



Cobra Communicator

We are a village, growing together

January 10, 2025.

Dear Families,

Happy New Year! We hope everyone had a restful and enjoyable winter break. It is great to start 2025 with a positive vibe in the building. We hope you enjoyed the winter break and are now happy to have your children back into school routines. We have had a great first week back with learning back in full swing and extra-curricular activities up and running. Please see all of the opportunities listed in the calendar below and encourage your child(ren) to get involved in things outside of the classroom.

We are incredibly impressed with the student leaders at CVPS! The student council meets each Monday and they share fabulous ideas with the teachers and administrators. We have many student volunteers in the role of lunch monitors. As well, we have a group of dedicated students helping out with our announcements each day and in various other capacities around the school.

As always, please reach out if we can help with anything at all!

Sincerely,

Heather Purcell

Principal
heather.purcell@yrdsb.ca

Joanne Trim

Vice Principal
joanne.trim@yrdsb.ca

Upcoming Events:

Date	Day	What's Happening at School?
Monday, January 13	1	<ul style="list-style-type: none"> Pizza Day for those who ordered Pokemon Club- snack recess in the library Alice in Wonderland rehearsal-lunch recess Student Council Meeting- snack recess School Council Meeting 6:30 p.m.- 8:00 p.m.
Tuesday, January 14	2	<ul style="list-style-type: none"> Eco Schools/Healthy Schools club meeting -snack recess Trivia Club- lunch recess Quiet Club- snack recess Grade 4-6 Coding Club- snack recess
Wednesday January 15	3	<ul style="list-style-type: none"> snack shack 8:45 a.m. Subway Subs for those who ordered Snack Shack - 8:45 am Choir- snack recess Reach for the Top Area Tournament
Thursday, January 16	4	<ul style="list-style-type: none"> Alice in Wonderland rehearsal-lunch recess
Friday, January 17	0	<ul style="list-style-type: none"> P.A. Day Kindergarten registration begins

Mark your calendars:

Jan. 20 - 24 - Blow Away the Blues Week
Jan. 21 - Mental Health Presentations
Jan. 22 - Let's Talk Day
Jan 28- Junior Boys' Volleyball tournament
Jan. 30- Junior Girls' Volleyball Tournament
Feb. 3 - Grade 8 Grad Photos
Feb. 3-5 - Lake St. George - Grade 7
Feb. 6- Lunar New Year Performance 9:30 a.m.
Feb. 11- Earth Rangers 2:00 p.m.
Feb. 14 - Winter Carnival
Feb. 26 - Pink Shirt Day
March 6 & 7 Milne - Grade 2
March 17 & 18 - Milne - Grade 4
March 19 & 20 - Milne - Grade 7
April 23- Grade 7 visit to MSH
June 4 - Track and Field Area Meet
June 23- Grade 8 graduation- CVPS

