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legacy.ps.yrdsb.ca

CHECK US OUT
ONLINE

LEGACY eBulletin

Autism Awareness Week

Autism awareness plays a vital role in improving the quality of life for people on the spectrum and their families. Staff and students had a great week creating awareness, as we participated in sensory experiences, contributed puzzle pieces to a tree display outside the library and celebrated by wearing blue on Wednesday. Our school community also came together in the shape of a giant puzzle piece for an amazing group photo!



Chief of the Day Finalist

We are very excited to recognize Evangelia K. in grade five as one of the five finalists in the 2016 Chief for a Day contest! Her essay and speech on *How the York Regional Police help kids be safe when using social media*, was presented to a panel of judges back in March. Congratulations Evangelia!



Ridvan - April 21st

Ridvan (pronounced Riz-wan) is a day festival, the most important one of the Baha'i year. Ridvan, which means "paradise", is the name of the garden in which Baha'u'llah, the Founder of the Baha'i Faith, proclaimed His identity as a Messenger of God. On the three holy days of Ridvan, Baha'is all over the world gather together to remember this joyous time in Baha'u'llah's life. Because of the global nature of the Baha'i Faith, rituals are discouraged.

Monday, April 18

Earth Week

Day 2

Grade 3: Scientist in School

Pause to Play week

Tuesday, April 19

Earth Week

Day 3

Pause to Play week

11:30am Earth Week Assembly - TI

Wednesday, April 20

Earth Week

Day 4

Pause to Play week

Sports Jersey Day

11:00am Wacky Snack Wednesday

1:00pm Sub Day

6:00pm Intermediate Math Night

Intermediate Math Night - April 20th at MDHS

On Wednesday April 20th, Intermediate Math Night will be hosted by the teachers and students of the math department at Markham District High School. This fun transition activity will feature interactive games that have been planned exclusively for our school. This is an excellent opportunity for students to see the school, meet their future teachers, interact with high school students and ask questions regarding the math program.

April 22nd is Earth Day!

To mark the occasion, Legacy students will have the opportunity to participate in a number of activities, including:

- ▶ a kick-off assembly on Tuesday
- ▶ Get outside and clean up days! – Wednesday and Thursday
- ▶ Litter-less Lunch Day, and our first Pack-a-Snack picnic on the pavement - Friday
- ▶ ECO Fair, which runs during lunch hour in the front hall, from Tuesday to Thursday



We would also like to announce our first ever PLASTIC BAG GRAB CHALLENGE. To help us compete for prizes in this exciting event, please bring in your carry-out plastic shopping bags. The 3 Ontario schools that bring in the most bags earn cash prizes for environmental initiatives in their school. Bags collected will be delivered to our local Walmart. From there they will be sent to be recycled into other products. Thanks for your support!



Passover (Pesah) - April 23rd

Passover is celebrated for eight days with special prayers and symbolic foods at home. It is a "festival of Freedom" to remind Jews of how God released their ancestors from slavery and brought them to freedom in a Promised Land. Passover begins at sundown on April 3rd. Passover is celebrated by more Jews than any other holiday on the Jewish calendar - perhaps because it is so essentially and uniquely a family holiday.

Yearbook 2015-2016

Yearbooks may be ordered online until Friday, April 29th. Yearbooks will be distributed in June. Please [click here](#) for a link to the flyer.



Book Swap - Extended

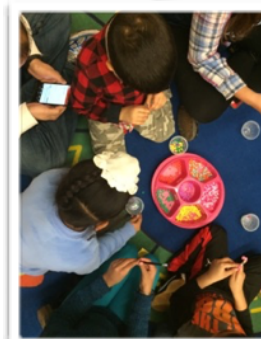
Legacy is collecting used books for our Earth Friendly BOOK SWAP. It is as easy as **1, 2, 3.**



1. Bring in any books in good condition that you no longer need all of next week. Get a ticket for every book you bring in.
2. Tickets can then be used to swap for another book.
3. Sit back, relax and READ!!!!

All extra books will be donated to a community that is in need of books for their schools.





