



Regency Acres Public School Home of the Griffins April 2021



In April, we often talk about how April showers bring May flowers. This idea can be used to help us understand children's emotions and support their mental health. Just like seasons and the weather, our emotions change. Learning how to respond to those changing emotions is important for children as they grow and develop. It's also important for us as adults to understand how we can support our child(ren) with their, and our own, ever changing emotions.

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Kerry Grossinger

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regencyacres.ps.yrdsb.ca/](http://regencyacres.ps.yrdsb.ca/)

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123 Murray Drive,
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Trustee:
Bob McRoberts:
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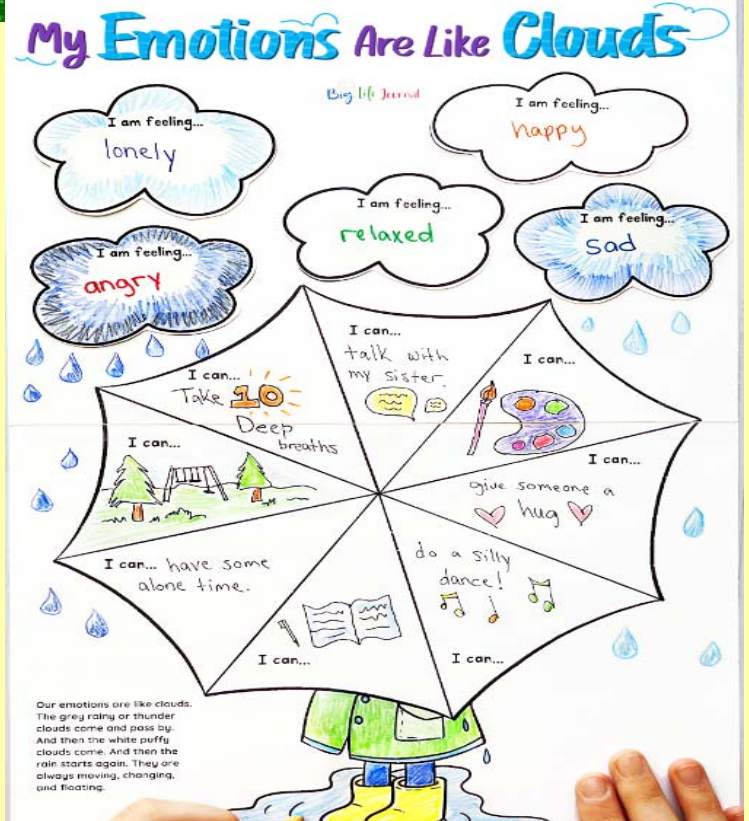
Superintendent:
Neil Gunathunge
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"Every storm runs out of rain, just like every dark night turns into day." by Gary Allan

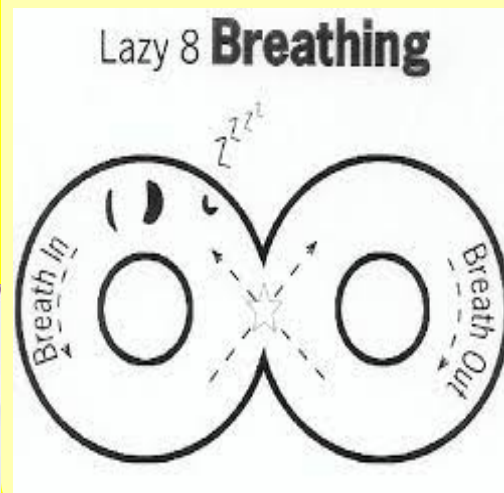
This quote explains that nothing is permanent. When our children realize that their emotions are also ever-changing their whole perspective shifts. When children face a big emotion like disappointment, anger, or grief, it feels like their whole world is coming down on them. They think they will *always* feel this way and use words like "I will never..."

The good news is that we can teach them that every storm eventually passes, and before it passes they can "weather the storm" by using helpful coping strategies. There is a poster we can use that teaches children their emotions are like clouds, they come and go. When clouds are rainy or stormy, they can take out an "umbrella" to take care of themselves.

Learning mindful strategies to cope with these changing emotions is very important. Some mindful strategies that can be used are:



ALLOW CHILDREN TO
BE HAPPY IN THEIR
OWN WAY, FOR
WHAT BETTER WAY
WILL THEY FIND?
~ Samuel Johnson



- Belly breathing (deep breaths)
- Counting to 10
- Clench fists and squeeze
- Figure 8 Breathing
- Take a drink of water

Finding ways to regulate and weather storms is how we can help children learn to deal with challenging and changing emotions. Finding what works best for each individual requires trial and error. So give these ideas a try and see what works best for you and your child(ren). Wishing everyone a happy spring!

"I FIND TELEVISION VERY EDUCATING. EVERY TIME SOMEBODY TURNS ON THE SET, I GO INTO THE OTHER ROOM AND READ A BOOK."

GRUCHO GORE
RECOMBUTED

"EVERY ACCOMPLISHMENT STARTS WITH THE DECISION TO TRY"



**A CHILD HAS A SPECIAL WAY,
of adding joy
to every day!**

Visit our new website

YRDSB has refreshed its Board website to make it easier for families to find the important information they are looking for at www.yrdsb.ca.

The new website has been designed to be mobile friendly, translatable, accessible, searchable, easy to navigate and to better reflect York Region District School Board and our community. This includes:

- Built-in translation tool
 - Enhanced search capabilities
 - Built-in accessibility features to meet accessibility legislation
 - Revised navigation based on user testing, website analytics and research
- Quick access to six of our most accessed pages, including school calendars and school transportation information.

