



# Clearmeadow P.S.

November Character Trait: Honesty

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## CALENDAR

<b>Nov. 9</b> Day 4	EDSBY scheduler for Parent Teacher Interview closes today
<b>Nov. 10</b> Day 5	
<b>Nov. 11</b> Day 1	Remembrance Day
<b>Nov. 12</b> Day 2	Virtual Parent Teacher Interviews (evening)
<b>Nov. 13</b> Day 0	P.A. Day No School Virtual Parent Teacher Interviews (morning)
<b>Upcoming Dates</b>	
<b>Nov. 14</b>	Diwali
<b>Nov. 19</b>	Kindergarten Initial Observations and Gr. 1-8 Progress Reports Go Home

## PHOTO GALLERY



A little pumpkin carving fun!

## AT A GLANCE INFORMATION

**Translators for Parent Teacher Interviews:** If families would like to request a translator for assistance during Parent Teacher Interviews, please email Mr. Parke: [david.parke@yrdsb.ca](mailto:david.parke@yrdsb.ca) or call him at 905-868-8081 ext.255.

**School Technology Return:** For all of our families that borrowed school technology last spring for distance learning, we are asking those families to return that technology back to the school as soon as possible. Students can bring the technology with them to school (including the charging cord), pass onto their teacher where the return will be logged by our Field Technology Analyst and properly cleaned, repaired and disinfected before returning to classroom use. We thank you for your assistance with this matter.

**Parent Teacher Interviews:** A reminder to all of our families to please sign up on EDSBY for your Parent Teacher Interview. The window for scheduling an interview closes on the evening of November 9<sup>th</sup>. If you have any questions about the procedure for signing up for an interview please contact your child's teacher.

**Reminder:** This is just a reminder to parents that due to our strict health and safety protocols we cannot accept drop offs during the school day. This includes lunches, shoes, water bottles etc. As well, parents should not be on school property during our outdoor recess times when children are in the yard. If you require assistance, please come to the front door only. We thank you for your cooperation and support as we work together to keep our staff and students safe.

# CELEBRATING STUDENTS



DECORATING DOORS AND CLASS PARTICIPATION COMPETITIONS GENERATED A LOT OF SCHOOL SPIRIT. THANK YOU TO SCHOOL COUNCIL FOR ORGANIZING THE EVENT AND JUDGING THE RESULTS. THE WINNERS ARE:

PRIMARY DOOR: MS. GOODMAN & MS. MCKEOWN  
 JUNIOR DOOR: MS. KENNY & MS. HORNER  
 INTERMEDIATE DOOR: MR. MAKO & MS. BROWN  
 PRIMARY CLASSROOM: MS. WOOD  
 JUNIOR CLASSROOM: MS. GRANT  
 INTERMEDIATE CLASSROOM: MS. NORMAN



# CELEBRATING STUDENTS

Halloween Door Spirit!



# CELEBRATING STUDENTS

**LOOK  
HOW  
MUCH  
WE'VE  
GROWN!**

MS. KELL'S CLASS HAS BEEN STUDYING PLANTS AND HAVE ENJOYED WATCHING THEIR WORK GROW!

# HURON ARTS INFORMATION

 **COMING SOON**  
SECONDARY *Arts* SCHOOL INFORMATION NIGHTS

YRDSB OFFERS REGIONAL ARTS SCHOOLS FOR SECONDARY STUDENTS WHO ARE COMMITTED TO ACHIEVING EXCELLENCE IN THE ARTS

*Drama*  
*Music*  
*Dance*  
*Visual art*

PLEASE VISIT YOUR REGIONAL ARTS' PAGE FOR MORE INFORMATION ON PROGRAMS, INFORMATION NIGHTS AND HOW TO APPLY

<b>ARTS</b> MACKENZIE	<b>ARTS</b> HURON	<b>ARTS</b> UNIONVILLE	<b>ARTS</b> WESTMOUNT
<a href="#">Alexander Mackenzie HS</a>	<a href="#">Huron Heights SS</a>	<a href="#">Unionville HS</a>	<a href="#">Westmount CI</a>
Thursday Nov. 5th	Thursday Nov. 5th	Tuesday Nov. 3rd	Thursday Nov. 5th

