



Regency Acres P.S.

York Region District School Board

From the Office of Regency Acres



December can be a hectic time for many of us. This year, things feel different as we may have to shift our traditions to ensure they are safe. Added stress can sometimes cause us to fear and worry about our own health and the health of our loved ones, our financial situation or job, and possible changes in sleep or eating patterns. For some, taking care of your friends and your family can be stressful yet for others it can be a stress reliever. During this time of year, especially during a pandemic, all your responsibilities and commitments should also be balanced with care for yourself. You can help yourself and others cope with stress by providing social support, which can make our community stronger. During times of increased social distancing, people can still maintain social connections and care for their mental health.

At school we are reminding students about maintaining their physical distance, wearing their mask, washing their hands and protecting themselves and others with the safety precautions that have been put in place. Please have discussions at home and role model these practices outlined by Public Health with your child(ren) and interactions with others. Stay at least 2m apart, wear a mask, wash hands frequently and avoid gatherings in your home with people from outside your family.

This holiday season you may want to try new ways of staying connected to your family and friends. Phone calls or video chats can help you feel connected and less lonely. Take breaks from watching, reading, or listening to news stories, including those on social media. Hearing about the pandemic repeatedly can be upsetting. Take care of your body - take deep breaths, stretch or meditate, try to eat healthy, exercise regularly, get plenty of sleep, do things as a family such as going for a walk, crafts, baking, reading, building or try to do something to support a group or organization in your community.

At school, we are trying to keep connected while we need to remain apart by creating a sense of mattering and belonging. We are teaching students about their mental health, planning spirit days and school wide virtual assemblies. We are planning a display board decorating contest. Results will be shared at our virtual winter assembly.

Ms. Hristov has been visiting various classes to teach them about Mindfulness. Mindfulness has a positive effect on your physical and mental health. It has the power to promote kindness, patience, and compassion for others. Mindfulness can help you improve your abilities to pay attention, to calm down when you are upset and to make better decisions. Put simply, mindfulness is awareness. It is noticing our thoughts, feelings, bodily sensations, and anything that is around us and happening right now. *These videos will help you understand the concept further.*

<https://www.youtube.com/watch?v=awo8jUxIm0c>

<https://www.youtube.com/watch?v=QTsUEOUaWpY>

Mindfulness also connects to our work around growth mindset. Growth mindset is an idea that, with effort, it is possible to increase achievement, talents and abilities. The underlying science behind it is that brain matter is malleable, meaning it can change and grow with practice. Children (and even adults) are often tempted to give up when things get hard, they may avoid challenges or see their mistakes as failures. This is called having a *fixed mindset*. *Having a growth mindset changes how people see things and how they attempt to overcome challenges by seeing them as opportunities to learn and grow.*

This holiday season it's easy for us to get caught up in the changes to our celebrations and forget that there are people who are less fortunate than us. Let us remember those who may not have it as easy as we do, please consider contributing to our Holiday Food Drive which will take place between December 1st-18th.

To those who celebrate Christmas, Merry Christmas. Those who celebrate Chanukah, Happy Chanukah. Those who celebrate Kwanza, Happy Kwanza. Happy New Year to all. Whatever your plans or celebrations this holiday season, may they be wonderful, safe, relaxing and full of enjoyment.

All the best to you and yours and have a safe and happy holiday!

Kerry Grossinger



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Message from Our Trustee

Dear Families,

I hope that you and your loved ones are healthy and well. 2020 has been a challenging year in so many ways, and the global pandemic has affected individuals and families in different ways.

I want to reassure you that we continue to work closely with York Region Public Health and to prioritize the health and well-being of our students, staff members and families. It continues to be important that we adhere to the health and safety measures in place to help reduce the spread of COVID-19. You can learn more about what schools are doing at www.yrdsb.ca/school-reopening.

While we have seen cases in some of our schools, we continue to work with public health to respond quickly, identify cohorts that need to self-isolate as a precautionary measure and take all appropriate measures. I want to thank all of our students, families and staff members for their diligence in adhering to the public health recommendations and health and safety measures in place in our schools.

One of our priorities in our [Multi-Year Strategic Plan](#) is to foster well-being and mental health. As a result of the pandemic, many of us are facing changes and new challenges that can take a toll on our mental health. It is more important than ever that we check in on one another and practice self-care.

There are [mental health resources for students and families](#) on our Board website that address the unique nature of our current situation. You can also find information about our [Mental Health and Addiction Strategy](#) and the [work we are doing in schools](#) to promote positive mental health and provide support for students.

While there are challenges, we also continue to have so many reasons to feel positive. Our students continue to impress us with their kindness, creativity, innovation, resilience, courage and perseverance. Visit us on [YouTube at YRDSBMedia](#) to see just some of these stories.

In the coming weeks and months, many of our students and families will be celebrating days of significance and holidays, and I wish you all the very best for the season. While we may be celebrating a little differently this year, I hope everyone has a safe and happy winter break and we look forward to welcoming students back into our in-person and virtual schools in January.

