



The PRIME

May, 2018

Volume 6 , Issue 7

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SCHOOL DAY
TIMES
For all Students JK-8

7:50-8:05 a.m.
Yard Supervision

7:55 a.m.
Entry Bell

8:05-9:45 a.m.
Learning Block-1

9:45-10:15 a.m.
Recess

10:15-11:55 a.m.
Learning Block-2

11:55 a.m.-12:55 p.m.
Lunch (all students
outside from 11:55 a.m.-
12:30 p.m.)

12:55-2:35 p.m.
Learning Block-3

2:35 p.m.
Dismissal

Sir John A. Macdonald Public School
45 Murison Drive, Markham, ON, L6C 0J4
t. 905.888.5777 f. 905.927.2082
www: <http://sirjohnamacdonald.ps.yrdsb.ca/>
email: sir.john.a.macdonald@yrdsb.ca
twitter: @sjamps



Administrator's Message

IT'S CHILDREN'S MENTAL HEALTH WEEK!

Something to think about....**Mental Health Week is not only about the 1 in 5 Canadians** who experience mental health issues. It's about the 5 in 5. 5 in 5 of us have mental health. We all have it, so why don't we all talk about it? Having good mental health is about feeling **good about yourself and reaching your potential. It's about having balance in your life, and managing life's highs and lows. It's also about those overwhelming days when you need to** take a few moments to breathe. Everyone deserves to feel well, whatever their mental health experience. Do you talk about mental health openly and freely within your family?

In the YRDSB we believe in a vision that honours both achievement and well-being.

Healthy Minds, Healthy Kids & Healthy Communities

The first week of May is **CHILDREN'S MENTAL HEALTH WEEK** in York Region. 1 in 5 Ontario children and youth have a mental health problem - that's about 500,000 kids. Disorders range from anxiety, depression and conduct disorder to attention deficit hyperactivity disorder, eating disorders, schizophrenia, and bi-polar disorder. Left untreated, mental health disorders can lead to school failure, family conflicts, drug abuse, violence, and even suicide.

Children's mental health is a key influence of overall health and well-being, learning, social relationships, emotional growth, resilience and self-esteem. Most parents are very conscientious in caring for the good physical health of their children and they are encouraged to be equally concerned regarding their **children's mental health.**

While it is not possible to prevent all mental health problems, the good news is that help is available and treatment is effective, especially when provided early. The benefits include enhanced learning opportunities and social skills development as well as more positive interactions at home, at school and in the community. Local resources and supports encourage us all to learn more about good mental health as well as the challenges faced by children and youth and the solutions that are available. **Please don't hesitate to ask for supports your family may need,** as we work together to support our students.

Our SJAM staff can help connect you with our community partners – some are listed below

- Crisis Response Services, 1-855-310-COPE(2673)
- Kids Help Phone, 1-800-668-6868
- Family Services of York Region, 905-294-2590
- Blue Hills Child and Family Centre, 905-773-4323
- Kinark Child and Family Centre, 1-888-454-6275
- The York Centre, 905 887-5896

Click [here](#) to learn more about our YRDSB Mental Health and Addiction Strategy within our (BIPSA) Board Improvement Plan for Student Achievement and our (SIPSA) School Improvement Plan for Student Achievement.

*2017-18
Professional
Activity &
Training Days
(No School for
Students)*

Monday, June 4, 2018

Thursday, June 28, 2018
11:05 a.m. DISMISSAL
FOR ALL STUDENTS

Friday, June 29, 2018

Upcoming Dates

April 30 – May 4	Scholastic Book Fair
May 1	Spring Concert
May 7	Youth Wellness Network assemblies (1:00 PM, K-Gr 4) (1:45 PM, Gr 5-8)
May 8	Welcome to Kindergarten for all new JK's, 4:00—6:00 PM (with Victoria Square PS)
May 8	Immunizations for all Grade 7's
May 23-24-25	EQAO for all grade 6 students
May 28-29-30	EQAO for all grade 3 students
May 31	Character Assembly, 10:15 AM
June 5	School Council BBQ ~ 5:30 PM – 8:00 PM
June 14	Grade 8 Graduation Rehearsal
June 18	Grade 8 Graduation

School Organization 2018-2019

The school organization for our 2018-2019 school year is outlined below. Please note that this organization is TENTATIVE until enrolment numbers are confirmed during September 2018. At this point in time, we have projected that we will have the following homeroom classes –