School Holidays

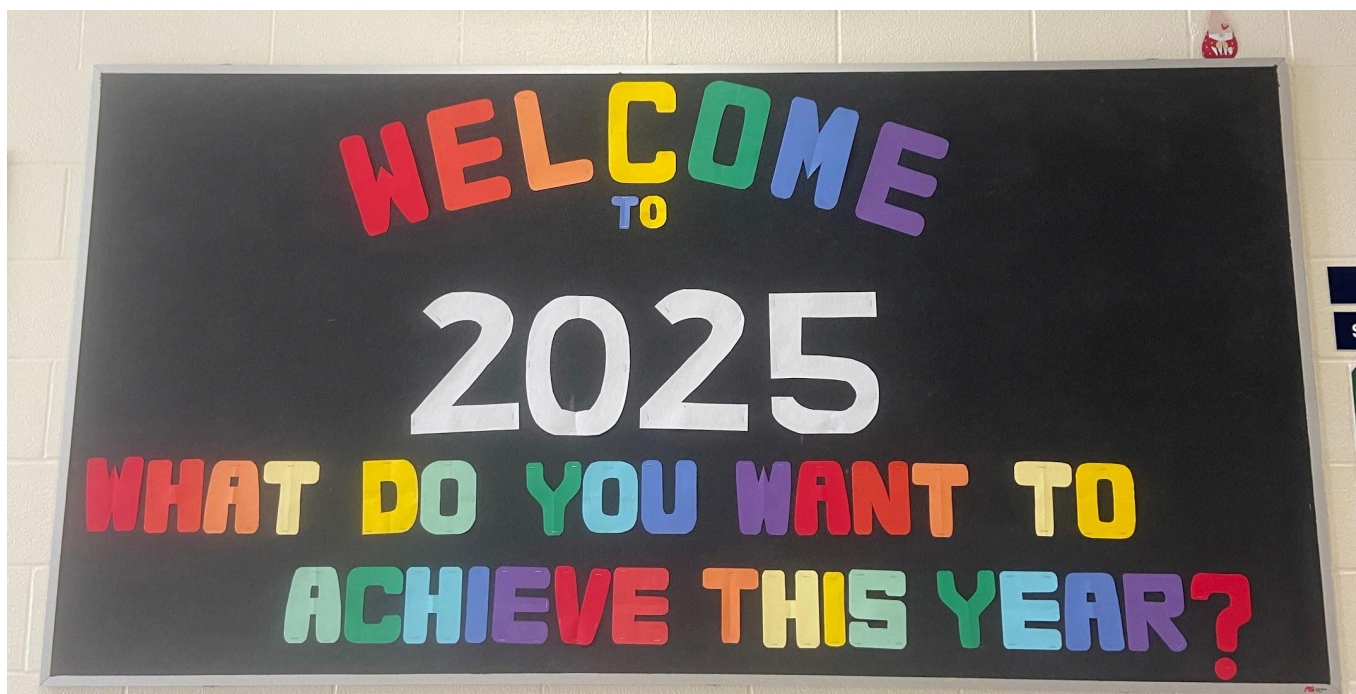
Family Day - Mon., Feb. 17
Mid-Winter Break - March 10, to March 14
Good Friday - April 18
Easter Monday - April 21
Victoria Day - Mon. May 19

P.A. Days

Friday, January 17, 2025
 Friday, January 31, 2025
 Monday, June 9, 2025
 Friday, June 27, 2025

School Council Meetings - 6:30 - 8:00 pm

February 3
 April 7
 May 5
 June 2



BLOW AWAY THE BLUES WEEK

JANUARY 20-24

**BLUE MONDAY
JANUARY 20**

DAY 5

YOGA

KINDERGARTEN-1 9-9:30

GR. 2-5 9:30-10:00

GR. 6-8 10:00-10:30

**TUESDAY
JANUARY 21**

DAY 1

YOUTHSPEAK ASSEMBLIES:

GR.4-6 9:40-10:40 EMPOWERING MINDS

GR.1-3 11:15-11:55 SELF CARE TOOLKIT

GR.7-8 1:50-2:50 MENTAL HEALTH &
WELL BEING

**WEDNESDAY
JANUARY 22**

DAY 2

SNOWSCULPTURE

CHALLENGE

2:50-3:30

WHOLE SCHOOL OUTSIDE

**THURSDAY
JANUARY 23**

DAY 3

MINDFULNESS

MANDALAS

**FRIDAY
JANUARY 24**

DAY 4

FRO YO FRIDAY!

**HEALTHY TREAT OF FROZEN YOGURT
DANCE:**

K- JUST DANCE IN CLASSROOMS WITH STUDENT LEADERS
12:00-12:50

GR.1-5 JUST DANCE IN GYM 12:00-12:50

GR. 6-8 DANCE IN GYM 1:50-3:15

NOTES

**GYM CLOSURES:
MONDAY PER. 1 & 2
TUESDAY ALL DAY
FRIDAY PER. 4,5,6**

Cold and Flu Season




Winter is here and with it comes the cold and flu season. We are noticing an increasing number of students who are absent due to illness, or exhibiting symptoms while at school. Please read the important information below from York Region Public Health to help you know when to send your child back to school following a fever and/or nausea/vomiting/diarrhea. This helps all of our students, staff and families stay healthy!

The following information can be found on the Public Health website
(<https://www.ontario.ca/page/protection-covid-19-and-other-respiratory-illnesses>):

- If you are sick, stay home to prevent transmission to others, except to seek testing or medical care if required.
- You should stay home until **all** of the following apply to you:
 - your **symptoms have been improving for at least 24 hours** (or **48 hours if you had nausea, vomiting and/or diarrhea**, i.e. from the last time that you had any symptoms)
 - you **do not have a fever**
 - you **do not develop any additional symptoms**

From your School Council

The new block of Hot Lunches began on our first Monday back to school in January. This was based on orders that were received on or before December 16th in School Cash Online.

