



LEGACY PUBLIC SCHOOL

WEEKLY EBULLETIN FOR NOVEMBER 14, 2014

legacy.ps.yrdsb.ca



Remembrance Day Ceremony

On November 11th, students, staff and parents came together to recognize all of those who have fought for peace in our world. Through music, drama, song and presentation, our students demonstrated the highest level of respect and appreciation for our veterans. It was an incredibly moving experience. Thank you to all of the staff, students, and parent volunteers who came together to make the day such a meaningful experience.

To Flush or not to Flush!

We have noticed recently that our Primary toilets and urinals are not being flushed after use. We know that the flushing noise is loud for some of our younger students. We understand that the health and cleanliness of our school is important to all members of the community. Please help us by discussing the importance of flushing toilets and urinals after each use with your child. If your child is anxious or worried about flushing, just let us know and we'll do our very best to allay your child's fears. We appreciate your help in this matter very much!

Cyberbullying Awareness

The Government of Ontario has designated the week of November 17 as Bullying Awareness and Prevention Week. During this week, schools across York Region will be focused on addressing cyberbullying. York Region District School Board has been working collaboratively with York Regional Police and the York Catholic District School Board to develop resources to support school-wide cyberbullying awareness initiatives.

Cyberbullying is the use of electronic devices and/or the internet to threaten, embarrass, socially exclude and harass. Cyberbullying can occur through various forms of social media including: texting, email, chats, websites, instant messaging, cell phones and through pictures/video clips. Cyberbullying is often aggressive behaviour that can be intentional or unintentional, direct or indirect. It may include mocking, insults, threats, racist or homophobic comments, gossiping, spreading of rumours, excluding, humiliating and shunning.

How to tell if your child is being cyberbullied?

Computer avoidance / Computer obsession / Change in behaviour at home / Change in behaviour at school / school avoidance / Kids may either want to be on the computer to see if anything else is being written for others to see or not want to be on the computer at all / May experience nightmares - source: YRP.ca

If you'd like to learn more, watch our [Change The Culture of Cyberbullying](https://www.youtube.com/YRDSBMedia) video on the Board's YouTube channel, <https://www.youtube.com/YRDSBMedia>. Join us in saying **#yeswewill** change the culture of cyberbullying through your favourite social media tools. As a reminder, you can also report instances of bullying using our [Report it!](#) tool available on our website.

Quest

On Thursday, November 6, eight students from Legacy Public School attended the Quest Student Pre-conference.

They shared their class' thinking around equity and well-being at school using a Youtube video they created. Their inquiry question was, "Will student equity and well-being improve if students are given time each week to study topics they are passionate about?" They were grouped with the other schools from our region and presented to an audience of other students at the conference. A big part of each set of presentations was a chance for the presenters and the audience members to talk about the questions and ideas that were presented. Adult and student facilitators were in each session capturing some of these discussions on video to share at the Quest Conference itself. The students represented our school extremely well and will attend the upcoming Quest Conference on Friday, November 21st.

The **YRDSB Quest Conference** (November 19-21, 2014) provides all members of the educational community with an opportunity to come together to discuss contemporary educational issues in depth; to learn together to improve student achievement and well-being.

For more information about our Quest Conference go to: <http://www.yrdsb.ca/Programs/PLT/Quest/Pages/default.aspx>.



LDAYR and Evoke Learning Present:

Mindful Parenting

A workshop for all parents and caregivers

Time:

November 26, 2014
7:00pm — 9:00pm

Location:

York Catholic District School
Board Office
320 Bloomington Road West
Aurora, ON
L4G 0M1

Cost:

\$50 LDAYR members
\$65 Non-LDAYR
members

Workshop fees are transferable, but
non-refundable.

How to Register:

905-884-7933 x 23
info@ldayr.org

www.ldayr.org

While parenthood brings immense amounts of joy, pride, personal growth and other good things to those with children, it can also bring a lot of challenges. Researchers are beginning to find that these challenges can take a toll; parents have significantly higher levels of depression than adults who do not have children.

A recent study from Mt. Sinai hospital in New York highlighted that the greatest source of childhood and adolescent stress is not school work, extracurricular activities, or peer pressure, but parental stress.

