



REVIEW



April 9, 2021

Principal's Message:

Good afternoon Rouge Park Families,

Spring has arrived and has brought some beautiful weather! As a new season begins, we are offered new hope and optimism that the months ahead will bring better days. As April approaches, we celebrate Earth Day and show our appreciation for all that our world offers. We hope you have a chance to get outside and connect with nature during the April Break.

We have asked our students to bring home all personal belongings today in case there is a need to pivot to virtual learning after the break. I am hopeful that we will all be back in the building on April 19th, but if the past year has taught us anything, it's to expect the unexpected! Your children have been incredible with adapting to everything we have asked this year and I am impressed daily by their resiliency, kindness and collaborative spirit!

As always, if I can offer support or answer questions, please feel free to reach out to me when you see me outside, via email or by calling the school. I will be checking email over the break and am available should you need anything.

Wishing you all a safe, happy and healthy spring break.

Stay safe and well,

Lindsey Maclean

lindsey.maclean@yrdsb.ca

Social Media and Mental Health Presentation - ~~May~~ 6:30-7:30

In response to surveys sent out to families last fall and in consultation with our School Council, Rouge Park is excited to offer a parent engagement evening addressing the topic of Social Media and Mental Health. Scott Ste. Marie is a highly sought-after keynotespeaker, educator, coach and YouTuber. He will host a virtual parent evening on Thursday, May 6th from 6:30-7:30 pm. during which he will specifically address how social media and screen time impact emotional health and well-being in our children. Scott will also run a student session for grades 4-8 during the day where students will gain a deeper understanding of the impact social media use has on their emotional wellbeing and how to use it safely. Five of our neighbouring schools have already hosted an evening with Scott Ste. Marie and the feedback has been incredible. There will be no cost to the presentation as it is subsidized by the Parents Reaching Out Grant (Pro-Grant) provided by the Ministry of Education. More information can be found in the flyers below but for now, please SAVE THE DATE!

Autism Acceptance Month

This year the York Region District School Board (YRDSB) is officially launching a month-long World Autism Acceptance campaign alongside our community partners from our Special Education Advisory Committee (SEAC) Autism Ontario on April 6th. The purpose of Autism Ontario's Raise the Flag campaign is to bring attention to the triumphs, contributions and experiences of people on the Autism Spectrum. By raising acceptance we can build stronger and more inclusive communities and learning environments for students who have ASD.

Quick Facts:

- 1 in 66 students in Ontario is identified with Autism Spectrum Disorder, Autism Ontario 2018.
- [A fact sheet on Autism Prevalence in Canada](#)

Moving From Awareness to Acceptance

This year we are moving from raising awareness for Autism to increasing acceptance. Acceptance and awareness come from vastly different mindsets. Awareness seeks to highlight how Other we are and emphasizes the differences and distance between our ways of being. Acceptance looks at commonalities we share and at the strength inherent in diversity. (Autistic Self Advocacy Network, 2014) Some students self-identify as an Autistic person as part of their social identity. At the YRDSB, the way we recognize World Autism Acceptance Month is through consultation with our students with Autism, their families and using our professional judgement. Watch this Ted Talk, [Dear Society...Signed, Autism](#) from the point of view of a self-advocate to learn more about Autism Acceptance. The most important thing to remember is that when you're talking about autism, you're talking about a person.

Are You Moving?

We are in the process of organizing classes for the start of the 2021-2022 school year. If you know your child/children will be attending another school in September please email or call the school office to let us know.

Visit Our New Website!

YRDSB has refreshed its Board website to make it easier for families to find the important information they are looking for at www.yrdsb.ca.

The new website has been designed to be mobile friendly, translatable, accessible, searchable, easy to navigate and to better reflect York Region District School Board and our community. This includes:

- Built-in translation tool
- Enhanced search capabilities
- Built-in accessibility features to meet accessibility legislation
- Revised navigation based on user testing, website analytics and research
- Quick access to six of our most accessed pages, including school calendars and school transportation information.



The new website also includes:

- A [Family Resources](#) that provides quick access to online tools like Edsby, Google Classroom and School Cash Online, as well as links to information about translation tools, IT support for families and more. Use the “need help” button to access tips and support in using these tools.
- Updated [Online Student Tools](#) pages provide quick access to students to online learning platforms and resources to help with homework. Use the “need help” button to access tips and support in using these tools.
- An enhanced [newsroom](#) with access to the latest news, events and videos so you can find out what’s happening around our Board.
- Easy access to information about [supports for students](#), [elementary school](#) and [secondary school](#) programs, [adult learning opportunities](#) and more.
- Information about COVID-19 and schools, including update information, screening tools and frequently asked questions can still be found at www.yrdsb.ca/school-reopening.

