

May 11, 2015



Dates at a Glance

May 18	Victoria Day
May 25	CARRNIVAL
May 28	Prom

Weekly Focus

Last week, across the region, as part of the YRDSB Mental Health and Addiction Strategy, a campaign was held in schools and workplaces to help generate conversations about mental health. The campaign focused on Just Notice, Listen, Connect was aimed at supporting our ongoing efforts to reduce the stigma connected to Mental Health.

Below is an example of one of the campaign tools that reminds us that we all have Mental Health.

For more information on the YRDSB Mental Health Strategy, visit <http://www.yrdsb.ca/Programs/Healthy/Pages/Mental-Illness-and-Mental-Health-Awareness.aspx>

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GUIDANCE AND CAREER EDUCATION DEPARTMENT

The **Guidance and Career Education E-Bulletin** can now be found under the Guidance link of the ECSS website.



Expert Guest Speaker Series for Parents and Guardians!

Understanding and Managing Academic Stress

Richmond Hill High School and Bayview Secondary School invite parents and guardians in the community to join us for one or both information evenings on supporting students' academic success and well-being.



Bayview Secondary School

Thursday, May 7th, 2015

7:00 – 8:30 pm

Presenters:

CMHA – Canadian Mental Health Association and students



Richmond Hill High School

Thursday, May 14th, 2015

7:00 – 9:00 pm

Presenters:

Michelle Cassidy (YRDSB Mental Health Lead), Youthspeak, and students

- Join us to:
- 1) Identify and understand the signs that suggest students are stressed
 - 2) Learn practical strategies to support and empower students
 - 3) Have your questions answered

Save a seat and RSVP via Google Form - <http://goo.gl/oooUFL>

Please let us know if you need support with translation in the following languages:
Farsi, Mandarin, Cantonese, Korean



Raising Resilient Children

Wednesday, May 12, 2015
9:30 – 11:30 pm

One of the most important tasks of parenthood is helping children learn to deal with their emotions. All children experience periods of stress in their lives and need the emotional skills to deal with it. Children's emotional resilience or ability to cope with their feelings, is important to their long-term happiness, wellbeing and success in life. Emotional resilience involves six key skills recognizing and accepting feelings, expressing feelings appropriately, having a positive outlook, developing effective ways of coping being able to deal with negative feelings and being able to manage stressful life events. This tip sheet provides some ideas on how to help children become emotionally resilient.

Triple P stands for Positive Parenting Program

Location: **Vaughan Community Health Centre**
9401 Jane Street,
Suite 106, Vaughan ON, L6A 4H7

For more information or to register please call Stacy at 905-303-8490 Ext 151

"This flyer is available in an alternate format"
If you require any special accommodations please let us know

Triple P offers adults parenting skills that encourage positive behaviour in children.
Everyone can help, whether you are a parent, coach, neighbour or family member by
using the same positive messages with children.



Raising Confident, Competent Children

Wednesday, June 16, 2015
9:30 – 11:30 pm

The values, skills and behaviour to encourage in children are the choice of every individual parent. However, some core skills are important for everyone. Children are more likely to be confident, succeed at school and get on well with others when they develop certain life skills. These life skills include being respectful and considerate, communicating well with others, thinking positively and having healthy self-esteem, being a good problem solver, and becoming independent and able to do things for themselves. This tip sheet gives some ideas on how to help children learn these important life skills and become confident and competent individuals.

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