloomington Road West
 Aurora, Ontario L4G 0M1
 905-713-2535
 FAX: 905-713-2533
 Web site: www.schoolbuscity.com

School Bus Cancellation Notice

To ensure the safety of students, school bus service may be cancelled due to inclement weather, extreme temperatures and/or poor road conditions. In these cases, parents and students should develop alternate care/transportation arrangements.

Since some busing schedules begin by 7:00 a.m., cancellation decisions must be made by 6:00 a.m. to allow time to communicate this message to bus drivers. Cancellation decisions will only be made after thorough consultation with the Safety Officers of school bus companies servicing York Region and are based on several factors including precipitation, air temperature, road conditions and weather forecast.

Please note the following;

- A decision to cancel school bus service will be region-wide meaning all school buses, vans and taxis will not operate.
- When bus service is cancelled all school tests and/or examinations will be cancelled and rescheduled.
- Student trips involving the use of school buses will also be cancelled.
- **School bus routes may be cancelled when severe weather may not be affecting all municipalities in York Region.** Both the YRDSB and YCDSB operate many regional educational programs. Students attending these programs are transported over large attendance areas encompassing several municipal boundaries. This limits the ability to cancel bus service using a municipality or zone methodology.
- Unless otherwise stated, schools will remain open and parents can make arrangements to transport their children to and from school even if school bus service is cancelled. **If buses are cancelled in the morning, they will not operate in the afternoon. Therefore students transported to school by parents will require the same transportation home.**

Parents, students and school staff are asked to access the following radio and television stations after 6:00 a.m. to receive bus cancellation information:

RADIO

590 AM	640 AM	680 AM	860 AM	1010 AM	1050 AM
1540 AM	1580 AM	88.5 FM	89.9 FM	92.5 FM	93.1 FM
94.9 FM	95.9 FM	97.3 FM	98.1 FM	99.1 FM	99.9 FM
101.1 FM	102.1 FM	104.5 FM	100.7 FM	105.9	107.1 FM

TELEVISION

CITY TV CTV Barrie CTV Toronto CP24 GLOBAL NEWS

A bus cancellation message will also be available at www.schoolbuscity.com and by calling 1-877-330-3001, or by following the YRDSB and YCDSB on twitter.



Community Corner

Learning to 18

Reporting your child's absence

Bill 52, *An Act to Amend the Education Act Respecting Pupil Learning to the Age of 18 and Equivalent Learning*, provides for an expanded range of opportunities to support students and also requires that the responsibility for absent students must be addressed to ensure continuity of their learning.

You must complete the Notification of Expected Return to School Form if your child will not be returning from vacation within the first 15 days of school in September and every subsequent 15 days after that.

Please note that you must contact the school within 15 days to inform the school of continuing absence and to ensure that your child's name remains on the register. Your child will be removed from the register if you do not contact the school within 15 days to inform the school of continued absence;

If you do not complete the Notification of Expected Return to School Form, your child may be required to attend school at an alternate location where space is available, given the current accommodation issues in the Board and the Ministry of Education's requirements for class size caps.



Wellness at Anne Frank P.S.

Our Healthy Schools Action Plan

In November, our Healthy Schools Committee drafted our **Healthy Schools Action Plan** that was informed using data collected from the community as well as a staff survey. The areas of focus for our plan are Healthy Active Living and Mental Health. Some of the initiatives in our action plan include **walk days and walk week**, a **play leaders program** where older students lead games and activities for primary students at recess, acknowledging students for **random acts of kindness** and hosting **body breaks** during assemblies. We are also planning for a **family wellness evening** in the spring.

The Zones of Regulation

In October, staff received professional training on the **Zones of Regulation**, a model that supports and validates the emotional state of all of our students at any given time. With this system, students are encouraged to be mindful of how they are feeling and use strategies that they have been taught to bring themselves into a calmer zone.