Recent research has also demonstrated the positive impact that mindfulness-based techniques can have on the ability to enhance parental/caregiver presence. This in turn increases attunement between the parent/caregiver and the child, by reducing stress and reactivity in both.

This workshop will provide an introduction to the foundations of mindfulness and look at the effects of mindfulness based practices on emotional regulation and stress reduction, which has been shown to create healthier relationships between family members.

This experiential workshop will teach parents and caregivers the art of being fully present with children. Mindfulness-based techniques will be shared and experienced to help parents improve their emotional regulation skills. These techniques allow parents to step out of reactive patterns and move into a place of skillful responses that can enhance the child/parent relationship during unplanned and stressful moments.

Active listening skills will be reviewed highlighting the importance of learning how to place our attention fully on the child. As parents and caregivers we can learn to respond (versus react) with empathy and compassion. In turn, our children can learn to respond with the same traits, which are the keystones of a mindful life.

About the Speaker — Sarah Kinsley BA (Hons.), BEd, MEd Counseling Psychology

Sarah Kinsley is the coordinator of the Embodied Mind stream of the Applied Mindfulness Meditation program in Continuing Education at the Factor-Inwentash Faculty of Social Work at the University of Toronto. She has been a Primary school teacher, and a Special Education Resource Teacher (SERT) in Ontario and abroad. Most recently she served at Native Child and Family Services of Toronto (NCFST) as a Child and Family therapist.

In addition, Sarah works as a facilitator and therapist at The Mindfulness Clinic, The Centre for Mindfulness Studies, Outward Bound Canada and Mindfulness Without Borders, where she utilizes her training in Mindfulness-based interventions (MBIs) including extensive training in Mindfulness-Based Cognitive Therapy (MBCT).

Sarah teaches classes, workshops and retreats in Canada and abroad, aiming to make each experience unique and accessible to all learners.

EQAO Parent Forum

Education Quality and
Accountability Office



*Saturday,
December 6, 2014*

**Registration
Deadline:
November 27**

Sheraton Parkway Toronto North
Hotel Suites and Conference Centre
600 Highway 7 East
Richmond Hill ON L4B 1B2

Continental Breakfast

9:15 a.m. to 10:00 a.m.

First Session

10:00 a.m. to 11:45 a.m.

Understanding EQAO Assessments

The Education Quality and Accountability Office's (EQAO's) School Support and Outreach Team will deliver information about EQAO's province-wide assessment program.

Lunch

11:45 a.m. to 12:30 p.m.

Second Session

12:30 p.m. to 2:00 p.m.

Why Mathitude Matters to Parents

Presented by Dr. Lynda Colgan, educator, Queen's University; author and consultant on TVO's Prime Radicals

EQAO will cover the following for participants:

- *Continental breakfast, refreshments and lunch;*
- *Mileage according to Government of Ontario guidelines and*
- *Accommodation, if required, according to Government of Ontario guidelines, for participants travelling more than 160 kilometres round trip.*

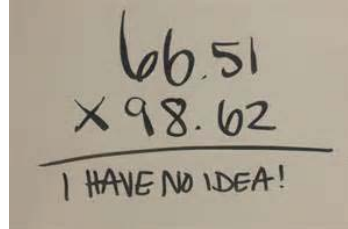


REGISTRATION REQUIRED!

Parents and educators wishing to attend are asked to register at ParentForum@eqao.com. Please provide the following information when registering: first and last name, board of education, school, and e-mail address.

Deadline for registration is November 27, 2014.

MATH NIGHT FOR PARENTS



How can we help our kids do their math homework??

WITH THE SUPPORT OF WAPS PARENT COUNCIL

NOVEMBER 27, 2014

6:30PM – 8:00PM

WILLIAM ARMSTRONG PUBLIC SCHOOL

GYMNASIUM

BABYSITTING SERVICE WILL BE AVAILABLE (HIGH SCHOOL STUDENTS WILL SUPERVISE)

GUEST SPEAKER

TREVOR BROWN B.A. (HONOURS), M.A.

