



JANUARY 2021

Regency Acres P.S.

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HTTP://REGENCYACRES.PS.YRDSB.CA/



Welcome back and Happy New Year!

We hope that your family had the chance to spend some quality time together and recharge as we headed into 2021.

Thank you to everyone who contributed to our Holiday Food Drive. We were able to make a sizable donation to the Aurora Food Pantry. The New Year is a time for renewal, looking forward and setting goals. New Year's resolutions are a fantastic way to set some goals. You may want to set goals around arriving at school on time, reading nightly, moving around in the fresh air or spending quality time together. Parents Magazine had some great suggestions on New Year's resolutions. Check them out at:

<https://www.parents.com/holiday/new-years/resolution/8-ways-to-help-kidsmake-new-yearsresolutions/>

I especially like this article on setting smart goals. <https://www.parents.com/holiday/new-years/resolution/smart-new-years-resolutions-kids-canmake/>



With the winter months comes colder weather. Please send your children to school with appropriate clothing to play outside at recess. Children are at their best when they are well rested and getting regular exercise. This includes being outside at recess playing, running and having fun. We send the children out for either a full or a shortened recess unless there is inclement weather in which case the students will remain indoors. We also ask that toys from home remain at home, oftentimes these will result in distraction during class time or upset feelings if they are broken or lost which distracts from learning. As we begin 2021, I feel compelled to remind families about wearing masks, maintaining physical distancing and practicing proper hand hygiene. As we start back at school, we will be having a virtual assembly on the first day back to review safety protocols and expectations as a collective way to remind everyone about how we can work together to keep each other safe.

On behalf of all of the staff at RAPS, I wish you a healthy and happy New Year and look forward to continuing the learning journey with all of our students in 2021!

Not feeling well?

Students with any symptoms are to remain home and only return to school after 24 hours of being symptom free. Students who do not feel well at school will wait in the isolation room while parents will be called. This will help prevent the spread of illness to others.

Complete the COVID-19 school and child care screening daily before sending your child to school ([printable version](#) also available). <https://covid-19.ontario.ca/school-screening/>

Kindergarten Registration starts January 15

This year, Kindergarten Registration will commence on January 15, 2021. Registration forms are available on the Board's website: www.yrdsb.ca. Children who turn four or five years old during 2021, live within the school boundary and whose parents are Public School

Tax Supporters are eligible to register for kindergarten.

A Kindergarten Information session for parents is being planned for this Spring. For more information please visit the Board's website or contact your child's school.





Happy New Year!

Welcome back to school today.
I'm so glad that you are here!
We will start the New Year off,
With a little cheer.

I love school! I'll try so hard!
This New Year will be great!
We'll learn so much and work so
hard,
I can hardly wait!



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 side-walks, 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.

Can Caretaking staff be asked to clear the entire

paved playground area?

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 is standard practice. 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 take care when walking to school or on school property during the icy months. Appropriate winter footwear is recommended when walking outdoors in winter. In particular, treaded non-slip soles when surfaces are uneven, wet, snow-covered, icy or subject to change.



Bus Cancellation-Virtual School



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.

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.



NO Snowball Throwing



NO SNOWBALLS

There is absolutely no snowball throwing on school grounds.

During the winter season, students look forward to the joys of playing in

the snow. Building structures such as forts, chairs and snow people are collaborative and creative activities.

Unfortunately, students sometimes get carried away and push others down, destroy

things created by others or throw snowballs. These activities upset and often hurt students and are therefore not permitted.

All students know to play safely, respect the rights of others and obey the directions given by supervisors. Students who play in ways that damage the work of others, put others at risk or disobey supervisors will work to problem solve their actions and receive logical consequences.

Skating Rink



Due to the mild weather conditions, all outdoor ice rinks

in Aurora are closed.

Conditions will be reassessed and we will update the public once the outdoor rinks are open.

To check for updates, please visit aurora.ca/outdoorrinks

THIS IS THE YEAR
i will be
STRONGER
BRAVER
KINDER &
UNSTOPPABLE.
this year i will be
FIERCE.



