



## Cobra Communicator

***We are a village, growing together***

March 28, 2025

We hope you have enjoyed a wonderful week. It is hard to believe we are entering April, and the final months of the school year are already upon us. Time is certainly flying by! There are many fun and exciting school events happening in the months ahead. Please be sure to look at the dates below and mark your calendars!

Next week, we are hosting a SIP and Share session in the library, on Friday, from 9-10. Join us in the library to have some tea/coffee and talk about K-3 Literacy. We will share some information and have time for questions and answers. If you have babies or toddlers, you are welcome to bring them along. Please see the flyer below for details.

For everyone who celebrates, Eid, we wish you a wonderful time with family and friends.

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

Sincerely,

Heather Purcell

Principal  
[heather.purcell@yrdsb.ca](mailto:heather.purcell@yrdsb.ca)

Joanne Trim

Vice Principal  
[joanne.trim@yrdsb.ca](mailto:joanne.trim@yrdsb.ca)

## Upcoming Events:

Date	Day	What's Happening at School?
Monday, March 31	3	<ul style="list-style-type: none"> <li>Pizza Day for those who ordered</li> <li>Student council meeting</li> <li>Musical rehearsal- lunch recess</li> </ul>
Tuesday, April 1	4	<ul style="list-style-type: none"> <li>Pokemon Club- snack recess</li> <li>Junior Girls' basketball- lunch</li> <li>Junior Boys' basketball- snack recess</li> </ul>
Wednesday, April 2	5	<ul style="list-style-type: none"> <li>Subway Sub for those who ordered</li> <li>Kindness Club- lunch recess</li> <li>Snack Shack- snack recess</li> <li>Orchestra- lunch recess</li> <li>Junior Girls' basketball- lunch</li> </ul>
Thursday, April 3	1	<ul style="list-style-type: none"> <li>Musical rehearsal- lunch recess</li> <li>Burritos for those who ordered</li> </ul>
Friday, April 4	2	<ul style="list-style-type: none"> <li>Hero Burgers for those who ordered</li> <li>The Big Gulp</li> <li>Cleaning Club- lunch recess</li> <li>Coding club- snack recess</li> <li>Chess Club- grades 5 &amp; 6- snack recess</li> <li>Quiet Club- snack recess</li> <li>Trivia Club</li> <li>Junior Boys' basketball- snack recess</li> <li><b>SIP and SHARE 9-10</b></li> </ul>

Cornell Village P.S. is a busy place! Mark your calendars for the spring events!

Mark your calendars:

April 16- Alice in Wonderland Musical  
 April 23- Grade 7 visit to MSH  
 April 24- Junior Boys' Basketball area tournament  
 April 25- Music/French Presentation- Njacko Backo  
 May 6- Strings Showcase- Grades 4-8  
 May 7- Kindergarten Concert and Grades 1-3/4 concert  
 May 12- 3 Crows Storytelling Presentation- 9:20 (4-8)  
 May 20- School Track and Field Meet  
 May 23- Rain Date for School Track and Field  
 June 4 - Track and Field Area Meet  
 June 11- Arts' Night at CVPS  
 June 19- Tribal Vision Indigenous performances  
 June 23- Grade 8 Graduation- CVPS

### **School Holidays**

Good Friday - April 18  
 Easter Monday - April 21  
 Victoria Day - Mon. May 19

### **P.A. Days**

Monday, June 9, 2025  
 Friday, June 27, 2025

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

April 7  
 May 5  
 June 2

# *Pack your Stay in place Bags!*

This weekend, there is a freezing rain warning from Friday to Monday. Ice build-up of 5 to 10mm thick is possible. Pack a stay-in-place bag in case you have to stay home!

A stay in place bag is a bag (or box) that contains everything you need when you have to stay at home.

## **It should contain:**

- Food
- Water (1 L per person)
- Essential medicine
- Blankets
- Batteries



# ● Primary Literacy ●



# SIP & SHARE



**In the  
Library!**

**Friday April 4th  
9am to 10am**

**RSVP  
karen.germano@  
yrdsb.ca**



Join us in the library to  
have some tea/coffee  
and talk about  
K-3 Literacy. We will  
share some  
information and have  
time for:

**Discussion & Questions  
and will offer  
Suggestions**

for how you can help  
your child at home!