We hope that the website makes it easier for families to find and access the information you are looking for. When you visit the new website, please take the time to share your feedback, so we can continue to ensure our website meets the needs of the community we serve.

New COVID Screening Tool for Parents

Please ensure you are using YRDSB’s [new screening guide](#). All students are required to complete the screening guide daily before coming to school. Please also see the screening reminders below.

Kindergarten Registration

There are several ways you can register for kindergarten on or after January 15, 2021:

- **Online** - Families can access the [online Kindergarten registration information](#). It is recommended that families use a laptop or a desktop, rather than a mobile device to complete this registration.
- **By email** - Families can download the [Elementary School Registration Form](#) and email the completed form to their school email address. Email addresses can be found on the [school website](#).
- **By phone** - Families can request support from the school Principal/Vice-Principal to complete the registration form on their behalf by collecting the required information by phone. Families can request an interpreter, if needed, during this phone conversation. [Call your local school](#).
- **By mail or appointment**. You can mail completed applications to the school, or request an appointment (once schools have reopened) to drop-off your completed paper application form.



KINDERGARTEN REGISTRATION 2021

Four options to register your child:

Option 1: Online

Register using Edsby by following bit.ly/KindergartenYRDSB.

Option 2: Email

Complete a fillable PDF found on: www.yrdsb.ca/kindergarten and email the forms to the school email address, found on the school's website.

Option 3: Phone

Register by calling the school number to request support from the school principal/vice principal to complete the registration form.

Option 4: Paper

Call the school to receive support with registration. If necessary, a registration package can be sent by mail. An appointment will be arranged to return the forms to the school.

Registration is easy!

1 Complete registration form and submit to the school

2 School confirms registration and sets an appointment to verify your documentation

Social Media and Mental Health Workshop

Parents will gain a deeper understanding of the social media and online landscape. Being 'tech savvy' is the first step to knowing what your child's experience is like online and how difficult it can truly be growing up today. Parents will then be provided with tools for effective communication skills to build stronger connections and create an honest dialogue about internet safety, social media and mental health with their children.

- *Scott Ste Marie*

Presenter: Scott Ste Marie



Scott has dedicated his life to destigmatizing and challenging mainstream thinking about mental illness. Scott helps others around the world resolve anxiety and depression through personal coaching. He pulls upon expertise from his lived experience but also his many years of experience at Twitter, AdParlor, the Canadian Mental Health Association, and the Schizophrenia Society of Canada.

What Parents Learn

- Strategies to communicate effectively with your child
- Understanding digital trails, data mining and digital footprints
- Why anxiety disorders and depression are on the rise in children
- How social media and screen time impact emotional health and wellbeing

Get in Touch

scott@depressiontoexpression.com
depressiontoexpression.com

Social Links

[Depression to Expression Podcast](#)
[Depression to Expression YouTube](#)



Social Media and Mental Health Workshop

Students will gain a deeper understanding of the impact social media use has on their emotional wellbeing and how to use it safely. Scott shares his honest experience being a YouTuber, showing students the reality behind these platforms and inviting them to think critically about how they treat others online and what content they consume. Students are immediately engaged as Scott shows background analytics to his own videos and how he personally has to manage his own screen-time and prioritizes what is truly important offline.

Presenter: Scott Ste Marie



Scott has dedicated his life to destigmatizing and challenging mainstream thinking about mental illness while reaching millions of people around the world. As a mental health speaker, Scott invites his audience to redefine happiness as being content with the entire spectrum of human emotion. He pulls upon expertise from his lived experience but also his many years of experience at Twitter, AdParlor, the Canadian Mental Health Association, and the Schizophrenia Society of Canada.

What Students Learn

- Understanding digital footprints and behaviour tracking online
- How to use our device to make a positive difference in the world
- The reality behind Social Media Influencers
- How social media and screen time impact emotional health and wellbeing

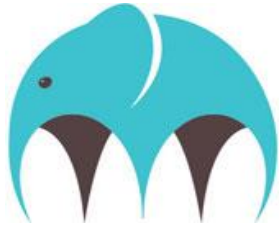
Get in Touch

scott@depressiontoexpression.com
depressiontoexpression.com

Social Links

[Depression to Expression Podcast](#)
[Depression to Expression YouTube](#)





Parents for Children's Mental Health

SUPPORT. EDUCATE. EMPOWER.

Monday, April 19, 2021 6:30 pm - 8 pm

Panel Discussion and Q&A: Bullying Impacts and Strategies to End.

PARENTS' Support Group-All are welcome!

VIRTUAL MEETING

Does your child's anxiety, ADHD, mood disorders, learning disability, or behaviour challenges make parenting difficult? Join us...

PCMH Chapter Support is inviting you to a scheduled Zoom meeting.

