



Clearmeadow P.S.

January Character Trait: Fairness

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CALENDAR

Jan. 4 Day 3	First Day of School 2021 ***If we are Face to Face, please bring technology back to school today.
Jan. 5 Day 4	
Jan. 6 Day 5	
Jan. 7 Day 1	
Jan. 8 Day 2	
Upcoming Dates	
January	Tamil Heritage Month
Jan. 13	Virtual School Council Meeting

PHOTO GALLERY



Holiday Heroes Campaign was an amazing success! Well done Clearmeadow PS!

AT A GLANCE INFORMATION

To all of our families, we wish you a safe and happy winter break.
We look forward to welcoming everyone back on January 4, 2021!



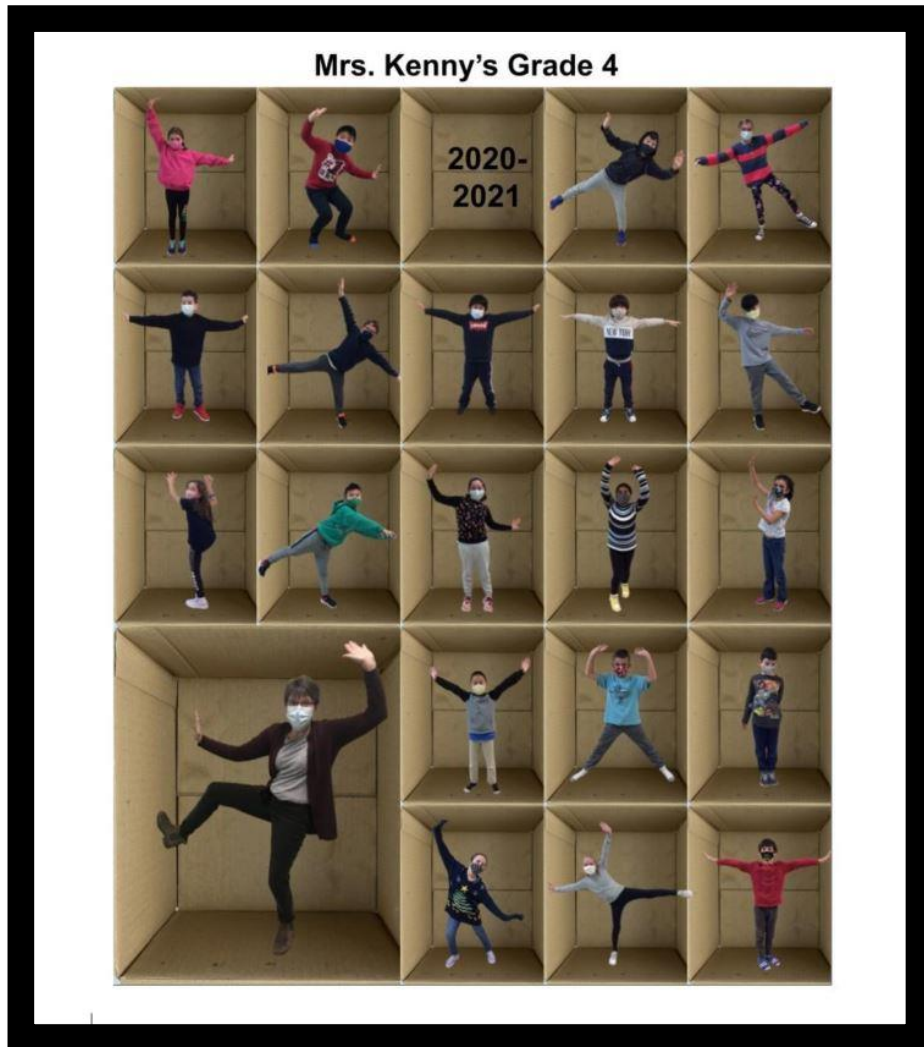
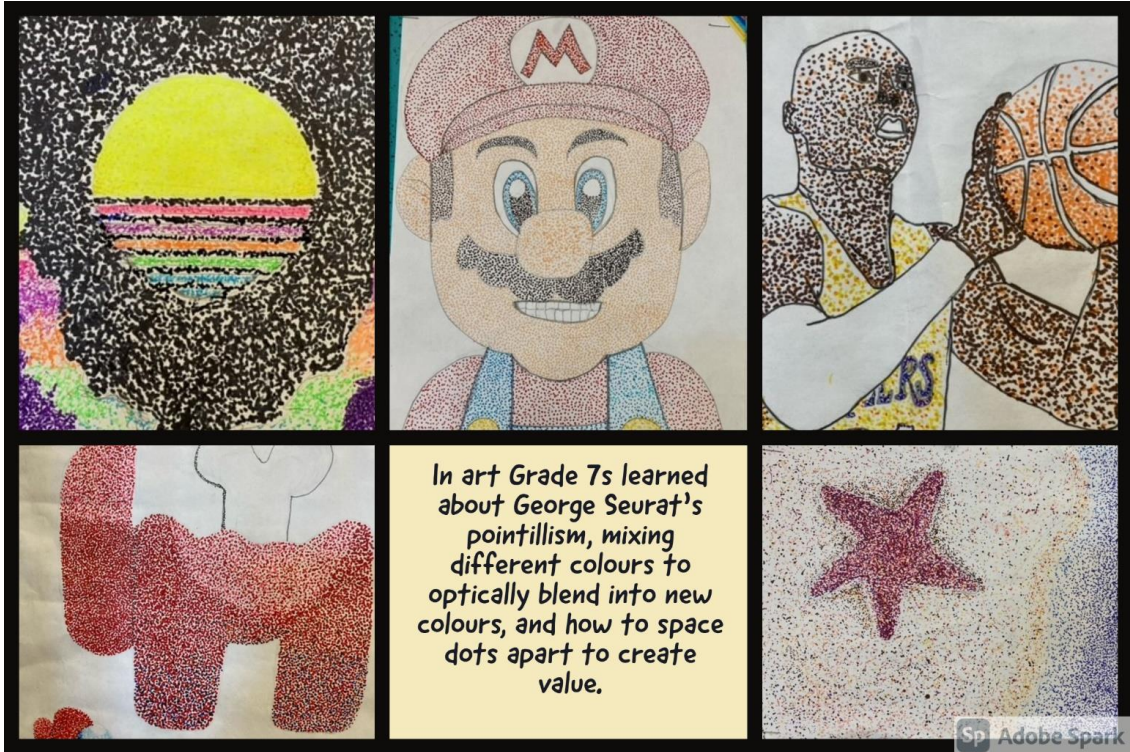
Winter Break!



MAKING THE MOST OF THE UNEXPECTED SNOWFALL!



CELEBRATING STUDENTS





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 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
or call us at
Baythorn Public School
(905) 889-7992.



GROUP CALENDAR WINTER 2021 ONLINE PRE-REGISTRATION REQUIRED at www.fsyrr.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: <u>English</u> 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.fsyrr.ca Pre-Group interview required. Date: <u>English</u> 6 Thursdays, January 14 to February 18, 2021 Location: FSYR Zoom	Time: 10:00 - 12:00 noon Fee: FREE with \$35 book purchase
	Date: <u>Chinese</u> , 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: <u>FARSI</u> 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: <u>Mandarin</u> , 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: <u>Cantonese</u> , 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: <u>Spanish</u> , 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