With winter weather already here, we want to

share a few important reminders.

Dress for the weather

Students should come dressed appropriately for the weather and for outdoor play. Students can stay warm by wearing layers of loose-fitting clothing, a hat, scarf, jackets, snow pants

and mittens or gloves. Students may also want to bring extra pants and socks in case they get wet.

Recess

If students are well enough to come to school, they are expected to go outside for recess. Our students benefit from spending time outside and being active. We monitor weather conditions throughout the day. If there are extreme weather conditions, we may consider a shortened or indoor recess.

School Website

Our school website has a lot of information. All Newsletters and School Council minutes can be found there. If you click on the link or copy and paste in your browser it will take you directly to the Regency Acres PS page.

Right click on the link and "open hyperlink"

<http://regencyacres.ps.yrdsb.ca/>

Regency is also on "twitter"



@Regency_Acres

Tamil Heritage Month



In October 2016, our Federal government officially proclaimed January of every year as Tamil Heritage Month. We will be sharing information throughout the month on the morning announcements to acknowledge and celebrate Tamil Heritage Month. Tamil Heritage Month is about celebrating the richness of the Tamil language and its literature, as well as highlight the vibrant traditions, histories, arts and cultures of Tamil Canadians.

Tamil Heritage Month also seeks to recognize the significant contributions of Tamil Canadians. According to the Tamil calendar, January 14th begins the month of "Thai" and the start of the Tamil New Year. On this day Tamils celebrate Tamil New Year and Thai Pongal which is the Tamil harvest festival. Thai Pongal is the more important and widely-celebrated festival amongst

Tamils around the world. This is a time to give thanks for the blessings of the previous year and a time to look forward to the New Year. This year's Tamil Heritage Month theme revolves around remembrance, resilience and resistance.

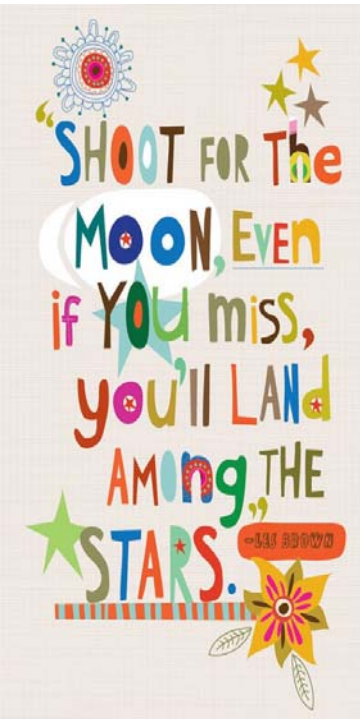
Kiss N' Ride

Our Kiss and Ride area is a MOVING LINE. We ask that parents, please do not stop their cars and get out to help their kids.

PLEASE DO NOT MAKE "U TURNS" in front of the school.

Please allow our staff to help the kids out of the car, in order to keep the line moving and our students safe.

If you have any questions please contact our office.





The next School Council Meeting is January 14, 2021 at 7:00 pm. A meeting link will be sent on the day of the meeting.

A reminder that FundScrip and Mabels Labels are ongoing.

Fundsrip information:

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

with the Regency code **SXJK5M**.

Mabels Labels

campaigns.mabelslabels.com

TAG MATES STICK ON CLOTHING LABELS

Just \$21 for 70 labels

STARTER LABEL PACK

Just \$35.95 for 76 labels + tags

[www.oliverslabels.com/
RegencyAcres](http://www.oliverslabels.com/RegencyAcres)

20% of your purchase will support our fund-raising efforts! (excluding gift cards)



One small positive thought in the morning can change your whole day



Smoking/Vaping on School Property

We want to remind students that the use of electronic products such as vaping, electronic cigarettes and cigars as well as cartridges of nicotine solutions and related products are not permitted on or within 20 metres of school property. This means 20 metres *beyond* the school boundaries as opposed to simply off of school property. [Health Canada](#) reports health risks associated with vaping particularly for young people.

