



# Clearmeadow P.S.

January Character Trait: Fairness

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Website: <http://www.yrdsb.ca/schools/clearmeadow.ps>

(905) 868-8081



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## CALENDAR

Jan. 11 Day 3	Virtual Learning continues through to January 22 <sup>nd</sup> . We hope to be back on January 25 <sup>th</sup> F2F.
Jan. 12 Day 4	
Jan. 13 Day 5	Virtual School Council Meeting <a href="https://global.gotomeeting.com/join/216945973">https://global.gotomeeting.com/join/216945973</a>
Jan. 14 Day 1	Virtual French Immersion Information Session (link will be provided via email to all SK families)
Jan. 15 Day 0	P.A. Day - No school FDK registration begins French Immersion registration begins
<b>Upcoming Dates</b>	
January	Tamil Heritage Month

## PHOTO GALLERY



Working together as a Home/School team we can make the next 2 weeks as successful as possible.

## AT A GLANCE INFORMATION

**French Immersion at Clearmeadow:** Beginning in September 2021, French Immersion for Grade 1 classes (that normally go to Poplar Bank PS) will be now attending Clearmeadow PS. This year our Information session for Grade 1 entry into the French Immersion (FI) program will take place virtually on January 14, 2021. A link will be shared with SK families via email where you will be able to view a pre-recorded information session which includes commonly asked questions and answers. **FI registration will begin on January 15, 2021.** Parents or guardians of Senior Kindergarten students entering Grade 1 in 2021, and wishing to enrol in the FI Program, can email or call Clearmeadow PS office and indicate their intention to enroll and collect any necessary information. **You are asked to register by February 5, 2021.** Registration during this period is not first come, first served. Late registrations are those submitted after February 5, 2021. Late registrations will be treated on a first- come, first-served basis and will be considered subsequent to registrations received during the registration period should overflow be necessary.


**FDK Registration for 2021-2022:** Kindergarten registration for September 2021 begins January 15 for the 2021-22 school year. We look forward to welcoming our new students and families to our school. Children who turn four or five years old during 2020, live within the school boundary and whose parents are public school tax supporters, will be eligible to register for kindergarten.

Register for Kindergarten:

**Online.** You can access the online registration information at [bit.ly/KindergartenYRDSB](http://bit.ly/KindergartenYRDSB). A laptop or desktop computer is strongly recommended to complete the online registration, rather than a mobile device. Once you have completed the forms online, you will need to take some required documents to your school for verification only. This can be done by appointment only and must follow all COVID19 health and safety protocols.




**Baythorn Arts Program:** YRDSB offers an Elementary Integrated Arts Program at Baythorn PS. If you are currently in grades 4 or 5 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 program, you and your family are invited to attend a virtual information evening: Thursday, January 14, 2021 at 6:30 pm. Link is on School Website.

# COLLEGE INFORMATION WEEK FOR BLACK STUDENTS



## COLLEGE INFORMATION WEEK

The YRDSB Graduation Coaches for Black Students, in partnership with various colleges, are hosting two College Information Nights for Black Students.



**Two Nights of Information**






Tuesday, January 19, 2021

*Humber College and George Brown*


Thursday, January 21, 2021

*Seneca College, Sheridan and Centennial*

[Registration](#)



# BAYTHORN ARTS PROGRAM



## 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 hosted virtually by Baythorn arts staff on:  
**Thursday, January 14, 2021 at 6:30 pm**

Please visit [bit.ly/baythorn\\_arts\\_info](https://bit.ly/baythorn_arts_info) to add your name to our arts information list.  
On line application process will open on January 14th and close on February 5th  
We will email you with updates about our Information Night and admissions process.



If you require further information, please email us at [baythorn.arts@gmail.com](mailto:baythorn.arts@gmail.com)  
or call us at  
Baythorn Public School  
(905) 889-7992.



## GROUP CALENDAR WINTER 2021 ONLINE PRE-REGISTRATION REQUIRED at [www.fsyр.ca](http://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

<b>Family Transitions Triple P</b>	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. <b>Date:</b> <u>English</u> 6 Wednesdays, January 20 to February 24, 2021 <b>Location:</b> FSYR Zoom	<b>Time:</b> 6:30 - 8:30 pm <b>Fee:</b> FREE with \$35 book purchase
<b>Fearless Triple P</b>	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 <a href="http://www.fsyр.ca">www.fsyр.ca</a> Pre-Group interview required. <b>Date:</b> <u>English</u> 6 Thursdays, January 14 to February 18, 2021 <b>Location:</b> FSYR Zoom	<b>Time:</b> 10:00 - 12:00 noon <b>Fee:</b> FREE with \$35 book purchase
	<b>Date:</b> <u>Chinese</u> , 6 Wednesdays, January 13 to February 17, 2021 <b>Location:</b> FSYR Zoom <b>Contact</b> AJ at 905-415-9719	<b>Time:</b> 10:00 - 12:00 noon <b>Fee:</b> FREE with \$35 book purchase
<b>Language Specific 0-12 Triple P Farsi, Mandarin Cantonese, Spanish</b>	An 8 week Positive Parenting Program (Triple P) providing parents with tools to help their children with behavioural and emotional issues. Workbook purchase required. <b>Date:</b> <u>FARSI</u> 8 Wednesdays, January 20 to March 10, 2021 <b>Location:</b> FSYR Zoom <b>Contact</b> Poopeh at 905-883-6572	<b>Time:</b> 5:30 - 7:00 pm <b>Fee:</b> FREE with \$35 book purchase
	<b>Date:</b> <u>Mandarin</u> , 8 Thursdays, January 14 to March 4, 2021 <b>Location:</b> FSYR Zoom <b>Contact</b> AJ at 905-415-9719	<b>Time:</b> 6:00—8:00 am <b>Fee:</b> FREE with \$35 book purchase
	<b>Date:</b> <u>Cantonese</u> , 8 Wednesdays, January 13 to March 3, 2021 <b>Location:</b> FSYR Zoom <b>Contact</b> AJ at 905-415-9719	<b>Time:</b> 6:00—8:00 am <b>Fee:</b> FREE with \$35 book purchase
	<b>Date:</b> <u>Spanish</u> , 8 Thursdays, January 28 to April 1, 2021 <b>Location:</b> FSYR Zoom <b>Contact</b> Julia at 905-895-2371	<b>Time:</b> 9:30—11:30 am <b>Fee:</b> FREE with \$35 book purchase
<b>Triple P Teen (parents of teens 13-17)</b>	<b>Date:</b> Spring 2021 TBC	<b>Time:</b> 6:00 - 8:00 pm
<b>Triple P 0-12</b>	<b>Date:</b> Spring 2021 TBC	<b>Time:</b> 6:00 - 8:00 pm
<b>Parenting for Life</b>	<b>Date:</b> Spring 2021 TBC	<b>Time:</b> 6:30 - 8:00 pm

### YOUTH GROUPS

<b>Emotional &amp; Interpersonal Skills Development for Teens (13 to 17 yrs)</b>	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. <b>Date:</b> 8 Tuesdays January 19 to March 9, 2021 <b>Location:</b> FSYR— Zoom	<b>Time:</b> 4:30 to 6:00 pm <b>Fee:</b> FREE with \$20.00 registration fee
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### 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