

April 28th, 2017



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LEGACY eBulletin

Mental Health Week

The first week of May is National Mental Health Week. It is important that we talk to our children about mental health because not only is the health of our body important, but so is the health of our minds. When you are mentally healthy, you feel happy, safe and cared for and that is when our students can do their best learning. Taking time to focus on our mental health is important. When we feel overwhelmed or down, we need to learn strategies to help us deal with this stress so we can be mentally healthy. Life is full of change, risks and challenges. Good mental health helps us find our balance and stay in control, even during tough times.

During this week students as well as staff will be invited to participate in wellness activities during the lunch hour to help build and maintain their mental health.

As a part of National Mental Health Week, we are going to end the week with our **SILENT CHALLENGE!** As many of you know, silence is hard to come by these days. We live in a loud and distracting world, which can affect our mental health. On this day, we challenge students and staff to stay silent for as long as they possibly can. Students will be given tickets to place in ballot boxes for every ten minutes they are silent. Our School Council has organized prizes and will draw tickets and award prizes to the lucky winners. Before the Silent Challenge begins, we will give students an opportunity to GET THEIR LOUD OUT on the tarmac at recess with Mrs. Wilson. We also invite students to **DRESS LOUD** in support of hearing impaired children who are learning to hear and speak. On this day, we encourage students to wear their wackiest, loudest and wildest clothing to help show their support.



CLASS PLACEMENTS

While we are busy making the most of the 2016/17 school year, we are planning for the start of 2017/18! We will begin organizing class placements this month. This is an important process and one we take very seriously. As we begin to develop our class lists we take into account our guidelines and keeping in mind that we need to create a balanced classroom for our students. Please know that this challenging process involves multiple variables. We try to balance genders, a variety of personality and learning styles, peer relationships, balance of special, academic and social needs. The objective is to place all students with a teacher in a balanced class that will support their learning and growth. At Legacy we are very fortunate to have an exceptional group of teachers and staff to work with our students and families.

Parents may provide a letter to support this process by sharing valuable information about your child. **We will not be honouring teacher requests.** Parent letters must be in to the office by May 10th to be considered at the meetings.

Public Health Notice

In the 2017/18 school year, York Region Public Health will visit all elementary schools to provide school immunization clinics to Grade 7 students. The clinics offer vaccines for Hepatitis B, Human Papilloma Virus (HPV) and Meningococcal A, C, Y, W-135 at no cost.

Under the Immunization of School Pupils Act, meningococcal vaccine is required for school attendance, unless an exemption is filed with public health. Hepatitis B and HPV vaccines are recommended, but not required for school attendance.

Parents of students entering Grade 7 in fall 2017 will receive consent forms in the mail in June. Please complete the consent form and return it to York Region Public Health to allow your child to participate in the immunization clinics. Detailed instructions can be found on the forms and accompanying letter. If the consent form is not completed, your child will not be able to receive vaccines at the clinic.

Parents and guardians who do not consent should still complete the forms and return them, indicating that you do not authorize York Region Public Health to immunize your child.

Visit york.ca/immunizations and click on School Immunization Clinics for more information.

Did you know? If your child has missed a required vaccination on Ontario's routine immunization schedule, he/she can receive the vaccine at one of York Region Public Health's Community Immunization Clinics. These evening clinics are offered throughout the summer, giving students the opportunity to catch up before returning to school. Visit york.ca/immunizations and select Community Immunization Clinics to learn more.



P.L.A.Y. LEADER PROGRAM

We are excited to announce that starting on Wednesday, May 3rd during the 10:55am-11:10am recess, and two days each week afterwards, there will be P.L.A.Y. leaders out in the primary field prepared with games/activities for students in Grades 1 & 2.

P.L.A.Y. Leaders are Peer Leaders for Active Youth and they have been trained by City of Markham Recreation Staff to provide age appropriate activities. The P.L.A.Y. Leaders are students in Grades 5, 6, 7 & 8 who are all positive, enthusiastic, and energetic leaders.

This is an excellent opportunity for your child to participate in a safe and positive play environment with their fellow classmates.

The PLAY leaders are looking forward to starting and continuing on through until June of this year.

The P.L.A.Y. Leader Team

