



Regency Acres June 2021

As this was my first year at Regency Acres Public School, I would like to express my sincere thanks to the Regency Acres community. Regency Acres is truly a special place. Sometimes when parents and students only know one school they don't realize how lucky they are. All of the good things they are used to, are taken for granted. Although this year has been different to all other years, the spirit and pride that our students, staff and parents have for our school is felt.

I would like to take this opportunity to thank you for a great year at Regency Acres P.S.! We began the year using the term unprecedented - and this has definitely been a time where we could never have imagined the experiences we have had. As the year progressed, we began to frequently use the term pivot. We have certainly needed to pivot throughout this school year! Other words that come to mind are grateful, innovation and perseverance.

Although it has been a school year like no other, we have so much to be grateful for and so much to reflect upon as this school year comes to a close. Our school-lunch assistants have consistently demonstrated dedication in supporting our school in so many areas including student safety and well-being. You have been there for us throughout the year and we thank you all. As a collective group, you have made a difference!

Our School Council has met regularly throughout the year and they have been a wonderful group of volunteers who have had the challenge of needing to pivot their plans throughout the year. They have shown concern and awareness about the challenges experienced by the Pandemic and have been compassionate and responsive to the needs of our community. Their insight and support has been much appreciated. Thank you specifically to our School Council Co-Chairs Sera Weiss and Kim Davies. Our fundraising Co-Chairs Claudia Velocci and Janine Reiley and our Well-Being Chair Rebecca Haberman. On behalf of the students and staff, we thank you for your time, effort and dedication to our school.

Also, we would like to especially recognize and thank the Regency Acres staff for their support, dedication and positive impact on student well-being and learning. We could not achieve success without their optimism, perseverance and ability to pivot, innovate and persevere. Staff play an integral role in supporting our students' academic and emotional growth, as well as working with families to support their children as they progress through school. We have worked as a team to see the assets that each student and staff member can provide the team, we have adjusted and mobilized new ideas and adapted old ideas to make it work in our current situation. With our collaborative efforts, we have been able to work together to support all our students.

Students - you have achieved a great deal this year; both academically and socially. You should be proud of your accomplishments. As a collective student body you have strived to achieve your best. You have embraced the opportunities that have been offered and persevered to face challenges you have experienced. Our staff and our community are proud of each and every one of you for your accomplishments and your adaptability. Finally, congratulations to our grade 8 graduates. We wish you the best of luck in secondary school and will miss your presence in this school.

This time of year is not only a time to show our appreciation but also a time to reflect and for some a time to move on. We would also like to acknowledge two special graduates this year - Mrs. Moffitt and Mrs. Thomas, who are joining the class of 2021 as they enter retirement. We thank them for their professionalism, expertise, humour and devotion to our school and our community. Both have been dedicated teachers and to the Regency Acres community throughout their careers. They are both talented and devoted teachers who are passionate, energetic, and committed to molding their students academically, socially and emotionally. There are not enough words to thank them for their hard work and commitment to their role as educators. We wish them both the very best as they embark on their next chapter. Although we are sad to see them go, we wish them both all the best as they enter this next chapter of life.

At this time of the year, across many schools, staffing changes do occur. As such, we would like to thank Ms. Alexandre and Mr. Junaid who have been long term occasional teachers. Ms. Pakjou, Ms. Bhardwaj and Ms. Smyth will all be missed as they move on to new opportunities. We would also like to officially welcome Ms. Farley, Ms. Groff-Mainella and Ms. Beadle who will be joining our RAPS community.

As we move into our summer holidays, I know that many questions remain unanswered about what the fall will hold. Class placements and a school organization will be shared in the fall as they are subject to change. Our school office will reopen the week of August 30th. We will communicate with you once more information becomes available regarding our September start up.

In the meantime, enjoy your summer vacation. Use the time to rejuvenate and relax. We look forward to seeing you on Thursday, September 9th for the first day of school!

All the best and thank you for a great year!

Kerry Grossinger

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Kerry Grossinger

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HAPPY  
SUMMER

## RETIREMENT ANNOUNCEMENT

Dear Regency Families,



Mrs. Moffitt - Regency Grad 2021



It's not a secret that the last year and a half has not been easy but that experience has only made us, you and I and our entire Regency community stronger! We have become champions of information and communication technology, we learned to pivot on a dime and have enjoyed more time (maybe too much time....LOL) with our immediate family members. We got this far together and we will move forward from this experience knowing that our Regency family is and will always be rooting for us to succeed, wherever we go and in whatever direction we decide to take!

