



Clearmeadow P.S.

December Character Trait: Empathy

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CALENDAR

Dec. 14 Day 3	Fundscrip School Council Fundraiser continues Holiday Heroes campaign ends
Dec. 15 Day 4	
Dec. 16 Day 5	
Dec. 17 Day 1	
Dec. 18 Day 2	Festive Sweater/Shirt Spirit Day Last day of school for 2020
Upcoming Dates	
Jan. 4 Day 3	First Day of School 2021

PHOTO GALLERY



Kindergarten building a snowman and learning letters at the same time!

AT A GLANCE INFORMATION

School Council Fundscrip Fundraiser: Are you looking for gifts for the holiday season? School Council is currently running a gift card fundraiser to support a variety of school programs. Here is the link to the fundraising page:

<https://www.fundscrip.com/support-a-group/RT5DN6>

NACCA (Newmarket African Caribbean Canadian Association): would like to gather information from Black students and members of the Black community that will be used to inform NACCA's mental health strategy. (This survey will take approximately 2 minutes to complete). Families can access the link here:

<https://docs.google.com/forms/d/e/1FAIpQLSejy4v-X4hVOhlsEkfd7qqShc13QFUhF2mewGG4SveC-7R45g/viewform>

Winter Weather: Please send your child(ren) with a pair of shoes that they can change into after coming in from the outdoors. This helps keep our classrooms cleaner during the day and helps our caretakers focus on all of the extra cleaning protocols needed this year.

Parking Lot: This is a reminder to our community that no parking overnight is permitted in our parking lot. We need our parking lot appropriately plowed to ensure safe conditions for our staff and families. Our snow contractor will not service the lot if cars are left overnight. We thank you for your cooperation with this matter.

CELEBRATING STUDENTS

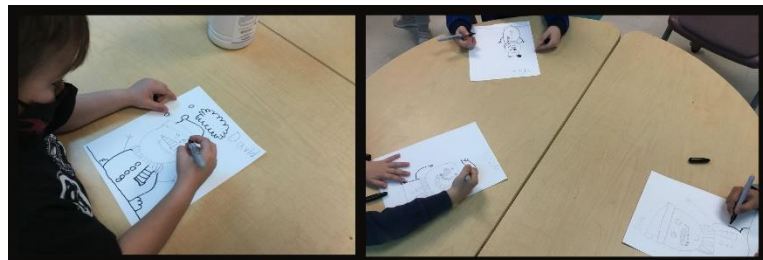


GRADE 3 ART INSPIRED BY INDIGENOUS ARTIST NORVAL MORRISSEAU.

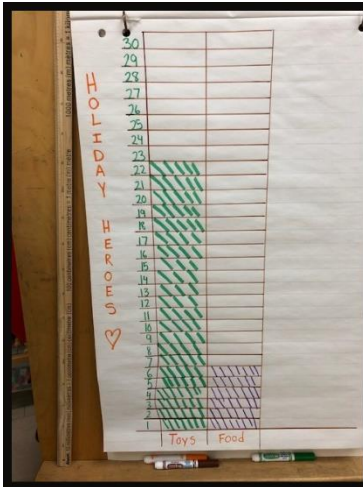
Norval Morrisseau was an Indigenous Canadian artist. He was from the Anishinabe tribe. His art work used animals for his inspiration. He used organic shapes and spirit circles in his artwork. At one time in his life he got really sick and a healer helped him get better. The healer gave him a new name. He was renamed Copper Thunderbird.

CODE

This week was the "Hour of Code" and many of our classes participated in a variety of activities. Mr. Dinsdale's class had fun using code to get their animals to dance to all of the latest hits.



FDK PAINTING SNOWMEN AND CELEBRATING WINTER!



GRADE 1 IS GRAPHING DONATIONS FOR THE HOLIDAY HEROES TOY AND FOOD DRIVE.

If we drew a Snowman.

FDK LEARNING ABOUT DIFFERENT ARTISTS AND THEN CREATING THEIR OWN WORKS OF ART.