Victoria Day
Monday, May 21 2018

*2017-18
School Holidays
(School Closed)*

4 Kindergarten classes	Grade 3/4
Grade 1A	Grade 4
Grade 1B	Grade 5
Grade 1/2	Grade 6
Grade 2	Grade 6/7
Grade 2/3A	Grade 7/8
Grade 3	Grade 8
	+one Community Class Homeroom

Notes for 2018-2019:

-SJAM will no longer have the French Immersion Program

-5 Portables will be removed from our property over the summer months

School Organization (cont'd)

School organization and the building of a classroom model that meets all Ministry and school board parameters at all grade levels is a complex and interconnected process. Changes in class organization at any one grade level impact on the class sizes at other grade levels. For the 2018-2019 school year, in order to create classes that meet size requirements at all grades, we have had to create a model that includes numerous combined grade classrooms.

Teachers teach in combined grade classrooms in ways that are very similar to how they teach students in straight grade classrooms. In both combined and straight grade classes teachers are using information they gather about student strengths and needs to instruct students in both whole class and small group lessons. It is common for students in both straight and combined grade classes to often receive some instruction from their teacher then set out to complete a task, investigate a problem, or work collaboratively with others, while the teacher circulates to support all students. At the same time teachers are expected to frequently work with small groups of students in the classroom to reinforce concepts, to clarify their understanding and to identify next steps for learning based on the needs of individual students.

At SJAM we have had many combined grade classrooms every year and all our staff are adept at instructional approaches and classroom mechanics that support student learning in both straight and combined grade settings. Further information regarding how combined grade classrooms operate and the positive outcomes associated with student learning in combined grade classrooms can be found [HERE](http://www.edu.gov.on.ca/eng/parents/combinedClassrooms/combinedClassrooms.pdf), or by copying and pasting the following url into your web browser.

<http://www.edu.gov.on.ca/eng/parents/combinedClassrooms/combinedClassrooms.pdf>

Land Acknowledgement

As the York Region District School Board moves forward in an effort to reconcile with Indigenous people, it is important we use land acknowledgments relevant to each of our unique school and facility locations based on the two treaty areas that cross our region. The reasons for this are as follows:

- The treaties are still significant and in practice today. In all cases the descendants of both parties are living in these territories. Those who arrived after their signing have reaped the benefits of these agreements.
- It helps connect people with the very rich history of this region and makes it clear there were a variety of groups who lived here prior to confederation, who managed these lands according to their own customs and ways.
- Finally, it will help people to understand the wide variety of land that they live on and connect them more closely to where they live and are traveling to. At its best, it could help consolidate the feeling of community as urban sprawl melds formerly separate towns into one larger metropolitan cityscape.

At SJAM – we acknowledge that we are on the traditional territories of the Wendat, the Haudenosaunee, and the Anishinaabe peoples, whose presence here continues to this day. We also would like to acknowledge this is the treaty lands of the First Nations of the Williams Treaty and thank them and other Indigenous peoples for sharing this land with us. We would also like to acknowledge the Chippewas of Georgina Island First Nation as our closest First Nation community and our partners in education.

We acknowledge this land and the people because the first step to reconciliation is recognizing the existence of Indigenous people. The Truth and Reconciliation Commission of Canada Calls to Action (numbers 62-63) speak to the significance of education as the key to reconciliation. A shared understanding of how our collective past brought us to where we are today will help us walk together into a better future.

JUNIOR CHOIR PERFORMANCE AT MUSIC ALIVE

On Tuesday April 10th, 2018, the Junior Choir went to Cosmo Music Hall for Music Alive 2018. There were choirs **from three other schools that performed also.**The songs that the Junior Choir sang were “ If I can stop one heart from breaking” and “ **Let your voice be heard**”; both composed by the young Canadian composer Matthew Emery. We were awarded silver! The jr choir had a lot of fun performing. And we couldn't have done it without Ms.Cote.

By Hailey and Natalia from Mr. Janes' class

Head Lice (Pediculosis)

Head lice or pediculosis is common in school aged children and is not a communicable disease. All families can contribute to the decrease of head lice in our school communities by performing regular head checks of their children and treating the head lice if found. Checking for lice takes patience, diligence and plenty of time. It is recommended that **you always be sensitive to the child's feelings around this topic. Head lice can happen to anyone regardless of social class or level of personal cleanliness.** When head lice is identified at school, parents are contacted so treatment can start right away. Children are allowed to re-enter the class only when all live lice have been removed from the hair and a parent/guardian has completed the 'Pediculosis Treatment Form', indicating that treatment has been administered. Notices and an information pamphlet are also sent home with other students in class. Effective treatment of head lice includes:

- ✦ checking all family members for lice;
- ✦ using the appropriate shampoo; and
- ✦ treating all family members that have lice;
- ✦ Removing all nits (eggs)

Additional information about head lice is available through the [York Region Community and Health Services](#). York Region Health Connection information telephone line also provides consultation regarding the identification, prevention and treatment of head lice.