Please RSVP if you are  
able to attend!



## The Great Gulp



Join students, educators, families, and workplaces across Canada to raise awareness about drinking water and reducing single-use plastic bottles.

On Friday, April 4, at 10:30 a.m., in celebration of World Water Day (which was on March 22), students and staff at CVPS will participate in The Great Gulp by drinking tap water from a reusable bottle, glass, or mug. Feel free to “join” us by taking

a gulp of tap water from wherever you may be at that time! (Image source: <https://ecoschools.ca/thegreatgulp/>).

## Kindness Pins

**KINDNESS  
PINS**

Kindness Pins will be sold on Thursdays snack recess starting on April 3rd-24th. They will be sold in front of the library.

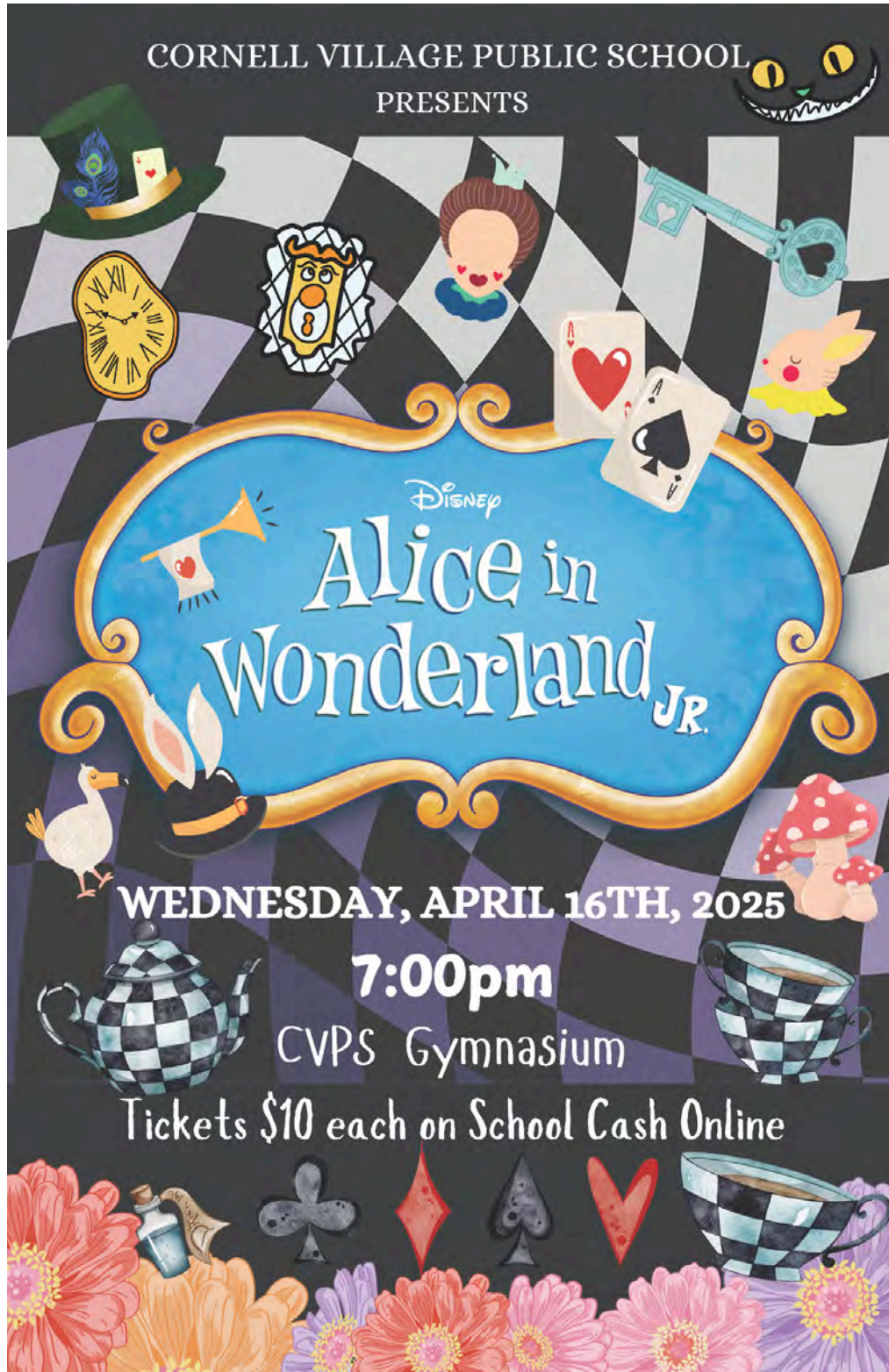
The Kindness Club has been busy creating pins to sell during the month of April. All proceeds will be donated to charity.