ASSOCIATE PROFESSOR, TYNDALE UNIVERSITY AND FORMER MATHEMATICS CONSULTANT FOR THE TORONTO DISTRICT S.B. AND LEAD INVESTIGATOR FOR THE ONTARIO MINISTRY OF EDUCATION

TOPICS WILL INCLUDE:

ONTARIO MATH CURRICULUM

OVERVIEW OF MATH

ENGAGEMENT IN MATH FOR STUDENTS AND PARENTS

TECHNOLOGY AND MATH

EVERYONE WELCOME!! HOPE TO SEE YOU THERE

**Join us for a free workshop for families
with elementary and high school aged children/youth:**

为家有小学和中学生的家长而设的免费讲座

Understanding LD & ADHD 认识学习障碍与多动症

**Tuesday, December 9th 2014 (星期二) 12月9日晚
6:30PM – 8:30 PM**

Welcome Centre Immigrant Services – Markham South
7220 Kennedy Road, (Unit 8)
Markham, ON L3R 7P2

learn about:

- what learning disabilities are
- advocating for a child/youth with LD
- supporting a child/youth to gain self-advocacy skills
- parent rights within the school system
- supporting a child/youth with transitions into secondary and post secondary learning
- programming to support children/youth & families

认识:

什么是学习障碍
如何為有学习障碍的学生争取支援
让学生学习自我争取权益
家长在学校体系中的权力
支持孩子选择高中或大专课程
其他资源

Presenters 主讲人: Renee Flannery & Stephanie Gatti

from the Learning Disabilities Association York Region (LDAYR) 约克区学习障碍协会

Renee Flannery is a Resource Facilitator with LDAYR and has provided support and guidance to parents for over 20 years.

Stephanie Gatti is a Program Coordinator with LDAYR.

Free event – light refreshments provided 茶点招待
Free child-minding is available upon request 免费托儿
Please register for this event 须事先登记

This event is in partnership with LDAYR and York Region District School Board - Inclusive School and Community Services
约克区学习障碍协会与约克区学校局联合举办

To register and for more information contact: 登记与查询

英文- 约克区学习障碍协会 LDAYR – 905 884-7933 ext 23 or info@ldayr.org

中文语音信箱-伊文老师 or Woonie Zeeman YRDSB – 905-884-2046 ext. 273 or woonie.zeeman@yrdsb.ca

