

# MARCH NEWSLETTER 2021



## WELCOME SPRING

On March 2nd we culminated our celebration of Black History Month with a virtual school wide assembly. We gathered together to deepen our knowledge about Black History and we celebrated with examples of Black Excellence. As we are engaged in this learning it is important to understand that the learning is not isolated to the month of February. Our goal is to incorporate big idea messages throughout our work within the curriculum. In February, our staff meeting explored various ways to use literature and media texts to engage students in deep and meaningful conversations about discussing difficult topics in our classrooms. As a whole school, we culminated the month by sharing examples of work students completed to engage in this rich learning about Black History and the celebration of Black Excellence. I am so impressed with the exploration and creativity demonstrated by our students and staff. Linked here is some of the work that was shared.

As spring approaches, the hours of daylight are increasing, so now is a good time to enjoy the outdoors and our natural environment. We are going to be doing that at RAPS between March 2-10th, we are excited to be able to borrow snowshoes from our outdoor education center (weather permitting). Classes who choose to, will have the opportunity to sign them out and explore our beautiful property. Staff will ensure snowshoes are sanitized after each class uses them and students will be hand washing/sanitizing before and after each use.

Modelling continuous environmental sustainability is important for students to learn and this time of year is a great time to pay extra attention to our environment. We believe that we all have a role to play in reducing waste and protecting our environment. Our students, staff members and families continue to show leadership when it comes to supporting student learning and initiatives to reduce our ecological footprint. Please consider participating in Earth Hour, which takes place Saturday March 27th. You can visit <https://www.earthhour.org/new-in-2021> to learn more about this year's initiative.



## Milk Program



Milk will continue to be sold through school cash only.

Please visit

School Cash for the different choices that you can order.

## March Break is now in April

March Break has been postponed. The new dates for Spring Break is April 12th-16th inclusive.

Students are expected to be in school during the week of March 15-19, 2021.

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## Mabel's Labels



**The Birthday Sale**  
**40% OFF all month long**

New product added every week!

mabel's labels  
 FUNDRAISING

Go to [campaigns.mabelslabels.com](https://campaigns.mabelslabels.com) and choose our organization from the list!  
 Then shop and your labels will ship directly to you with FREE shipping. Sale runs March 1st-31st.

**SPRING BUCKET LIST**

- go on a nature walk
- paint flower pots
- feed the ducks
- fly a kite
- have a picnic
- go to the zoo
- visit the Easter Bunny
- decorate easter eggs
- go on easter egg hunt
- paint a Spring picture

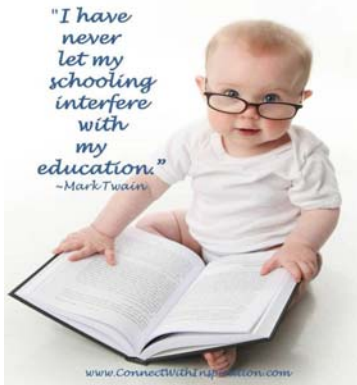
## Spring Forward School Cash Online

Reminder to change your clocks one hour ahead on Sunday March 14th,



2021. Our school is now accepting online payments through School Cash Online. School related expenses such as hot lunches, field trips and fundraisers will be

online for you to make payment. Please always check for a confirmation receipt to ensure that your order was completed.



## Virtual Book Fair

To all those Regency families and staff who participated in our virtual book fair, THANK YOU!

Although students were not able to walk amongst the books this year we were still pleased to offer virtual options through Scholastic.

Many Regency families will

be cuddled up over the next few weeks reading about far off lands, other galaxies and cheering on the protagonist (or perhaps the villain) in their favourite series. You helped us to raise funds to be used through scholastic to bolster our own reading selection and the staff and students appreciate new

options. May your next book take you and your imagination to wondrous places ... that do not involve social distancing!

Thanks again Regency!



**LESSONS FROM A UNICORN**

- THERE'S MAGIC INSIDE YOU.
- ANYTHING IS POSSIBLE.
- DREAMS CAN COME TRUE.
- YOU DON'T NEED WINGS TO FLY.
- IT'S OK TO BE DIFFERENT.
- ALWAYS BELIEVE IN YOURSELF, EVEN IF NOBODY ELSE DOES.

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# REPORT IT TOOL

Our schools should be safe, welcoming and inclusive places for everyone. It is important that students know what to do if they witness or experience inappropriate behaviour or incidents of hate or discrimination.

- There may be situations when you can safely step in and intervene and help.
- Talk to an adult at school, family member or other trusted adult.

Report the event without the person involved knowing using our online reporting tool, Report It.

Report It lets you share information about inappropriate student behaviour or incidents of hate or discrimination. You can use the online form to report:

- bullying, drugs, cheating, vandalism, harassment, violence or any other inappropriate behaviour incidents of discrimination or hate, including anti-Indigenous racism, ableism, anti-Asian racism, anti-Black racism, antisemitism, classism, homophobia, Islamophobia, sexism, transphobia or other forms of hate

You can report events that happen at school, at school-related events, online or off school property if it negatively affects a student or the school climate. You can also choose to make a report anonymously.