I too, am a Regency graduate of the class of 2021 and I wanted to have the opportunity to personally thank you for giving me the privilege to graduate alongside the Grade 8s this year! We made it! Today is our day.....Oh the places we'll go!

Regency Acres Public School has been my second home for the past 33 years! I have loved every minute of my adventures at 123 Murray Drive and I wouldn't have changed the path of my educational journey for anything. I began teaching Grade One at Regency when I was 22 years old and since then I've taught homeroom classes in Grades 4, 5, 6, 7 and 8 and have remained a hard working Phys. Ed teacher/coach and supporter of Healthy

Living at Regency. Teaching has been my passion and goal in life for as long as I can remember. Growing up, that's all I've ever wanted to be and I'm so proud that I had the opportunity to teach my entire career at Regency! Teachers indeed make a difference in many lives and you have definitely made a difference in mine!

I've taught close to 1000 students from our Regency community (many siblings from the same family) and I've even had the opportunity to teach students (a few actually) whose parents I taught when they themselves went to Regency. I have taught, encouraged, instructed, coached, mentored, praised, influenced, guided and hopefully have inspired those who met me, were coached by me or taught by me to reach their full potential and become anything they desire to be.

My life has evolved around this wonderful school! I met my husband at Regency. Students from my Grade One class at Regency came to my wedding. My daughter, Jaime, went to Regency until Grade 4 and at one time, I lived just around the corner from Regency, on Corbett Cres. Regency has been the cornerstone of my life and my happy place for as long as I can remember. I feel lucky to have had the opportunity to stay at this amazing school for as long as I have. Regency is one special place and I'm so thankful for having the opportunity to meet, teach, laugh, play and discover the joy of learning alongside each and every one of you. I am a better person because of the time I spent at Regency! (and so are all of you!)

Always remember, I'm proud of you! Never doubt you were born to do great things! Your education is a dress rehearsal for a life that is yours to lead! Lead by example. Be the change you wish to see in the world and know you have Regency's spirit in your heart (as I do) to guide you forward in any endeavor you choose. You are You! You are unique! You are loved and you and I will always be part of the wonderful, amazing and talented Regency family!!

Look out world....Here we come!

## RETIREMENT ANNOUNCEMENT



### Mrs. Thomas' Farewell to Regency

In a blink of an eye, it is hard to believe that I have completed 30 years of teaching! Boy have things changed! Long gone are the hand written report cards, the chalk boards that made you sneeze and the smell of the gestetner ink on freshly printed worksheets!

I started my career in Scarborough, back when Scarborough was a board on its own and wasn't even amalgamated yet. I taught there for 4 years before being hired by York Region. In those days, the hiring procedure was relatively uncomplicated and believe it or not, it was my passion for making balloon animals that landed me a job, coincidentally at Regency Acres! My introduction to

Regency was a bit hectic! The kindergarten rooms hadn't been completed yet and we had to teach in the small gym with two other kindergarten classes, at the same time for six weeks. As luck would have it, the board cancelled junior kindergarten the following year and so began my whirlwind career of teaching every grade from JK- Grade 8 (even though I told them I didn't meet the height requirement), SERT, Reading Recovery and Empower. In 26 years of teaching at Regency, I've taught in almost every classroom, not to mention, my own living room and the public library parking lot when the internet was down.

This past year and a half has been very difficult for all of us, with the constant pivot from face to face and online learning, wearing masks, social distancing, washing our hands 20 plus times a day, and spending hours sanitizing balls before and after gym class, but somehow, we have persevered. Not only have we managed to experience first hand a global pandemic, there is an even brighter side! We have all learned to become tech savvy (some of us way more than others!) and my students became great teachers with helpful advice! "Mrs. Thomas, you need to mute your microphone when you present it!" is a phrase firmly embedded in my head. More often than not, they were teaching me how to use Google classroom!

People have often asked me why I spent the majority of my career at the same school and I always have the same response, Regency is like an extension of my family. The teachers that I work with presently and those that I have worked with in the past, have helped me grow professionally in a way I could never achieve through inservices or AQ courses. Their dedication and commitment to education shines through everyday to reach the same goal- helping students be the best that they can be! The parent support at Regency has been, and continues to be, nothing short of amazing. From the countless parents who have stood for hours at Cross Country meets in the rain, to the volunteers who have gone on field trips and endured noise levels unimaginable on the bus, to the organizers of bake sales and fundraising activities, and to those who have spent hours reading and reciting math facts with their child - I am truly grateful. But ultimately, it is the students that have kept me here so long! (I am 103 you know!) There is a poster in my room that simply states, "Life is all about making mistakes and learning from them." There has been no better gift for me as a teacher, than to watch my students, year after year, develop an attitude to be "ok" with making mistakes. Life is full of ups and downs and I hope that I have had some small part in helping each student reach outside their comfort zone, to challenge themselves academically, physically and personally every day.

