



Week #33 Glad Park PS
E-Bulletin: May 3 - 7th
[Children's Mental Health Week](#)

Good afternoon Glad Park! Next week is Children's Mental Health Week. May 3 to 9, 2021 marks the 70th annual CMHA Mental Health Week. The core objectives of Mental Health Week are to celebrate, protect and promote mental health. The following [website](#) contains informative information on the topic.

Please join our school as we collectively reflect and choose a personal pledge to reduce harmful single use plastics. For example, "I pledge to only use reusable grocery bags". Join us by sending your family's ECO pledge to marina.cochrane@yrdsb.ca. Your pledge can be in the form of a statement, a drawing or photos. We look forward to your pledges.

UPCOMING DATES:

- **May 24 Victoria Day**
- **May 31 P.A. Day**

[YORKHILLS Upcoming webinars for Parents and Caregivers:](#)

To register for any of these virtual events below, register at www.yorkhillscentre.eventbrite.ca

May 3, 2021 6:30 PM: Self-compassion and self care for caregivers

May 4, 2021 6:30 PM: The effects of racial trauma on child and youth mental health

May 5, 2021 1:00 PM: Hats and traps — How do survive and thrive as a post-pandemic family?

May 5, 2021 6:30 PM: Embracing the Rainbow — how to support your child's journey as they explore 2SLGBTQ+ identity and community

May 6, 2021 6:30 PM: Mental Health Panel Discussion. Join us for a discussion featuring community partners including York Region District School Board, Family Services of York Region, and CAMH. *If you have a question for the panel, please email it to yorkhills_workshop@yorkhills.ca This panel discussion will be live-streamed on Facebook.*

May 7, 2021 1:00 PM: The "F" Words — How they can help parents and other caregivers in supporting children with ASD to achieve their potential

[Actions for Happiness Calendar](#) [May - Meaningful May](#) - This month's theme is all about reflecting on what gives our life meaning. Being a part of something bigger than ourselves or focusing on things that we value is key to our wellbeing. Having a faith, or being involved with a particular cause or passion can provide this sense of something bigger, or it could be relationships or things that you nurture. Let's take

time to reflect on what we care about this month and keep these things at the front of our minds as society opens up again.

[GPPS Learning Commons](#) website has been updated to support remote learning. Share with your students and families...make it a scavenger hunt!!

- **Research** page to access YRDSB & Ministry of Education approved databases for research in French & English
- **Reading** page to access reading material in English, French and other languages
- **Makerspace** page, there is a range of difficulty in activities. Activities on the left are targeted for primary learners; in the middle, junior learners; on the right intermediate learners.

School Technology Should you need help with school technology during the move to virtual learning please submit your request for support to : [YRDSB Student Technology Help](#)

Ancestral Voices: Belonging and Identity In Canada - This free online author series hosted by the Newmarket Public Library explores the experiences of Indigenous, Caribbean and African Peoples in Canada. Visit <https://bit.ly/2R2rSYC> for more information and to register.

Thursday, June 10, 2021 7:00 p.m. - 9:00 p.m.- Waubgeshig Rice

Resources:

Supporting Well-Being

- [Mental Health Resources for Students and Families](#)

Community Resources

- [Community Resources for Behaviour, Mental Health and Financial Supports](#)
- [York Hills Here to Help Line](#) offers quick-access to counselling via telephone for students, parents and caregivers. New time changes starting in April.