		
Mondays Jan 13, 20, 27 Feb 3, 10, 24, March 3	Wednesdays Jan 8, 15, 22, 29 Feb 5, 12, 19, 26 March 5	Fridays Jan 10, 24 Feb 7, 14, 21, 28 March 7

Important Winter Weather Reminders

With winter weather here, we want to share a few important reminders.

Dress for the weather

- Students should come dressed appropriately for the weather and for outdoor play. Students can stay warm by wearing layers of loose-fitting clothing, a hat, scarf, jackets, snow pants and mittens or gloves. Students may also want to bring extra pants and socks in case they get wet.

Recess

- If students are well enough to come to school, they are expected to go outside for recess. Our students benefit from spending time outside and being active. We monitor weather conditions throughout the day. If there are extreme weather conditions, we may consider a shortened or indoor recess.

Bus or School Cancellations

- When an extreme cold or inclement weather day is declared, school transportation (including buses and taxis) is cancelled in the morning and afternoon. Schools will remain open. Please notify the school if your child will not be attending school on those days. Students will not be penalized for missing school on these days.
- There may be rare instances when emergency weather events occur and we need to close all schools and Board locations. Please take the time to make plans in the event of an emergency school closure. Information about transportation cancellations and Board closures will be shared through local media, Board and school websites and on X @YRDSB.
- Our process for extreme cold, inclement weather and emergency weather days is outlined in the [Board's Severe Weather policy](#).

From the YRDSB

In Collaboration with YRDSB, Inclusive School and Community Services, Educators for Tamil Student Success, Tamil Heritage Month Council, Tamil Canadian Centre for Civic Action and Canadian Academy of Tamil Folk Arts presents;

Our Heritage, Our Roots, Elementary Student Conference for Tamil Heritage Month 2025

Students in Grades 5 to 8 are invited to the Elementary Student Conference to participate in 4 learning workshops for Tamil Heritage Month 2025 - registration required.

Venue: Milliken Mills High School, 7522 Kennedy Rd, Markham, ON L3R 9S5

Date: Saturday, February 1, 2025

Time: 9:30 a.m. – 2:30 p.m. Pizza Lunch Provided

[Electronic Registration](#) is preferred. Please see the attachment below to register.

Sujeetha Thillaiampalam, Dr. G.W. Williams, (905) 727-3131 sujeetha.thillaiampalam@yrdsb.ca

Dooshiv Thuraijasingham, Wismer P.S., (905) 471-5526 dooshiv.thuraijasingham@yrdsb.ca

Nageswary Srikumaraguru, ISCS, (905) 884-2046 ext. 321 nageswary.srikumaraguru@yrdsb.ca



ELEMENTARY TAMIL STUDENT CONFERENCE

YRDSB brought to you in partnership with:
Educators for Tamil Student Success
Tamil Canadian Centre for Civic Action
Tamil Youth Organization.

WORKSHOPS

Each student delegate from grades 5 to 8 will attend
4 workshops:

- Ancient Art of Parai
- Our Identities
- Let's Get Cooking
- Kilithatu

Lunch Provided

THE EVENT WILL START ON

01
Feb, 2025

**Milliken
Mills HS**

9:30am – 2:30pm

[Click here to register](#)

For more information contact:

Contact Us

Sujeetha Thillaiampalam, Dr. G. W. Williams, sujeetha.thillaiampalam@yrdsb.ca

Dooshiv Thurairajasingham, Wismer P.S., dooshiv.thurairajasingham@yrdsb.ca

Nageswary Srikumaraguru, Inclusive School and Community Services,
nageswary.srikumaraguru@yrdsb.ca

Understanding and Navigating the Education System



presented by

**THE CENTRE FOR
BLACK STUDENT EXCELLENCE**

Families of YRDSB Black Students Monthly Information Session

**Monday, January 27, 2025
6:30 - 7:30 p.m.**

Families, parents, caregivers, please join us for our monthly virtual meeting where families with Black children come together to learn about resources and upcoming programs for Black students in both elementary and secondary schools.

