



LEGACY PUBLIC SCHOOL E-BULLETIN

DATE: April 12th, 2019

School Council Email: legacy.ps@sc.yrdsb.ca

Principal: Shelley Jones

School Email: legacy.ps@yrdsb.ca

Vice Principal: Leeanne Hoover-Joy

Phone: 905-472-4764

Class Placements

If you are moving or your child will be attending a different school in the fall, please let us know so that we can plan accordingly.

If you would like to have input into your child's placement for the 2019/2020 school year, please submit a letter or email to Shelly Jones (Principal) or Leeanne Hoover-Joy (Vice Principal) outlining:

1. Your child's current grade level and teacher.
2. Your child's strengths-- academic and social
3. Your concerns for your child
4. Write about the type of classroom and teaching style that you feel your child would do best with.



Legacy PS is organizing a "WALK TO SCHOOL" Campaign beginning on Thursday, April 18th.

All school buses will drop off students at the intersection of Legacy Dr and Rouge Bank.

Students will be met at the buses by staff and will walk together to the school tarmac

We also ask parents to park along Legacy Dr or Rouge Bank and walk children to the back tarmac rather than use the kiss n ride.

Feel free to bike or scooter to school.

Let's Walk...

MINDFULNESS

Our School Council is hosting a mindfulness evening on Wednesday, April 24th.

This event is for students and families. There are three 20 minute sessions organized from either

6:30-7:30 pm or 7:30-8:30 pm.
There is

NO COST for the evening.

Please return the tear off portion from the newsletter that went home with all students last week.

(Also, see below)

KEY DATES

Apr 13th-Vaisakhi

Apr 17th-Active School Travel School Assembly

Apr 18th- Walk To School Day

Apr 19th-22nd Easter NO SCHOOL

Apr 24th-6:30-8:30 pm Mindfulness Evening-Parents and Students

Please check our Calendar at:

<http://bit.ly/2DdPcaJ>



Vaisakhi-April 13th

Vaisakhi celebrates the birth of the Panth Khalsa order (the Order of the Pure Ones) established by Guru Gobind Singh. It is at this time that Guru Gobind Singh gave the Khalsa order the five distinct symbols of purity and courage which would make Sikhs identifiable: the Kesh (unshorn hair); Kangha (the wooden comb); Karra (the iron bracelet); Kirpan (the sword) and Kachera (underclothing). Some of the ways that this day is traditionally honoured include visiting a place of worship, participating in a mela (fair), indulging in mithai (sweets), fruits and lassi (a sweet yogurt drink), and taking a ritual bath or renewal.



We extend good wishes to all staff, students and members of the Sikh and Indian communities who will be celebrating Vaisakhi.

International Day of Pink

April 10, 2019 is the International Day of Pink. It is a day when communities across Canada and across the world unite to celebrate diversity and raise awareness about the need to stop homophobia, transphobia, discrimination and all forms of bullying. On this annual day in April, individuals wear pink to show respect for diversity and to demonstrate support for learning and working environments which are safe and inclusive of people from all different backgrounds.

We invited all classes to use this picture to engage students to think critically about gender stereotypes.

What do you notice?

What might your questions be?

How does this picture make you feel?

What are you thinking about?



WHAT'S GOING ON IN THE SCHOOL

ECO Club

Me to We

Student Council

Lunch Buddies

Wacky Snack

Library Helpers

Stacking Club

Primary Floor Hockey

Primary Games Club

Peer Mediators

Equity Team

Healthy Schools Club

Annie

Junior Basketball

Office Helpers

Girls Can Run Program

SMENCIL SALES

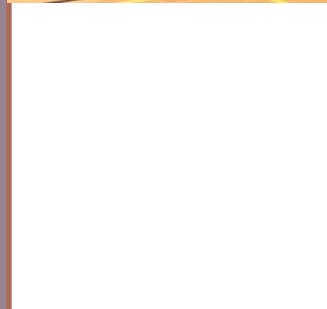
Legacy Student Council will be selling Smencils! You can buy 1 for \$2.00 or 3 for \$5.00. April 15th-18th.



