

# King City SS e-Newsletter



[2001 King Road, King City, ON L7B 1K2](#)

January 29, 2021

## Message from Our Trustee

Dear families,

I hope that you and your families are healthy and doing well. I want to thank all of our students, families and staff members for their flexibility, patience and perseverance during the school closures. We understand that the pandemic is creating challenges and hardships, and we will continue to prioritize and do our very best to support the well-being, learning and achievement of our students during these difficult times.

There are resources on the Board website that students and families may find helpful, including tips for speaking with your child about COVID-19, support using technology, community and mental health resources and more at [www.yrdsb.ca/school-reopening](http://www.yrdsb.ca/school-reopening).

One of our [priorities](#) as a Board of Trustees is to Champion Equity and Inclusivity: we aim to develop the knowledge, skills and attitudes to remove barriers in support of all learners.

### Anti-Black Racism

We want each and every one of our students to know that they are valued, welcome, safe and respected in our schools. We know that sadly that is not the reality for some students and that incidents of anti-Black racism continue to occur in our community and our schools. These incidents cause pain, make our students feel unsafe and affect their well-being and achievement. This is not acceptable.

In the coming weeks, we will be sharing information and inviting you to participate in the *Dismantling Anti-Black Racism Strategy: Creating anti-racist and Black affirming learning and working environments* virtual event. During this event we will be unveiling our Anti-Black Racism Strategy, which was developed in coordination with families, students, community partners, educators and members of our senior leadership team. The strategy was

## Contact Us

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**Phone 905.833.5332**

Extensions

*Reception* 150

*Attendance* 158

*Guidance* 106

*Busing* 152

[king.city.ss@yrdsb.ca](mailto:king.city.ss@yrdsb.ca)

## Online

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[School website](#)

## Administration

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**Principal**

[Joe D'Amico](#)

**Vice Principals**

[Pina Viscomi](#) (A-K)

[Tim Wesson](#) (L-Z)

## School Council

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[Luisa Gale](#)

[Harpal Panesar](#)

## Superintendent

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**Neil Gunathunge**

## Trustee

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**Bob McRoberts**

**Student Trustee** application deadline has been extended to Wednesday, February 3 at 4pm. Apply [here](#)



## School News

developed in response to continued evidence of anti-Black racism, and it will be a critical tool to support positive change in the system and to improve the experiences of Black students and staff.

A series of training sessions, webinars and opportunities for learning will also be made available. Future communication will provide registration options.

I want to thank the members of the Anti-Black Racism Committee for generously giving their time, sharing their difficult experiences and their voice. We are committed to ensuring that this strategy is more than a piece of paper and are committed to doing the work to create more equitable learning environments.

I also want to acknowledge that February is Black History Month, and while we take this opportunity to highlight and celebrate the incredible contributions made by Black Canadians, we will also be looking forward to launching our Dismantling Anti-Black Racism Strategy. We will also be continuing our [celebration of Black excellence](#) in our community and I encourage you to take the time to read the stories of some of the inspiring individuals learning and working here in York Region.

We all have a role to play in creating a community that enables everyone in it to thrive, and in doing this work, we will create a more inclusive and positive environment for *all* of our students and families.

## 211 Ontario

Do you need help finding food, housing, financial assistance, mental health support, employment support, support for seniors, winter clothing and/or shelter? For information and referral to government, health, community and social services, call 2-1-1, search [211Central.ca](http://211Central.ca), text 21166, live-chat at [211Ontario.ca/chat](http://211Ontario.ca/chat) or email [gethelp@211Ontario.ca](mailto:gethelp@211Ontario.ca). 211 is free,

confidential and available 24/7 in 150+ languages to connect you to local community supports.

## Important Dates

To view our entire school calendar online click [here](#).

### Monday, February 1st

- PA Day
- Materials Return 12:00-3:00

### Tuesday, February 2nd

- Credit Conferencing and Rescue Day
- Materials Return 9:00-12:00

### Wednesday, February 3rd

- Semester 2 Begins - AM classes
- PM - no classes

### Wednesday, February 3rd

- Semester 2 classes resume with modified schedule

### Wednesday, February 10th

- Schools reopen for in person learning with Adaptive model schedule

### Monday, March 15th

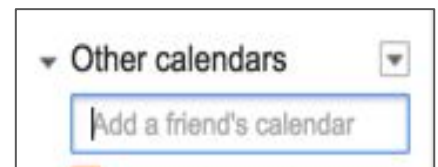
- March Break begins

### Friday, March 19th

- March Break ends

## Do you use Google Calendar?

Add our email address to add our calendar to your calendar, and never miss an event again!



[king.ss@gapps.yrdsb.ca](mailto:king.ss@gapps.yrdsb.ca)



## School News



### Parents for Children's Mental Health

SUPPORT. EDUCATE. EMPOWER.

**Monday, February 22, 2021 6:30 pm - 8 pm**

**5<sup>th</sup> anniversary of this Chapter!!!**

*PARENTS' Support Group-All are welcome!*

**VIRTUAL MEETING**

**Guest Panel: Social Media: Positive Use during COVID-19**

Does your child's anxiety, ADHD, mood disorders, learning disability, or behaviour challenges make parenting difficult? Join us...

