

Principal's Message—May 2021



It's hard to believe that we are already in May. I am happy to share that our shift back to a virtual learning platform has been a smooth transition. Parents are reminded that it is a regular school day while online. Classes start at 8:25am and end at 2:55pm. Recess is from 10:05 - 10:35am and Lunch is from 12:15-1:15pm. Students need to join their Google Meet so that they can take advantage of the learning and interaction with their peers. If your child is having any challenges, please reach out to their teacher or myself to discuss any barriers they may be facing. We are here to support you through the learning process.

Mental health continues to be a priority for our staff, students and their families. I want to share a few things that are being highlighted this month that can support our mental health.

Knowledge is power: each month our board's Mental Health department publishes a newsletter to share recent information and tips with our community. This month's theme is [Social Connection and the Power of a Listening Ear](#). This month's newsletter focuses on the importance of maintaining and expanding our social connections by offering a listening ear while following public health guidelines.

- May 3 to 9, 2021 marks the 70th annual [CMHA Mental Health Week](#). The core objectives of Mental Health Week are to celebrate, protect and promote mental health. Did you know? One in five Canadians experiences mental illness or a mental health issue in any given year, but 5 in 5 of us - that's all of us - has mental health. Regardless of whether or not we have a mental illness, our mental health is something we can protect and nurture.

- Each year, Ontario marks the first full week of May as [Children's Mental Health Awareness Week](#). This important week is about:

- increasing awareness of the signs of child and youth mental health problems
- decreasing stigma
- understanding that help is available and it works!

- As we continue to experience physical distancing due to the Pandemic, our focus for Children's Mental Health Awareness Week will be on how to maintain social connections and mental health while experiencing physical distancing.

- This year's theme is [One Small Thing: Each One Uplifts One Campaign](#).. Through the #One Small Thing campaign, we hope to highlight the importance of small and intentional actions. Choosing to do One Small Thing within your control can change the trajectory of your entire day (each and every day); improve your mood and overall mental health. Check out the following [Self Care Tips](#).

As we acknowledge Children's Mental Health Awareness Week, please take some time to read the emails that will be shared with you this week. Feel free to save them and reference them in the future. As we are technically well into spring, please take advantage of the sunshine and warmer weather by getting outside. Stay safe and hope to see you all soon!

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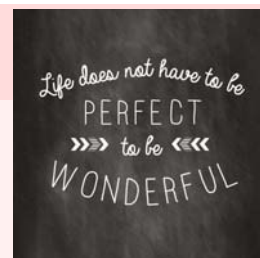
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Screen Free Ideas

For many of you the transition back to online learning has had its successes and challenges. One of the things we have discussed regularly at our school council meetings this year, has been how much time our children are spending online and how we can engage and motivate them to spend time off screens and outside. There is so much that we (both our children and ourselves) can't control right now, so helping our children take some ownership of their day and select their own offline activities may be helpful.



Here are some suggestions for Screen-Free Activities to encourage interaction, creative thinking, problem-solving, and healthy brain development. If you want to add to the fun, you can put all of these suggestions in a jar and let the kids randomly pick one to do.

- play a card game or create a new one
- start a journal, write or draw daily to express your thoughts, feelings or use your imagination to create and invent new ideas or items
- sing karaoke or dress up like a rock star and give your family a living room concert your favourite song
- create an indoor picnic or "camp out"
- do something creative like paint, draw or sculpt



- do a puzzle
 - learn a magic trick
- learn to juggle (socks are great to start with!)



- write your own song or rap



- design your own board game

- design your own obstacle course (this can be done inside or outside)

- make paper airplanes and see how far they can fly
- go for a nature walk
- create a scavenger hunt (around the house or outdoors)



Thank you to our School Council Healthy Schools Chair for the ideas!

Registration and Moving



As you may be aware our planning for the 2021-2022 school year is underway. At this time, if you are aware of any family, friends or neighbours who have children born in 2017, please remind them to register their child for Kindergarten as soon as possible. You can visit <http://www.yrdsb.ca/schools/Kindergarten/Pages/default.aspx> for information about how to register or call our office.



Please let us know if you are planning a move. This information helps us immensely when planning for next year. Please notify the school office to update your records. **If your child is registered in virtual school and you are planning to move, please let us know as well.** If you have borrowed technology for virtual learning and are moving out of the YRDSB, please make arrangements to return the technology to Regency Acres prior to your move.

Career Discovery Expo: Dream Big York

Students in grades 7 - 12 and their parents/guardians are invited to attend the *Career Discovery Expo: Dream Big York* on Tuesday, May 11, 2021 from 6:00 p.m.- 8:30 p.m. ET.