Kindness Pins are \$1 for 2. Purchase kindness pins to give to others and spread kindness and cheer! All proceeds will be going to charity.

## Alice in Wonderland Tickets Available on Monday

Tickets for our **Alice in Wonderland Jr. Musical** on **Wednesday, April 16<sup>th</sup>** at **7:00 pm** go on sale on **MONDAY** on School Cash Online. Watch your inbox for the email!







**CORNELL VILLAGE PS  
PRESENTS**

# **ROCK 'N' GLOW STRING SHOWCASE**

**TUES. MAY 6 6:30PM**

**CVPS GYMNASIUM**

**TICKETS \$3 EACH**

**GR. 4-8**

**BUY YOUR TICKETS ON  
SCHOOL CASH ONLINE**





CVPS PRESENTS

*Kindergarten  
Rocks*

CONCERT



WED. MAY 7 5:30PM

CVPS GYMNASIUM

TICKETS \$3 EACH ON SCHOOL CASH ONLINE







CVPS PRESENTS

# *Light Up the Night*



PRIMARY CONCERT

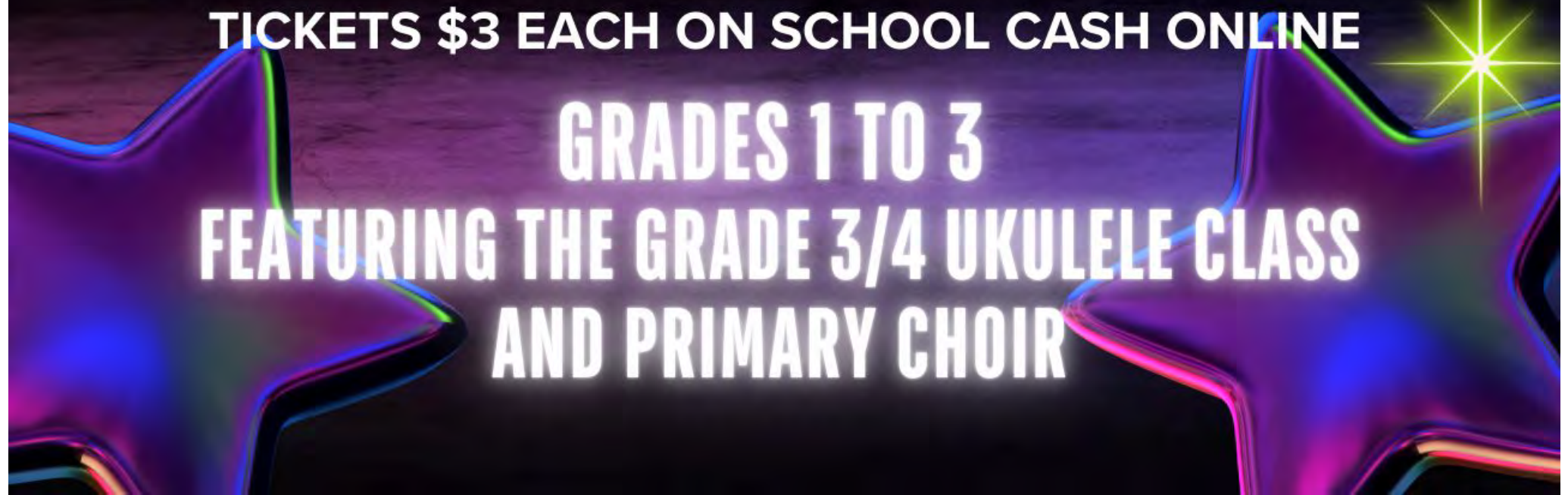


WED. MAY 7 6:30PM

CVPS GYMNASIUM

TICKETS \$3 EACH ON SCHOOL CASH ONLINE

GRADES 1 TO 3  
FEATURING THE GRADE 3/4 UKULELE CLASS  
AND PRIMARY CHOIR







# Glowing DOWN THE Rabbit Hole

## NEON ART SHOW

WEDNESDAY JUNE 11 6PM  
CORNELL VILLAGE PUBLIC SCHOOL  
Grades 4-8



## Save the Dates - Spring Concerts

The **Junior/Intermediate Rock 'n Glow String Showcase** will be on **Tuesday, May 6<sup>th</sup> at 6:30 pm**. This will include grade 4 to 8 students (NOT Ms. Schmidt's grade 3/4 class, who will perform in the primary show).

The **Kindergarten Rocks Concert** will be on **Wednesday, May 7<sup>th</sup> at 5:30 pm** followed by the **Light It Up Primary Concert** also on **Wednesday, May 7<sup>th</sup> at 6:30 pm** (The grade 3/4 split class will perform at the primary concert).

We kindly remind parents that videotaping will not be allowed during the shows. We will be filming the concerts and are happy to share a copy with families following the concerts.

## Families Planning to Move or Students Not Returning in September

As we begin our planning for the **2025-2026** school year, we kindly ask you to inform the school office if your family has plans to move over the summer, or if your children will not be returning in September for any reason. This information helps us to ensure a smooth transition for all students and to make necessary staffing arrangements for the upcoming academic year. Your cooperation is greatly appreciated and helps us in planning effectively for the new school year. **Thank you for your support.**



## Is Your Child Not Feeling Well?

Although Spring has officially arrived, we would like to continue to remind families about the following information that can also be found on the Public Health website

(<https://www.ontario.ca/page/protection-covid-19-and-other-respiratory-illnesses>):