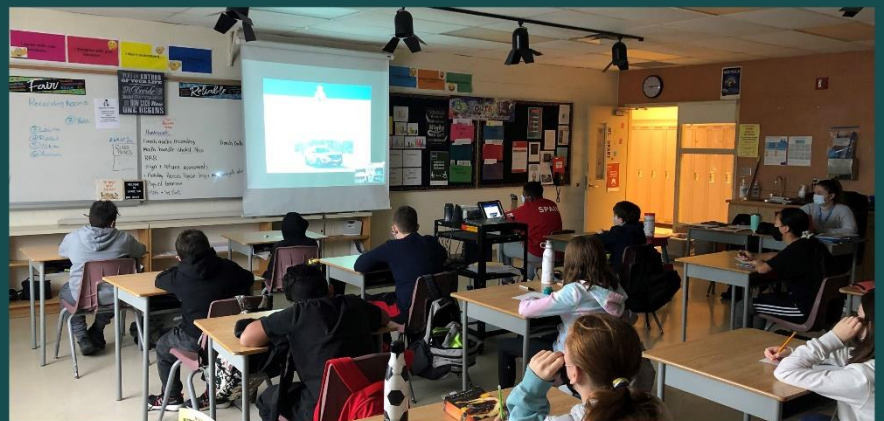
CELEBRATING STUDENTS

Mrs. Kenny's Grade 4 class certainly lucked out with a fresh snowfall and a beautiful day for our Sibbald Outdoor Education adventures! We were able to visit a local pond ecosystem in the winter (or nearly winter). We are now looking forward to revisiting the same ecosystem in the spring to see what seasonal changes we can find!



Sp Adobe Spark

Over the last couple of weeks, York Regional Police offered the Values, Influences and Peers program to students in Ms. Norman's, Ms. Campbell's and Mrs. Grant's classes. The program was created to assist youth in making positive and informed decisions when confronted with the challenges faced during adolescence. It was so great to be able to continue this valuable opportunity via Zoom. Students were led through various topics such as Internet Safety, Cyber Bullying and Q & A with Police Constable Haugh. Students learned about treating each other with respect, fairness and empathy, while supporting an environment of openness and inclusivity.



Sp Adobe Spark



GROUP CALENDAR WINTER 2021 ONLINE PRE-REGISTRATION REQUIRED at www.fsyр.ca

All Groups are a 2SLGBTQ+ positive space

PLEASE CALL TO CONFIRM START DATES AS THEY ARE SUBJECT TO CHANGE DUE TO INSUFFICIENT REGISTRATION

PARENTING

Family Transitions Triple P	This 6 week group promotes a healthy transition for <u>parents</u> going through separation or divorce. This course will address self care and is designed to help a parent manage the anger and resentment that often accompanies relationship breakdown. Apply online. Pre-Group interview required; call Janice at 905-895-2371. Date: English 6 Wednesdays, January 20 to February 24, 2021 Location: FSYR Zoom	Time: 6:30 - 8:30 pm Fee: FREE with \$35 book purchase
Fearless Triple P	This 6 week course is for parents of children 6 -14 who are experiencing anxiety. Fear-Less Triple P supports parents and helps them to learn new cognitive behavioural strategies for anxiety management, encouraging them to apply these themselves for all their children. Apply online at www.fsyр.ca Pre-Group interview required. Date: English 6 Thursdays, January 14 to February 18, 2021 Location: FSYR Zoom	Time: 10:00 - 12:00 noon Fee: FREE with \$35 book purchase
	Date: Chinese , 6 Wednesdays, January 13 to February 17, 2021 Location: FSYR Zoom Contact AJ at 905-415-9719	Time: 10:00 - 12:00 noon Fee: FREE with \$35 book purchase
Language Specific 0-12 Triple P Farsi, Mandarin Cantonese, Spanish	An 8 week Positive Parenting Program (Triple P) providing parents with tools to help their children with behavioural and emotional issues. <u>Workbook</u> purchase required. Date: FARSI 8 Wednesdays, January 20 to March 10, 2021 Location: FSYR Zoom Contact Poopeh at 905-883-6572	Time: 5:30 - 7:00 pm Fee: FREE with \$35 book purchase
	Date: Mandarin , 8 Thursdays, January 14 to March 4, 2021 Location: FSYR Zoom Contact AJ at 905-415-9719	Time: 6:00—8:00 am Fee: FREE with \$35 book purchase
	Date: Cantonese , 8 Wednesdays, January 13 to March 3, 2021 Location: FSYR Zoom Contact AJ at 905-415-9719	Time: 6:00—8:00 am Fee: FREE with \$35 book purchase
	Date: Spanish , 8 Thursdays, January 28 to April 1, 2021 Location: FSYR Zoom Contact Julia at 905-895-2371	Time: 9:30—11:30 am Fee: FREE with \$35 book purchase
Triple P Teen (parents of teens 13-17)	Date: Spring 2021 TBC	Time: 6:00 - 8:00 pm
Triple P 0-12	Date: Spring 2021 TBC	Time: 6:00 - 8:00 pm
Parenting for Life	Date: Spring 2021 TBC	Time: 6:30 - 8:00 pm