Kindergarten/Grade 1 Math Night



Pause to Play

It's time to pause to PLAY and get addicted to Physical Activity!

Join the 2016 Pause to Play challenge April 18 to 22.

The Pause to Play challenge encourages students and their families to put their television, video games and computers on pause for one full week. Participants are more likely to feel good about themselves when they get active, choose healthier foods more often and have fun with the whole family. There are many reasons to take the challenge and learn how much fun it can be to pause to play.



We need to get more active. According to Statistics Canada 2011:

- *Only seven per cent of elementary school children get at least 60 minutes of heart pumping physical activity at least six days a week*
- *Boys and girls are not active over eight hours a day*
- *Improves air quality and the environment - less cars, less pollution*
- *Inactive lifestyles put children at risk for preventable health problems including Type 2 diabetes, obesity and cardiovascular disease*

Exercise that gets your heart pumping has many benefits to your health!

Being active for at least 60 minutes daily can help children:

- *Improve their health*
- *Do better in school*
- *Improve their fitness, grow stronger and maintain a healthy body weight*
- *Have fun playing with friends and feel happier*
- *Learn new skills and improve their self-confidence*

Get ready to have fun and get active! Put your TV's, video games, computers, and tablets on pause for one week. Instead, get active, choose healthier foods more often and have fun with your family away from the screens. Take the challenge for a week or more and learn how much fun it can be to pause to PLAY!

- *Many YRDSB schools are participating in the Pause to Play Challenge this year, why not take the pledge at home?*

Start small and designate at least one hour a day and Pause to Play.

Give some of these ideas a try.... it's worth it!

- *At the beginning of the week schedule physical activity for each day*
- *Go for a neighbourhood walk after dinner*
- *Pause the technology (TV, computer, smart phone) during meals*
- *Prepare a meal with your family*
- *Get your bike and helmet ready for spring*
- *Go for a bike ride*
- *Go to the park*
- *Wear a pedometer and challenge family members to how many steps they can take in a day*



To celebrate *Children's Mental Health Week*, The York Centre for Children, Youth & Families is hosting a *Coffee & Conversation Series* of workshops for interested parents and other community members. The workshops are *free of charge*, but you *do need to register in advance for each workshop you would like to attend*. The format of the evenings will be structured, but informal. Each evening will include a presentation, discussion, coffee, and goodies, not necessarily in that order!

Place: The York Centre for Children, Youth & Families
11225 Leslie Street, Richmond Hill (Elgin Mills & Leslie)

Phone: 905-737-8927
Email: info@theyorkcentre.ca

*****TO REGISTER**, please go online to the Eventbrite website using the link listed below for each topic title. Choose **ONLY ONE** workshop for each evening ***

Monday, May 2, 2016: 6:30pm – 8:00pm

Be Cyber-Smart!
<http://becybersmart.eventbrite.ca>

Presenter: *Bruce Johnson, CYW
The York Centre*

Parenting Your Anxious Child: Part 1
<http://pacpart1.eventbrite.ca>

Presenter: *Jennifer Scott, SSW
The York Centre*

Tuesday, May 3, 2016: 6:30pm – 8:00pm

Parenting Your Anxious Child: Part 2
<http://pacpart2.eventbrite.ca>

Presenter: *Jennifer Scott, SSW
The York Centre*

A Solution Focused Approach to Parenting
<http://solutionfocusedparenting.eventbrite.ca>

Presenter: *Natasha Wakefield, RP
The York Centre*

Wednesday, May 4, 2016: 6:30pm – 8:00pm

Mindfulness & Self-Care
<http://mindfulnessandselfcare.eventbrite.ca>

Presenter: *Sheri Van Dijk, M.S.W., R.S.W.
Psychotherapist & Author*

Parenting & Understanding The Adolescent Brain
<http://parentingandtheadolescentbrain.eventbrite.ca>

Presenter: *Abner Lico, M.Ed., RP
COMPASS, The York Centre*

Thursday, May 5, 2016: 6:30pm – 9:30pm

safeTALK Training
<http://safetalkyc.eventbrite.ca>

Presenter: *Michelle Cassidy
Mental Health Lead, YRDSB*

Thursday, May 5, 2016: 6:30pm – 8:30pm

***Intro. to Autism & Accessing Funding Resources
[A Kerry's Place Group Learning Session (GLS)]***
<http://introtoasdandfunding.eventbrite.ca>

Presenter: *Michael Morris B.A., B.Ed. OCT
ASD Consultant, Kerry's Place*

Workshop Descriptions on reverse side.