The new website also includes:

A [Family Resources](#) that provides quick access to online tools like Edsby, Google Classroom and School Cash Online, as well as links to information about translation tools, IT support for families and more. Use the "need help" button to access tips and support in using these tools.

Updated [Online Student Tools](#) pages provide quick access to students to online learning platforms and resources to help with homework. Use the "need help" button to access tips and support in using these tools.

An enhanced [newsroom](#) with access to the latest news, events and videos so you can find out what's happening around our Board.

Easy access to information about [supports for students](#), [elementary school](#) and [secondary school](#) programs, [adult learning opportunities](#) and more.

Information about COVID-19 and schools, including update information, screening tools and frequently asked questions can still be found at www.yrdsb.ca/school-reopening.

We hope that the website makes it easier for families to find and access the information you are looking for. When you visit the new website, please take the time to share your feedback, so we can continue to ensure our website meets the needs of the community we serve.



Summer Institute—Cancelled

To help reduce the spread of COVID-19, York Region District School Board will NOT be offering Summer Institute programming this summer. While we recognize this news may be disappointing, we must continue to prioritize the health and well-being of our students, staff, families and community and work together to reduce the spread of COVID-19. Other summer programs, such as summer school, will be proceeding where possible. More information will be provided in the coming weeks about these programs.



Class Placement Information

As the final term continues, we will be making decisions later this spring regarding class placements for next year. When organizing classes, we take into account many important factors to provide an optimum learning environment. These include class size, student performance levels, gender and special needs.

The following criteria will be used to determine student placement:

Academic Ability: To ensure that all classes contain a balance of students with varying abilities.

Learning Styles: To ensure that specific student needs (learning styles, organizational skills, work habits and behaviour) are addressed.

Special Education Needs: To ensure that placement maximizes support and opportunities for success.

Peer Groupings: Students, where possible, will be placed to maintain positive peer support.

Should you have information that we are currently unaware of, and that you believe is relevant to your child's placement next year, please put this in writing to Mrs. Grossinger (Kerry.grossinger@yrdsb.ca) by Friday, April 23rd. Requests after this date may not be accepted. We will not accept specific requests for a staff member. We will consider all information but provide no guarantees as class placement is a very complex process. All final decisions regarding student placements remain the responsibility of the principal, in collaboration with school staff. Student class placement may also change in late September due to Ministry of Education requirements related to Primary Class Size reduction.

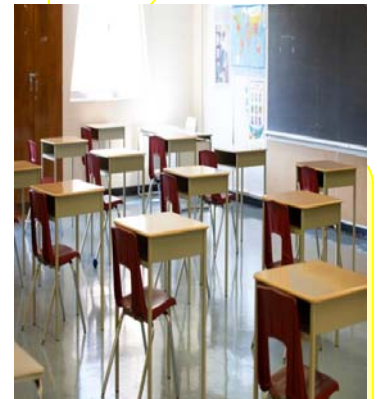
Registration and Class Placement

As you may be aware our planning for the 2021-2022 school year is underway. At this time, if you are aware of any family, friends or neighbours who have children born in 2017, please remind them to register their child for Kindergarten as soon as possible. You can visit <http://www.yrdsb.ca/schools/Kindergarten/Pages/default.aspx> for information about how to register or call our office.

Please let us know if you are planning a move. This information helps us immensely when planning for next year. Please notify the school office to update your records. **If your child is registered in virtual school and you are planning to move, please let us know as well.** If you have borrowed technology for virtual learning and are moving out of the YRDSB, please make arrangements to return the technology to Regency Acres prior to your move.



Practice Mindfulness



World Autism Acceptance Month



This year the YRDSB is officially launching a month long World Autism Acceptance Month. The Autism Ontario's Raise the Flag Campaign is to bring attention to the triumphs, contributions and experiences of people on the Autism Spectrum. By raising acceptance we can build stronger and more inclusive communities and learning environments for students who have ASD. This year we would like to focus on acceptance as it looks at commonalities we share and at the strength inherent in diversity. The most important thing to remember is that when you're talking about autism, you're talking about a person.



AUTISM PREVALENCE AMONG CHILDREN AND YOUTH IN CANADA

2018 Report of the National Autism Spectrum Disorder (ASD) Surveillance System*

IN CANADA,
AMONG CHILDREN AND YOUTH 5-17 YEARS OF AGE:

AN ESTIMATED
1 IN 66 HAVE BEEN
DIAGNOSED WITH ASD



MALES WERE IDENTIFIED WITH ASD **4X** MORE FREQUENTLY THAN **FEMALES**



1 IN 42 MALES WERE DIAGNOSED WITH ASD



MORE THAN HALF OF CHILDREN AND YOUTH HAD RECEIVED THEIR DIAGNOSIS BY AGE **6** **56%**



AND MORE THAN 90% OF CHILDREN AND YOUTH WERE DIAGNOSED BY AGE **12** **90%**



1 IN 165 FEMALES WERE DIAGNOSED WITH ASD

Around our school

SPEAKER'S IDOL 2021

CHANGING THE WORLD, ONE SPEECH AT A TIME

Speaker's Idol

Speaker's Idol is a speech writing contest that invites students in grades 6-12 to share their thoughts on how to make positive change while commenting on Holocaust survivor Simon Wiesenthal's quote: "The history of humankind is the history of crimes and

history can repeat. So information is a defense. Through this we can build, we must build, a defense against repetition." Some of our intermediate students participated and submitted speeches in this year's contest. We wanted to congratulate Kiana from Ms. Moffitt's class for moving on to the quarter final round. We are wishing her all the best in this round of the competition. Way to go Kiana!

