



**Week #34 Glad Park PS**  
**E-Bulletin: May 10 - 14th**  
*Mental Health Awareness Month*

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**Actions for Happiness Calendar [May - Meaningful May](#)**

**UPCOMING DATES:**

May 10 - ECO Pledges due  
May 20 - Outdoor Classroom Day  
May 24 - Victoria Day  
May 31 - P.A. Day  
June 7 - Virtual School Council Meeting @ 6:30 pm  
June 23 - Grade 8 Graduation Ceremony (tentative)  
June 29 - Last Day of School (early release)

- **ECO TEAM** - PLEDGES DUE !!! 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](mailto:marina.cochrane@yrdsb.ca) . Your pledge can be in the form of a statement, a drawing or photos. We look forward to receiving your pledges by **Monday May 10th**.
- **Expectations Regarding Appropriate use of Technology**  
[YRDSB Appropriate Use of Technology Policy and Procedures](#);
- **SUMMER LEARNING GRADE 6,7,8** - For more information about registration for Summer Learning see the following:
  - [Elementary Summer School](#) Grade 6, 7 and 8 (Literacy & Numeracy) Program
  - [Grade 8 Summer Reach Ahead](#)
- **[WHITCHURCH-STOUFFVILLE PUBLIC LIBRARY](#)**
  - [Hear, read or tell a story](#)
  - [Kids Calendar of Events](#)
  - [Teens - Research, What's on, Get Involved, Teen Life](#)
- **NEWMARKET PUBLIC LIBRARY - 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, @ 7:00 p.m. - 9:00 p.m.- Waubgeshig Rice**

# ***Mental Health Awareness Month***

- **Canadian Mental Health Association**
  - **Youth Mental Health Resource Hub**
  - **Dealing with your feelings: 5 ways to learn “emotional regulation”**
  - **Check in on your mental health**
- **School Mental Health Ontario**
  - **Do you have elementary school children at home? Try these easy and fun mental health activities**
- **YORKHILLS Upcoming webinars for Parents and Caregivers:**  
To register for any of these virtual events below , register at [www.yorkhillscentre.eventbrite.ca](http://www.yorkhillscentre.eventbrite.ca)

**Parenting Traps and Strategies - Tue, May 11 @6:30 PM**

**Exploring the Connection Between Youth Mental Health & Substance Use - Thu, May 13 @ 6:30 PM**

**Conscious Parenting - Tue, May 18 @ 6:30 PM**

**Self- Esteem - Triple P Tip Sheet Discussion - Wed, May 19 @ 12:00 PM**

**Plugged In - Thu, May 20 @ 6:30 PM**

**Sibling Rivalry to Sibling Relationship - Tue, May 25 @6:30 PM**

**BeYOUtiful - Supporting Positive Body Image in Children and Youth - Tue, Jun 8 @6:30 PM**

**Positive Connections - Mon, Jun 14 @ 6:30 PM**

**Understanding and Managing Challenging Behaviours - Tue, Jun 15 @ 6:30 PM**

**Bringing Your Family Into Focus - Mon, Jun 21 @6:30 PM**

**Nightmares and Night Terrors - Triple P Tip Sheet Discussion - Wed, Jun 23 @12:00 PM**