

MARCH NEWSLETTER 2022



WELCOME SPRING

As we enter into the month of March, I often feel hopeful that winter is behind us. Don't get me wrong, I love the beauty of a big snowfall and the activities and traditions that happen in the winter. But I also love the change of season and welcome the longer days and changes that we see in the environment when spring begins.

As we continue to focus on Mental Health and Well-Being, we are excited to get outside and spend more time in nature. As we approach the March Break, consider planning some activities outdoors as there are many benefits of spending time in nature. Studies have shown that a minimum of 2 hours a week spent in nature, either at one time or over several visits, is needed to significantly increase your health and well-being. Some of the benefits of being in nature are:

Increased feelings of calmness

Increased endorphin levels and dopamine production (hormones that promote happiness)

Restored capacity for concentration and attention

Reduced symptoms of anxiety and depression

Reduced irritability

Lowered blood pressure and reduced cortisol (stress hormone)

Reduced feelings of isolation

As we enter into a new season and the March Break, I encourage you to take this time to rest and enjoy being together. Time off provides an opportunity to take time away from the regular routines. This month's [Student Mental Health and Addictions Newsletter for March 2022](#) provides some ideas about how to take time to pause. Some ideas to pause may also be found in the [Action For Happiness March Calendar](#). During this March Break, take time to pause and do the things that help you and your family to rejuvenate. Take advantage of being outdoors and doing other activities you enjoy such as, baking, reading, playing board games, doing puzzles, visiting the Aurora Public Library, etc. Remember to be physically active, get enough sleep and eat well.

When we return after the break, we are looking forward to a few spirit days that have been planned this month. Please mark these dates in your calendar:

Friday March 4th is FUNky Hat Day

Friday March 11th is Pajama Day

Monday March 21st is mismatched sox day for World Down Syndrome Day (this is the first day back after the break).

Enjoy your March Break, be safe and I look forward to continuing our work together this spring.

Mrs. Grossinger



Milk Program



Milk will continue to be sold through school cash only.

Please visit School Cash Online for the different choices that you can order.

March Break

Our break is March 14-18, 2022 inclusive.

Students are expected to be back in school March 21, 2022.

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Fundraising

Our School Council is proud to present the Birthday Card Fundraiser! For \$25 you'll receive 30 fun & bright kids birthday cards. Orders can be placed through your [School Cash Online](#) account from Feb. 23rd to March 4th. Drive through pick up will be Wednesday, March 9th from 5-6pm & funds raised will go to support the Tarmac Revitalization Project. We will have school wide incentives for every 25 boxes sold. When we reach the first 25 boxes sold, students will earn extra recess time.



Spring Forward

Reminder to change your clocks one hour ahead on Sunday March 13th, 2022.



Our school is accepting payments for milk, pizza lunch and fundraisers through School Cash Online.

<https://yrdsb.schoolcashonline.com/> to set up your account.

If you need help please call our office.



Pizza Lunch

Pizza lunches will be resuming this week. It's an exciting to be able to bring back some of these things that we did before the Pandemic started. The process is slightly changes due to continued guidelines from Public Health and the Board. Our pizza days will take place on Wednesdays. We are asking families to

select pizza for 4 week sessions. Pizza will be packaged in individual boxes and provided by Little Caesar's. If you missed the order for our first session starting March 2 you will be able to order in April Please check your email for new dates and how to pay using School Cash Online.



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 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.

The weather has been very interesting to say the least.

We were never sure if the temperature would plummet to -25 degrees Celsius with lots of snow and wind or if we were getting rain and the temperature would be above Zero. Either way it is important for students to get outside for some fresh air and physical activities. Please remember that students will be going outside daily if the rain holds up and the temperature is warm enough. Please continue to send proper clothing for all kinds of weather such as extra socks and pants for sloshy days layers for different kinds of temperatures.

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



RAPS TAKES A PLEDGE