The ZONES of Regulation®			
			
BLUE ZONE Sad Sick Tired Bored Moving Slowly	GREEN ZONE Happy Calm Feeling Okay Focused Ready to Learn	YELLOW ZONE Frustrated Worried Silly/Wiggly Excited Loss of Some Control	RED ZONE Mad/Angry Mean Terrified Yelling/Hitting Out of Control



A “chill” zone

Building Community, Celebrating Diversity and Promoting Inclusivity

Students are encouraged to take part in school life outside of the classroom. We offer several clubs and teams for students to join including **sports, musical activities, eco initiatives, “Me to We”,** and a **gaming club**. There is also: **Best buddies**, a club that helps students make friends and encourages conflict resolution as well as the **Student Ambassadors** group, which welcomes new students to our community.

We also organize assemblies and performances that develop awareness, celebrate diversity and encourage inclusivity of all cultures and groups of people. Guests we have had at our school include Holocaust survivor **Lenka Weksherg**, the **Covenant House** to discuss homelessness, and **Tribal Vision**, an Aboriginal arts education presentation.

In February, we will be hosting **Anne Frank- A History for Today**, an exhibition dedicated to her life and story. We will also have **Just Assai** visit to deliver a **Gumboots** workshop in recognition of Black History Month.

Conflict Resolution and Anti-Bullying Education

At Anne Frank P.S. we support students by using a restorative process when problems arise. The Child and Youth Workers often work with students in the **Lion’s Den** to help them resolve issues they may be having and apply conflict resolution strategies.



In November, the Yellow Brick House came to facilitate a workshop called **Exploring Relationships** for our intermediate students. The students learned about bullying and abuse, how to recognize it and were given tools and strategies to be an “upstander” rather than a “bystander.” The workshop also gave an overview of healthy vs. non-healthy relationships and how to communicate and manage emotions.

Board Resources:

YRDSB Anti-Bullying Strategy

<http://www.yrdsb.ca/Programs/SafeSchools/Documents/SD-Anti-BullyingBrochure.pdf>

Policy and Procedure #668.0, Caring and Safe Schools

<http://www.yrdsb.ca/boarddocs/Documents/PP-review-safecaringandsupportiveschools-668.pdf>



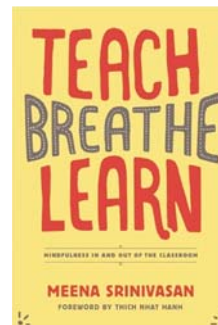
Reducing Stigma

Both our SIPSA (School Improvement Plan for Student Achievement) and the YRDSB Mental Healthy Strategy, include the goal of reducing stigma around mental health issues and learning exceptionalities.

Some of our work towards reducing stigma has included a display about **celebrities with learning disabilities** and a presentation by **Frank Cirinna**, a motivational speaker who shared his personal story about the challenges he faced growing up.

Staff Wellness

Our staff also engages in wellness activities organized by the Healthy Schools Committee. We have an **open gym** for us to use every Wednesday after school, we are organizing a **fitness class**, and in January, staff can participate in our **Mindfulness Book Club**, where we will be reading *Teach, Breathe, Learn* by Meena Srinivasan.



Physical activity: Benefits of exercise for health and wellbeing



Regular physical activity helps your child develop in a range of ways. Not only does it help their physical health, it also helps improve brain function and your child's emotional wellbeing.

Benefits of activity for physical health

Regular physical activity helps develop your child's movement skills. It also, of course, helps bones become stronger and builds a healthy heart and stronger muscles. Physical activity also helps your child keep a healthy body weight.

Moderate intensity exercise can even help to relieve some chronic (long-term) pain conditions by maintaining physical function and decreasing fatigue.

Aside from providing general physical benefits, regular activity can also help ease symptoms of premenstrual syndrome in girls. This is because moderate exercise helps the body produce

hormones called endorphins. These are natural painkillers that can ease abdominal and back pain as well as improve mood.

Benefits of activity for brain function

While it may not seem obvious, physical activity plays an important role in developing the brain and supporting essential mental functions.

Research shows that regular moderate intensity exercise can increase the size of the hippocampus, an area of the brain involved with learning and memory. Exercise also helps release growth factors, chemicals in the brain that affect the growth and survival of new brain cells as well as blood vessels in the area.