Topic: PCMH York/Aurora

Time: Apr 19, 2021 06:30 PM Eastern Time (US and Canada)

Join Zoom Meeting

<https://zoom.us/j/92342129990?pwd=Wms4UFEyOG0rSVdDMkRqZmUyamVIZz09>

Meeting ID: 923 4212 9990

Passcode: 394643

One tap mobile

+16475580588,,92342129990#,,,,*394643# Canada

+17789072071,,92342129990#,,,,*394643# Canada

Dial by your location

+1 647 558 0588 Canada

Meeting ID: 923 4212 9990

Passcode: 394643

Find your local number: <https://zoom.us/u/aiAw30020>

Benefits of PCMH Support Group:

- meet other parents with children who have similar challenges
 - find encouragement and emotional support
- learn strategies to help your child or youth at home/school
 - learn how to access resources in the community

PCMH is the only provincial, family-led, non-profit organization that provides a voice for families who face the challenges of child and youth mental health issues. PCMH provides support, education, and linkage between families, communities, agencies and government. PCMH believes in the promotion of family-centred principles of care. PCMH envisions a future in which children and youth with mental illness enjoy a high quality of life in welcoming and supportive communities. For more information and resources, please visit www.pcmh.ca.

Monday, May 10th Topic Community Resources 6:30 – 8 pm
Monday, June 21st Building Healthy Relationships 6:30 – 8 pm

HERE TO HELP LINE

 **905-503-9561**



Monday - Thursday
2:00 PM - 7:00 PM

**STARTING
IN APRIL**




*For children and youth (0-18 yrs)
and their parents, caregivers or
adult supporters.*

Call us if you have concerns that could benefit from quick access to phone counselling.

Topics include (but are not limited to):

- Anxiety, stress and depression
- Family relationship issues
- Managing stress and anxiety related to COVID-19
- Parenting resources and concerns

Visit www.yorkhills.ca for more information.

All Groups are a
2SLGBTQ+ positive
space 

PLEASE CALL TO CONFIRM START DATES AS
THEY ARE SUBJECT TO CHANGE DUE TO
INSUFFICIENT REGISTRATION

PARENTING

Family Transitions Triple P

This 6 week group promotes a healthy transition for parents going through separation or divorce. This course will address self care and is designed to help a parent manage the anger and resentment that often accompanies relationship breakdown. Apply online. Pre-Group interview required; call Janice at 905-895-2371.

Date: English 6 Wednesdays, April 7 to May 12, 2021 **Time:** 6:30 - 8:30 pm
Location: FSYR Zoom **Fee:** FREE with \$35 book purchase

Triple P 0-12 (parents of children 0-11)

Triple P stands for Positive Parenting Program. This unique group has been proven to be effective in providing parents with tools to help their children with behavioural and emotional problems. The group is structured for six group sessions, including a work book for weekly homework tasks and two telephone sessions where you can ask questions regarding your personal situation. Pre-group interview required. Call Janice at 905-895-2371

Date: English, 8 Thursdays, April 15 to June 3, 2021 **Time:** 6:30 - 8:30 pm
Location: FSYR Zoom **Fee:** FREE with \$35 book purchase
Date: Mandarin, 8 Wednesdays, April 21 to June 9, 2021 **Time:** 10:00 am - 12:00 noon
Location: FSYR Zoom **Call AJ - 905-477-5741 or ajluo@fsyrr.ca** **Fee:** FREE with \$35 book purchase

Fearless Triple P

This 6 week course is for parents of children 6 -14 who are experiencing anxiety. Fear-Less Triple P supports parents and helps them to learn new cognitive behavioural strategies for anxiety management, encouraging them to apply these themselves for all their children. Apply online at www.fsyrr.ca Pre-Group interview required.

Date: English 6 Thursdays, April 29 to June 3, 2021 **Time:** 10:00 - 12:00 noon
Location: FSYR Zoom **Call Janice at 905-895-2371** **Fee:** FREE with \$35 book purchase
Date: Cantonese, 8 Thursdays, April 29 to June 17, 2021 **Time:** 6:00 - 8:00 pm
Location: FSYR Zoom **Call AJ - 905-477-5741 or ajluo@fsyrr.ca** **Fee:** FREE with \$35 book purchase
Date: Mandarin 8 Wednesdays, April 28 to June 16, 2021 **Time:** 6:30 - 8:30 pm
Location: FSYR Zoom **Call AJ - 905-477-5741 or ajluo@fsyrr.ca** **Fee:** FREE with \$35 book purchase

Triple P Teen (parents of teens 12-17)

Triple P stands for Positive Parenting Program. This unique group has been proven to be effective in providing parents with tools to help their teens with behavioural and emotional problems. The group is structured for six group sessions, including a work book for weekly homework tasks and two telephone sessions where you can ask questions regarding your personal situation. Pre-group interview required. Call Janice at 905-895-2371

Date: English: 8 Tuesdays, March 30 to May 18, 2021 **Time:** 6:30 - 8:30 pm
Location: FSYR Zoom **Fee:** FREE with \$35 book purchase

Language Specific TEEN Triple P Farsi, Mandarin Cantonese, Spanish

An 8 week Positive Parenting Program (Triple P) providing parents with tools to help their teens with behavioural and emotional issues. Workbook purchase required.