Complete reports are shared with the school to investigate and respond.

Acts of discrimination, hate and bullying are never acceptable. Using the Report It tool is a way of standing up for each other and for ourselves.

You can find Report It on the homepage of the Board website at [www.yrdsb.ca](http://www.yrdsb.ca) and on the homepage of our school website <http://regencyacres.ps.yrdsb.ca/>, or watch this [short video](#) to learn more.





# Building Social Skills Guide

Social skills like taking turns, decision making, greeting, self-regulation and more, can help prepare students for success in many areas of their lives. There are many ways children can learn these skills, and many ways adults can help to develop and nurture them.

York Region District School Board has developed a user-friendly guide full of tips, resources and ideas to help caregivers and other adults:

- Determine what social skills to teach
- How to teach them

How to support any child who may benefit from direct instruction and practice in learning social skills.

[Play. Talk. Think. Feel: A User-Friendly Guide for Building Social Skills in Children](#) covers a wide variety of skills and includes a number of activities, games, resources and more that can be used by family members, caregivers, educators and others to support social skill development.



## Spring is approaching



Things can get messy outside.

Please remember to dress for all kinds of weather.

Students need to come to school dressed to play outside during recesses (hats, scarves, gloves/mittens, boots, masks, etc.)

It is advisable for children to bring extra pants, socks and masks, in case they get wet. Please ensure that your children have indoor shoes at school that they can change into when they come inside. The school administration keeps a close eye on weather conditions including wind chill. When conditions necessitate, students will remain inside for recess. When conditions allow, reduced outdoor recesses may take place.



## Earth Hour

An Hour that can change decades.

Every year, at 8:30 pm on the last Saturday of March, millions of people across the world join in raising awareness of the issues facing our planet.

But Earth Hour is more than just an Hour for the planet - it's a movement for our future. It is a symbol of unity. It is a symbol of hope. It is a symbol of power in collective action for nature.



CHOOSE  
KINDNESS

## PINK Shirt Day

It was so great to see so many of our students and staff participating in Pink Shirt Day. On Pink Shirt Day (and everyday) we are encouraged to practice kindness and wear pink to show that we do not tolerate bullying. Pink Shirt Day is about working together and treating others with dignity and respect. The COVID-19 pandemic has affected us all and shown the importance of helping one another and advocating for those who need it. This day was important because the theme of "lift each other up" helped us focus on and encourage healthy self esteem and teach empathy, compassion and kindness.



## STEM Challenge





# March Schedule

SOCIAL ENTERPRISE FOR CANADA  
Please Register for these Virtual Programs by visiting our website  
[www.earlyonsec.com](http://www.earlyonsec.com)

## MONDAY

**SCIENCE ON THE GO**  
9:00am-9:30am (ages 0-6yrs)

**CIRCLE TIME**  
10:00am-10:30am (ages 0-6yrs)

**MUSICAL BABIES**  
10:30-11:00am (ages 0-12 months)

**COME AND EXPLORE**  
11:30am-12:00pm (ages 0-6yrs)

**SING & SIGN**  
1:00pm-1:45pm (ages 0-12months)

**URDU COME & EXPLORE**  
1:30pm-2:15pm (ages 0-6yrs)

**WONDERFUL CHEFS**  
2:30pm-3:15pm (ages 0-6yrs)

**MUDWORKS**  
3:30pm-4:00pm (ages 0-6yrs)

**FAMILY MATH**  
4:00pm-4:30pm (ages 5-6yrs)

## TUESDAY

**MUSICAL BABIES**  
9:00am-9:30am (ages 0-12 months)

**CIRCLE TIME**  
10:00am-10:30am (ages 0-6yrs)

**BABY MOVEMENT**  
10:30am-11:00am (ages 0-12months)

**SCIENCE ON THE GO**  
11:30am-12:00pm (ages 0-6yrs)

**MANDARIN CIRCLE TIME**  
1:30pm-2:00pm (ages 0-6yrs)

**GET UP AND GO**  
2:30pm-3:00pm (ages 0-6yrs)

**LITTLE STORY TELLERS**  
3:30pm-4:00pm (ages 0-6yrs)

**GOODNIGHT STORY**  
7:00pm-7:30pm (ages 0-6yrs)

**MUDWORKS**  
1:00pm-1:30pm (ages 0-6yrs)

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# March Schedule

SOCIAL ENTERPRISE FOR CANADA  
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## FRIDAY

**YOGA**  
9:00am-9:30am (ages 2-6yrs)

**CIRCLE TIME**  
10:00am-10:30am (ages 0-6yrs)

**MUDWORKS**  
10:30am-11:00am (ages 0-6yrs)

**COME AND EXPLORE**  
11:30am-12:00pm (ages 0-6yrs)

**LITTLE ARTISTS**  
1:00pm-1:30pm (ages 2-6yrs)

## SATURDAY

**CIRCLE TIME**  
10:00am - 10:30am (ages 0-6yrs)

## SUNDAY

**CIRCLE TIME**  
4:00pm - 4:30pm (ages 0-6yrs)

## WORKSHOPS

**Family Support - "An Introduction to Playing with Loose Parts"**  
March 24th, 7:00pm-8:00pm

Through play your child is problem-solving, asking questions, making up stories and creating connections. In this session, you will learn how to use repurposed and recycled materials "loose parts" to create learning opportunities for your child. Join us with **Heather Gauthier, RECE**, with over 30 years of extensive knowledge in loose parts in the early years sector.