If you have questions about head lice or any other public health-related topic, please contact York Region Health Connection at 1-800-361-5653, TTY 1-866-252-9933.

Wellness Month Activities

Mindful Monday	Take a Break Tuesday	We Belong Wednesday	Thankful Thursday	Fit Friday	Social Saturday	Self Care Sunday
	May 1 Take a moment to give yourself a compliment! You are Awesome!	May 2 Smile at everyone you see today!	May 3 Tell a family member how much they mean to you	May 4. Spend time dancing to your favourite music! Really go for it!	May 5 Do a neighbourhood cleanup with your family members	May 6 Eat healthy food that really nourishes you today
May 7 Be kinder to yourself when you make mistakes	May 8 Give yourself 10 minutes of peace and quiet. Put all your devices away and breathe!	May 9 Include others into your conversations or games throughout the day!	May 10 Make a list of all the amazing things in your life	May 11 -Take a 15 minute walk outside with your family or friends	May 12 -Get natural light early in the day. Turn off lights in the evening.	May 13 Go to bed an hour earlier than normal
May 14 Stop, breathe, and just notice. Repeat regularly throughout the day	May 15 Read your favourite book!	May 16 Send a friend a message to say how much they mean to you	May 17 Appreciate your hands and all the things they enable you to do	May 18 Actively 'Eat a Rainbow' of multi-coloured vegetables today!	May 19 -Donate old clothes, toys, blankets or books to people who may need them	May 20 Take ten minutes to just sit still and breathe
May 21 -Get outside and notice 5 things that are beautiful.	May 22 Put on some music and get lost in the sounds	May 23 Call/Skype a relative who lives far away to say hello and have a chat!	May 24 Tell a teacher how they have helped you	May 25 Do an extra 15 minutes of physical activity (ideally outdoors)	May 26 Donate old clothes, toys, blankets or books to people who may need them	May 27 Give each of your family members a hug and tell them you love them. Finally, give yourself a hug and give yourself a compliment
May 28th Listen to how you speak to yourself. Use kind words!	May 29 Find your happy place and relax	May 30 Thank three people you are grateful for and tell them why	May 31 Tell a friend that you appreciate them			



Children's Mental Health Week 2018

May 7th - 13th

#KidsCantWait

THE YORK CENTRE PRESENTS... COFFEE & CONVERSATION

A Series of Workshops ...

In Recognition of *Children's Mental Health Week (May 7 – May 11, 2018)*, The York Centre for Children, Youth and Families is hosting a *Coffee & Conversation* series of workshops for interested community members. All of the workshops are *free* of charge. [All you need to do is register in advance through the Eventbrite links listed on the reverse side of this flyer.](#) The format of the evenings will be structured, but informal. Each evening will include a presentation, discussion, coffee, and goodies, but not necessarily in that order! Come and join the conversation!

Supported by



RBC
Children's Mental
Health Project



United Way
Toronto & York Region

CHILDREN'S MENTAL
HEALTH WEEK
MAY 7 -11, 2018

Workshops Include:

- YOUTH & ADDICTIONS
- CONSCIOUS PARENTING
- SAFETALK- TRAINING
- KEEPING KIDS SAFE IN THE REAL & VIRTUAL WORLDS

*** Please see reverse for more details on how to register and workshop descriptions! ***

THE YORK CENTRE FOR CHILDREN, YOUTH & FAMILIES

11225 Leslie Street
Richmond Hill, Ontario
L4S 1N5
(Just north of Elgin Mills Rd.)

info@theyorkcentre.ca
(905) 737-8927

WORKSHOP DESCRIPTIONS

*** (Use the links listed under each workshop title to register through Eventbrite.ca) ***

Monday, May 7, 2018 (6:00 pm - 8:30 pm)

Youth & Technology Addictions

Eventbrite Link: <https://tycyouthaddictions.eventbrite.ca>

The presentation will feature information about the primary signs of addiction, what addiction is, addiction in video games and technology, communication techniques, information regarding areas where parents can have a positive influence on their youth and a question and answer segment. *Presenter: Lyle Petersen has a Masters of Social Work, and currently works for Addiction Services York Region on the Family and Youth Team.*

Tuesday, May 8, 2018 (6:30 pm - 8:30 pm)

KEEPING KIDS SAFE IN THE REAL & VIRTUAL WORLDS

Eventbrite Link: <https://tyckeeppingkidssafe.eventbrite.ca>

As parents and caregivers we want to do the best we can to ensure that our children are happy and safe. This workshop is for everyone who is interested in learning the concepts of helping to keep children and youth safe from harm, both offline and online. Keeping in mind the developmental stage of the child, participants will be introduced to practical tips and strategies to talk to children and youth about personal safety.