Date: FARSI 8 Wednesdays, April 14 to June 2, 2021 **Time:** 5:30 - 7:30 pm
Location: FSYR Zoom **Contact Poopeh at 905-883-6572** **Fee:** FREE with \$35 book purchase
Date: Mandarin, 8 Thursdays, April 22 to June 10, 2021 **Time:** 10:00 am - 12:00 noon
Location: FSYR Zoom **Call AJ - 905-477-5741 or ajluo@fsyrr.ca** **Fee:** FREE with \$35 book purchase

YOUTH GROUPS

Emotional & Interpersonal Skills Development for Teens

(13 to 17 yrs) This is an 8 week program for youth that focuses on skill development and experiential learning in the areas of emotion regulation and interpersonal relationships. This is an integrated and evidence informed program where your teen will learn and practice skills such as identifying feelings, regulating emotions, positive coping strategies, communication, assertiveness, self-compassion, understanding boundaries and increasing self-esteem.

Date: 8 Tuesdays April 13 to June 1, 2021 **Time:** 4:00 to 5:30 pm
Location: FSYR— Zoom **Fee:** FREE with \$20.00 registration fee 1

GROUPS FOR MEN & WOMEN

Emotion and Interpersonal Skills Development For Adults An 8 week group for adults that focuses on skill development and experiential learning in the areas of emotion regulation and interpersonal relationships. This is an integrated and evidence-informed program, where participants will learn and practice skills such as managing difficult feelings using positive coping strategies, communication, assertiveness and setting healthy boundaries. Together, in a supportive space., participants will help work through common life stressors and challenges.
Date: 8 Thursdays, March 25 to May 13, 2021 **Time:** 6:00 to 7:30 pm
Location: FSYR Zoom **Fee:** \$150.00

Raising Hope A 12 week course to build resiliency. Learn and Practice CBT, mindfulness and centering techniques to build confidence and assertiveness, conquer anxiety and depression, overcome codependency and learn the advantages of goal setting. Group is conducted in a safe and supportive environment.
Date: 12 Tuesdays, March 2 to May 18, 2021 **Time:** 9:30 to 11:00 am
Location: FSYR Zoom **Fee:** \$120.00 (or Free to those who qualify with a \$20.00 registration fee)

GROUPS FOR WOMEN

Farsi Women's Support Group This 6 week program will focus on self-confidence, assertiveness, communication skills, parenting, healthy relationships, immigration and settlement issues, self care, health & wellness and community resources.
Date: 6 Thursdays, April 15 to May 20, 2021 **Time:** 5:30 - 7:00 pm
Location: FSYR— Zoom **Fee:** FREE
 Contact Poopeh at 905-883-6572

2SLGBTQ+ GROUPS

TRANSGENDER SUPPORT GROUP

An ongoing group for those questioning/exploring their gender identity or wanting more support. The group provides a safe and supportive environment to talk about the things that matter as well as learn more about community supports.

Register by calling Barb Urman at 1-866-415-9723

Date: Third Wednesday of each month, **Time:** 7:00 - 8:30pm
Location: FSYR Zoom **Fee:** FREE

FREE TO BE This is a virtual group for parents/caregivers of gender diverse children, regardless of age, which meets once a month. Free to Be offers an opportunity for parents/caregivers to meet for support and education. The Program's goal is to destigmatize gender diversity.

Date: First Wednesday of each month - Ongoing **Time:** 7:00 to 8:30 pm
Location: FSYR Zoom **Fee:** Free

SOUTH ASIAN OUTREACH

South Asian Women's Support Groups:

Ongoing programs for South Asian Women. Topics will include Parenting, Health & Nutrition, Family Stress, Immigration & Legal Information, Yoga & Exercise, Employment and other topics that matter to you and your families.

Hindi, Punjabi, Urdu & English

Date: Tuesdays, December to June, 2021 **Time:** 6:00 - 8:00 pm
Location: Zoom **Fee:** FREE
TO REGISTER: Call Leena 416-818-7075

Urdu, Punjabi, Hindi

Date: Thursdays, January to June 2021 **Time:** 11:00 am –1:00 pm
Location: Zoom **Fee:** FREE
TO REGISTER: Call Aisha at 647-545-8241