So here I go, a proud graduate of Regency Acres, walking, no, running off into the sunset to start my new adventure- with my bucket of air pumps and package of balloons, of course!

Thanks Regency! You're the best!  
Mrs. Thomas

## Message to our families from school council



On behalf of the school council we would like to thank the staff, students and families of Regency for a year like no other!

It was definitely a year that none of us will ever forget, full of uncertainty and challenges but the positive attitude shown by all allowed us to persevere. To the teachers, early childhood educators, educational assistants and child and youth workers, thank you for providing our students with an amazing year. You pivoted from in person to virtual on very little notice while keeping your students engaged and motivated. We are sure for many of you, it was one of the most difficult years in your career but you did it with a positive attitude and a smile on your face. To the caretaking staff, thank you for adapting to and implementing all of the new policies and procedures to keep our students safe and healthy while in the building. To the office administrators and principal, thank you for rapidly adapting to the new policies and procedures and for keeping all of our families updated as to any upcoming changes and events.

Regency Acres families, job well done! In a very challenging year you supported your child(ren) and did your absolute best to help your child succeed. You managed in hundreds of different ways and came through on the other side with new skills and abilities.

Regency Acres students, you did it! Thank you for your perseverance, hard work and positive attitude. You have survived a difficult year full of changes both in and out of school, but through it all you have continued to put forth your best effort with a smile on your face. Your resilience is in full display, you'll tell stories of this time for the rest of your lives.

Regency Acres graduates, CONGRATULATIONS! We would like to wish you all the best as you embark on this next stage of your learning journey. As you move on to different schools and begin to meet new people and expand your wings, the memories of the time you spent at Regency and the connections you built will always hold a special place.

We hope that everyone has a great summer, filled with play, adventure, connection, wonder and wildness. Take advantage of our community spaces to meet at the park, walk in the forest, decorate your windows and read all the books you can! Make this your summer of play! Take the time to rest, relax and find the wonder in the everyday. We've made it through a tough year, this is the time to enjoy your summer!

We'll see you next year,  
Kim Davies & Sera Weiss

# Languages

## International and Indigenous Languages Fall Registration

### Elementary School Programs

Students in Senior Kindergarten to Grade 8 can learn to read, write and speak a new language or maintain their heritage language. More than 20 different language courses are available. Registration for the 2020-2021 school year will begin in early July 2020. For locations, times and dates, please see the list of Elementary courses.

Research shows that speaking more than one language has many cognitive benefits and may:

- improve how the brain functions such as improving memory and concentration
- enhance decision-making and multi-tasking skills
- open future employment opportunities

Please check our [website](#) in July for the most up to date information on registration and program delivery. Due to space limitations, registration will take place on a first come first served basis.

### Secondary School Credit Programs

The Credit International and Indigenous Languages program, offering 15 different languages, is available to students from Grades 9 to 12. Registration is now open for the [upcoming 2021-2022 school course offerings](#), and closes on September 9, 2020.

**Did you know there are many benefits to taking credit language courses?** Students can take one International Languages Course as a Group 1- Compulsory or as an Elective Credit towards their Ontario Secondary Diploma. Students can also earn up to three credits towards graduation. If students successfully complete the Level D - University course, it can be used as one of their top six (6) marks for post-secondary entry.

Please visit our [website](#) for more information about our courses, program delivery and registration information.

Thank you for your interest in our programs. Please do not hesitate to e-mail us if you have any questions [international.languages@yrdsb.ca](mailto:international.languages@yrdsb.ca)



# LDA Parent Conference

## 2ND ANNUAL LDA PARENT CONFERENCE

Wednesday August 4<sup>th</sup>  
6:30 p.m. - 8:00 p.m.

### Keynote Speaker

DJ will be discussing ADHD and strategies for students.



**DJ Cunningham**  
*LDA YR Champion*

### "That's Annoying"

*Practical Strategies For Teaching Kids Accountability*

In this presentation we will help parents understand the explicit skills and strategies needed to develop personal accountability skills in children. We will discuss a variety of tools for children to learn accountability and a variety of academic and social emotional competencies.