Presenter: Pearl Rimer, Director of Research & Training, Boost Child & Youth Advocacy Centre

Wednesday, May 9, 2018 (6:00 pm - 9:00 pm)

safeTALK Training

Eventbrite Link: <https://tycsafetalk.eventbrite.ca>

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 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.* *Presenter(s): Michelle Cassidy, Mental Health Lead, YRDSB.*

Thursday, May 10, 2018 (6:30 pm - 8:30 pm)

Conscious Parenting

Eventbrite Link: <https://tyconsciousparenting.eventbrite.ca>

This workshop will provide parents of adolescents an opportunity to better understand their children and their role as parents. During our time together we will explore questions such as: How do I see myself as a parent? And why do I choose to parent the way I do? We will also look at what our triggers are and our reactions to these triggers. Conscious parenting includes awareness of ourselves as individuals, as parents and of our teenage child. We will look at the developmental period of adolescence and the specific factors that distinguish it from other developmental periods. The aim of the workshop is introduce you to the concept of Conscious Parenting. It is an invitation to become more aware, reflective, understanding and deliberate in the relationship with your child.

Presenter: Abner Lico, MEd DPE, Dipl-Psych, RP Member, CAPT



Jump Rope for Heart

Our school is jumping for healthy hearts on:

Jump gets students active and empowers them to help others by fundraising for Heart & Stroke.

Kick-off your child's fundraising efforts today at jumpropeforheart.ca. It's easy, safe and secure.

Fundraise online!
jumpropeforheart.ca



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Jump-start
family fun
this summer

Raise \$5 online before June 29, 2018 for a chance to **win 1 of 10** Jump-start Summer Family **Gift Packs**.

Each pack includes a scooter for every child, walkie-talkies, an action camera and more!*

*No purchase necessary. Maximum 3 scooters per family. Visit jumpropeforheart.ca/jumpstartsummer for full contest rules and regulations.



Jump Rope for Heart is Coming Soon!

Our school believes in kids helping kids. That's why we're participating in Jump Rope for Heart and fundraising to support Heart & Stroke. Our students have gotten off to a great start and we are close to reaching our online registration goal. If you have not registered online yet, there is still time!

Fundraising online is easy!

- Visit jumpropeforheart.ca. It's safe and secure.
- Join your child's school
- Start fundraising

Every dollar our school raises through Jump Rope for Heart supports heart and stroke research.

Thank you in advance for your support!

Jump-start family fun this summer

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Fundraise online!
jumpropeforheart.ca



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DR. BETTE STEPHENSON CENTRE FOR LEARNING INTERNATIONAL LANGUAGES PROGRAM

INTERNATIONAL LANGUAGES PROGRAM- SECONDARY CREDIT PROGRAM 2018-2019

Why Study International Languages at High School?

Language is our connection with our community and the world. Through language we identify the world around us, express our concerns and hopes, and share our experiences and ideas.

So what are you waiting for Grade 8's?! Now is the time to take advantage of this opportunity and register for a Level 1 YRDSB International Language CREDIT course of your choice! We offer CREDIT courses in 14 languages at 4 high schools.

Learning another language...

- can enhance intellectual functioning
- strengthens first language skills and facilitates learning additional languages
- creates pride in one's own cultural background and better understanding of other cultures
- enhances career options (source: <http://www.ilea.ca> 03/11/15)