Mon Nov 17	All day All day 8:00am – 8:55am	Day 1 Class Schedule ☐ JR Kindergarten Parents In-Class Observation Visits ☐ SR Girls Volleyball Practice - Gym ☐
Tue Nov 18	All day All day 9:30am – 10:45am 1:10pm – 1:50pm	Day 2 Class Schedule ☐ JR Kindergarten Parents In-Class Observation Visits ☐ Kindergarten & Primary Classes - Duffle Bag Theatre "Sleeping Beauty" Production - Gym GR 5&6 Boys & Girls Jr Volleyball with Mr. Carlisle & Mr. Chin - Gym ☐
Wed Nov 19	All day All day 8:00am – 8:55am 9:00am – 11:00am 9:30am – 11:30am 11:00am – 11:15am 1:10pm – 1:50pm 3:30pm – 8:00pm	Day 3 Class Schedule ☐ JR Kindergarten Parents In-Class Observation Visits ☐ SR Boys Volleyball Practice - Gym ☐ GR 3 Mr. Chin Swim to Survive - Cornell Community Centre & Library, Bur Oak Avenue, Markham, ON, Canada ☐ GR 3 Mrs. Rands Swim to Survive - Cornell Community Centre & Library, Bur Oak Avenue, Markham, ON, Canada ☐ \$1.25 Wacky Wednesday Snack Day - Outside Music Room & Room 211 ☐ Full Student Council Meeting in Room 207 - Room 207 ☐ SR Girls Volleyball-Mr. Carlisle - Gym
Thu Nov 20	All day All day 9:00am – 10:00am 1:10pm – 1:50pm 1:10pm – 1:50pm 4:00pm – 8:00pm	Day 4 Class Schedule ☐ JR Kindergarten Parents In-Class Observation Visits ☐ GR 6 VIP with Police Constable Davison - Room 207 \$1 Movember Fundraiser in the Gym during Lunch Recess - Gym Cancelled - GR 5&6 Boys & Girls Jr Volleyball with Mr. Carlisle & Mr. Chin - Gym ☐ SR Girls Volleyball Tournament at Boxwood P.S. - Boxwood Public School, 30 Boxwood Cres, Markham, ON L3S 3P7, Canada
Fri Nov 21	All day All day All day All day 8:00am – 8:55am 9:00am – 11:00am 1:10pm – 1:50pm	Day 5 Class Schedule ☐ Ski Club Early Bird Registration Form Deadline Quest Conference JR Kindergarten Parents In-Class Observation Visits ☐ SR Girls & Boys Volleyball Practice - Gym ☐ GR 3 Ms. Walker Swim to Survive - Cornell Community Centre & Library, Bur Oak Avenue, Markham, ON, Canada ☐ GR 5&6 Boys & Girls Jr Volleyball with Mr. Carlisle & Mr. Chin - Gym ☐
Mon Nov 24	All day All day 8:00am – 8:55am	Day 1 Class Schedule ☐ JR Kindergarten Parents In-Class Observation Visits ☐ SR Girls Volleyball Practice - Gym ☐
Tue Nov 25	All day All day All day 1:10pm – 1:50pm	Day 2 Class Schedule ☐ GR 8 Junior Achievement Day in Grade 8 Classrooms - Grade 8 Classrooms JR Kindergarten Parents In-Class Observation Visits ☐ GR 5&6 Boys & Girls Jr Volleyball with Mr. Carlisle & Mr. Chin - Gym ☐
Wed Nov 26	All day All day All day 8:00am – 8:00pm 11:00am – 11:15am 1:00pm – 3:30pm 1:10pm – 1:50pm	Day 3 Class Schedule ☐ PIZZA LUNCH JR Kindergarten Parents In-Class Observation Visits ☐ Boys' Area Volleyball Tournament at Legacy PS \$1.25 Wacky Wednesday Snack Day - Outside Music Room & Room 211 ☐ Conversation Cafe for Parents-Sponsored by School Council School Council Executive Meeting in Room 207 - Room 207 ☐
Thu Nov 27	All day All day All day 1:10pm – 1:50pm	Day 4 Class Schedule ☐ Girls' Area Volleyball Tournament JR Kindergarten Parents In-Class Observation Visits ☐ GR 5&6 Boys & Girls Jr Volleyball with Mr. Carlisle & Mr. Chin - Gym ☐