- If your child is sick, stay home to prevent transmission to others, except to seek testing or medical care if required.
- Your child should stay home until **all** of the following apply to them:
  - **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 they had any symptoms)
  - they **do not have a fever**
  - they **do not develop any additional symptoms**

## Want to Keep Track of Your Child's Belongings?

**SUPPORT OUR FUNDRAISER**

mabel's labels  
**FUNDRAISING**

**25% OFF**  
all Combo Packs  
from March 25-30

and  
**40% OFF**  
the Fundraising Label Pack!

Go to **campaigns.mabelslabels.com**  
and choose our organization from the list!





The party keeps going! From March 25–30, you can save **25% off all Combo Packs** – the easiest way to get all the labels you need in a value pack! Best of all – as an exclusive offer for Fundraising partners, Mabel's Labels is offering **40% off the Fundraising Label Pack!** That's a huge discount for you!

To support our fundraiser, visit [Mabels Labels: Support a fundraiser](#), search for and select **Cornell Village Public School**. You can pick out whatever labels or product you want, and it will ship for free directly to your house! Thank you for supporting us!

## From your School Council

If you have any questions or comments for the CVPS School Council, or would like to contribute or volunteer in any way, please reach out via email at [cornell.village.ps@sc.yrdsb.edu.on.ca](mailto:cornell.village.ps@sc.yrdsb.edu.on.ca). Your support is always appreciated.



			
<b>Mondays</b> March 31 April 7 April 14 April 28 May 5	<b>Wednesdays</b> April 2 April 9 April 16 April 23 April 30 May 7	<b>Thursdays</b> April 3 April 10 April 17 April 24 May 1 May 8	<b>Fridays</b> April 4 April 11 April 25 May 2 May 9

## From the YRDSB

### Student Mental Health and Addictions Newsletter – April 2025



[Student Mental Health and Addictions Newsletter - April 2025 | York Region District School Board](#)

## Kindergarten Registration for the 2025-2026 School Year is Open

If your child was born in 2021, they are eligible to begin Kindergarten in September. **We encourage families to register online.**

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

# SEVA Meet & Greet

~ A Sikh Educators Voice Alliance (SEVA) Networking Event ~

We are excited to invite you to a special **Seva Affinity Group Meet & Greet**. The gathering is designed to bring together all YRDSB educators for meaningful networking, collaboration, and community-building. This event will provide a space to connect with like-minded educators, exchange ideas, and access valuable resources for **Sikh Heritage Month** and beyond.

## Why Attend?

- **Network & Collaborate** – Meet fellow educators, share experiences, and build lasting professional connections.
- **Sikh Heritage Month Resources** – Gain access to educational materials, lesson plans, and ideas to enrich your curriculum.
- **Community Building** – Strengthen the SEVA educator network and discuss ways to support one another.
- **Inspiration & Support** – Learn from peers, discover new opportunities, and explore ways to elevate Sikh representation in education.

This is more than just a networking event, it's a chance to cultivate a **supportive and empowering** community of YRDSB educators dedicated to making an impact. Whether you're an experienced teacher, a new educator, or simply passionate about Sikh representation in education, your presence will help strengthen our collective efforts.



**Date: Wednesday, April 2, 2025**



**Location: Langstaff S.S.**



**Time: 4:30 PM – 5:30 PM**

Light refreshments will be served

We look forward to seeing you there! Share this invitation with a fellow educator! [Please REGISTER HERE](#)

Let's come together, **support** one another, and **build** a stronger network for all educators!





# Children's Mental Health Awareness Week 2025!

## Within, Between & Around Us

2025 Children's Mental Health Awareness Week, May 5th- 9th, and Beyond Toolkit

Check  
back  
regularly  
for  
updates!

Dear Families and Caregivers,

As we move through the school year's remaining months, we pause to acknowledge the many realities that impact our day-to-day experiences and mental health. We acknowledge that many feel a sense of feeling tired and busy, among other feelings. These realities, thoughts and feelings are valid and important. As such, this resource has been carefully created to complement your existing routines and at-home wellness practices. We collaborated with York Region Public Health, Healthy Schools, and Staff Wellness to create a resource that we hope will create opportunities for joy and wellness. Be sure to also check out our Student Mental Health and Addictions [Newsletter](#) for additional resources.

The YRDSB [Student Mental Health and Addictions Strategy](#) highlights a holistic approach to Mental Health including many factors, but not limited to, mental and physical health. [How we think and feel about ourselves and the world can directly impact our physical and mental health.](#) To care for ourselves, our children and our families, we must center and incorporate wellness and health practices that speak to who we are and our identity. There are many ways to be healthy and promote mental health. This toolkit aims to provide resources and opportunities that support positive mental health through **small and intentional actions**.

We encourage you to use the hashtags below to share how your family is acknowledging Children's Mental Health Awareness Week or using the toolkit:

**#withinbetweenaround, #YRDSB, #CMHAW2025 #MHYRDSB, Share with us on [X](#) and [Instagram](#) @MH\_YRDSB**



### **This toolkit includes:**

Five themes that include various resources that support health/mental health and well-being while promoting **Within, Between & Around Us** and **small** and **intentional** actions that support positive mental health.

### **Themes:**

- [Mindful Mondays](#)
- [Thoughtful Tuesdays](#)
- [Wellness Wednesdays](#)
- [Take Care Thursdays](#)
- [Focus Fridays](#)

We invite you to consider how to use these resources to best support you and your family.

### **Helpful considerations include:**

- We encourage you to consider how this resource may fit into your day-to-day routines or help create new ones
- Make this calendar and the accompanying resources your own. Use what works on the days that best fit. For example, if a resource for Wednesday better suits Monday, then use it on Monday.

### **Toolkit Instructions**

Included are five themes supported by ready-to-use activities that can be practiced at home and in other environments. These activities promote positive mental health through **small** and **intentional** actions. Each theme and accompanying resource can be tailored to fit the needs of you and your circle of care or family.