Grade 8 students and our Kindergarten students had a workshop with Athletes who advocate to challenge gender stereotypes



PRIMARY SPRING CONCERT



CALLING ALL YEARBOOK ARTISTS



It is yearbook time! We are looking for a yearbook cover for our 2019-2020 school yearbook. We invite all students to have their submissions in by Friday, May 3rd. Ordering of yearbooks will be posted on School Cash On Line very soon!



Legacy School Council presents Learning Together – Mindfulness



**FREE EVENT-Parent Reaching Out Grant
Wednesday, April 24, 2019-6:30-8:30pm**

Join us for an evening of interactive mindfulness sessions that focus on mental health and wellbeing. Parents and students can benefit from learning different skills and techniques to practice mindfulness at home.

Mindfulness improves cognitive outcomes, social-emotional skills, and well-being.

Interactive stations allow both parents and children to discover:

- skills and techniques that can be easily incorporated into your daily lives, common meditation techniques used for relaxation
- how to cultivate compassion and kindness and to discover the human perspective in potentially demanding situations such as bullying and conflict
- how to recognize the impact that both positive and negative social experiences have on us at home and at school and tips to navigate through difficult situations
- how to practice Mind-Fit techniques to address the early physical symptoms

Please refer to the back of this form for descriptions of the sessions

Activities will be universal in that both parents and children can adopt and practice the techniques easily. There are 3 sessions and each session will be 15 minutes with a 5-minute opportunity for group or individual questions while participants move to the next station. All sessions are appropriate for ages 4 and up. (Students must be accompanied by a parent or guardian) We hope that you can join us for this event financed by our Parent Reaching Out Grant from the Ontario Ministry of Education--PROgrant

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Please return this cut off section and return to the school office by April 18th.

____I will be attending the Mind-Fit Sessions on April 24, 2019

Preferred time slot: 6:30 to 7:30 PM 7:30 to 8:30 PM (please check one)

Family Last Name: _____ Total number attending: _____

Parent Signature: _____ Grades of Child(ren): _____

OR

You may also indicate your participation through our School Email legacy.ps@yrdsb.ca

In the email, please indicate that 1) you would like to attend the Mind-Fit Session, 2) your family's last name, 3) your preferred time slot (6:30-7:30 OR 7:30-8:30) and 4) total number of family members attending. You will receive a confirmation notice before the event.

Summary of Each Mind-Fit Session

Station One: Intercepting Stress Responses

Mind-fit practices have been found in research studies to reduce and even reverse the negative effects of too much stress, by allowing us to change our physiology, perspectives and beliefs about stress. This session, participants will learn how mindfulness practices can change our brain, can improve our health and can allow us more control of our physical, mental and emotional responses to stress. Parents and Students will have an opportunity to practice one of the most common meditation techniques used to change the brain, and will learn quick and easy skills and techniques that can be easily incorporated into their daily lives to better manage stressful situations.

Session Two: Judgment to Compassion

Learn how to let go of anger, grudges, judgment and other negative emotions that can dominate our lives, and how to cultivate and increase the effects of positive experiences. Understanding the nuances of compassion and empathy is vital in appreciating how we respond to people and situations in life and school. In this session we will explore how to cultivate compassion and kindness and to discover the human perspective in potentially demanding situations such as bullying and conflict. We will also learn how to notice the impact that both positive and negative social experiences have on us at home and at school and tips to navigate through difficult situations.

Station Three: The Body & The Breath

Body sensations connect us to our physical, mental and emotional sense of balance. Many of us have been taught to distract ourselves from physical sensations in the body. For example, when we are hurt (physically, mentally or emotionally), it's common to be distracted by the offer of some form of diversion, instead of allowing us to 'be' with and tune-in to the pain, embarrassment or other sensations we are feeling. In this session participants will learn how to increase awareness of their physical bodies and will practice Mind-Fit techniques to address the early physical symptoms of a stress response. This session will also look at the importance of breathing deeply and will provide fun interactive ideas to help calm the body and mind during a stressful event (such as a test or presentation) using simple and easy breathing techniques.

Presenters:

Lorraine Gilks: *Certified Professional Coach (PCC), has been teaching for over 20 years and is the creator of "Mind-Fit"*

Ann Martens: *A Mindfulness practitioner for over 20 years, and a professor in the social service sector*

Earl Salzman: *Has a Mindfulness practice for the past 15 years. Currently teaches Mindfulness and other health-related elective courses to College students.*