



LEGACY PUBLIC SCHOOL E-BULLETIN

DATE: May 3rd, 2019

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

Principal: Shelley Jones

School Email: legacy.ps@yrdsb.ca

Vice Principal: Leeanne Hoover-Joy

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Ramadan

May 6th-June 5th

Ramadan is a holy month of fasting and contemplation for Muslims. Ramadan, the ninth month of the Islamic calendar, is referred to in the Qu'ran (Koran) as a blessed month in which the teachings of the Qu'ran were revealed to the Prophet Muhammad. During Ramadan, most Muslims fast during the hours of daylight and increase their focus on prayer and contemplation. At the end of each day, the fast is traditionally broken with a prayer and a light meal called the iftar. Ramadan is considered a time for Muslims to recommit themselves to practicing compassion and generosity for others, as well as a time to cultivate spiritual renewal within themselves and their communities.

During this time of reverence and renewal, we extend our good wishes to staff, students, parents and members of the Islamic community who will be observing Ramadan.

PLEASE JOIN US...

Legacy P.S. in Partnership with York Region Public Health is pleased to Present:

Mental Health Awareness-

A Presentation for Parents/Caregivers and School Staff- Promoting well-being and stress management in children.

On Wednesday May 8th from 7:00-8:00 pm in our Legacy Learning Commons



Let's continue to walk or roll to school as often as possible .

Active School Travel Ambassadors will randomly survey classes over the next two months and the class with the greatest percentage of walkers at end of June will receive a reward.

Remember you can:

1. Walk to the bus stop
2. Park a block away and walk to the back tarmac
3. Walk or Roll to School

Let's Get Active Legacy!

KEY DATES

May 4th-Cup Stacking at Bur Oak SS

May 6th-June 5th- Ramadan

May 6th-Family Connection Night and School Council Meeting

May 8th-Mental Health Workshop

May 6th-12th- Mental Health Week

May 15th Grade 7-8 Gauss Math

Please check our Calendar at:

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



Mental Health

Legacy is committed to support our students to learn how to recognize when they are in stressful situations and apply strategies that help manage stress. Our Healthy School group is organizing activities during lunch recesses to remind students of the importance of taking time to practice mindfulness.

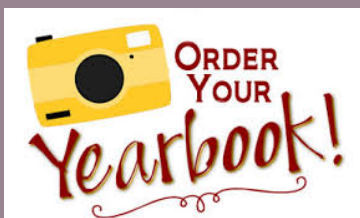
Students will have opportunities to participate in Tai Chi, yoga, learn how to breath to relax and have fun with their friends completing puzzles, colouring and answering questions on the Well-Being Wheel.

**DON'T DELAY...
ORDER YOUR
2018/2019
YEARBOOK TODAY**

Yearbooks can be ordered on

school cash online

from Friday April 26 until Monday May 13th.



Family Connection Evening

Would you like your child to WALK or ROLL to Legacy Public School with your neighbours?

A great way to walk to school is in the company of neighbours and peers! To help with this, Legacy PS is trying out a "Family Connection Network" to encourage groups of students to walk or roll to and from school. Please come to our school to learn more about this great program!

Join us on Monday May 6th from 6:00-7:00 pm in the Library **OR** send an email to reena.mistry@yrdsb.ca and include your name, street address, email address, your child's name and grade and write "Legacy PS- Family Connection" in the subject line.

The Family Connection Program and "group walking" will help Legacy's school community get to know one another. Through this we can reduce vehicle traffic congestion, improve safety, be active and healthy and help the environment

We hope to see you on Monday May 6th from 6:00-7:00 pm

Legacy's School Council Meeting will begin after our Parent Connection Evening at 7:00-8:-20pm

Please note: Our School Council Meeting will begin at 7:00 and conclude by 8:20. Light refreshments, that include dates, water and fruit will be provided for any who recognize Ramadan. A prayer space is available if needed.

WHAT'S GOING ON IN THE SCHOOL

ECO Club

Me to We

Student Council

Lunch Buddies

Wacky Snack

Library Helpers

Stacking Club

Primary Games Club

Peer Mediators

Equity Team

Healthy Schools Club

Annie

Office Helpers

Girls Can Run Program

Gauss Math Club -grades 6-8

Badminton

York Region District School Board Tamil Awards

Uukkamathu Kaividaale, pronounced Uuk-Ka-Ma-Thu Kai-Vi-Dale, means to persevere and strive to reach one's true potential. These Awards of Excellence are presented to students of Tamil heritage from Grades 7 – 12, who have demonstrated outstanding skills and achievements in various areas. It is the "UUKKAMATHU KAIVIDALE" team's goal to encourage students to strive for excellence.

Legacy PS had two grade 8 students receive awards on Tuesday, April 30th at Richmond Green S.S.

Congratulations to Varshini Sathiaselan and Dinusanth Surendran!



ME to WE Rafikis



Once again, the Legacy Me to We Team will be selling Rafikis to raise money for the Me to We Global Organization. This year we are raising money to help communities support education.

Each bracelet is handmade with love by a woman in Kenya, empowering her to earn a living and create a better future for her family and her community. Every Rafiki also gives back, by donating to a community overseas through the life-changing impact of education.

All of the rafikis will support the pillar of education and can be purchased on School Cash Online. Sales will occur May 6th-10th. Students must return forms so that we can keep track of which rafikis were ordered for easy delivery. Bracelets will be delivered to students within a week. Thank you so much for your support. Together, we can BE the CHANGE!

Legacy Me to We Committee

LEGACY P.S. IN PARTNERSHIP WITH YORK REGION PUBLIC HEALTH IS PLEASED TO PRESENT:



**MENTAL HEALTH AWARENESS-A PRESENTATION FOR
PARENTS/CAREGIVERS AND SCHOOL STAFF- PROMOTING WELL-BEING
AND STRESS MANAGEMENT IN CHILDREN.**

On Wednesday May 8th from 7:00-8:00 pm in our Legacy Learning Commons

The workshop is intended to educate parents/caregivers and/or school Staff on mental health awareness, positive mental health and stigma reduction. Participants will learn about what positive mental health is and how it is different from mental illness. The information covered will help participants learn how to support their children at home and how to increase resiliency and coping strategies. A Public Health Nurse will lead the discussion over the course of an hour. Participants will have an opportunity to engage in discussions and ask questions as they learn about positive mental health.

Topics covered in the presentation include:

- UNDERSTANDING THE DIFFERENCE BETWEEN MENTAL HEALTH AND MENTAL ILLNESS
- ADOLESCENT BRAIN DEVELOPMENT
- HOW THE STRESS RESPONSE AFFECTS THE TEENAGE BRAIN
- HOW TO MAINTAIN POSITIVE MENTAL HEALTH
- SIGNS OF NOT COPING WELL
- POSITIVE COPING STRATEGIES
- MENTAL HEALTH RESOURCES AVAILABLE IN THE COMMUNITY

We hope you can join us for this workshop.

Please note that school aged child-minding will be provided.

Community and Health Services, Public Health

1-877-464-9675

TTY 1-866-512-6228

york.ca

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