King City SS e-Newsletter



Summer School Reminder

Registration for summer school is open. There are two types of <u>Secondary Summer School</u> (Acceleration & Credit Recovery) and <u>Summer School e-Learning</u>. As a result of the Covid-19 school closures traditional <u>Secondary Summer School</u> will be online or a hybrid model (depending on directions from the Ministry of Education). Please look at the chart below to understand the difference between the two programs. You may not choose to do both programs.

For more information, please contact our Guidance department.

	Summer School e-Learning	Secondary Summer School Remote Learning
Delivery Model	Online for entire course	Hybrid – (online depending on Ministry directive)
Learning Platform	Brightspace D2L	Google Classroom/other Board approved platform
Time	Flexible (6hrs per day min.) Begins July 2nd	8:45 a.m. – 3:33 p.m. (depending on Ministry directive) Begins July 6th

Student Retrieval of Personal Items & Return of School Items

A reminder to sign up for a time to access the school to retrieve personal items and return items to the school (textbooks, instruments etc.) You can sign up via Edbsy. If your student is over 18, have them email the school to setup an appointment: king.city.ss@yrdsb.ca. More information has been emailed to parents, grade 12 students and can be found here.

June 12, 2020

Contact Us

Phone 905.833.5332	
Extensions	
Reception	150
Attendance	158
Guidance	106
Busing	152
king.city.ss@yrdsb.ca	

Online

School website

Administration

Principal Joe D'Amico

Vice Principals <u>Pina Viscomi</u> (A-K) <u>Tim Wesson</u> (L-Z)

School Council

<u>Luisa Gale</u> <u>Harpal Panesar</u>

Superintendent

Neil Gunathunge

Trustee

Bob McRoberts





School News

Mental Health - Care & Research Santé mentale - Soins et recherche

TAKING CARE OF MYSELF WHILE PRACTICING PHYSICAL DISTANCING

It's hard when so many outlets and activities are canceled during the Covid-19 pandemic. Here are some ideas of how you can take care of yourself at home. Try and do something from two areas each day.

MENTAL

Choose an activity that stimulates your brain: reading, word games, crosswords, puzzles, chess, Scrabble, online learning or even watching a documentary or a movie with an engaging plot.

PHYSICAL

Try and do a little bit of exercise every day. 10 minutes is a great start, 30min/day is best if possible. Walk, run, stretch, do pushups, sit ups, squats.

Also remember to shower, brush your teeth, and maintain a good sleep schedule. TAKING CARE OF ALL OF ME

SOCIAL

Connect with friends, family, or your mental health support worker by phone, text, or online. Ask for help when you need it and check in on others to offer your support. Applications like Skype and

Zoom can help!

EMOTIONAL

Creative activities help us express our emotions. Try painting, drawing, writing, poetry, knitting, claywork, listening to music, or making music.

Relaxation activities are recommended.

SPIRITUAL

Think about what helps you feel at peace and to have hope: Being near nature, sitting in the sunshine, feeling fresh air, taking time to "be in the moment."

Try deep, slow breathing, meditation, relaxation, prayer, or keeping a gratitude journal.

BEGIN BY MAKING A DECISION ABOUT ONE THING YOU CAN DO TODAY.

Make a good decision; it doesn't have to be the best one. Making a decision focuses your attention and reduces worry. Decide to take the next right step!

AND REMEMBER TO WASH YOUR HANDS!

KCSS e-Newsletter

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School News



Parents for Children's Mental Health

SUPPORT. EDUCATE. EMPOWER.

Monday, June 15th 2020

6:30 pm - 8 pm

PARENTS' Support Group-all are welcome!

VIRTUAL MEETING

Discussion Topic: Reducing conflict with our children and youth in COVID-19 times.

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

Please join my meeting early if you are not familiar with this app. Meeting opened at 6:15 pm. Access from your computer, tablet or smartphone.

https://global.gotomeeting.com/join/296949565

You can also dial in using your phone. NOTE we only can offer a US number so long distance charges apply. United States: +1 (646) 749-3112

Access Code: 296-949-565

New to GoToMeeting? Get the app now and be ready when your first meeting starts: CLICK HERE

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 <u>www.pcmh.ca</u>.

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