## Virtual and On-Demand Presentations for Parents/Caregivers

Date and Time	Presentation Topic	Links	Feedback Forms We'd love to hear your feedback!
May 8th 2025 6:00-7:00 PM	<p><u>Dr. Gilian White:</u></p> <p><b>Body and Mind - Creating Conditions for Excellence</b></p> <p>This virtual presentation explores the nature of stress, how our minds and bodies respond to it, and ways to reshape our relationship with stress. It introduces lifestyle strategies like sleep, exercise, and nutrition to build resilience and offers practical tools for setting goals and implementing change.</p>	<a href="#">Registration Link</a>	<a href="#">Feedback Form</a>
Recorded/On Demand YRDSB Learning About Mental health Presentation Series (LAMPS)	<p><b>Supporting Emotional Regulation at Home and at School</b></p> <p>This on-demand presentation covers coregulation, transitions, social skills, communication, and collaboration with the school board.</p>	<a href="#">Supporting Emotion Regulation at Home and at School- A Presentation for the Caregivers</a>	<a href="#">Feedback Form</a>



Access at a time that is best for you!		<a href="#">of Kindergartners</a>	
	<b>Anxiety in School-aged Youth</b> This on-demand presentation covers "What is anxiety", signs and symptoms in your children, coping skills to build and provides resources for further support	<a href="#">Anxiety in School Aged Youth</a>	<a href="#">Feedback Form</a>
	<b>Technology and Mental Health</b> This on-demand presentation explores the impact of technology on the mental health and well-being of school-aged youth. Topics may include understanding the benefits and challenges of technology use, setting boundaries, and promoting balanced screen time.	<a href="#">Technology and Mental Health</a>	<a href="#">Feedback Form</a>
	<b>Social Media &amp; Mental Health</b> Some topics covered in this on-demand presentation may include understanding what social media is, the risks and benefits of social media use, some strategies to help youth manage their social media use, and resources. There will be time for questions and answers at the end of the presentation	<a href="#">Social Media and Mental Health</a>	Scan the QR Code in the Presentation to access the Feedback Form!





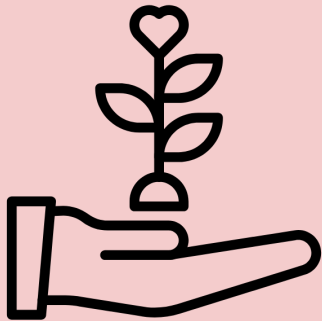
# Mindful Mondays

Mindful Mondays	Resources to Explore	Conversation Starters
<p>During Mindful Mondays; we invite you to do <b>One Small Thing</b> – Practice being mindful or in the moment. Slow things down by pausing, reflecting and being present in the moment. Being mindful looks different for each of us.</p> <div data-bbox="115 738 510 1169"> <p><b>Mindfulness means paying attention in a particular way: on purpose, in the present moment, and non-judgmentally.</b></p> <p><i>Jon Kabat-Zinn</i></p> </div>	<p>More about Mindfulness <a href="#">Mindfulness - CMHA National</a></p> <p>Being mindful can be as simple as just listening. You and your child can practice mindfulness together by using this <a href="#">poster</a> from School Mental Health Ontario. Follow the prompts and just listen!</p> <div data-bbox="840 743 1199 1284"> </div>	<p>The below <a href="#">image</a> can provide a great conversation starter when speaking to your child(ren)</p> <div data-bbox="1465 602 1997 1040"> </div> <p>Check out this tip sheet on <a href="#">Conversation Starters about Mental Health</a> from <a href="#">School Mental Health Ontario</a></p>

## Thoughtful Tuesdays

### Thoughtful Tuesdays

Thoughtful Tuesdays invite us to be thoughtful about gratitude. Taking the time to remember the everyday things we have to be grateful for can help boost our mood! We all have different things and people to be grateful for and will practice gratitude in different ways.



Created by SAM Designs  
from Noun Project

### Resources to Explore

Check out these [gratitude activities](#) from School Mental Health Ontario. Try doing these activities together as a family!

Try this [gratitude activity](#)!



### Conversation Starters




The below [image](#) can provide a great conversation starter when speaking to your child(ren) about gratitude.







## Wellness Wednesdays

Wellness Wednesdays	Resources to Explore	Conversation Starters
<p>Wellness Wednesdays invite us to consider what helps us feel well. Wellness looks different for each of us. Our wellness can be connected to who we are and the things we enjoy. It can also be connected to our experiences, culture, beliefs and many other pieces that shape our identity.</p> <p>Engaging in activities that connect mind and body is a great way to enhance the wellness of ALL children and youth.</p>	<p>Check out this <a href="#">exercise video for kids</a>. You can follow along with all of the video or just some of it. Try together as a family!</p>  <p>Check out this <a href="#">five minute boxing fitness for teens</a>. Try together as a family!</p>  <p>There are many ways to move your body, here are some you can do from a seated position – <a href="#">Stretch in your chair</a>, or follow this video <a href="#">Seated Yoga – Movement Break</a></p>	<p>The below <a href="#">image</a> can provide a great conversation starter to encourage wellness movement and breaks.</p> 

## Take Care Thursdays

### Take Care Thursdays

Take Care Thursdays invites us to consider how we take care of ourselves and those around us. Taking moments each day to take care of ourselves and each other is important.