YOUTH GROUPS

Emotional & Interpersonal Skills Development for Teens (13 to 17 yrs)	This group is replacing the Working with Worry program. This is an 8 week program for youth that focuses on skill development and experiential learning in the areas of emotion regulation and interpersonal relationships. This is an integrated and evidence informed program where your teen will learn and practice skills such as identifying feelings, regulating emotions, positive coping strategies, communication, assertiveness, self-compassion, understanding boundaries and increasing self-esteem. Date: 8 Tuesdays January 19 to March 9, 2021 Location: FSYR— Zoom	Time: 4:30 to 6:00 pm Fee: FREE with \$20.00 registration fee
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GROUP CALENDAR WINTER 2021

GROUPS FOR MEN

Men's Anger Management & Positive Living Group A 12 week program that helps members understand and deal with their anger, frustration, anxiety and stress in more constructive ways. Learn how to challenge distorted thinking and learn to redirect thoughts and choose respectful interactions. Change your thoughts, feelings and behavior; enhance your relationships within a supportive space.

Date: 12 Thursdays, January 21 to April 8, 2021 **Time:** 6:30 - 8:00 pm
Location: FSYR Zoom **Fee:** \$225.00 or Free to those who qualify with \$20 registration fee
Note: Pre Group Interviews required

GROUPS FOR WOMEN

Farsi Women's Support Group This 8 week program will focus on self-confidence, assertiveness, communication skills, parenting, healthy relationships, immigration and settlement issues, self care, health & wellness and community resources.

Date: 8 Thursdays, January 21 to February 25, 2021 **Time:** 5:30 - 7:30 pm
Location: FSYR— Zoom **Fee:** FREE
 Contact Poopah at 905-883-6572

GROUPS FOR MEN & WOMEN

Mindfulness & Stress Reduction Training *MAST* This 5 week group intervention offers members the opportunity to better understand their unique response to stress and to learn valuable skills to help manage their stress and regulate emotions. Through education, mindfulness practice and group support, members will expand their toolkit of coping skills.

Date: Spring 2021 TBC **Time:** 12:30 to 2:30 pm
Location: FSYR Zoom **Fee:** \$120.00 or Free to those who qualify with a \$20.00 registration fee

Raising Hope A 12 week course to build resiliency. Learn and Practice CBT, mindfulness and centering techniques to build confidence and assertiveness, conquer anxiety and depression, overcome codependency and learn the advantages of goal setting. Group is conducted in a safe and supportive environment.

Date: 12 Tuesdays, March 2 to May 18, 2021 **Time:** 9:30 to 11:00 am
Location: FSYR Zoom **Fee:** \$120.00 (or Free to those who qualify with a \$20.00 registration fee)

2SLGBTQ+ GROUPS

TRANSGENDER SUPPORT GROUP

An ongoing group for those questioning/exploring their gender identity or wanting more support. The group provides a safe and supportive environment to talk about the things that matter as well as learn more about community supports.

Register by calling Barb Urman at 1-866-415-9723

Date: Third Wednesday of each month, **Time:** 7:00 - 8:30pm
Location: FSYR Zoom **Fee:** FREE

SOUTH ASIAN OUTREACH

South Asian Women's Support Groups:

Ongoing programs for South Asian Women. Topics will include Parenting, Health & Nutrition, Family Stress, Immigration & Legal Information, Yoga & Exercise, Employment and other topics that matter to you and your families.

Hindi, Punjabi, Urdu & English

Date: Tuesdays, December to June, 2021 **Time:** 6:00 - 8:00 pm
Location: Zoom **Fee:** FREE
TO REGISTER: Call Leena 416-818-7075

Urdu, Punjabi, Hindi

Date: Thursdays, January to June 2021 **Time:** 12:00 am –2:00 pm
Location: Zoom **Fee:** FREE
TO REGISTER: Call Aisha at 647-545-8241