



399 Elson Street,
Markham, ON
L3S 4R8
(905) 294-5756

Principal: Gary Young
Vice Principal: Fatima Jessa

Superintendent: Camille Logan (905) 940-7800

Trustee: Juanita Nathan (905) 471-2553

School Website: <http://www.cedarwood.ps.yrdsb.ca>

School Email: cedarwood.ps@yrdsb.ca

Dear Cedarwood Families!

The classrooms have been abuzz with learning throughout the month of February! Primary students have had Fire Safety presentations by the City of Markham's Fire Department. They've learned how to make their homes safe and what to do in the event of an emergency. Students in the primary and junior division have engaged in learning carousels about Black History Month. Their learning included how the slaves escaped from the South using the Underground Railroad, and the powerful words of Martin Luther King Jr. that continues to resonate in our minds and hearts about "Freedom for All!" These learning opportunities strive to create open dialogue about oppression and marginalization, and how we can create welcome, safe and inclusive spaces at Cedarwood in support of all our learners. Thank you to Ms. Legault and her enthusiastic team who created displays to share in the rich history and heritage of African Canadians from the past to the present.

Mental Health is a priority at Cedarwood. As a school, we supported the "Bell Let's Talk" initiative at the beginning of the month, and "Pink Day" at the end. "Bell Let's Talk" is an opportunity to end the stigma around mental health through education, developing kindness and empathy and supporting staff and students by listening and accessing help. "Pink Day" continues to be a part of the anti-bullying campaign to stop bullying and 'to lift each other up.' This powerful message encourages us to look beyond our differences and celebrate the things that make us unique. When we lift each other up, we see past the things that separate us and see instead the things that unite us as people. These opportunities let us recognize that the mental health of all is key to ensure success in all endeavors!

We're working diligently to center the needs of all our learners and creating environments that are inclusive, warm and welcoming for all!

March Break is coming! Take time to celebrate the warmth, and enjoy the time off! Self-care is important at this time too— take a look on page 6 for strategies! We'll see you back at Cedarwood PS on Monday March 23!

Gary Young
Principal

Fatima Jessa
Vice Principal

E-BULLETIN UPDATE #8

MARCH 2020

Upcoming Highlights...

March 6-12

Int. Girls Area Basketball Tournament

March 8:

Daylight Savings Time Ends

International Women's Day

March 13:

Spirit Day - Crazy Hair

March 16 - to March 20:

March **B**reak

March 21:

Anti-Racism Day

March 22:

Deadline to Register for Family Movie Night

March 25:

Movie Night #1

March 26 & 27:

VIP - Gr. 7 (10:10 am)
- Gr. 8 (12:50 pm)

March 28:

Earth Hour Day

Tuesday, March 31:

Movie Night #2

INTEGRITY (March)



*The **only** justification we have for looking down on someone is that we're going to stop and pick them up.*

~Reverend Jesse Jackson

INTEGRITY (March):

**We are truthful and sincere.
We ensure consistency between what we say
and what we do as well as between what we
believe and how we behave.**



March ECO Theme. . .

International Day of Forests: March 21

World Water Day: March 23

Earth Hour Day: March 28

***** FRIENDLY REMINDER TO PLEASE RECYCLE
YOUR HOUSEHOLD BATTERIES & USED MARKERS
IN OUR BOX BY THE OFFICE - THANK YOU! *****



Pizza Lunch Days will take place every Tuesday beginning on Tuesday, March 24, 2020 until Tuesday, June 23, 2020



The **Morning Healthy Snack Program** begins Wednesday, March 25, 2020 and ends on Friday, June 19, 2020

Purchase options and more details available online:
<https://yrdsb.schoolcashonline.com>

Please **register by Sunday, March 22, 2020** - Thank you!

Important Reminder

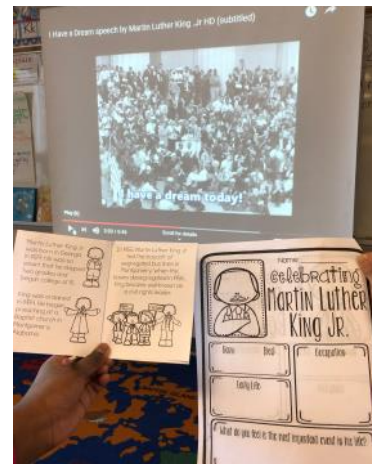
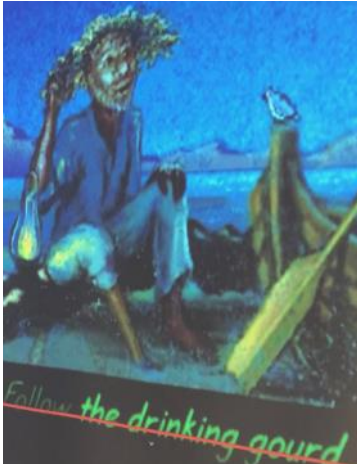


Please do not park at anytime in front of the school as this is a designated Fire Route.

We encourage you to diligently observe all parking laws.

Thank you for your co-operation.

CELEBRATING BLACK HISTORY MONTH @ CEDARWOOD



THANK YOU TO ALL FOR PARTICIPATING!



York Region District School Board Summer Institute

Online Registration Opens on March 10

Summer Institute offers academic, recreational and athletic programs and activities with intentional links to the Ontario Curriculum for students entering Senior Kindergarten to Grade 8.

We are pleased to offer online registration this year. Registration for Summer Institute will open on March 10 at 4:00 pm. You can find information about Summer Institute and registration at www.yrdsb.ca.

Families can also continue to register in person or by mail at Dr. Bette Stephenson Centre for Learning, 36 Regatta Richmond Hill L4E 4R1.