WORKSHOP DESCRIPTIONS

Monday, May 2 (choose one)

Be Cyber-Smart! Do you have children/teens that use social media/internet to interact with their peers? Come and join the conversation and learn about safety tips, strategies to teach your child, online harm reduction, view and discuss personal experiences of people who have been through online bullying, and to review how to monitor your child's online interactions. *This workshop is for parents/caregivers of children/youth who participate in online activities.*

Parenting Your Anxious Child (Part 1): What does childhood anxiety look like and sound like? Come and learn about the cycle of anxiety along with the signs and symptoms of children/youth that may be anxious. There are things you can do and things you perhaps shouldn't do. *This workshop is geared towards parents and caregivers of kids of all ages.*

Tuesday, May 3 (choose one)

Parenting Your Anxious Child (Part 2): Does your child experience anxiety? Now what? In this session you will learn helpful strategies that parents can use to support children through anxiety by understanding (CBT) Cognitive Behavioural Therapy approach, exposure therapy and the four traits of anxiety. *This workshop is geared to parents and caregivers of kids of all ages.*

A Solution Focused Approach to Parenting: You're already doing things well as a parent! Need help to recognize this? This interactive strength-based workshop will give you the tools and attitudes for successful parenting! Discover the many things that you are already doing well by learning to bring the small successes into your awareness. This will improve your life and those of your children with having more confidence and opportunities for success. Participants will learn 'the power of the compliment', recognizing individual strengths, noticing your success as a parent, and looking at solutions rather than problems.

Wednesday, May 4 (choose one)

Mindfulness & Self-Care: Looking for self-care ideas? Managing self-care in a very busy world can seem like 'just another task!' What if learning simple yet effective mindfulness practices within your day was possible? Come and join the conversation and learn simple yet useful mindfulness strategies that can help you with your self-care practice! In recent decades, researchers have been learning that Mindfulness helps us live healthier lives. In this workshop you will learn practical exercises, what Mindfulness is, and how it can help us with depression, anxiety, anger, chronic pain, low self-esteem, post-traumatic stress disorder, and other emotional difficulties. *This workshop is geared towards adults and teens 16+.*

Parenting & the Adolescent Brain: This workshop will focus on taking a look at NEW research in the area of neuroscience surrounding the brain development in adolescents. Come and find out how to parent your teen with an insight into the distinct developmental period that comes with the unique challenges of parenting adolescents.

Thursday, May 5 (choose one)

safeTALK Training: safeTalk is a training that prepares you to identify persons with thoughts of suicide and connect them to suicide first aid resources. Most people with thoughts of suicide invite help to stay safe. Alert helpers know how to use these opportunities to support that desire for safety. As a safeTALK-trained suicide alert helper, you will be better able to: move beyond common tendencies to miss, dismiss or avoid suicide; identify people who have thoughts of suicide; apply the TALK steps (*Tell, Ask, Listen and KeepSafe*) to connect a person with suicide thoughts to suicide first aid, and intervention caregivers. Powerful video clips illustrate both non-alert and alert responses. Discussion and practice help stimulate learning; Learning steps that contribute to saving lives. *This workshop is three hours in length.*

Introduction to Autism Spectrum Disorder (ASD) & Funding Support/Resources [A Kerry's Place Group Learning Session (GLS)]: This is a two part workshop. The first part is for individuals, families, and support people who are seeking an overview of the way Autism Spectrum Disorder can affect a person's life within the topics of sensory processing, anxiety, communication, social skills and behaviour. The second part of this workshop will be a presentation suitable for individuals or families seeking more information on funding sources available for people with ASD. Topics will include government funding, tax credits, and private charities.