**Fal Desai**



**Janet Arnold**

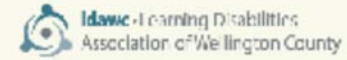
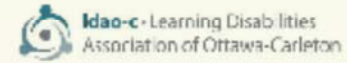
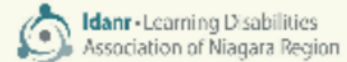
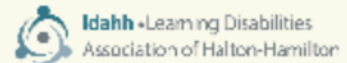
**\$30** for non-members  
**\$25** for members

*Includes digital recording of your selected topic.  
Add digital recordings of the other topics for just \$10.*

For information contact your local LDA chapter or to register please visit  
[revenue-can.ksiaa.co/parent-conference-2021](https://revenue-can.ksiaa.co/parent-conference-2021)



### Brought To You By:



### The Science Behind Learning Disabilities

In this presentation, Dr. John McNamara will present the latest information about what learning disabilities are, the underlying causes of learning disabilities, and how we can think about how to effectively support children and youth with learning disabilities.



**Dr. John McNamara**

### Mental Health And Learning Disabilities

In this interactive and experiential presentation, we will discuss how mental health challenges emerge, how they are expressed, and the relationship between mental health and Learning Disabilities. Participants will gain insight into their child's lived experience and concrete strategies for how to support their well-being.



**Amanda Daniel**



**Mahsima  
Nosrati-Inanlou**

# Student Mental Health

For students, June usually marks a period of celebration and closure. It is when proms, graduations, capstone projects, final performances, and independent studies are completed. Each of these events serves as a rite of passage, the conclusion of one period before commencing the next year. As we continue to navigate the Covid-19 pandemic, we have experienced a shift to virtual format, postponement, or cancellation of many of these events, leaving many students and their families experiencing a sense of grief and loss.

According to the Centre for Addiction and Mental Health (CAMH), grief is how we react to loss. Grief can affect our thoughts, emotions, behaviours, and how we function physically. Several types of loss are related to the pandemic, including but not limited to academic loss, loss of a loved one, loss of social connections, loss of rituals and routines. These losses can impact students' wellbeing and their sense of hope for the future. Dr. Amy Cheung youth psychiatrist at Sunnybrook, recommends that regardless of the type or size of an event, it is important to acknowledge the loss students might experience due to these events no longer coming to fruition because of the pandemic. Acknowledging the loss and validating the many thoughts and feelings students may be experiencing is vital. It is equally important to have conversations that are based on hope for the future. As difficult as this might be, given the uncertainty regarding how the pandemic will unfold.

The Centre for Addiction and Mental Health states, healing from the losses of COVID-19 is not just about accepting everything that has changed; rather it means finding healthy ways to address the losses we have experienced. Included below are some recommendations from CAMH:

**Name your struggles:** When we name/externalize the challenges we face; we can begin to clarify why we feel stressed. **Action:** Identify five things you have found challenging and order them from least to most difficult. **Example:** 1) Eating healthy 2) getting active 3) completing homework projects 4) finishing a task you have been procrastinating 5) preparing for the move from elementary/secondary or secondary/post-secondary school. Select one issue to tackle first, break it down into smaller pieces to work on if necessary.

**Taking things one day at a time:** The changes and loss that the pandemic brings can result in students and families feeling stressed, anxious, sad, and overwhelmed. Some may worry about when and if things will get better; this can affect mood and diminish an individual's sense of hope. **Action:** Focus on the things that are within your control. **Example:** Break down large tasks or projects into smaller manageable portions that can be undertaken each day.

**Prioritizing self-care:** Self-care can look different for each individual and family. Prioritizing small and intentional actions throughout the day is essential to maintaining positive wellbeing. **Action:** Consider simple things you can incorporate into the day that add value and make you feel optimistic even in stressful situations. **Example:** Make an uplifting music playlist, incorporate YouTube wellness videos, listen to audiobooks, or read. If you cannot get outdoors, is it possible to sit by a window? It is important that the activity you choose fuels YOU!

**Exercising and eating healthy:** Physical activity supports our physical and mental health, particularly when stressed. **Action:** Find an exercise routine that works for you, and select a balanced diet that provides the necessary nutrition to fuel your mind and body. **Example:** Beanbag or sock toss into a basket, light stretches or yoga, movement activities, and sports.

**Talking to someone:** In previous newsletters, we addressed the importance of social connection and reaching out to talk to someone for support. **Action:** Let others know what you are experiencing. Learn how to identify when a child or youth might need help. **Example:** Ask for help from someone you trust. Utilize, supports from faith based or community organizations if additional help is required.