Agenda:

- Inclusion Activity
- Course Selection and Pathway Planning
- Upcoming Programs and Events
- Question and Answer Session

Please register ASAP.

A Zoom meeting link will be sent after registration.

Let us come together to empower our students and build a stronger community.

We look forward to seeing you there.



[Register now.](#)



If you require further information, please contact
BlackStudentExcellence@yrdsb.ca



KINDERGARTEN REGISTRATION

There are several ways you can register your child for Kindergarten

**Kindergarten Registration for the 2025-2026 School Year
opens on Friday, January 17, 2025.**

**If your child was born in 2021, they are eligible
to begin Kindergarten in September.**

What to Expect in Kindergarten

Our Kindergarten programs are caring and welcoming where children learn through exploration, play and inquiry. Your child will engage in activities that support early literacy, math, critical thinking, social skills and much more. Visit www.yrdsb.ca/Kindergarten to hear from students and educators and to learn more about our program, routines, registration and more.

We look forward to welcoming our new students and families to the school!

We encourage families to register online.

Please access the online Kindergarten Registration information at www.yrdsb.ca/kindergarten. It is recommended that you use a laptop or a desktop, rather than a mobile device to complete this registration.

- **Online** - Families can access the online Kindergarten registration information at www.yrdsb.ca/kindergarten. It is recommended that families use a laptop or a desktop, rather than a mobile device to complete this registration. Current families can also find the program registration link in the [Family Dashboard](#).
- **By email** - Families can download the [Elementary School Registration Form](#) at www.yrdsb.ca/Kindergarten and email the completed form to their school email address. Email addresses can be found on the [school website](#).
- **By phone** - Families can request support to complete the registration form on their behalf by collecting the required information by phone. Families can request an interpreter, if needed, during this phone conversation. [Call your local school](#).

You may call the school office at (905) 471-1694 if you require assistance with the registration.

Once you have completed your application, the school will contact you to make an appointment to review and verify the [required documents](#).

Learning Together: Experiencing the Joy of Kindergarten - 2-Day Conference

We will not be hosting a school, “Welcome to Kindergarten”, evening this year. We will be inviting our new students to come and tour the school and experience kindergarten with a parent/guardian, in the spring. Parents/guardians are encouraged to attend the conference offered by the YRDSB. Please see the information below.

*The York Region Child and Family Collaborative, in partnership with the York Region District School Board, York District Catholic School Board and EarlyON Child and Family Centres in York Region, **invite families of children eligible for Kindergarten in September 2025 to join us for a 2-Part Conference - Learning Together: Experiencing the Joy of Kindergarten.***

Conference Details:

Part One:

Date: Tuesday, February 18, 2025

Time: 6:30 - 8:30 p.m.

Format: Virtual session for parents and caregivers

Keynote Speaker: Hannah Beach (award-winning educator, author, emotional health consultant)

Part Two:

Date: Saturday, February 22, 2025

Time: Two session options: 8:30 a.m. - 11:30 a.m. or 1:00 p.m. - 4:00 p.m.

Format: In-person session for children and adults with interactive learning opportunities

Special: Families will receive a Learning Together Conference Bag containing books and resources



LEARNING TOGETHER

Experiencing the joy of Kindergarten
Conference

FOR FAMILIES WITH CHILDREN ENTERING
KINDERGARTEN SEPTEMBER 2025

The York Region Child and Family Collaborative in collaboration with the EarlyON Child and Family Programs in York Region **invites families of children eligible for Kindergarten in September 2025 to join us for a 2-Part Conference!**

February 18, VIRTUAL (Zoom) 6:30pm-8:30pm

February 22, IN-PERSON (St. Theresa of Lisieux CHS)

*Choose between 8:30am -11:30am or 1:00pm -4:00pm

PART ONE

Tuesday, February 18, 2025 - 6:30pm to 8:30pm

A virtual evening session for parents and caregivers

Award-winning educator, author, emotional health consultant, and keynote speaker, **Hannah Beach**, crafted the bestselling I Can Dance book series. In her role at Britannica Education, she designs worldwide courses that highlight play-based learning and emotional well-being. Hannah will share insights on the significance of learning through play.