**REMINDER** applications open November 9th, due December 1st



Black Foundation of Community Networks  
info@bfcn.ca | 416-566-2731

## Friday Focus Parent Forum

### A Monthly Workshop Series for Black Parents

#### WORKSHOP #1: I AM FOCUSED

A workshop on scheduling tools and techniques  
to help you and your family get focused and  
ready for success!

**Friday, November 13**  
**7 PM - 9 PM**  
**Online (Zoom)**

Register at [bit.ly/BFCNWorkshopNovember13](https://bit.ly/BFCNWorkshopNovember13)



Parents for Children's  
Mental Health  
SUPPORT. EDUCATE. EMPOWER.

**Monday, November 16th, 2020 6:30 pm - 8 pm**

*PARENTS' Support Group-All are welcome!*

#### VIRTUAL MEETING

**Topic: Anxiety in COVID times with Guest Speaker**

*Does your child's anxiety, ADHD, mood disorders, learning disability, or  
behaviour challenges make parenting difficult? Join us...*

Aurora York PCMH Chapter Meeting  
Mon, Nov 16, 2020 6:30 PM - 8:00 PM (EST)

Please join my meeting from your computer, tablet or smartphone.

<https://global.gotomeeting.com/join/264461077>

You can also dial in using your phone.

Canada: +1 (647) 497-9373

Access Code: 264-461-077

New to GoToMeeting? Get the app now and be ready when your first meeting starts:  
<https://global.gotomeeting.com/install/264461077>

#### Benefits of PCMH Support Group:

- meet other parents with children who have similar challenges
  - find encouragement and emotional support
- learn strategies to help your child or youth at home/school
  - learn how to access resources in the community

PCMH is the only provincial, family-led, non-profit organization that provides a voice for families who face the challenges of child and youth mental health issues. PCMH provides support, education, and linkage between families, communities, agencies and government. PCMH believes in the promotion of family-centred principles of care. PCMH envisions a future in which children and youth with mental illness enjoy a high quality of life in welcoming and supportive communities. For more information and resources, please visit [www.pcmh.ca](http://www.pcmh.ca).

**Next Meeting: Monday, December 14, 2020 6:30 pm - 8 pm. (Flyer will be sent out late November.)**



Webinars

November/December 2020

If you are receiving services from York Hills, please connect with your clinical worker to register for one of the workshops.



Register at [www.yorkhillscentre.ca/webinars](http://www.yorkhillscentre.ca/webinars) or scan the barcode!

**BRINGING YOUR FAMILY INTO FOCUS — PARENTING CHILDREN WITH ATTENTIONAL DIFFICULTIES**  
(Laurie Blow and Rick Rotchild - Intensive Child and Family Workers)

Tuesday  
November 10, 2020  
6:30 PM — 8:30 PM  
Zoom Webinar

The goal of this workshop is to provide information to support parents/caregivers of children and adolescents who experience challenges with focusing, attention, and managing impulsivity. The workshop will cover: What ADHD is and what it is not, how living with ADHD impacts your child and family, and will provide strategies to assist in managing and coping when your child struggles with attentional difficulties.

**UNDERSTANDING AND SUPPORTING CHILDREN WHO EXPERIENCE BEING BULLIED DISCUSSION**  
(Uma Bhatt - Community Outreach Worker)

Tuesday  
November 17, 2020  
6:30 PM — 8:30 PM  
Zoom Webinar

Is your child being bullied? Does your child bully others? Being bullied can be a very disturbing and often traumatic experience for children and their families. Come and learn what bullying behaviour is, how to recognize signs and symptoms indicating that a child may be bullied, or is engaging in bullying behaviour. Learn how to support, and empower your child.