## A Path Forward

We recognize that talking to a stranger or even someone you know may be difficult and uncomfortable. We encourage you to explore pathways of support that feel comfortable and safe to access. Consider supports such Family Services York Region which provides services in multiple languages included but not limited to Chinese, Hindi, Punjabi, Urdu and Gujarati. These services are free and confidential. Additional community supports and mental health activities which can be done at home with children can be found here. As we conclude this month's newsletter, we wish to highlight that a path forward and healing from the losses attributed to the pandemic is possible. We can shape this path forward and our own healing with small and intentional actions each day by focusing on what is within our control and seeking help when things are beyond our control. We encourage you to find ways to acknowledge and celebrate the "small things" and the "big things." Perhaps it is celebrating by baking a cake or creating a celebration meal. Maybe you stage your very own graduation photoshoot or create a time capsule/memory box detailing the past year/years, which you can hide away or bury to open at a later date. Recognize that despite all that came your way over the 2020-2021 school year and the pandemic thus far, you pushed through, and you have everything within you to continue pushing through. Even on the days you may have felt otherwise.

## Mental Health COVID-19 Page

The link below 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 the Mental Health and Community Supports During COVID. Continue to check out the YRDSB website for updated information as well as the Twitter accounts @YRDSB and @YRDSB\_SS.

Patricia Marra-Stapleton, M.Sc., C. Psych. Assoc. Mental Health Lead

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## Summer Program Opportunities for Families

As many of our YRDSB community partner organizations continue to offer on-line opportunities for your children, youth and families, we are happy to provide you with a comprehensive list of these opportunities, including those that are continuing and also new programs and services.

Please visit [2021 Online Summer Program Opportunities for Children, Youth and Families](#).

You will find a list of programs organized by category and age group. We encourage you to check the link regularly as the Community and Partnership Developer Team will be making regular updates to available programs and resources.

Also, please check out the [Community Resources](#) Page for other important information re: mental health, financial, legal and other supports.

The following Community Partnership Developers will be available throughout the summer to support families with information and resources they might need. They can be reached by email or phone:

Oksana Majaski	<a href="mailto:oksana.majaski@yrdsb.ca">oksana.majaski@yrdsb.ca</a>	416-568-2252
Yasmin Mawani	<a href="mailto:yasmin.mawani@yrdsb.ca">yasmin.mawani@yrdsb.ca</a>	416-727-8179
Yvonne Kelly	<a href="mailto:yvonne.kelly@yrdsb.ca">yvonne.kelly@yrdsb.ca</a>	416-697-4208
Patti O'Sullivan	<a href="mailto:patti.osullivan@yrdsb.ca">patti.osullivan@yrdsb.ca</a>	905-252-0597
Shani Blake	<a href="mailto:shani.blake@yrdsb.ca">shani.blake@yrdsb.ca</a>	416-554-0362

You can also complete and Inclusive School and Community Services Referral Form [ISCS REFERRAL FORM](#).

Additionally, please feel free to share this [TVO Summer Learning](#) brochure with your students, families, communities, and colleagues. It promotes engaging learning activities, game challenges and math tutoring that can be accessed throughout the summer months!

The [TVO Mathematics and Coding](#) brochure highlights webinars, articles, and frameworks that can support you and your colleagues as you incorporate coding into the classroom.

We are providing customized learning sessions highlighting TVO's summer learning resources.

If you would like to book a session for your staff or community, please fill out this form: [bit.ly/TVOEventRequest](https://bit.ly/TVOEventRequest)





## Summer Program Opportunities for Families

### HELP US WITH SOME VACCINE MATH – LET'S GET TO 80%

COVID-19 vaccines are paving the way to control the spread of the virus and a return to a more normal life.

To help schools safely open in September and operate as close to normal as possible, we need students aged 12 to 17 to get their first dose of the COVID-19 vaccine this June and July.

Clinical trials conducted by Pfizer in the United States have found the vaccine to be 95% effective after the first dose and 100% effective after the second dose in youth ages 12 to 15.

All York Region vaccination sites are youth friendly. At a York Region clinic, you can:

- Find a time slot that works for you
- Get vaccinated as a family
- Access targeted mental health resources while you wait

Let's get at least 80% of students aged 12 to 17 a first dose of vaccine this June and July and be ready for a safe return this September!

Visit [york.ca/COVID19Vaccine](https://york.ca/COVID19Vaccine) for youth-friendly clinic locations, times and booking instructions.