Fundraising



As you read last week, we have kicked off our FundScrip fundraising campaign to raise money for our school. This program is pretty cool because we are only asking that you spend money you would normally spend, and the school gets a small percentage of that sale. As parents, all we need to do is pre-purchase gift cards!

I made a purchase this weekend. For the holidays, my daughter asked for a book. I went online, signed into

<https://www.fundscrip.com/login>

with the Regency code **SXJK5M**.

After picking out the e-gift card I wanted, I chose to use my banking login so that I will not need to do it again going forward and it maximized the money going to the school. Yesterday my gift card was in my inbox, so I went on the Chapter's website and ordered my book! By making this purchase, Regency Acres was given a donation.

That was my test purchase. Now that I know how it works, I plan to buy some reloadable gift cards for groceries and gas. It works the same way, except I will receive a plastic card in the mail a few days later. After I use the balance on the card, I can login, add more funds, and keep buying gas and groceries as normal with a percentage of my purchase going to the school.

Feel free to share our code with friends and family that need to make purchases. I've given it to people because they need to buy groceries, gas and gifts just like me, plus I am not asking them to buy anything they would not normally buy.

Thanks for supporting our school with this safe and easy fundraiser.

Janine Reiley
School Council Fundraising Co-Chair



merry friendsmas



Important Note for 2020-2021 School Year:

This year, given the importance of adhering to our health and safety guidelines to reduce the spread of COVID-19, schools will be closed to students when an inclement weather day is declared and school transportation is cancelled. Please do not send your child to school when an inclement weather day is declared. Please ensure that you take the time to make plans in the event of an inclement weather day school closure. Student learning will continue virtually on inclement weather days when schools are closed to students.

Announcements will be posted as early as possible and no later than 6:00 a.m. Please check the following

Inclement Weather 2020-2021

for updates:

Student Transportation Services
website: schoolbuscity.com

Student Transportation Hotline:
1-877-330-3001

@YRDSB Twitter account

Board website (www.yrdsb.ca) and
school websites

Radio and TV media outlets

Please continue to monitor local media
for up to date weather.

CJCL 590 AM; CKDX 88.5 FM;
640 AM; JACK 92.5 FM; NEWS
680 AM; CHAY 93.1 FM; CJBC
860 AM; CJEZ 97.3 FM; CFRB
1010 AM; CHFI 98.1 FM; CHUM
1050 AM; CHUM 104.5 FM;
CKFM 99.9 FM; CHIN 1540 AM;
CJBC 860 AM; CBC 99.1 FM.

TELEVISION

CITY TV, CTV Barrie, CTV
Toronto CP24, GLOBAL NEWS.



Happy Holidays

Regency Food Drive—December 1st-18th

Regency Acres P.S. is proud to be running a food drive this holiday season. The food drive will run from December 1st to December 18th.

In order to be COVID-19 safe, we are asking that students and families drop off non-perishable food items in the bins located outside the front door. You can stop by on your way to school.

The most needed items this year are:
Grains - oatmeal, high-fibre cereal, brown rice, and whole grain pasta.
Protein - canned salmon or tuna, peanut butter, canned or dried beans/lentils.
Canned fruits and vegetables and Baby Foods



School Board Policy Regarding the Clearing of Snow and Ice



What are the main snow/ice clearance responsibilities that are to be undertaken by Caretaking staff?

The main responsibility of Caretakers is to maintain sidewalks, stairs, ramps, and entrance ways that are not serviced by contractors, as well as any defined paths or patches to accommodate students with mobility issues and/or general safety.

Maintenance by Caretakers includes snow blowing and/or shoveling, as well as the distribution of an "ice melt" product or sand.

Caretakers can use "ice melt" and/or pickled sand to address small ice covered areas in the parking lot or other paved areas that may pose a risk to staff or students. Caretak-

ers must not use "ice melt" and/or pickled sand on any grassed areas.

Can Caretaking staff be asked to clear the entire paved playground area?

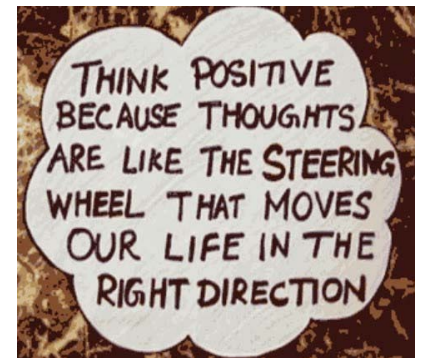
No. Such an undertaking puts both the Caretaking staff and equipment at risk. Snow blowing a few access paths to the field area and/or using salt/sand to create paths are more viable practices. Also, "ice melt" and/or pickled sand may be used to address small ice-covered areas.

Can Caretaking staff be asked to salt or sand an entire paved playground area?

No. Salting of this magnitude creates a number of environmental concerns. Sand, when tracked into the building, acts as an abrasive on floors and can do significant damage

Please also note that if a path is cleared from The Town of Aurora Park land that leads to our school the school does not maintain the

upkeep of it. If you are using this path to get to school please use with care.





November around Regency