PCMH Chapter Support is inviting you to a scheduled Zoom meeting.

Topic: Aurora York PCMH Chapter 5th ANNIVERSARY Meeting

Time: Feb 22, 2021 06:30 PM Eastern Time (US and Canada)

Join Zoom Meeting

<https://zoom.us/j/94001101367?pwd=VFpTbGJQTEhUeWJkMzk2cUIBaWhzQT09>

Passcode: 403748

One tap mobile

+14388097799,,94001101367# Canada

+15873281099,,94001101367# Canada

Dial by your location

+1 647 374 4685 Canada

+1 647 558 0588 Canada

Meeting ID: 940 0110 1367

Find your local number: <https://zoom.us/u/adEPMYilmr>

#### Benefits of PCMH Support Group:

- meet other parents with children who have similar challenges
  - find encouragement and emotional support
- learn strategies to help your child or youth at home/school
  - learn how to access resources in the community

PCMH is the only provincial, family-led, non-profit organization that provides a voice for families who face the challenges of child and youth mental health issues. PCMH provides support, education, and linkage between families, communities, agencies and government. PCMH believes in the promotion of family-centred principles of care. PCMH envisions a future in which children and youth with mental illness enjoy a high quality of life in welcoming and supportive communities. For more information and resources, please visit [www.pcmh.ca](http://www.pcmh.ca).

**Next Meeting: Monday, March 22<sup>nd</sup> at 6:30 pm – 8 pm. Topic to be announced next flyer**



## School News

# REACHING OUT



### You might be thinking:

*I don't think my problems are important or big enough to talk to anyone about...*

*I'm worried I might be labelled or that people might judge me...*

Not at all! It's best to reach out and talk to someone. We all have mental health and talking about things is one of the ways we can take care of it! Asking for help can be awkward but you'll probably feel relieved after you do.

### How do I start the conversation?

Here are some suggestions to help start the conversation:

*"I don't know if you can help me, but I'm hoping you can help me to find someone who can."*

*"I've been feeling \_\_\_\_\_ lately, can I get your help?"*

*"I have a tough situation; it's really bugging me... Can I talk to you about it?"*

*"I can't seem to get past the feelings I'm having. I wanted to reach out before things got worse."*



With difficult conversations, it may be easier to "break the ice" by writing things down on paper or through text. Reaching out to talk to someone doesn't have to be in person. For example:

*"Hey \_\_\_\_\_, it's \_\_\_\_\_. Do you have some time to chat with me tomorrow? I have a problem I want to talk to you about..."*

**\*** If you or someone you know is in crisis, call 9-1-1 or go to the nearest emergency department.

You can also reach out to Kids Help Phone at 1-800-668-6868 or by texting **CONNECT** to 686868.

The resources on the next four pages were shared with our students yesterday as part of Let's Talk Day.



## School News



### What will happen after I reach out for help?

After talking to a trusted adult about yourself and how you're feeling:

It can take time to feel better

The person you reach out to may not be able to "fix" the problem, but they may be able to connect you with someone who can support you better

They may need to set up an appointment for you to see someone else that can help you

If you find that your problems seem to be unresolved after seeking help, **don't give up**. Keeping trying. You'll find someone who can support you and let you know that you are not alone.

There's no problem **#TooBigOrTooSmall** to ask for help.  
Check out: "How to overcome obstacles when reaching out"

Not everything that weighs you down is yours to carry alone.

 If you or someone you know is in crisis, call 9-1-1 or go to the nearest emergency department.  
You can also reach out to **Kids Help Phone** at 1-800-668-6868 or by texting **CONNECT** to 686868.



School Mental Health Ontario

Santé mentale en milieu scolaire Ontario

[www.smho-smso.ca](http://www.smho-smso.ca)



## School News

# SELF-CARE 101

Self-care is an important part of wellness. Take time and discover what helps you to feel good and recharge.



**EAT** We all need to refuel. But sometimes when we're stressed, our habits can change – maybe we eat junk food, or don't feel like eating at all. It is important to focus on eating foods that will provide you with the nutrients you need.

\* **Tip:** Have a healthy snack nearby so you can refuel and avoid getting "hangry."

**HYDRATE** Try to increase your water intake and decrease your caffeine intake. Caffeine has been shown to create a stress reaction in your body and might cause you to feel nervous, irritable or restless.

\* **Tip:** Drink a glass of water or milk before bed (but not too much!) rather than a caffeinated drink. This should also help you sleep.



**SLEEP** Getting a healthy number of hours each night helps you to better deal with the stresses of everyday life.

\* **Tip:** While you're at home, try to set up a sleep routine that you can stick to. Plan to go to bed and wake up at the same time every day. For some other helpful ideas check out: 'Up all night? Get a better sleep with these tips'

**MOVE** Being physically active has many positive effects on your health. It increases your energy, enhances your immune system, reduces insomnia, stimulates brain growth and has been shown to decrease feelings of sadness.