PART TWO

Saturday, February 22, 2025

Choose between 8:30am-11:30am OR 1:00pm-4:00pm

A face-to-face session for children and adults to engage in fun and interactive learning opportunities



Register for the February 18 virtual session here!



Register for the February 22, 8:30am- 11:30am session here!



Register for the February 22, 1:00pm- 4:00pm session here!





WINTER LEARN & PLAY VOLLEYBALL PROGRAM



Age group: 8-13
Years old

START DATE:
JANUARY 13TH
6PM-8PM



Cost: \$210 + tax
7 Weeks of program



*Free t-shirt included

**MONDAYS - EAST
HIGHGATE PS
35 HIGHGATE RD, MARKHAM**

REGISTER NOW



www.yorkregionsports.ca

[\(416\) 258-8071](tel:(416)258-8071)

info@yorkregionsports.ca

MORE INFO:

[Yorkregionvolleyball](#)

[Yorkregionvolleyball](#)

[York Region Volleyball](#)

BUILDING HEALTHY KIDS

This winter reboot your family's routine!

A new year is here, and it's a great time to think about your family's routines!

As you start to think about your family's goals for 2025 be realistic. Make sure to incorporate things you already enjoy, build upon on what's already working well, and be patient with yourself and your kids.



Help your family to continue building healthy habits for 2025 through daily movement, nutritious meals, and mental health promotion strategies you can use with your children all year round! During the winter months, try foods to keep you warm including soups, stews, casseroles, curries, and chili. Enjoy some family meals together and cooking with your children – it's a great way to connect, spend time together, and learn new skills.

If you are thinking about getting more active, consider getting outdoors to play! When children and youth are outside, they move more, get curious, and find joy. Interacting with nature, even when it is cold outside, has many benefits. It helps restore our ability to concentrate and pay attention. It improves mood, focus and our stress response. Remember to dress for the weather, it's the first step to enjoying being outside and the best way to do this is to layer clothing you can remove easily when it is warmer or put back on when it becomes colder. Make sure gaps such as wrists, ankles, neck, back and waist are covered and even though it is winter - don't forget sunscreen and sunglasses!

If you find things are tough at the start of the new year for you or your family, you can try breathing, visualization, muscle relaxation, journalling, listening to music, practising gratitude to help you cope. Try a variety of activities to see what works best. As a parent or caregiver, it is essential to take care of yourself, so you can care and support others. Your self care will help improve your energy, focus, ability to cope with challenges and you will be a model to your children.

For more tips on how you can reboot your family's routine this winter routine visit york.ca/HealthyKids.

Public Health

1-877-464-9675
TTY 1-866-512-6228
york.ca/HealthyKids



Inclusive School and Community Services, in partnership with
the Canadian Centre for Housing Rights, is offering:

Tenants' Housing Rights

Free Virtual Workshops: January – April 2025

Guest Speakers:

Ayesha Adamjee, Program Lawyer, Canadian Centre for Housing Rights
Matthew Cheng, Program Lawyer, Canadian Centre for Housing Rights
Jessica Long, Program Lawyer, Canadian Centre for Housing Rights

Session Dates and Topics:

- | | |
|---|---------------------------|
| <input type="checkbox"/> January 20, 9:30 AM | – Rental Housing Basics |
| <input type="checkbox"/> February 4, 1:00 PM | – Eviction Prevention |
| <input type="checkbox"/> February 19, 6:30 PM | – Human Rights in Housing |
| <input type="checkbox"/> March 6, 9:30 AM | – Repairs and Maintenance |
| <input type="checkbox"/> March 19, 1:00 PM | – Rental Housing Basics |
| <input type="checkbox"/> April 3, 6:30 PM | – Eviction Prevention |
| <input type="checkbox"/> April 15, 9:30 AM | – Human Rights in Housing |
| <input type="checkbox"/> April 30, 6:30 PM | – Repairs and Maintenance |

All parents, guardians and staff are welcome to attend any of the free virtual workshops.

Once you register, we will send you invites and links to the workshops.

Please [REGISTER](#) here.

For more information, contact:

Yvonne Kelly, Community and Partnership Developer at iscs@yrdsb.ca
or 905-895-5155 ext. 5124

With generous support from: