



Elder's Mills: The Eagle Eye
Soaring on Wings of Character, Community and Diversity
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What's happening @ Elder's Mills!

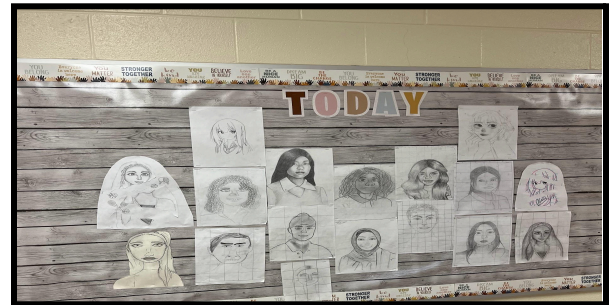


Art and Eco Schools!

Eco Schools - Meet our Pledgehog! The Eco team is teaching EMPS staff and students about actions we can take to be good environmental stewards. Students and classes pledge their actions as we promote and support our Eco Schools goals!

Self-Portraits

Grade 7 and 8 students showcasing their self-portrait sketches as they complete their creative process. #talentedEagles!



Celebrating @ EMPS!

We have much to celebrate at Elder's Mills. We are a community of families, students and staff of diverse identities and we are reaching out to you to share the celebrations, traditions and stories, past and present, that are part of the Elder's Mills identities. As the month of January continues and we look ahead to February, families are invited to share artifacts and resources for Tamil Heritage, Lunar New Year and Black Heritage/Black Excellence. Please email elders.mills.ps@yrdsb.ca to indicate your interest.



Thursday HERO Burgers is back!

Due to popular demand, lunch on Thursdays provided by HERO Burgers will return. This lunch program will take effect every Thursday beginning February 8 and will end March 28.



Options include:

- Hero Burger (4oz)
- Grilled Chicken Sandwich (3.9oz)
- Plant-based Soul Burger(4oz) Vegan-friendly, made from pea protein
- Chicken Strips (6 pieces)

All proceeds will go towards school initiatives.

PAYMENT DEADLINE is February 4. Please go to [School Cash Online](#) for more details and to place your order.

January is Tamil Heritage Month

A large graphic with a dark blue background and light blue floral patterns at the bottom. On the left, there is white text describing the Tamil Canadian community. On the right, there is a collage of images related to Tamil culture, including a woman in traditional attire performing a dance, a woman playing a veena, and a woman playing a mridangam. The collage is titled "Tamil Heritage Month" and includes a short paragraph about the significance of the month.

Tamil Canadians are Canadians of Tamil ethnic origins mostly from India and Sri Lanka. From a population of fewer than 150 Tamils in 1983, it has become one of the largest communities within the Greater Toronto Area. Canada's Tamil population is thought to constitute the largest Sri Lankan diaspora in the world with Toronto (having a Tamil ethnic population of 157,000 as of 2016) being home to the largest Tamil community outside of Asia.

Tamil Heritage Month
January is Tamil Heritage Month in Canada. It's an opportunity to recognize the tremendous contribution of Tamil Canadians to our nation's social, economic, political and cultural fabric. Let's celebrate together the inspirational role that Tamil Canadians have played and continue to play in communities across Canada.

cupare.sttp

THE CENTRE FOR BLACK STUDENT EXCELLENCE

The Centre for Black Student Excellence - Newsletter

"Welcome to a new year! We are continuing to share information that supports families of Black children and stay tuned for other events coming up in February for Black History Month throughout the community and the YRDSB."

Visit the [January 2024 Centre for Black Student Excellence Newsletter](#) for events, updates, resources and more.

School Council

Meetings:

Thank you for coming to our School Council meeting this past Monday. If you are unable to join a meeting and would like to know the topics discussed, the meeting presentations are posted on the [School Council pages of the Elder's Mills website](#). Our next School Council meeting is Thursday, February 29, 2024 at 6:30 p.m. in the library.

EMPS School Council Daytime Social

Mugs and Mornings is an opportunity to make connections with School Council members and other parents during the daytime. Topics for conversation range from 'getting to know you' icebreakers to discussion items from School Council meetings, upcoming opportunities, exchanging ideas and more! Please join us on Tuesday, January 30, 2024 at 10:30 a.m. You bring the coffee or tea and we'll bring the treats!



SAVE THE DATE!
THURSDAY, MARCH 7, 2024

Volunteers!

The School Council is already planning for **Winterfest!** Anyone interested in assisting with planning or volunteering please email us at elders.mills.ps@sc.yrdsb.ca.

EMPS 'USED BOOKS SALE'

Cleaning out closets? Olds books and toys?
Don't donate your used books just yet! Please hold on to them a little bit longer. Elder's Mills will be hosting a donation drive and sale with your used or new unused books. This is a great opportunity to pass on some wonderful french books, puzzles and games that your kids may have outgrown as well as any other books that can be enjoyed by other. .




Stay tuned for details regarding when and where to drop off books and how you may support the collection.

mabel's labels
FUNDRAISING

SUPPORT OUR FUNDRAISER!

Elder Mills PS (Vaughan)

Buy Mabel's Labels waterproof, durable labels to help reduce classroom mix-ups and keep your items coming home!



➔ Go to campaigns.mabelslabels.com and search for

Elder Mills PS (Vaughan)

School Spirit Wear

Students, Families & Friends have an opportunity to soar with their fellow Eagles!!! Spirit Wear such as **hoodies, t-shirts, sweatpants and caps continue to be available and on sale at the link below.** Merchandise ordered will be delivered to the school every 3 weeks. All proceeds will fund school enhancements and programs.

Shop online by following this link: [EMPS Spirit Wear Store](#)



Mobile Phones and other personal electronic devices at School - REMINDERS

Please support reminders and conversations with your child at home about the expectations regarding using cell phones and other devices (including watches, tablets, laptops):

- Students in our grades 5 - 8 classes may bring personal electronic devices such as a tablet or a laptop into the classroom for instructional purposes only.
- Personal computers and tablets are used when instructed by and under the supervision of the teacher - no personal gaming etc...



- **Mobile phones are discouraged and are not allowed to be used during the instructional day.**

- Cell phones and other personal communication devices **must be turned off and kept out of sight during the instructional day (including recess and lunch).** Should students need to phone home, they may come to the office to use the phone.
- **At no time may electronic devices be used in washrooms or changerooms.**
- Students who misuse their personal devices will be asked to submit them to the office for the duration of the school day.

Please review [YRDSB's Information Technology Acceptable Use Agreement linked here.](#)

Multi-Faith Space

In the YRDSB, we are committed to provide equitable and inclusive spaces for all of our learners and one of our goals is to “dedicate respectful spaces for prayer, smudging, devotion or meditation activities for students...” At Elder’s Mills, the Multi-Faith Space is in the Conference Room. It is available throughout the school day and is not supervised by staff.



If you would like your child to be excused from class to use this space we respectfully ask that you reach out to your child’s teacher with your request. The request for this accommodation was available to families in the School Start up Forms. If you did not indicate this accommodation at that time, please ensure you reach out to your child’s teacher.

Please also support us in speaking with your child about the respectful use of the space and their purpose for using it. At times, there are students of different faiths in this space at the same time and we expect that all users respect one another’s time and expression of prayer.

Covid and Self-Screening:

Families are reminded that students should continue to self-screen before attending school using the [Covid Self-Assessment Screening tool](#). The assessment is taken when there are symptoms of illness and will provide a recommendation on whether or not your child should remain home.

NEW - NO ENTRY IN BUS LOOP!!!

The first and most important priority for the use of this area is for the arrival and departure of school buses and the disembarking and loading of our students, your children, onto the buses at arrival and dismissal.



This area is also used by emergency vehicles. It must stay clear.

We continue to have vehicles driving into the loop in the presence of buses, or parking and leaving vehicles unattended.

From this point forward, with the exception of emergency vehicles and buses, NO VEHICLES will be allowed to enter the bus loop at any time.

If you are dropping off your child in the morning, you will use the parking lot entry off Rota avenue, park your vehicle and bring your child to the front door OR, stop in the Kiss’n’Ride, drop your child off and they will walk to the front door.

If you are picking up your child throughout the day, you will park your vehicle in the parking lot or on the street (following city signage), come to the front door, buzz and connect with the office team. Your child will be called down and will meet you outside.

If you arrive to pick up your child between 3:00 - 3:15 p.m., you will be asked to park and wait until 3:15 dismissal time.

Please do not stop on Napa Valley Ave to drop off your child/children.

We appreciate your cooperation to ensure the safety of our students, your children.

Weather and Recess

All students are expected to go out for every recess, weather permitting. **Students are to come to school ready for winter and prepared to be outdoors up to 15 minutes at morning recess and 40 minutes at lunch recess.** Please support conversations with your child at home about wearing their coats, hats, gloves etc... when they go outside. Send them to school with changes of clothes (socks, hats, mitts) and indoor shoes. Thank you.

Lunch Assistant Needed

If you or anyone you know would like to be a PAID Lunch Assistant please contact the office. We are seeking people to supervise students while they are eating lunch and then playing outside at recess. The commitment is one hour per day.

Lunch Assistants play a very important role in our school. Please email the school at elders.mills.ps.@yrdsb.ca if you are interested.





Groups

Winter 2024

Parenting

Triple P 0-12

Triple P stands for Positive Parenting Program. This unique group has been proven to be effective in providing parents with tools to help their children with behavioural and emotional problems. This group is 8 weeks in length and requires the completion of a workbook and weekly homework tasks. Apply online at: www.fsyrr.ca/contact/get-started. A pre-group interview is required. Call Janice at 905-895-2371 ext. 108. Groups are virtual and require a \$35 workbook purchase.

Dates:

- English: 8 Thursdays, January 18 to March 7, 2024, Time: 9:30 AM to 11:30 AM
- Farsi: 8 Wednesdays, January 10 to February 28, 2024, Time: 5:30 PM to 7:30 PM
- Mandarin: TBD

Triple P Teen

Triple P stands for Positive Parenting Program. This unique group has been proven to be effective in providing parents with tools to help their teens with behavioural and emotional problems. This group is 8 weeks long and requires a workbook and weekly homework tasks. Apply online at: www.fsyrr.ca/contact/get-started. A pre-group interview is required. Call Janice at 905-895-2371 ext. 108. Groups are virtual and require a \$35 workbook purchase.

Dates:

- English: 8 Tuesdays, February 13 to April 9, 2024, Time: 6:00 PM to 8:00 PM

Fearless Triple P

This 6–8-week group is for parents of children 6-14 who are experiencing anxiety. Fearless 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/contact/get-started. A pre-group interview is required. Call Janice at 905-895-2371 ext. 108. Groups are virtual and require a \$35 workbook purchase.

Dates:

- English: 6 Mondays, January 15 to February 19, 2024, Time: 6:00 PM to 8:00 PM

Family Transitions Triple P

This 5-week group promotes a healthy transition for parents going through separation or divorce. This course will address co-parenting, being a single parent, self-care and is designed to help parents manage the anger and resentment that often accompanies relationship breakdown. Apply online at: www.fsyrr.ca/contact/get-started. A pre-group interview is required. Call Janice at 905-895-2371 ext.108. Groups are virtual and require a \$35 workbook purchase.

Dates:

- English: 5 Tuesdays, January 9 to February 6, 2024, Time: 6:00 PM to 8:00 PM

South Asian Outreach Program

South Asian Women's Support Groups

Ongoing virtual programs for South Asian Women. Topics include parenting, health & nutrition, family stress, immigration and legal information, health, exercise, Yoga, employment, and various other topics. Free.

Dates:

- **Urdu, Punjabi, Hindi & English: Thursdays, January to March 2024 Time: 11:00 AM to 1:00 PM**
Contact: 647-224-2083 to register
- **Hindi, Punjabi, Gujarati, Urdu & English: TBD**
Contact: 416 818 7075 to register

Groups for Adults

Emotion Regulation and Interpersonal Skills Development

An 8-week group for adults 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 participants will learn and practice such skills as managing difficult feelings, using positive coping strategies, communication, assertiveness and setting healthy boundaries. Together in a supportive space, participants will help work through common life stressors. Apply online at: www.fsyrr.ca/contact/get-started. This group is virtual and requires a \$150 registration fee.

Dates:

- **English: 8 Thursdays, January 25 to March 14, 2024, Time: 6:00 PM to 7:30 PM**

Groups for Women

Farsi Women's Support Group

This virtual Free program will focus on self-confidence, assertiveness, communication skills, parenting, healthy relationships, immigration and settlement issues, self-care, health, and wellness, and will explore community resources. Apply online at: https://www.fsyrr.ca/farsi_womens_groups_application or call Poopeh at 647-243-9646 Monday or Wednesday.

Dates:

- **Farsi: 6 Wednesdays, March 28 to May 2, 2024, Time: 5:30 PM to 7:00 PM**

Groups for Youth

Emotion Regulation and Interpersonal Skills Development

This is an 8-week program for youth 13 to 17 years of age 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 teens will learn and practice skills such as identifying feelings, regulating emotions, positive coping strategies, communication, self-compassion/self-esteem, and assertiveness, and understanding boundaries. Apply online at: www.fsyrr.ca/contact/get-started. A pre-group interview is required. Groups are virtual and require a \$20 registration fee.

Dates:

- English: 8 Tuesdays, January 16 to March 5, 2024, Time: 6:00 PM to 7:30 PM

2SLGBTQ+ Groups

Transgender Support Group (Adults 18+)

A free monthly program for those questioning/exploring their gender identity or wanting more support during their journey. This group provides a safe environment to talk about things that matter and learn more about community resources. This group is free with in-person and virtual options. Call Liway at 905-895-2371 ext. 137 or register online at: www.fsyrr.ca/contact/get-started.

Dates:

- English: Fourth Thursday of each month, Time: 6:00 PM to 7:30 PM

Free to Be

This is a free virtual group for parents/caregivers of gender diverse children, regardless of age, which meets once a month. Free to Be offers an opportunity to meet for support and education. The goal of this program is to destigmatize gender diversity. Call Liway at 905-895-2371 ext. 137 or register online at: www.fsyrr.ca/contact/get-started.

Dates:

- English: Third Wednesday of each month, Time: 6:30 PM to 8:00 PM

Gender Galaxies

A free 8-week virtual group for youth 12 to 17 exploring their gender identity and gender expression. Learn about and discuss topics such as: self-care, self-advocacy, media, dysphoria, body image, coming out, gender affirming care and intersectionality. This group is free with in-person and virtual options. Call Liway at 905-895-2371 ext. 137 or register online at: www.fsyrr.ca/contact/get-started.

Dates:

- English: 8 Thursdays, February 1 to March 21, 2024, Time: 4:30 PM to 6:00 PM

On the Horizon....

January

Character Trait: Optimism

Tamil Heritage Month

23 Junior Boys Volleyball Tournament

24 Junior Girls Volleyball Tournament

24 Let's Talk Day

27 International Holocaust Remembrance Day

29 National Day of Remembrance of the Quebec City Mosque Attack and Action Against Islamophobia

30 Mugs and Mornings @ EMPS

International Holocaust Remembrance Day

"This date was designated by resolution of the United Nations General Assembly in November 2005. The day reaffirms "that the Holocaust, which resulted in the murder of one third of the Jewish people along with countless members of other minorities, will forever be a warning to all people of the dangers of hatred, bigotry, racism and prejudice" (UN General Assembly A/60/L.12). This day serves as an international memorial day for the victims of the Nazi Holocaust, which saw the murder of 6 million Jews, 250,000 to 500,000 Roma people, 200,000 to 250,000 persons with disabilities, and 15,000 people who were LGBTQ+. January 27 marks the date when the Nazi concentration and extermination camp of Auschwitz-Birkenau was liberated by Soviet troops in 1945."



February

Character Trait: Initiative

Black History/African Heritage Month

2 PA Day - School Closed to students

10 Lunar New Year

15 Grade 8 Graduation Photos

19 Family Day

29 School Council meeting

National Day of Remembrance of the Quebec City Mosque Attack and Action Against Islamophobia

"On January 29, 2017, a tragic and violent act of anti-Muslim hate took place at the Islamic Cultural Centre of Quebec City. In 2022, the federal government officially designated January 29 as a National Day of Remembrance of the Quebec City Mosque Attack and Action Against Islamophobia. This day serves as a reminder of the importance of taking an unwavering stand against all forms of hate, racism, and discrimination and the work needed to recognize and eradicate anti-Muslim hate."



Wishing you a happy weekend!

Eugenia Korinis

Principal

Ayesha Mondal

Vice-Principal