



## Week #23 Glad Park PS E-Bulletin: February 16 - 19

[Actions for Happiness Calendar: Friendly February](#)

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Welcome back! We look forward to seeing everyone back at school on Tuesday.

As we return to school, please ensure you continue to stay connected via your email contact and through our Glad Park EDSBY <https://yrdsb.edsby.com/p/BasePublic/3815425>.

### UPCOMING DATES:

Feb 15 - National Flag Day - [About the National Flag of Canada](#)

Feb. 15 - Family Day

Feb. 17 - Virtual classroom presentation "Take Control of your Mental Health"

Feb. 18 - Virtual Parent presentation "Take Control of your Mental Health" @ 7 pm . Please sign up through this link . Information about the Google Meet will be sent the day of the Presentation

March 3 - Model Change move from Face to Face ↔ Elementary Virtual School \*\*\*see below resources to support students during this Model Change

### Social Media and Mental Health Workshop for Glad Park Parents

Through the PRO - Parents Reaching Out grant, our school council has partnered with 11 other schools to provide a workshop for parents and a classroom workshop for students. The presentation is by Scott St. Marie and the focus is "Take Control of your Mental Health", here is a link to the presenter's website.

<https://depressiontoexpression.com/schools/>.

All Glad Park parents and guardians are invited:

Date: Wednesday February 18

Time: 7:00 pm (approximately 1 hour, 20 minutes long, with Q&A)

Registration: [PARENT PRESENTATION SURVEY](#)

Presenter: Scott Ste Marie

Parents will gain a deeper understanding of the social media and online landscape. Being "tech savvy" is the first step to knowing what your child's experience is like online and how challenging it can be growing up today. Parents will learn about tools for effective communication skills to build stronger connections and create an honest dialogue about internet safety, social media and mental health with their children.

### *What Parents Learn:*

- Strategies to communicate effectively with your child
- Understanding digital trails, data mining and digital footprints
- Why anxiety disorders and depression are on the rise in children
- How social media and screen time impact emotional health and well being

## **INCLEMENT WEATHER DAYS -**

For the 2020-2021 school year when an Inclement Weather Day is announced:

- Information is communicated through:
  - local media outlets,
  - [Student Transportation Services website](#), School Transportation Hotline: 1-877-330- 3001
  - [YRDSB Board's website](#) and Twitter account and on the Board and school's voicemail recording
- Plan for alternate child care arrangements when schools are closed to students.

## **RESOURCES TO SUPPORT ONGOING LEARNING DURING THE MODEL CHANGE**

- [Elementary Online Learning Activities](#)