**POSITIVE CONNECTIONS— HOW TO RESPOND TO YOUR CHILD IN POSITIVE AND EFFECTIVE WAYS**  
(Larisa Levalds - Child and Family Therapist, Cindy Inacio - 0-6 Worker, Vibhuti Bhatt—Speech and Language Pathologist)

Thursday  
November 19, 2020  
1:00 PM — 3:00 PM  
Zoom Webinar

This workshop is for parents/caregivers who are looking for new ways to connect with their child(ren) aged 0—6. Caregivers will learn how to connect with their child(ren), and will gain a solid understanding of how, why, and when connections are optimal in order to overcome behavioural challenges that child(ren) may be experiencing.

**SIBLING RIVALRY TO SIBLING RELATIONSHIP** (Uma Bhatt - Community Outreach Worker)

Tuesday  
November 24, 2020  
6:30 PM — 8:30 PM  
Zoom Webinar

Come and learn! This workshop will discuss what sibling rivalry is, what causes it, and what parents can do to build and strengthen this important relationship.

- Explore the meaning of 'fairness' from a child's perspective, and learn how to handle each child's feelings.
- Learn how to respond to challenging behaviours, and how to balance the parental role of being a 'coach and a referee'.
- Learn the value of 'cooling off time', and teach your children to use 'quiet spaces' for calming and learning to work together with a sibling to problem solve.
- Learn ways to encourage positive and respectful sibling relationships.
- Learn additional ways to cope and manage when one/both siblings have mental health challenges.





Webinars

November/December 2020

If you are receiving services from York Hills, please connect with your clinical worker to register for one of the workshops.



Register at [www.yorkhillscentre.eventbrite.com](https://www.yorkhillscentre.eventbrite.com) or scan the barcode!

**BeYOUTiful—SUPPORTING POSITIVE BODY IMAGE IN CHILDREN AND YOUTH**  
(Alyssa Fallone and Nathalie Gonsalves—Community Outreach)

Thursday  
November 26, 2020  
6:30 PM — 8:30 PM  
Zoom Webinar

Did you know – Over 50% of teen girls and 30% of teen boys use unhealthy weight control behaviours such as skipping meals, fasting, smoking cigarettes, vomiting, and taking laxatives?

We live in a world that has an opinion on everything we do – what hairstyle we have, how we should dress, what size we should be. The list is endless. These pressures can impact how we view ourselves and how we interact with the world. As parents and caregivers, how do we help our children navigate these pressures? This webinar provides an introduction to understanding body image. We will explore compliments and criticisms, media impact and cultural differences, as well as techniques to help build confidence and boost self-esteem in children and youth.

**UNDERSTANDING THE BRAIN AND BEHAVIOUR DEVELOPMENT IN CHILDREN WITH AUTISM SPECTRUM DISORDER** (Neil Walker - Compass Manager)

Wednesday  
December 2, 2020  
6:30 PM — 8:30 PM  
Zoom Webinar

This webinar will assist in understanding the brain development of children with Autism Spectrum Disorder, and will explain the cause of behaviours commonly experienced. Participants will learn strategies that can be used to support and manage the challenges that children with ASD often face.

**UNDERSTANDING AND MANAGING CHALLENGING BEHAVIOURS**  
(Angie Chan and Vanessa Suarez - Child and Family Therapists)

Monday  
December 7, 2020  
6:30 PM — 8:30 PM  
Zoom Webinar

Understanding challenging behaviours and where they stem from is the first step to being able to better manage them. This workshop will focus on how behaviours function in a child's brain and will explore the use of tools within the parent/child relationship to manage challenging behaviours.

Visit our [website](#) for new events, webinars and information!

FOLLOW us on Facebook, Instagram, Twitter and Eventbrite for the latest!