This is in compliance with the Smoke-Free Ontario Act, which is enforced locally by York Region Community and Health Services and the [Tobacco and Smoke-Free Environment Policy and Procedure](#). A progressive form of discipline, including potential suspension from school and [fines](#) (up to \$5,000), is in place for students who break the law.

For more information visit Health Canada or the Board website. [Partnership for Drug Free Kids](#) also provides a resource on how to talk to your kids about vaping.

THE *Ultimate* LIST

1. GET MORE SLEEP.
 2. DRINK MORE WATER.
 3. GET MORE EXERCISE.
 4. READ MORE.
 5. GET MORE ORGANIZED.
 6. CLEAN MORE OFTEN.
 7. EXPLORE MORE.
 8. RELAX MORE.
 9. HAVE MORE PATIENCE.
 10. FORGET DOING 'MORE'.
- Just try your best.*



Student Mental Health and Addictions

YRDSB Mental Health services are provided by YRDSB psychology and social work personnel Returning to Virtual Learning after the Winter Break.

As a result of a provincially mandated lockdown due to rising COVID -19 cases across the province, we end the Winter Break with a return to virtual learning. Although this will present a challenge for some and disappointment for others, our focus will be on how to keep one another physically healthy and maintain social connections and mental health while distance learning. This month's edition of our Mental Health newsletter will focus on some suggestions of ways to stay socially connected during this continued time of physical distancing. Each one of us is unique and may require different strategies to support our mental health. One size does not fit all. The following are some suggestions to help you think about what may help to support your own mental health and the mental health of your children.

Distance learning from home can have positive or negative impacts. One well-supported recommendation is to create a sense of **routine and structure** in the day (as much as possible). For example, try to make the morning routine the same each day, with breaks built in at predictable times.

Other suggestions include:

- Building in positive goals to **incorporate positive pursuits** such as learning something new (e.g. cooking, puzzles), showing gratitude (e.g. reach out to tell someone you care about them), and exercising (e.g. at home or going for a walk).
- [Dr. Shimi Kang](#), a mental health expert and clinical associate professor at the University of British Columbia, suggests that individuals determine 2-3 personal coping strategies that can act as their **own "go to" tools to cope with stress**. Writing this down and making note can make using them intentional. In addition, Dr. Kang reminds us that we should try to **limit our use of technology** where we can. Over dependence on technology/ screens can affect our mental health.
- Lastly, **identify someone you can purposely check in with on a regular basis**, not just during times of stress, but as a measure to maintain social connection. This practice can help maintain positive mental health.

[School Mental Health Ontario](#) has created a variety of resources for educators, parents and families, and students regarding supporting student mental health during this time. Check out some more tips from School Mental Health Ontario on building [personal resiliency](#).

COVID-19 has presented unprecedented issues and concerns for our community, our country and the world. As we focus on keeping ourselves healthy and containing the spread of COVID-19, we must also keep ourselves mentally well.

The [Mental Health COVID-19 page](#) is dedicated to supporting student mental health during this pandemic. Resources for students, parents/guardians as well as community resources are listed. In addition, there are various links to YRDSB mental health supports as well as community supports available during the school closure. Please consider taking some time to familiarize yourself with these supports.

Continue to check out the [YRDSB website](#) for updated information as well as the Twitter account @YRDSB.

Arts @ Baythorn Public School

Would you enjoy Collaboratively learning the Ontario curriculum through the Arts?

If so, the York Region District School Board offers an

Elementary Integrated Arts Program

at Baythorn Public School. If you are currently in grades **four or five** you may apply for the arts@baythorn program, where you will have the opportunity to explore the disciplines of Dance, Drama, Visual Arts, and Music in a cooperative learning environment.

To learn more about the arts@baythorn program, you and your family are invited to attend an information evening hosted virtually by Baythorn arts staff on:

Thursday, January 14, 2021 at 6:30 pm

Please visit bit.ly/baythorn_arts_info to add your name to our arts information list.

On line application process will open on January 14th and close on February 5th.

We will email you with updates about our Information Night and admissions process.