COURSE	Level 1 (Grade 9/10)	SCHOOL LOCATION			
		MIDDLEFIELD C.I.	RICHMOND HILL H.S.	THORNLEA S.S.	UNIONVILLE H.S.
ARABIC	LYA BD		Saturday		
CANTONESE	LKC BD	Saturday		Saturday	Tuesday
FARSI	LYF BD			Saturday	
GERMAN	LWG BD		Saturday		
GREEK	LBG BD		Saturday		
GUJARATI	LIG BD	Saturday			
JAPANESE	LKJ BD			Saturday	Tuesday
KOREAN	LKK BD		Saturday		
MANDARIN SIMPLIFIED	LKB BD	Saturday	Saturday	Saturday	Tuesday
MANDARIN TRADITIONAL	LKM BD	Saturday		Saturday	
MANDARIN SIMPLIFIED AP	Grade 12 Course Only	Saturday			
PUNJABI	LIP BD	Saturday			
RUSSIAN	LRR BD		Saturday		
SPANISH	LWS BD		Saturday		
TAMIL	LIT BD	Saturday			
URDU	LIU BD	Saturday			

SCHOOL LOCATION	ADDRESS	SUBMIT REGISTRATION FIRST CLASS
MIDDLEFIELD C.I.	525 Highglen Ave. <i>South of 14th Ave., East of McCowan Rd.</i>	September 15, 2018 8:45 am to 12:30 pm
RICHMOND HILL H.S.	201 Yorkland St. <i>East of Yonge, North of Elgin Mills Road</i>	September 15, 2018 8:45 am to 12:30 pm
THORNLEA S.S.	8075 Bayview Ave. <i>South of Highway #7</i>	September 15, 2018 8:45 am to 12:30 pm
UNIONVILLE H.S.	201 Town Centre Blvd. <i>Warden Ave. & Highway #7</i>	September 18 2018 5:45 pm to 9:30 pm

Register online via *Career Cruising* commencing May 1ST, 2018.

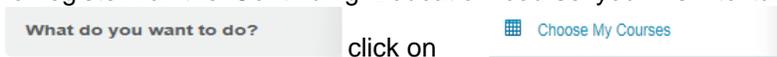
- See attached *Career Cruising Tip Sheet* for registration instructions
- Once you have registered, print a sign-off sheet and get your parents to sign for parental approval
- Students who have pre-registered will not need to register again in September
- Attend the first class according to the above schedule and bring your signed Career Cruising Sign-off Sheet
- Course schedules will be posted in the foyer of the International Languages school on the first day of class

Career Cruising On-line Grade 8 International Languages Credit Continuing Education - Quick Tip Sheet

For York Region District School Board Grade 8 students, you must use the Career Cruising Course Planner to register for International Languages Credit Program offered at Saturday School or Tuesday Night School. Career Cruising can be accessed wherever you have Internet access.

How to access and register for Continuing Education courses:

1. Go to www2.careercruising.com/default/cplogin/YORK
2. Login in by entering your username (YORK-XXXXXXXXX where XXXXXXXXXX is your 9-digit student number). When logging in for the first time, the password will be the student's birth date using the format mmddyyyy. The system will prompt the student for a new password after successfully logging in the first time.
3. To retrieve a lost password, click on the words "Forgot my username and/or password" found under the login box. On the next page, enter the email address that you originally entered when you first logged in to the portfolio home page.
4. To register for the Continuing Education course you wish to take, on the left hand side of the screen under



5. On the right hand side under the heading  click the following .
6. Choose the "Continuing Education Type" from the drop down menu – **International Languages Credit Program**
7. Choose the Discipline from drop down menu.
8. Using the drop down menu under "**Discipline**", Select - **Classical and International Languages** next **select** the course you wish to take and click on it. (All the Courses which are available will listed by Code course and Languages Name). Ensure that you have selected the Level 1 course in your desired language.

Course / School	Credit	Type	Grade
<input type="checkbox"/> LIGAD1 Gujarati, Level 1 Middlefield International Languages Night School Sa	1	Academic Regular	n/a
<input type="checkbox"/> LIGBD1 Gujarati Middlefield International Languages Night School Sa	1	Academic Regular	n/a
<input type="checkbox"/> LIGDU1 Gujarati, Level 4 Middlefield International Languages Night School Sa	1	University Regular	n/a

9. Choose  this will submit your course request.
10. The Coned course will now appear listed in the column before **Year 9 – called Previous**.

11. Once you have registered you must click on the  button on the course planner to print the sign off sheet and get your parent to sign for parental approval. Return sign off sheet on first class of International Languages Credit School Location.

Save the Date: Annual School Council Fundraiser BBQ

Let's come together at the BBQ to honour our past, and celebrate our bright future!

Mark your calendar: TUESDAY, JUNE 5 (5:30-8:00)

More details about all the activities and fun coming soon!

Tickets will be available for advance purchase on School Cash Online in May.

Interested in volunteering at the BBQ? Email sir.john.a.macdonald.ps@sc.yrdsb.ca