Exercise leads to improved motor skills (such as hand-eye co-ordination), better thinking and problem-solving, stronger attention skills and improved learning. Not surprisingly, these all combine to benefit school performance. In fact, even the simple act of playing outside with friends, setting non-academic goals and seeing progress can help the brain refocus when it comes time for school work.

Benefits of activity for emotional and mental health

If your child has depression or anxiety, or even just an "off" day, exercise may be the last thing on their mind. However, physical activity can help greatly with maintaining mental wellbeing. The endorphins that the brain releases during exercise help to improve mood, energy levels

and even sleep. Together, these positive effects help to improve self-confidence and resilience.

Exercise can:

- reduce anxiety
- improve relationships
- improve body image.

Reduced anxiety

People who experience heightened anxiety tend to focus on anxiety-inducing things, which in turn makes them more anxious, so creating a vicious cycle. But, through exercise, an anxious child can break the cycle by focusing on the demands of the physical activity, developing new skills and achieving a sense of accomplishment. See your doctor if your child shows any signs and symptoms of anxiety.

Improved relationships

If a child or teen is feeling lonely and unable to make friends, shared physical activities can give them a sense of belonging and companionship. A child or teen with social anxiety might find it difficult to be in a group environment, but a particular focus, such as a sport, may relieve some of the social pressure. Over time, the act of sharing experiences with others, developing rapport and working towards common goals can help a child focus and develop the confidence to speak up in class. It can also help foster friendships in school if the activities are school-based.

Improved body image

When your child sees how fun it is to be able to dance, jump, walk, run, stretch and play they are

more likely to want to continue enjoying being active throughout their life. Seeing and appreciating what their body can do, rather than how it looks, is a great way for a child to build a positive body image. It is important to help your child develop this awareness as early as possible and to play your part in promoting a healthy body image through your own behaviour.

The desire to look lean or muscular often becomes stronger during the pre-teen and teen years. Your child is less likely to take any harmful paths towards a so-called physical ideal if they have a healthy perception of what ‘looking good’ means, and understand that it comes from healthy, balanced habits that started in their early years.

Key points

- Physical activity keeps the body strong and healthy and improves mental health by decreasing depression, anxiety, pain and loneliness.
- Physical activity also improves focus, school performance, sleep and energy levels.
- Those who undertake regular physical activity enjoy improved relationships and a more positive body image.

Further resources

Canadian Paediatric Society (2012). *Physical activity for children and youth*.

Canadian Paediatric Society (2011). *Physical activity for children and youth with a chronic illness*.

Canadian Society for Exercise Physiology (2016). *Canadian 24-Hour Movement*

Guidelines for Children and Youth: An Integration of Physical Activity, Sedentary Behaviour, and Sleep.

Godman, H. (2014). *Regular exercise changes the brain to improve memory, thinking skills.*
Harvard Medical School.

Tremblay, M.S. et al (2012). *Canadian Physical Activity Guidelines for the Early Years (aged 0 – 4 years).*



**Canadian Mental
Health Association**
York and South Simcoe
Mental health for all

1-866-345-0183 ♦ 905-841-3977 ♦ yorkregion@cmha-yr.on.ca ♦ www.cmha-yr.on.ca
This list is maintained by CMHA, York Region ♦ This list is not exhaustive