LEGACY PUBLIC SCHOOL CALENDAR LINK ON OUR WEBSITE

<http://www.yrdsb.ca/schools/legacy.ps/NewsEvents/Pages/School-Calendar.aspx>

Today		< >		November 2014		Day	Week	Month	4 Days	Agenda	More ▾	⚙ ▾	
Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun
3	4	5	6	7	8	9	10	11	12	13	14	15	16
Day 2 Class Schedule Daylight Saving Time Ends Sun 8 SR Boys Volleyball Practice 1:10p Cancelled-GR 5&6 Boys & 3:30p Staff Meeting in Library 7p School Council Meeting in Lib	Day 3 Class Schedule 8 SR Girls & Boys Volleyball Prac 9:30 GR 6 VIP with Police Constab 1:10p GR 8 Band Practice 1:10p Peace Tree Meeting in Roc	Day 4 Class Schedule Pizza Forms Due Today 8 SR Boys Volleyball Practice 9 GR 8 MDHS Trip 9 Health & Safety Inspection 9 GR 3 Mr. Chin Swim to Survive +6 more	Day 5 Class Schedule 1:10p GR 5&6 Boys & Girls Jr Vol 4p SR Boys Volleyball Tourname	Day 1 Class Schedule 8 SR Girls & Boys Volleyball Prac 9 GR 3 Ms. Walker Swim to Surviv 1:10p Dance Team Practice in Roc 1:10p Earth Club Meeting in Room	Day 1 Class Schedule 8 SR Girls & Boys Volleyball Prac 9 GR 3 Ms. Walker Swim to Surviv 1:10p Dance Team Practice in Roc 1:10p Earth Club Meeting in Room	Day 1 Class Schedule 8 SR Girls & Boys Volleyball Prac 9 GR 3 Ms. Walker Swim to Surviv 1:10p Dance Team Practice in Roc 1:10p Earth Club Meeting in Room	Day 2 Class Schedule 8:05 SR Boys Volleyball Practice 1:10p GR 5&6 Boys & Girls Jr Vol	Day 3 Class Schedule Remembrance Day 8:30 Scholastic Book Fair 8:30am 9:30 GR 1 - Firefighter Visit in Gyl +2 more	Day 4 Class Schedule GR 6&7 Muskoka Woods Form & PIZZA LUNCH Progress Reports Go Home Tod +10 more	Day 5 Class Schedule 8:05 Cancelled-SR Boys Volleyb 9 Scholastic Book Fair 9:00am-8: 1:10p Sport Stacking for Guinnes 4p Parent-Teacher Conference A	PA DAY - No School	Day 1 Class Schedule 8 SR Girls & Boys Volleyball Prac 9 GR 3 Ms. Walker Swim to Surviv 1:10p Dance Team Practice in Roc 1:10p Earth Club Meeting in Room	Day 2 Class Schedule 8 SR Boys Volleyball Practice 1:10p GR 5&6 Boys & Girls Jr Vol
10	11	12	13	14	15	16	17	18	19	20	21	22	23
Parent Teacher Conference Online Booking Available Monday 9:30 am to Wednesday Noon Day 2 Class Schedule 8:05 SR Boys Volleyball Practice 1:10p GR 5&6 Boys & Girls Jr Vol	Scholastic Book Fair in Library-Please see hours below Day 3 Class Schedule Remembrance Day 8:30 Scholastic Book Fair 8:30am 9:30 GR 1 - Firefighter Visit in Gyl +2 more	Day 4 Class Schedule GR 6&7 Muskoka Woods Form & PIZZA LUNCH Progress Reports Go Home Tod +10 more	Day 5 Class Schedule 8:05 Cancelled-SR Boys Volleyb 9 Scholastic Book Fair 9:00am-8: 1:10p Sport Stacking for Guinnes 4p Parent-Teacher Conference A	PA DAY - No School	Day 1 Class Schedule 8 SR Girls & Boys Volleyball Prac 9 GR 3 Ms. Walker Swim to Surviv 1:10p Dance Team Practice in Roc 1:10p Earth Club Meeting in Room	Day 2 Class Schedule 8 SR Boys Volleyball Practice 1:10p GR 5&6 Boys & Girls Jr Vol	Day 3 Class Schedule JR Kindergarten Parents In-Clas 8 SR Girls Volleyball Practice	Day 2 Class Schedule JR Kindergarten Parents In-Clas 9:30 Kindergarten & Primary Clas 1:10p GR 5&6 Boys & Girls Jr Vol	Day 3 Class Schedule JR Kindergarten Parents In-Clas 8 SR Boys Volleyball Practice 9 GR 3 Mr. Chin Swim to Survive 9:30 GR 3 Mrs. Rands Swim to Sl 11 \$1.25 Wacky Wednesday Sna +2 more	Day 4 Class Schedule JR Kindergarten Parents In-Clas 9 GR 6 VIP with Police Constable 1:10p Cancelled - GR 5&6 Boys & 1:10p \$1 Movember Fundraiser in 4p SR Girls Volleyball Tourname	Day 5 Class Schedule Ski Club Early Bird Registration JR Kindergarten Parents In-Clas Quest Conference 8 SR Girls & Boys Volleyball Prac 9 GR 3 Ms. Walker Swim to Surviv 1:10p GR 5&6 Boys & Girls Jr Vol	Day 1 Class Schedule 8 SR Girls & Boys Volleyball Prac 9 GR 3 Ms. Walker Swim to Surviv 1:10p Dance Team Practice in Roc 1:10p Earth Club Meeting in Room	Day 2 Class Schedule 8 SR Boys Volleyball Practice 1:10p GR 5&6 Boys & Girls Jr Vol
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