This FREE event provides students and their families the opportunity to explore a wide range of career paths.

The Career Discovery Expo: Dream Big York will feature:

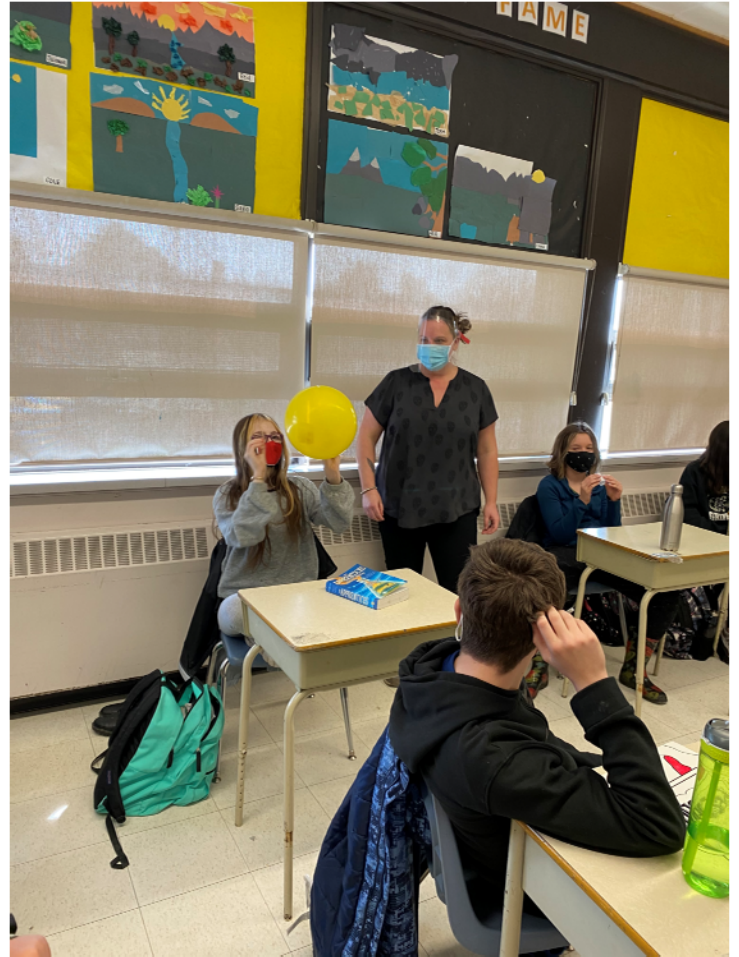
Dream Maker Panel: Women from various industries share their stories and inspire young women.

Employer Spotlight: Employers share their "look fors" when hiring new employees and ways to gain experience early.

Pathway Spotlight: College, University and OYAP representatives share the different pathway programs available, scholarships, courses etc.

Games, Prizes

To register, please visit: dreambigyork.eventbrite.ca



Ms. Bassi's Grade 2 class. Growing the minds of young learners through Literacy and Art



Meaningful May 2021

SATURDAY

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1 Make a list of what matters most to you and why

2 Do something kind for someone you really care about

3 Focus on what you can do rather than what you can't do

4 Take a step towards an important goal, however small

5 Send your friend a photo from a time you enjoyed together

6 Look for people doing good and reasons to be cheerful

7 Let someone know how much they mean to you and why

8 Set yourself a kindness mission to help others today

9 Notice the beauty in nature, even if you're stuck indoors

10 What values are important to you? Find ways to use them today

11 Be grateful for the little things, even in difficult times

12 Listen to a favourite piece of music and remember what it means to you

13 Look around for things that bring you a sense of awe and wonder

14 Find out about the values or traditions of another culture

15 Do something to contribute to your local community

16 Look up at the sky. Remember we are all part of something bigger

17 Show your gratitude to people who are helping to make things better

18 Find a way to make what you do today meaningful

19 Send a hand-written note to someone you care about

20 Reflect on what makes you feel valued and purposeful

21 Share photos of 3 things you find meaningful or memorable

22 Find a way to help a project or charity you care about

23 Share a quote you find inspiring to give others a boost

24 Recall three things you've done that you are proud of

25 Make choices that have a positive impact for others today

26 Ask someone else what matters most to them and why

27 Remember an event in your life that was really meaningful

28 Focus on how your actions make a difference for others

29 Do something special and revisit it in your memory tonight

30 Today do something to care for the natural world

31 Find three reasons to be hopeful about the future



ACTION FOR HAPPINESS

Happier · Kinder · Together