For more information about YRDSB Summer Institute, please email: Performanceplus.si@yrdsb.ca

We hope to see you at the Summer Institute.

BUILD A DREAM

**CAREER
DISCOVERY
EXPO**
FOR YOUNG WOMEN

As a parent or guardian of a young woman between grades 7 to 12, we invite you to attend the Build a Dream Career Discovery Expo on **Wednesday May 6th at Le Parc Conference Centre**, 8432 Leslie Street, Thornhill. It's a special evening that gives you and your daughter the chance to explore a wide range of career paths in skilled trades, science, technology, engineering, emergency services, and more! This FREE event includes a Dream Maker Panel, with women who inspire and encourage, Exhibitors Showcase, companies that will share information about careers in their industry, prizes, hands-on activities, a photo booth and more.

Space is limited for this **free event!** To register, please visit:

<https://www.eventbrite.ca/e/build-a-dream-york-york-region-dsb-tickets-90967713881>

**#WE
BUILD A
DREAM**
#DREAMYORK

Young Women (Grade 7 - 12) and Parents/Guardians are invited to learn about Skilled Trades, STEM, Emergency Response and more at this Event.

While this event is directed to females, all grade 7-12 students may attend.

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SMALL CHANGES DO MAKE A DIFFERENCE!

Take a moment, close your eyes and imagine....If every student at your children's school chose to walk, cycle or ride the bus to and from school, what would the school zone look like? How would it function? What type of place and environment would be created for your children?

Car-Free School Zone

Schools across York Region may experience many traffic-related issues at the beginning and end of each school day. Volume alone creates congestion, reduces visibility and results in poor driver behaviour. Car-free school zones can create a space where people become the priority. This would result in a reduction of cars around school zones, creating an environment that promotes active lifestyles and overall positive environment for all to live, learn and play.



Clean Air School Zone

Cars release air pollutants that could have serious health implications over time. Traffic-related air pollution in the GTA and Hamilton area is responsible for about 1,000 early deaths, and 3,000 to 4,000 hospital admissions each year. Sustainable travel to school would clean the air and improve the quality of air where your children spend a lot of their time.

Someone Else Will Do It

Be the change. Try not to adopt a "someone else will do it" mentality and rely on others to make sustainable choices. By making a small change today and building active living lifestyles, we can create lasting impacts that will benefit the environment, improve our health, school zone and communities!

If you drive your children to school, take a moment to reconsider using a sustainable mode that will not only benefit your children's health but create neighbourhoods and school zones that are people-friendly and more livable for all and generations to come! Small changes do make a difference and they start with the choices you make today. While we understand this may not be doable every day, try once, twice or three times a week, or consider parking a block away and walking the rest of the way!

Choose to make sustainable lifestyle choices over convenience.

Sincerely,
YRDSB Active School Travel Team

March Break 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:

1. Self care means knowing who you are and your limits.
2. Self care means getting the sleep you need and knowing how to rest
3. Self care means making sure that you're well fed.
4. Self care means finding a way to decompress throughout your day, not just when you leave work or school.
5. Self care means giving some thought to change a difficult work situation.
6. Self care means taking time to get to know you better.
7. 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
8. Self care means knowing how to debrief from a day's work or day of school.
9. Self care means feeding your spiritual self.
10. 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!!!

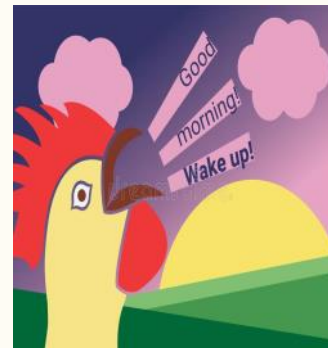
Punctuality Matters!

Supervision outside begins at **7:45 a.m.** The **bell** rings at **8:00 a.m.** By this time, students are expected in their classrooms, ready to learn. After 8:00 a.m., students can only enter through our main doors and will be considered late. Late arrivals must report to the Main Office to get signed-in.

In order to maximize instructional time and teach children the importance of punctuality and responsibility, prompt attendance at school is essential. Punctuality is a lifelong skill and we appreciate your partnership in cultivating this essential skill for our students/your children.

Kindly report attendance-related items directly on EDSBY: <http://www.yrdsb.ca/boarddocs/Pages/Reporting-Absences-.aspx>

Kindly notify the office if you are moving - Thank you!



MARCH

2020

FAITH DAYS:



Baha'i:

The Baha'i Fast - Mar. 1-19
Naw Ruz - Mar. 20



Buddhism:

Spring Ohigan - Mar. 20



Christianity (Eastern):

First Day of Lent - Mar. 2



Hinduism:

Holi - Mar. 9;
Navaratri - Mar. 25 -Apr. 2



Islam:

Naw Ruz (Ismaili): Mar. 21;
Miraj-un-Nabi - Mar. 22



Judaism:

Purim - Mar. 10



Sikhism:

Sikh New Year's Day - Mar. 14



Wicca:

Ostara - Mar. 19



Zoroastrianism:






Ghambar Hamaspahmaedem - Mar. 16;

Naw Ruz - Mar. 21;

Birthday - Prophet Zarathushtra - Mar. 19



5 DAY CYCLE CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 - Day 3	3 - Day 4  Lunch	4 - Day 5	5 - Day 1	6 - Day 2	7
8  Spring Forward! Re-set Your Clocks!	9 - Day 3	10 - Day 4  Lunch	11 - Day 5  Gr. 8 Grad. Photo re-take	12 - Day 1	13 - Day 2	14
15	16 	17	18	19	20	21
MARCH BREAK						
22	23 - Day 3	24 - Day 4  Lunch	25 - Day 5 Movie Night 1	26 - Day 1	27 - Day 2	28
29	30 - Day 3	31 - Day 4 Movie Night 2  Lunch				