

Newsletter
March 13, 2020



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Upcoming Dates

March 13, 2020
Interim Report
Distribution

March 16-20, 2020
Mid-Winter/March Break

April 9, 2020
Pesach/Passover

April 10, 2020
Good Friday

April 12, 2020
Easter Sunday

April 14, 2020
Term 1 ends

April 15, 2020
Term 2 begins
Fryer, Galois, Hypatia
Math Contests

IMPORTANT NOTICE



All Schools Closed to Students March 16 until April 5

By order of the Ontario Ministry of Education all Ontario publicly funded schools will be closed March 16 until April 5, 2020.

This is in an effort to reduce the spread of COVID-19. All schools in York Region District School Board will be closed to students during this time. Schools are expected to reopen on April 6, 2020.

All schools will be closed to students. Please do not send students to school March 16 until April 5. All school transportation services (including buses, taxis, etc.) will not be running.

School is expected to resume on April 6, 2020.

Please continue to monitor media, www.yrdsb.ca or Twitter: [@YRDSB](https://twitter.com/YRDSB) for up to date information.

Parents Night:

Parents Night was originally scheduled for April 2. This night is **cancelled** due to the Ontario's governments closure of schools until April 6, 2020.

Attendance is an important component of student success. Students who are ill should not attend school but it is our expectation that students who are at school attend every class. Students should not be missing classes to work on assignments for other classes. Teachers at Bur Oak work diligently to provide meaningful instruction and assessments to our students in all of their classes. Even if a teacher is away from class, they continue to provide work for students and it is expected that students attend class. We appreciate your support in ensuring that your children attend and engage in their classes.

Course Verification

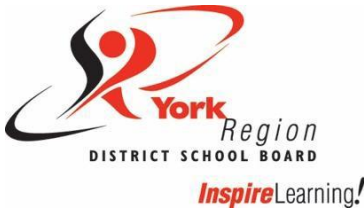
Students will receive their course verification sheets on **April 6, 2020** and they are **due back by April 9, 2020**. The verification process is very important as it is the last chance students have to confirm their requests for next year before the timetable is built. Once students have a timetable it is much more difficult to accommodate requests for changes. Please review the verification sheet carefully with your child and ensure they have chosen courses appropriate to their skill level, interest and pathway. If you have any questions, please contact the Guidance department.

Summer School Considerations

Information about summer school sites and courses to be offered is generally provided in April with verification of confirmed sites by May. We will make an announcement to students and parents when that information is released.

Summer School Co-Op Applications

Information is available in the cooperative education department about the application to these programs. This is a regional program and is not overseen by Bur Oak personnel. Please review deadlines as some will take place in early March for some highly competitive district-wide programs.



Student Mental Health and Addictions Newsletter

March 2020

YRDSB Mental Health services are provided by YRDSB psychology and social work personnel

It's almost March Break! Time to think about self-care

As we approach March Break, it is important for adults and students to think about how we take care of ourselves – how we can de-stress by incorporating strategies into our lifestyle to avoid burnout and stress induced illness.

Maria Baratta, Ph.D., L.C.S.W., Clinician in New York speaks about [Self Care 101](#). Here are the 10 strategies that she speaks about:

Self care means knowing who you are and your limits.

Self care means getting the sleep you need and knowing how to rest

Self care means making sure that you're well fed.

Self care means finding a way to decompress *throughout* your day, not just when you leave work or school.

Self care means giving some thought to change a difficult work situation.

Self care means taking time to get to know *you* better.

Self care means identifying what you enjoy doing and what's fun for you and make a serious effort to integrate it into your day or, at the very least, your week

Self care means knowing how to debrief from a day's work or day of school.

Self care means feeding your spiritual self.

Self care means taking time to love yourself and appreciating that there's only one you and you're the expert on that.

Check out some more tips from School Mental Health Ontario on building [personal resiliency](#).

Let's encourage our students to take March Break to practice some (or all) of these suggestions for self-care!!!

Release of the YRDSB Student Suicide Intervention Protocol

York Region District School Board is committed to student well-being and mental health. YRDSB has developed a Student Suicide Intervention Protocol to help keep students safe in the event of suicidal thoughts or actions. The Student Suicide Intervention Protocol will be implemented starting Fall 2019. Youth suicide is a complex, emotionally-charged and sadly a real problem in Canada. It is the second leading cause of death amongst young people. It's important to recognize that those who struggle with mental health have personal strength and resilience and the potential to overcome difficulties to ultimately thrive.



The YRDSB Student Suicide Intervention Protocol is designed to address the six steps involved when responding to current and present thoughts of suicide, as well as actions related to suicide. In addition, the Protocol is governed by a set of guiding principles which are underpinned by a culturally responsive and reflective practice.

Suicide is not culturally neutral. Our cultural and ethnic backgrounds will inform how each of us understands suicide. To see all the guiding principles, refer to the print version of the protocol on the board website [YRDSB-Student Suicide Intervention Protocol](#). If you have any questions about the Student Suicide Intervention Protocol, please contact your school principal.

Attention grade 12 students:

Euclid Math Contest
registration is happening
NOW!!!



Contest Date: Tuesday April 7th, 2020
Registration Deadline: Thursday March 12th, 2020
Registration Fee: \$17

To register:

1. Go to www.schoolcashonline.com and select:

Euclid contest: Gr. 12

2. Pay registration fee

3. Be in Cafeteria at 8:00 A.M. on April 7th, 2020.

Please note:

- Only registered students will be eligible to participate
- Practice materials and past contests are available at www.cemc.uwaterloo.ca

Attention students in Grades 9, 10 & 11:

**Fryer (9), Galois (10) and Hypatia (11)
Math Contest registration is happening
NOW!!!**



Contest Date: Wednesday April 15th, 2020

Registration Deadline: Thursday March 26th, 2020

Registration Fee: \$11

To register:

1. Go to www.schoolcashonline.com and select:

Fryer Galois Hypatia contest: Gr. 9, 10, 11

2. Pay registration fee

3. Be in Cafeteria at 8:00 A.M. on April 15th, 2020

Please note:

- Only registered students will be eligible to participate
- Practice materials and past contests are available at www.cemc.uwaterloo.ca