**Triple P Coffee Chat "Supporting Your Partner"**  
March 31st, 7:00pm-8:00pm

Parenting is easier and more rewarding when parents work together, communicate well and support each other's efforts. All parents occasionally disagree about how to deal with their children's behaviour, but problems can occur when parents argue often in front of their children, especially if the issue is not resolved. Children do best in stable, predictable, caring environments where conflict is low, parents communicate well and disagreements are resolved.

\*This flyer is available in an alternative format.

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# March Schedule

SOCIAL ENTERPRISE FOR CANADA  
Please Register for these Virtual Programs by visiting our website  
[www.earlyonsec.com](http://www.earlyonsec.com)

## WEDNESDAY

**LITTLE ARTISTS**  
9:00am-9:30am (ages 2-6yrs)

**CIRCLE TIME**  
10:00am-10:30am (ages 0-6yrs)

**YOGA**  
10:30am-11:00am (ages 2-6yrs)

**FAMILY MATH**  
11:30am-12:00pm (ages 0-6yrs)

**LITTLE STORYTELLERS**  
1:00pm-1:30pm (ages 2-6yrs)

**SPANISH CIRCLE TIME**  
1:30pm-2:00pm (ages 0-6yrs)

**MOTHER GOOSE**  
2:30pm-3:00pm (ages 0-12months)

**WONDERFUL CHEFS**  
3:30pm-4:15pm (ages 2-6yrs)  
\*Family Support - Mar 24th  
\*An Introduction to Playing with Loose Parts\*  
\*Triple P - Mar 31st "Supporting Your Partner"\*  
7:00pm-8:00pm

## THURSDAY

**FAMILY MATH**  
9:00am-9:30am (ages 0-6yrs)

**ITALIAN COME & EXPLORE**  
1:30pm-2:00pm (ages 0-6yrs)

**CIRCLE TIME**  
10:00am-10:30am (ages 0-6yrs)

**COME & EXPLORE**  
2:30pm-3:00pm (ages 0-6yrs)

**SCIENCE ON THE GO**  
10:30am-11:00am (ages 0-6yrs)

**GET UP AND GO**  
3:30pm-4:00pm (ages 0-6yrs)

**MUSICAL BABIES**  
10am-12:00pm (ages 0-12 months)

**RUSSIAN COME & EXPLORE**  
7:00pm-7:30pm (ages 0-6yrs)

**FAMILY MATH**  
1pm-1:30pm (ages 0-6yrs)

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# ACTION CALENDAR: MINDFUL MARCH 2021



## MONDAY

1 Set an intention to live with awareness and kindness

## TUESDAY

2 Notice five things that are beautiful in the world outside

## WEDNESDAY

3 Start today by appreciating your body and that you're alive

## THURSDAY

4 Notice how you speak to yourself. Try to use kind words

## FRIDAY

5 Take three calm breaths at regular intervals during your day

## SATURDAY

6 Bring to mind people you care about and send love to them

## SUNDAY

7 Have a 'no plans' day and notice how that feels

8 Eat mindfully. Appreciate the taste, texture & smell of your food

9 Take a full breath in and out before you reply to others

10 Get outside and notice how the weather feels on your face

11 Stay fully present while drinking your cup of tea or coffee

12 Listen deeply to someone and really hear what they are saying

13 Pause to just watch the sky or clouds for a few minutes today

14 Find ways to enjoy any chores or tasks that need doing

15 Stop, breathe and just notice. Repeat regularly during the day

16 Get really absorbed with an interesting or creative activity

17 Look around and spot 3 things you find unusual or pleasant

18 If you find yourself rushing, make an effort to slow down

19 Cultivate a feeling of loving-kindness towards others today

20 Celebrate the International Day of Happiness [dayofhappiness.net](http://dayofhappiness.net)

21 Listen to a piece of music without doing anything else

22 Walk a different route today and see what you notice

23 Tune in to your feelings, without judging or trying to change

24 Appreciate your hands and all the things they enable you to do

25 Focus your attention on the good things you take for granted

26 Notice when you're tired and take a break as soon as possible

27 Have a device-free day and enjoy the space it offers

28 Appreciate nature around you, wherever you are

29 Notice what is working today and be thankful that this is so

30 Mentally scan down your body and notice what it is feeling

31 Notice the joy to be found in the simple things of life

"Mindfulness means that we commit fully in each moment to be present" - Jon Kabat-Zinn



ACTION FOR HAPPINESS



[www.actionforhappiness.org](http://www.actionforhappiness.org)

Learn more about this month's theme at [www.actionforhappiness.org/mindful-march](http://www.actionforhappiness.org/mindful-march)

Happier · Kinder · Together