Equipping ourselves and our child(ren) with the tools needed to Take Care and enhance positive mental health can be a great way to promote overall wellness. Self-care looks different for everyone!

Check out this resource [on Taking Care of Yourself](#) and this resource [Caring for Self while Caring for Others](#)

### Resources to Explore

Check out these [self-care tips from other youth](#)

Check out this [self-care checklist](#) from Kids Help Phone.






### Conversation Starters

The below [image](#) can be a great conversation starter to help you child(ren) think about why self-care is important and some ways we may practice self-care.



## Focus Fridays

Focus Fridays	Resources to Explore	Conversation Starters
<p>Focus Fridays invites us to pause and reflect. Considering situations in an intentional way can offer insight and clarity.</p> <p>Consider the following reflection questions to share with your child(ren).</p> <ol style="list-style-type: none"> <li>1) What went well today/this week? (Small things matter!)</li> <li>2) Did you have any challenging or difficult moments? How did you deal with these moments?</li> <li>3) With the introduction of <a href="#">PPM 128</a>, how do you think putting your phone away during class will help you focus?</li> </ol>	<p>Check out this <a href="#">guided reflection meditation</a> for kids.</p>  <p>Check out this <a href="#">meditation</a> for teens on taking a moment to notice our thoughts.</p> 	<p>The below <a href="#">image</a> can provide a great conversation starter to help your child(ren) explore how they might practice re-focusing.</p>  <p>Listen to the <a href="#">YRDSB Podcast on Social Media and Mental Health</a> with your teen and have a conversation about social media.</p>





## Looking for additional resources?

Check out School Mental Health Ontario's [By Your Side Toolkit for Parents/and Caregivers](#). The toolkit features [resources](#) on topics like:

- Understanding mental health
- Mental health at home
- Stress and anxiety management
- Substance use prevention
- Navigating digital technology
- Reaching out for help





## One Small Thing is...

Anything that helps you to feel positive and hopeful!

Here is some examples of small things shared by students and parents:

- **“ When my daughter shares funny Tik Tok videos with me after work”** Parent
- **“Being brave when I feel nervous”** – Student
- **“Taking homemade lunches to school ”** – Student
- **“Feeling accepted”** – Student
- **“My family & friends”** – Student



Many identities, languages and expressions of wellness are missing, how do you and your family express **Within**,  
**Between & Around** (holistic mental health)?

Share with us on social media @MH\_YRDSB ([X](#) (formerly Twitter) and [Instagram](#))





## Within Between & Around in action through the ABCs of Mental Health

- Within, Between and Around factors can include the relationships we have with others that support our mental health. Meaningful relationships and conversations can improve your child's mental health and create a sense of value in knowing that they are heard, listened to and **acknowledged**.
- **Bridge:** The qualities "Within" us can include our gifts, strengths and assets. Noticing and acknowledging your child's strengths tells them they are valued. For example you could say: "I noticed you really tried with your homework," or "I love the way you think outside the box! You are so creative!"
- **Connection:** A simple check-in can build connections and support positive mental health: "How was your day? What was the highlight of your day? "You seem quiet. Is everything okay?" Checking in regarding what's happening "Around" your child can help inform what kinds of questions or support they may need. For example: "Exams are coming up, how are you feeling about that?".





## **Thank you for using the Family/Caregiver toolkit!**

We hope you and your family were able to use some of the resources and registered for the webinars!

Please use the hashtags below to share how your family is acknowledging Children's Mental Health Awareness Week or using the toolkit:

**#withinbetweenaround, #YRDSB, #CMHAW2025 #MHYRDSB, Share with us on [X](#) and [Instagram](#) @MH\_YRDSB**