YORK REGION MENTAL HEALTH RESOURCE LIST

ABUSE		
Domestic Abuse and Sexual Assault Care Centre		905-832-1406 or 1-800-521-6004
Family Services York Region: PAR Program		905-883-6572 or 1-888-820-9986
Sandgate Women's Shelter of Georgina		905-722-3220 or 1-800-661-8294 (Crisis)
Women's Centre of York Region		905-853-9270 or 1-855-853-9270
Women's Support Network of York Region		905-895-3646 or 1-800-263-6734 (Crisis)
Yellow Brick House		905-709-0900 / 1-800-263-2231 / 1-800-263-3247 (Crisis)
York Region Abuse Program (YRAP)		905-853-3040 or 1-800-263-2240 ext. 301
York Region Children's Aid Society		905-895-2318 or 1-800-718-3850
York Region Women's Sexual Assault Hotline		905-895-7313 or 1-800-263-6734
ADDICTIONS		
Addiction Services for York Region:	Aurora	905-841-7007 or 1-800-263-2288
Bellwood Health Services		416-495-0926 or 1-800-387-6198
Centre for Addiction and Mental Health (CAMH)		905-868-8046 or 1-800-463-6273
Drug & Alcohol Helpline		1-800-565-8603 or www.drugandalcoholhelpline.ca
Ontario Addiction Treatment Centres — Head Office		905-773-3884
Ontario Problem Gambling Helpline (OPGH)		1-888-230-3505 or www.problemgamblinghelpline.ca
Saint Elizabeth Health Care		905-940-9655
Vitanova Foundation		905-850-3690
BEREAVEMENT		
Bereaved Families of Ontario – York Region		905-898-6265 or 1-800-969-6904
Genesis Bereavement Resource Centre		905-895-7750
CRISIS / DISTRESS LINES		
Community Crisis Response Service (24 hours)		310-2673 (COPE) / 905-953-5412 (call collect from cell)
Kids Help Phone (24 hours)		1-800-668-6868
Krasman Centre - Warm Line (non-crisis)		1-888-777-0979
York Region Street Outreach Van		905-853-3400 or 1-866-553-4053
Ontario Shores Crisis Line (24 hours)		1-800-263-2679
Parent Help Line		1-888-603-9100
Southlake Regional Health Centre:	Adult Crisis	905-895-4521 ext. 2666
EMPLOYMENT		
CMHA, York Region Branch – Employment Program		1-866-345-0183
COSTI Immigrant Services		905-669-5627
Employment Ontario		1-800-387-5656 or www.on.ca/employment
Job Skills	Keswick	905-476-8088 or 905-476-7588 (TTY) or 1-866-470-5947
	Newmarket	905-898-5138 or 905-898-4465 (TTY) or 1-866-592-6278
	Markham	905-940-8004 or 905-948-9996 or 905-415-6900 (TTY)

Seneca Workforce Skills Centre	Newmarket	905-898-6199
Strategic Employment Solutions	Newmarket	905-895-7529
	Oak Ridges	905-773-4411
Treasures		905-883-5122
YMCA of Greater Toronto	Markham	905-573-9622
	Richmond Hill	905-780-9622
FINANCIAL		
Community Credit Counselling Services of York Region		905-707-7695 or 1-800-500-0003
Homelessness Prevention Program - Salvation Army		905-895-6119 ext. 1
Ontario Disability Support Program (ODSP)		905-868-8900 or 1-877-669-6658
Ontario Works (OW)		1-888-256-1112
FOOD BANKS		
Aurora Food Pantry		905-841-1577
Georgina Community Food Pantry		905-596-0557
Markham Food Bank		905-472-2437
Newmarket Food Pantry / York Region Food Network		905-895-6823 or 1-866-454-9736 ext. 204
Richmond Hill Community Food Bank		905-508-4761
Salvation Army: Northridge Community & Family Services		905-895-0577
Vaughan Food Bank		905-851-2333
Whitchurch-Stouffville Food Bank		905-640-4704
HEALTH		
AIDS Committee of York Region		905-953-0248 or 1-800-243-7717
HOUSING & SUPPORT SERVICES		
Blue Door Shelters		905-898-1015 or 905-830-0121 (youth)
CMHA, York Region Branch		1-866-345-0183
Homes for Special Care (@ CAMH)		416-535-8501 ext. 3439
LOFT / Crosslinks Housing and Support Services		905-967-0357 or 1-888-967-0357
Region of York: Community Services and Housing		1-888-256-1112
Sutton Youth Shelter		905-722-9076 or 1-877-972-0898
York Region Housing Help Centre (Identification Clinic)		905-508-1877 / 1-888-447-9602
LEGAL		
CMHA, York Region Branch – Mental Health & Justice		1-866-345-0183
Community Legal Clinic of York Region		905-508-5018 or 1-888-365-5226
Family Law Service Centre		905-898-3943
Lawyer Referral Service		1-800-268-8326
Legal Aid Ontario		1-800-668-8258
LGBTQ		
LGBTQ Information, Referral & Support Line		1-888-967-5542
Lesbian Gay Bi Trans Youthline		1-800-268-YOUT (9688) or 416-962-9688

PFLAG (Parents, Friends of Lesbian & Gays)	1-888-530-6777
MENTAL HEALTH	
Catholic Community Services of York Region	905-770-7040 or 1-800-263-2075
Centre for Addiction and Mental Health (CAMH)	905-868-8046 or 1-800-463-6273
CMHA, York Region Branch	1-866-345-0183
Community Care Access Centre (CCAC)	905-895-1240 or 1-888-470-2222
Family Services York Region	Georgina 905-476-3611
	Markham-Stouffville 905-415-9719 or 1-866-415-9723
	Newmarket 905-895-2371 or 1-888-223-3999
	Richmond Hill 905-883-6572 or 1-888-820-9986
	Richmond Hill (Attendance Centre) 905-780-9927 or 1-866-780-9927
Hong Fook Mental Health Association	416-493-4242
Jewish Family & Child Services	905-882-2331
Krasman Centre	905-780-0491 or 1-888-780-0724
LOFT / Crosslinks Housing and Support Services	905-967-0357 or 1-888-967-0357
Mackenzie Health:	905-883-1212
	Adult Mental Health Inpatient 905-883-1212 ext. 3327
	Adult Mental Health Outpatient 905-883-2127
	Mental Health Day Treatment 905-883-1212 ext. 7326
	Psychogeriatric Clinic 905-883-1212 ext. 3361
Markham-Stouffville Hospital:	Adult Mental Health Outpatient 905-472-7011
Medical Clinic for Person Centred Psychotherapy (Toronto)	416-229-2399 or 1-888-229-8088
Mental Health Helpline	1-866-531-2600 OR www.mhsio.on.ca
Ontario Shores (formerly Whitby Mental Health Centre)	1-800-341-6323 or 1-800-263-2679 (Crisis)
Saint Elizabeth Health Care	905-940-9655
Southlake Regional Health Centre:	905-895-4521
	ACT Team 905-476-1800
	Brief Therapy 905-895-4521 ext. 2363
	Community Treatment Orders 905-895-4521 ext. 2790
	PACT Team 905-895-4521 ext. 2929
	Recovery & Wellness Day Program 905-895-4521 ext. 2465
	Schizophrenia Clinic 905-895-4521 ext. 2310
Telehealth Ontario	1-866-797-0000 or 1-866-797-0007 (TTY)
Victorian Order of Nurses - York Region	905-479-3201 or 1-800-574-6059
York Support Services Network (YSSN):	Newmarket 905-898-6455 or 1-866-257-9776
	Markham 905-305-7440 or 1-800-887-3679
	Streamlined Access (Intake - YR Case Management) 905-898-3721 or 1-888-695-0070 ext. 2278
MENTAL HEALTH – CHILDREN & YOUTH	
Blue Hills Child and Family Services	905-773-4323
CMHA, York Region Branch (youth age 16 and over)	1-866-345-0183
Delisle Youth Services	416-482-0081
Family Services York Region:	

Family Services York Region:	Georgina	905-476-3611
	Markham-Stouffville	905-415-9719 or 1-866-415-9723
	Newmarket	905-895-2371 or 1-888-223-3999
	Richmond Hill	905-883-6572 or 1-888-820-9986
	Richmond Hill (Attendance Centre)	905-780-9927 or 1-866-780-9927
Integra Foundation: Camp Towhee		416-486-8055
Jewish Family & Child Services		905-882-2331
Kids Help Phone (24 hrs)		1-800-668-6868
Kinark Child and Family Services:	Main Office	905-474-9595
	Central Intake	1-888-454-6275
Mackenzie Health:	Shaw Clinic (Child & Family)	905-883-2137
Markham-Stouffville Hospital: Child Adolescent & Family		905-472-7530
Ontario Shores (formerly Whitby Mental Health Centre)		1-800-341-6323 or 1-800-263-2679 (Crisis)
360 Kids (formerly Pathways)		905-471-7877
Rose of Sharon Services for Young Mothers		905-853-5514 or 1-877-516-3715
Southlake Regional Health Centre:	Child & Family	905-895-4521 ext. 2215
	Day Hospital Program	905-895-4521 ext. 2215
	Disruptive Behaviours Program	905-895-4521 ext. 2215
	Eating Disorders	905-895-4521 ext. 2322
Thistletown Centre for Children and Adolescents		416-326-0600
York Centre for Children, Youth & Families		905-887-5896
York Region Health Connection		1-800-361-5653
Youthdale:	Aurora Residential Program	905-727-3426
	Day Treatment	416-368-4896
	Preparation for Independence	416-368-4896
MENTAL HEALTH - SENIORS		
CHATS		905-713-6596 or 1-877-452-4287
Catholic Community Services		905-770-7040 or 1-800-263-2075
Integrated Psychogeriatric Outreach Program (IPOP)		905-895-3628 ext. 3433
PHYSICIAN/THERAPIST REFERRALS		
College of Physicians & Surgeons (Find a Doctor)		www.cpso.on.ca
General Practitioner Psychotherapy Association		416-410-6644
Health Care Connect (Find a Doctor – phone)		1-800-445-1822
Ontario Association for Marriage and Family Therapy		1-800-267-2638
Ontario Psychological Association (Psychologist referral)		416-961-0069 or 1-800-268-0069
SELF HELP		
211 Community Information and Volunteer Centre		www.211ontario.ca
Connex Ontario Health Services Information		www.connexontario.ca
Krasman Centre		905-780-0491 or 1-888-780-0724
Psychiatric Patient Advocate Office (PPAO)		www.pp20.gov.on.ca
Yorklink		www.yorklink.org



QUICK FACTS FOR PARENTS

Learning about
Mental Health

Mental health is defined as a state of well-being in which every individual realizes his or her own potential, can cope with the normal stresses in life, can work productively and fruitfully and is able to make a contribution to her or his community. (World Health Organization, 2014).



UNDERSTANDING MENTAL HEALTH

Mental health is part of our overall well-being and relates to our ability to enjoy life, maintain fulfilling relationships, and cope with adversity and stress. It gives us a sense of spiritual, social and emotional well-being.

There may be times, however, when we experience mental health problems in which our thinking, mood, and behaviour limit our ability to function successfully in parts of our daily lives.

Some mental health problems are mild and temporary. Others can be more serious, last longer, and require specialized and intensive treatment. Mental health problems can affect anyone, regardless of age, education, or social position. The first signs often appear in childhood or adolescence.

WHAT DO STUDENTS LEARN AT SCHOOL ABOUT MENTAL HEALTH?

Throughout the curriculum, students are taught living skills that provide a strong base for their future mental and physical well-being. These are skills that give a person a positive sense of self, that help them form and maintain healthy relationships, think critically and creatively, solve problems, and make wise decisions. Learning and talking about mental health can increase understanding of mental health issues and reduce the stigma associated with mental health problems. Key things that students learn across the curriculum include:

- understanding mind-body connections and the role of physical activity in supporting mental health and overall well-being
- understanding factors that contribute to emotional well-being, recognizing sources of stress, and developing the adaptive, management, and coping skills needed to deal with adversity and stress
- developing self-awareness and the ability to recognize warning signs of emotional difficulty, and understanding how to respond to them and seek support
- developing communication and social skills and the ability to identify and build healthy relationships
- understanding possible connections between substance abuse, addictions, and mental health, and knowing how to get help
- understanding the causes and nature of mental illness and ways of reducing the stigma and stereotypes associated with it.

Schools have an important role to play in building skills, knowledge, and habits that help mental well-being and can reduce the risk of social and emotional problems. Learning about mental health can help students both academically and socially, and create support for students who are experiencing social or emotional difficulties.

If you have worries about your child's mental health, discuss your concerns with a health-care professional.

WHAT DO YOUNGER STUDENTS LEARN?

Students in Grades 1-3 learn to describe their emotions, appreciate the benefits of healthy active living for their mental well-being, and understand the importance of positive relationships with other children and adults. Learning in these areas helps students develop self-awareness and also includes strategies for seeking help.

In Grades 4-8, students learn strategies for maintaining mental well-being, coping with stress, and asking for help when they feel worried or sad. Topics that require greater sensitivity or maturity – managing anger, preventing bullying, and using social media responsibly, for example – are also introduced gradually at this time. In addition, students learn basic information about some common mental health and substance use problems, about ways of reducing the stigma associated with mental illness, and about supporting friends with mental health problems. One of the most important things students learn at this stage is that help-seeking is a skill, not a weakness, and that students should talk with a caring adult if they need assistance with their thoughts and feelings.

WHAT DO OLDER STUDENTS LEARN?

Secondary school students learn more about the signs and symptoms of mental health problems as well as ways of checking the accuracy of on-line health information and finding sources of support. They also cover complex topics like substance use and other harmful behaviours, cyberbullying, responding to stress and peer pressure, and suicide prevention. Teachers are advised to introduce these topics with care and sensitivity, and to select resource materials in consultation with school board mental health professionals.

MORE INFORMATION

ABCs of Mental Health

<http://www.hincksdellcrest.org/ABC/Parent-Resource/Welcome>

A source of expert information about child development, signs and symptoms of difficulty, and supportive strategies that can help at home and school.

Parents for Children's Mental Health

<http://www.pcmh.ca/>

PCMH is a support and advocacy network focussed on child and youth mental health. Parents who have children experiencing a mental health problem might value insights and resource recommendations from parents who have “been there”.

Children's Mental Health Ontario

<http://www.kidsmentalhealth.ca/parents/introduction.php>

Fact sheets and links to resources about child and youth mental health and information about getting help from Ontario's mental health system.

TALKING WITH YOUR CHILDREN ABOUT MENTAL HEALTH

Routine interactions with children provide them with much of the psychological support they need, but there may also be times when it is important to talk to them directly about mental health issues. These situations may arise if a child, or someone close to them, is showing signs of mental health problems.

Starting these conversations is not always easy, but the following tips may help:

- Help them describe their emotions (e.g., “You look like you feel sad. Saying good bye can be hard. I feel sad too.”)
- Look for opportunities to talk informally in a relaxed setting.
- Let the discussion develop gradually over time rather than trying to cover too much in one conversation. Children may need time to become comfortable talking about their concerns.
- If children are uncomfortable speaking directly about their own feelings and experiences, approach the issues indirectly. Talk about imaginary situations or about characters in books or television programs.
- Let them know that you are there to talk and help, and that their mental health, like their physical health, can change over time.

If your child seems to be struggling with a mental health disorder, he or she can be referred to a mental health professional for further assessment and treatment. Ask your child's teacher if she or he has noticed behavioural changes, and discuss ways in which the school might provide support. Check with your family doctor about possible medical reasons for changes in behavior or emotions.

WOULD YOU ENJOY **COLLABORATIVELY** LEARNING THE ONTARIO CURRICULUM THROUGH **THE ARTS?**

If so, the York Region District School Board offers an **Elementary Integrated Arts Program** at **Baythorn Public School**. If you are currently in grades four or five you may apply for the **arts@baythorn program**, where you will have the opportunity to explore the disciplines of Dance, Drama, Visual Arts, and Music in a **cooperative learning environment**.

To learn more about the **arts@baythorn** program, you and your family are invited to attend an information evening at Baythorn Public School on:

Thursday, January 19, 2017 @ 7:00 p.m.

Applications will be available at **bit.ly/arts_application2017**
online after the January 19th, 2016 info night.

If you require further information, please call us at
Baythorn Public School
(905) 889-7992.

Kate Kurek
Principal

The Arts Team

Meytal Daniels
Vice Principal