\* **Tip:** This doesn't need to take much time. You can get these benefits of being physically active from just a 30-minute walk. Stuck inside? Check out YouTube for brief yoga routines, at-home workouts or track your steps, and challenge a friend!

**ENJOY** Take time to discover things you enjoy. Do things that make you feel good as often as you can. It may not be what others find fun, and that's okay! We're all different.

\* **Tip:** Maybe there's a book you want to read, a show or movie you've been meaning to watch, a skill you've been interested in, or something new!





## School News

**WHY SELF-CARE?**

Self-care is like saving up for a rainy day! It's about nurturing yourself so that when difficult situations happen, you will have the energy and strategies to help you get through it! It can feel hard to practice all of the self-care tips that we know are important, pick a few to focus on, congratulate yourself on what you're able to accomplish and continue to set goals for yourself.

- \* **Tip:** Try this quiz to find out if you're practising enough self-care

For more ideas to help you recharge, check out Kids Help Phone's self-care checklist!



**PAUSE** Make sure to take time for yourself during the day, to listen to music, take a few deep breaths, meditate, write in the gratitude journal.

- \* **Tip:** There are lots of different apps and sites out there for breathing exercises or check out: 'How to calm down when you're stressed'

**REFLECT** Take time to think about what's important to you. It can be easy to get caught up in the negative messages, instead look for kindness and positivity. This can come in different forms like people doing good things for others or positive posts on social media.

- \* **Tip:** Practicing gratitude on a regular basis can improve our sense of well-being and happiness! Journal about gratitude: every night, write down three good things about your day. They don't have to be major (i.e. a great lunch, talking to a friend, finishing a task).

**REPEAT** Did you know that trying a new skill, habit, or routine for 21 days in a row will increase the likelihood of maintaining this new practice?

- \* **Tip:** Try having a partner to hold you accountable during the first few weeks; this strategy has been shown to enhance your success rate of maintaining your new practice.

**CONNECT** Strong social connections are one of the most powerful influences on our mood and mental health. Spending time with friends and family help to increase your levels of happiness.

- \* **Tip:** Getting involved in something bigger than yourself or doing nice things for others can give you a mental health boost. If you can't see the people you care about every day, send them a text or make a phone call; it will make their day and yours!

**RECOGNIZE** Be mindful of your thoughts and feelings, both positive and negative, as part of your self-care. Finding a healthy outlet to process your emotions and positive self-talk, although always important, is super important during stressful times.

- \* **Tip:** When thinking, ask yourself? Is this helpful/true? If not, challenge yourself to find a positive/true alternative. Remember to speak kindly to yourself, everyone has good and bad days. Don't be too hard on yourself!

**If you or someone you know is in crisis, call 9-1-1 or go to the nearest emergency department.**

**You can also reach out to Kids Help Phone at 1-800-668-6868 or by texting CONNECT to 686868.**



School  
Mental Health  
Ontario

Santé mentale  
en milieu scolaire  
Ontario

www.smho-smsso.ca



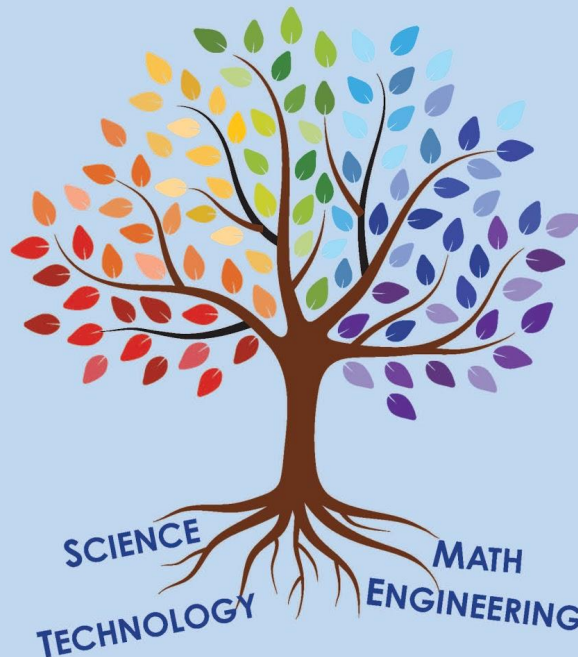
School News - reminder

YORK REGION DISTRICT SCHOOL BOARD & SKILLS ONTARIO  
INVITE YOU TO AN INFORMATION SESSION ON

# STEM

## THE ROOTS OF SKILLED TRADES AND TECHNOLOGY

TUESDAY, FEBRUARY 9, 2021 7:00 pm - 8:00 pm



We are inviting **ALL** YRDSB parents/guardians of YRDSB Elementary and Secondary students to join **York Region District School Board's Pathways Team & Skills Ontario** on **Tuesday, February 9, 2021 7:00 pm - 8:00 pm** to learn about careers related to STEM (Science, Technology, Engineering and Mathematics) as well as initiatives and resources available from Skills Ontario.

### GOOGLE STREAM

**\*Please note:** you will need to log into your child's YRDSB Gapps account to access the online webinar stream. **\*Register in advance:**

[BIT.LY/YRDSB-STEM](https://bit.ly/YRDSB-STEM)

