



The Holland Landing Highlights

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May 14, 2021

From the Office

Spirit Wear

Great news!!! Your HLPS spirit wear has arrived!!! The items look amazing and we look forward to an HLPS spirit day in June! We will be arranging curbside pick-up next week. Please choose your pick-up time by completing this [Google Form](#).

Support for Families

If your family is in need of financial support at this time, our school may be able to help! A portion of our unused Student Nutrition program funding has been re-allocated to support families with nutrition (e.g., a grocery gift card). Please email melissa.k.king@yrdsb.ca for more information.

2021 Summer Learning Programs Available

During the month of July, YRDSB continues to offer credit and non-credit summer school program opportunities for elementary, secondary and adult students.

Traditional in-class face-to-face summer programs will move to a remote learning delivery model.

Registration is now open for the following programs:

Elementary Credit and Non-Credit Programs:

- Elementary Summer School (Grades 6 - 8 non credit reinforcement)
- Grade 8 Reach Ahead

Secondary Credit Programs:

- Online-Learning
- Remote Learning

Adult Learning Programs:

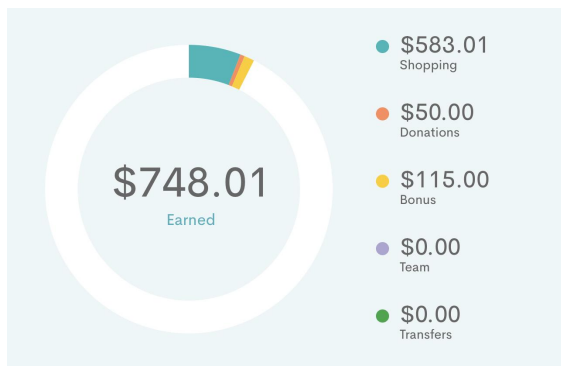
- Adult Literacy and Basic Skills
- English as a Second Language
- Citizenship Classes

For more information about summer learning programs and registration please visit www.yrdsb.ca and follow us on Twitter @YRDSB.

School Council

FlipGive

Please consider joining our FlipGive fundraising team! We've raised **\$748.01** so far!



- ❖ How to participate;
 - Download the FlipGive App or visit www.flipgive.com/join to sign up
 - When asked to "join existing team", enter our unique team code: **YF9WHZ**
 - Have fun shopping!

School Council Meeting - Tuesday, May 18, 7:00 pm

Please join us at our next School Council Meeting! A link to the virtual meeting will be sent to families on Tuesday.

Reach Out!

If you have a question for our School Council, or any items you would like to be brought to our attention, please email our Chair - Zalema Mavor holland.landing.ps@sc.yrdsb.ca

Highlights from the Week

Mickey Eves

This past week our students from K-8 had a virtual Mindfulness & Mental Health workshop with Mickey Eves. Check out some of the learning, reflection, and tips that our students took from the presentations!

(infographic created by Ms. McAlear)



From Ms. McAlear's gr. 7 class:

I learned.../took away....

- 1) My bed is for sleeping only. I always work or play video games in bed but she said that your brain needs to be trained to think your bed is just for sleeping. (Jacob)
- 2) All the sleeping tips! (Avery)
- 3) I really enjoyed the meditation and the towel twist to get my anger out. (Bhavya)
- 4) I used a few of the sleep tips last night. I didn't lay in my bed until I was tired, I slept without my LED lights on and I had a way better sleep. (Abigail)

From Mrs. Whitehouse's gr. 8 class:

The grade 8s ALL learned at least one strategy that they are planning to implement immediately. We practiced this afternoon. After a heavy week they were able to see the advantages of putting these ideas into practice (and it does take practice).

"It really worked!"

GRADE 8 LITERACY

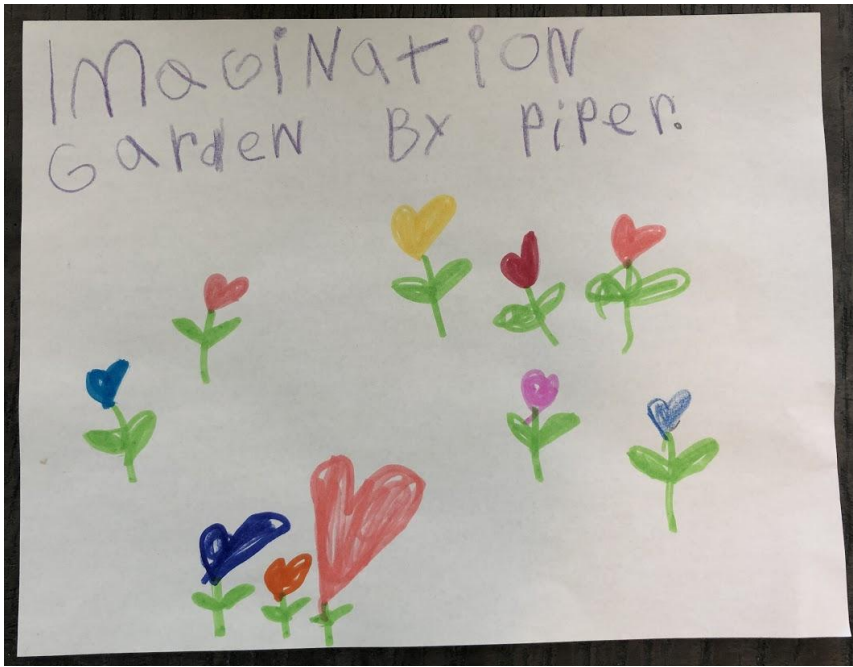
2. Thinking Thursday

Being Mindful and Creating Joy Takes Practice:

Get outside and connect with nature!

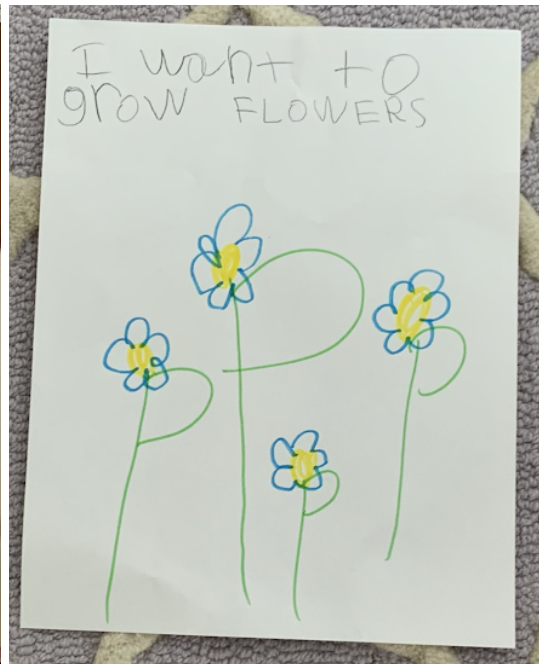
- Think about what you want your legacy to be. Focus on affirming the unique gifts you have. Stop the negative self-talk.
- Find something amazing and inspiring in nature (look for the little things)
- Connect with a friend or family member
- Be active
- Create joy through random acts of kindness
- Practice deep breathing
- Develop healthy habits (THIS MEANS SLEEP).
- Let it out. Talk it out. Let positivity in.





From Ms. Fung & Mrs. Montesdeoca's Kindergarten class:

"What would grow in your imagination garden?"



Looking Ahead

May...	24 - Victoria Day (no school) 26 - Get Real Movement Anti-Racism virtual workshop 6-8 28 - Hurricane of the Month
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